

Emotional and Psychological Trauma: Causes, Symptoms, Effects, and Treatment

http://www.helpguide.org/mental/emotional_psychological_trauma.htm

It is not the event that determines whether something is traumatic to someone, but the individual's experience of the event.

Excellent article and resources

The Importance of the Link Between Emotional Happiness and Physical Health

By Charles Donovan

Ezine Articles

<http://ezinearticles.com/?The-Importance-of-the-Link-Between-Emotional-Happiness-and-Physical-Health&id=173169>

“Centers for Disease Control and Prevention: The April 2006 Issue of the Centers for Disease Control and Prevention publication Preventing Chronic Diseases published some very interesting information about the importance of integrating care for medical and mental illness. Here is a summary of the conclusions of the study:

Two review articles present overwhelming evidence that mental disorders and medical illnesses are strongly linked. Medical illnesses such as cardiovascular disease, diabetes, asthma, and cancer are associated with mental illnesses, and the more serious the medical condition; the more likely it is that the patient will experience a mental illness. Individuals with depressive disorders are about twice as likely to develop coronary artery disease, twice as likely to have a stroke, more than four times as likely to have a myocardial infarction (MI), and four times as likely to die within 6 months of an MI as people without depressive disorders.

The World Health Organization has defined health as a “state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. Physical and mental diseases are inextricably bound, and improving one improves the other. Improved mental and physical health will improve quality of life and social well-being. The evidence tells us what we already know; the work ahead is to turn evidence into everyday practice.”

Benchmarking Bedside Manner in Medical Education

by William P. Cheshire, Jr.

http://www.cbhd.org/resources/healthcare/cheshire_2004-09-17.htm

Beginning in June 2004, medical students must now pass a national skills test on personal interaction and communication to be eligible for licensure.

Good Bedside Manners Make a Difference

by Megan Malugani, Monster Contributing Writer

<http://healthcare.monster.com/articles/bedside/>

Physicians who communicate well are less likely to be sued for malpractice than poor communicators, says Dr. Greg Schneider, assistant professor of family practice and community medicine at UT Southwestern Medical School at Dallas. “There is a clear association between rapport with patients and incidence of lawsuits,” Schneider says. In addition, Schneider has

observed situations where intuitive physicians who have the ability to connect with patients thrive in a group medical practice, while less-personable physicians flounder.