

685S MEN'S HEALTH

Course Description: In 1920, the mean lifespan of a woman was just one year longer than that of a man. Today the mean lifespan of women exceeds that of men by six years. The men's Health course is a multi-disciplinary effort designed to address diseases that are specific to, or have a higher incidence, in men. The course will also address behavioral barriers and risk factors to good health. While many of the issues related to men's health are urological in nature, this course is designed as a comprehensive multidisciplinary evaluation of men's health issues. With this in mind, the course incorporates issues related to men's cardiovascular, mental, endocrinological and nutritional health. The course will also focus on preventative medicine and strategies to preserve high quality long-term health in men.

Department: Urology

Prerequisites: UC Irvine Students must have successfully completed the basic science curriculum. Extramural students must be in the final year of undergraduate medical education.

Restrictions: UCI Irvine students. May accept US medical students on one-by-one cases. This course does not accept international students

Elective Co-directors: Gamal Ghoniem, MD gghoniem@uci.edu/ Faysal Yafi, MD fyafi@uci.edu

Course Website: None

Who to Report to on the First Day: Molly Blair

Location to Report on the First Day: UC Irvine Department of Urology, 333 City Blvd. West, Suite 2100, Orange, CA 92868

Time to Report on First Day: 7:30 am

Elective Coordinator: Molly Blair, Residency Coordinator, UC Irvine Medical Center, Department of Urology, 333 City Blvd. West, Suite 2100, Orange, CA 92868, (714) 456-6719 mclair@uci.edu

Site: UC Irvine Medical Center and Long Beach VA Healthcare System

Rotation Co-directors: Gamal M. Ghoniem, MD, FACS / Faysal Yafi, MD, FRCSC

Periods Available: Throughout the year except during winter break and first 2 weeks of November (resident interviews and In-service exam)

Duration: 2 weeks

Number of Students: 2 students

UC Irvine students must officially enroll for the course by contacting the Scheduling Coordinator via email or phone (714) 456-8462 to make a scheduling appointment.

Extramural students enrolled at a U.S. LCME medical school must use VSAS to apply. To apply please refer to this website <https://students-residents.aamc.org/attending-medical-school/electives-andmake-courses/applying-away-electives-vsas/>

Course Objectives: At the end of this rotation, the student will:

- Understand the epidemiology and scope of Men's Health (MH) issues
- Identify risk factors and barriers to good MH.
- Demonstrate communication skills specific to explore MH issues
- Understand the management of prostate cancer, benign prostatic hyperplasia, lower urinary tract symptoms, and testicular cancer
- Understand male sexual dysfunction and hypogonadism
- Understand metabolic syndrome, obesity and diabetes
- Understand cardiovascular risks and relationship to sexual dysfunction and Lower Urinary Tract Symptoms (LUTS)
- Address nutritional counseling and role of integrative medicine

Key Topics:

- Genitourinary (GU): a-Cancer; Prostate, testis, kidney, bladder
b- BPH and LUTs and OAB
c- Erectile Dysfunction and Fertility
- Psychiatric: a- Depression - stress reduction
b- Behavioral barriers to good men's health - "Moustache"
c- Suicide, substance abuse and Alcohol, Accidents
- Endocrinology: a- Hypogonadism in the aging man - ADAM
b- Diabetes
c- Metabolic Syndrome & Obesity
d- Osteoporosis
- Preventive Medicine: a- Smoking cessation
b- Diet, exercise
c- Integrative medicine
- Cardiovascular disease

Competencies:

- Urinalysis
- History & physical examination
- Digital rectal exam and testicular exam
- Simulation lab on laparoscopy, robotic and Green Light Laser treatment of BPH skills
- GU ultrasound use

Attitudes and Commitments:

- Physician first, specialization is secondary
- Honesty & Integrity
- Affability, availability, and ability
- Timeliness, diligence, and professionalism

Educational Activities:

- Stay in close communication with your team, which includes joining the residents for morning and evening rounds.
- Rounds vary according to the schedule and the Attending
- Participate in clinic and operating room as assigned by the Chief Resident
- Monday evenings at 5:00 pm are the Urology Grand Round Conference - attendance is mandatory
- Journal Club is monthly and participation is mandatory

What Students should do to Prepare for the Rotation:

- Review elements of urologic history and examination.
- Review basic urology from your core course material.
- Review hormonal control specially the pituitary-gonadal axis and metabolic syndrome

Clinical Responsibilities of the Student: The students will work as part of the team with the residents and intern. Various clinical responsibilities may include, but are not limited to, performing and documenting admission histories and physical examinations, consultations, and daily progress notes with the supervision of residents and attending. The student will be asked to assist the rest of the team in the care of all patients on the service. The student may have an opportunity to assist the surgeons on selected cases in the operating room.

Patient Care Responsibility: The student will make rounds, check appropriate investigations.

Call Schedule of the Student: Short call once per week, shadow junior urology resident

Procedures to be Learned by the Student:

Digital rectal examination, Urinalysis, prostate and kidney ultrasound.

At the VA and on Mondays, there is a transrectal ultrasound (TRUS) with guided-needle biopsy of the

prostate. The student will have a chance to examine prior to TRUS and correlate with sonographic findings including prostate volume calculations.

Percentage of Time Student will Participate in Ambulatory Setting: 70%

Conference/Lecture/Small Group Sessions: All students will receive Pod casts of different lectures. They are required to listen to them before starting a specific activity.

Course Hours Summary:

2	Conference
36	Patient-Care Activities
2	Grand Rounds
25	Operating Room
20	Ward Rounds
8	Laboratories
5	Lecture
100	Total

Content Theme Integration: Varies based on the Grand Round lectures and Journal Club for the time period the student participates in this course.

Required reading:

- Topics related to Men's health in Smith's General Urology (LANGE Clinical Science)

Recommended Reading:

- Campbell's Urology, Saunders

Official Grading Policy: The student will receive a grade of Honors, Pass or Fail. The student's final grade will be submitted on the standard UC Irvine elective evaluation form. The student's evaluation will be based on attendance and performance for period of time he/she is assigned to the Urologic service. We expect the students to make rounds, attend clinics, be present at bed side teaching rounds, assist in the workup of the patient and when possible attend the surgical procedures, (main OR, prostate ultrasound/biopsy and the cystoscopy clinic). Based on all of the above, the student's grade is formulated after there has been appropriate consultation with the teaching staff and resident physicians who supervised the student's work. If the student fails the elective a grade of "F" will be permanently recorded on his/her transcript. The student can repeat the course for a second grade; however, the "F" will not be removed from the transcript.