

Mini Med School Introduction: Primary Care and Mental Health

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What is Primary Care?



- ▶ **“First contact and continuing care for persons with any undiagnosed sign, symptom, or health concern”** (American Academy of Family Physicians)
- ▶ Duties
 - ▶ Health promotion, disease prevention, health maintenance, counseling, patient education, diagnosis and treatment of acute and chronic illnesses
- ▶ Day-to-day healthcare given by a health care provider
- ▶ Often coordinate specialist care if needed

UNC School of Medicine Ranked First for Primary Care for Second Straight Year

March 12, 2019
By [Heather Wilson](#)

For the second year in a row, the University of North Carolina School of Medicine was ranked first in the country for primary care education as part of U.S. News & World Report's 2020 edition of "America's Best Graduate Schools."

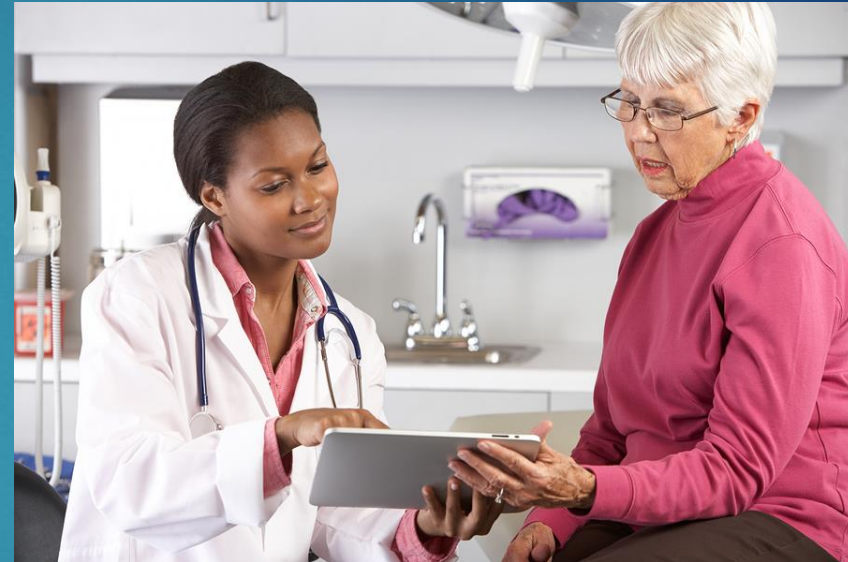
"Earning the number one ranking for primary care is a tremendous



Primary Care Specialties

- ▶ Family Medicine
- ▶ Pediatrics
- ▶ Internal Medicine

- ▶ Nurse Practitioners
- ▶ Physician Assistants



Shortage of Primary Care Physicians

- ▶ There is a growing shortage of primary care physicians (PCPs)
- ▶ Association of American Medical Colleges predicts a shortage of between **21,100 and 55,200** primary care physicians by 2032

Why ?

Shortage of Physicians

Increased demand

- ▶ Nation's population will grow by more than 10% by 2032
- ▶ Age 65+ will increase by 48%
- ▶ 1/3 of active doctors will be older than 65 in the next decade

Shortage of Primary Care Physicians

- ▶ Primary care as faces special challenges
- ▶ Income gap
 - ▶ Student loans
- ▶ Challenging work life
 - ▶ Making ends meet
 - ▶ Lowers quality of care

“The wide and growing income gap between primary care physicians and specialists, coupled with the challenging work life of primary care physicians, has led many U.S. medical graduates to avoid adult primary care careers” (Health Affairs)

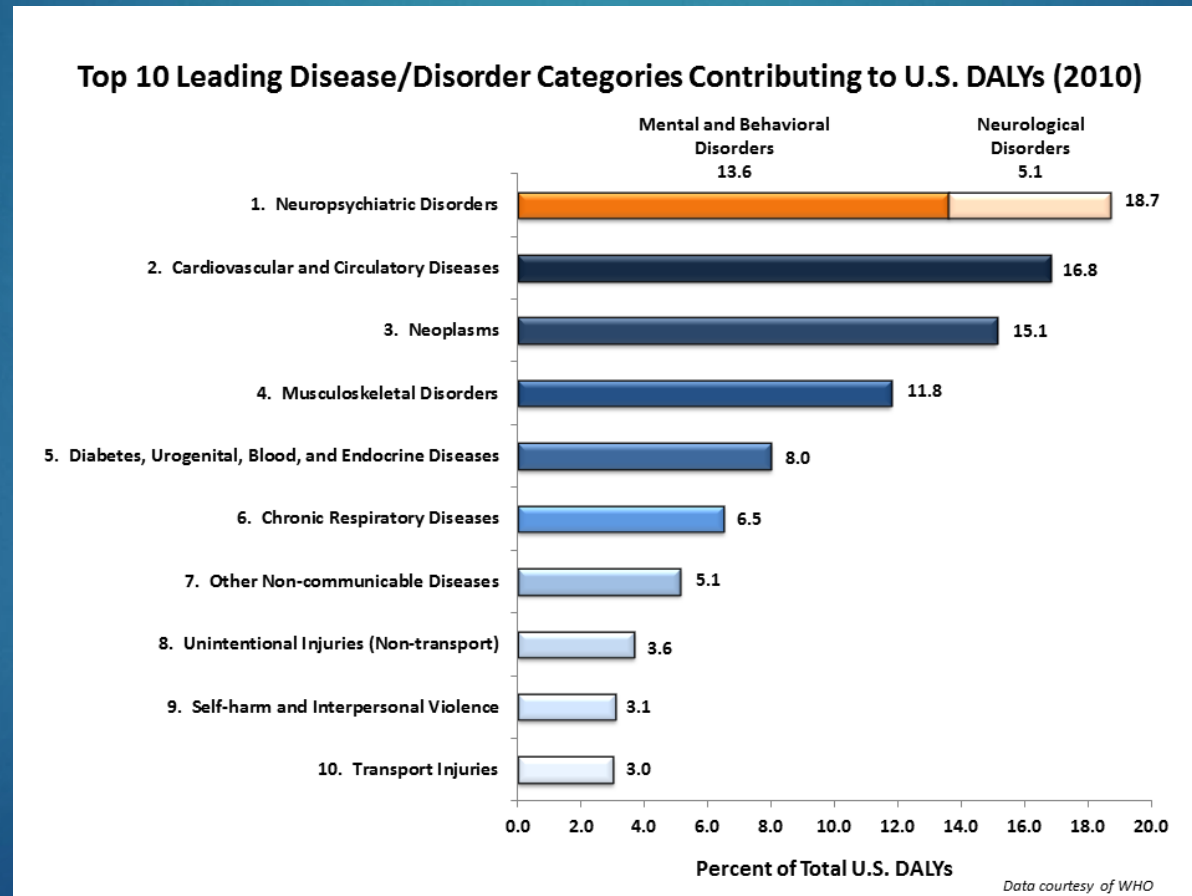
Primary Care and Mental Health

Patients with mental health issues experience decreased access to and utilization of primary care

- ▶ Decreased capacity to make/attend appointments
- ▶ Lack of knowledge on mental health
- ▶ Stigma

Neuropsychiatric Disorders

- ▶ Often comorbid with other chronic conditions
- ▶ Utilize high levels of medical services and costs



DALYs=disability-adjusted life years

Neuropsychiatric Disorders

Introduction

- ▶ Major Depressive Disorder
- ▶ Schizophrenia

Major Depressive Disorder



Epidemiology

- ▶ Lifetime Prevalence approximately 12 - 17%
- ▶ Females > Males
- ▶ 1st episode occurs < 40 yrs in 50% of patients.
- ▶ “Depression”

Major Depressive Disorder

Diagnosis

For > 2 weeks, 5 of the following:

Low mood or Anhedonia

+

S – Sleep Disturbance
I – Interest/Pleasure Reduction
G – Guilt

E – Energy Loss

C – Concentration impairment
A – Appetite Changes
P – Psychomotor changes
S – Suicidal Thoughts

Major Depressive Disorder



Duration

- ▶ Untreated MDD: ~9 months
- ▶ Treated MDD: 3 months

Prognosis

- ▶ 85% recurrence rate

Schizophrenia

Epidemiology

- ▶ Lifetime prevalence 1.5%
- ▶ Males slightly > females, and the age of onset differs
- ▶ 5% die from suicide over their lifetime

Schizophrenia

Diagnosis

- ▶ Must have 2 of these symptoms for > 1 month
- ▶ 1 must be one of the italicized symptoms

Positive Symptoms	Negative Symptoms
<i>Delusions</i>	Blunted Affect
<i>Hallucinations</i>	Alogia
<i>Thought Disorganization</i>	Anhedonia
Catatonia	Social Isolation

Medical Homes

Potential solution to primary care barriers for patients with mental health issues

Patient-centered medical homes are an **enhanced form of primary care**

- ▶ Comprehensive care
- ▶ Improved quality of care
- ▶ Reduced spending

References

- ▶ aamc.org/news-insights/press-releases/new-findings-confirm-predictions-physician-shortage
- ▶ Bodenheimer, Thomas, and Hoangmai H. Pham. "Primary care: current problems and proposed solutions." *Health affairs* 29.5 (2010): 799-805.
- ▶ Kaplan and Sadock's Synopsis of Psychiatry. Tenth Ed. 2007
- ▶ Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. 2013 American Psychiatric Association.
- ▶ UNC School of Medicine Human Behavior in Health and Disease Curriculum

Thank You!