

Medicine Grand Rounds



“Integrating Mind and Body: Understanding the Psychological Impact of Living with a Chronic Illness”

This activity has been approved for *AMA PRA Category 1 Credit™*



Megan Marchetti, LPC

Physician and Provider Relations Director
– Behavioral Health
HealthONE Mental Health Therapy Center



Date: Thursday, October 17th, 2024



Time: 12:00pm – 1:00pm MDT



SRMC’s IT Education Classroom

(Ground floor, across the hall from employee elevators)



Webex Link:

<https://hcaconnect.webex.com/hcaconnect/j.php?MTID=m7263d74e7c0cf8e95a5969e4230ba8bc>



Description: Approximately 20-30% of individuals with chronic illness will experience significant depression in their lifetime. Anxiety disorders are also common among individuals with chronic illness, affecting 20-40% of this population. This training focuses on the intricate relationship between mental and physical health, specifically among individuals experiencing chronic illness. Participants will explore how chronic conditions can affect emotional well-being, contributing to anxiety, depression, and stress, and how these psychological factors can influence the course and management of the illness. The training will provide insights into effective strategies for addressing mental health needs in patients with chronic illnesses, emphasizing the importance of a holistic approach to care.

Audience: This course is designed for hospitalists, nurse practitioners, physician assistants, advance practice nurses, registered nurses, allied health professionals, physicians and residents.

At the end of this session, learners will be able to:

1. Comprehend the mind-body connection and how psychological needs can impact the course and management of chronic illness.
2. Identify and recognize mental health symptoms among patients with chronic illness, as well as how these symptoms can impact physical health and treatment outcomes.
3. Explore effective treatment strategies and therapeutic interventions to support patients with co-occurring psychological and chronic illness symptoms.
4. Develop communication skills in order to inform patients about the mind-body connection, as well as address the impact of mental health symptoms on chronic illness management.

Accreditation: The HCA Healthcare Continental Division is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians
Credit Designation: The HCA Healthcare Continental Division designates this live activity for a maximum of 1.0 *AMA PRA Category 1™*. Physician should claim only the credit commensurate with the extent of their participation in the activity.

Commercial Support: This Activity was developed without support from any ineligible company.

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Please reach out to CME@HealthONEcares.com with any questions.