

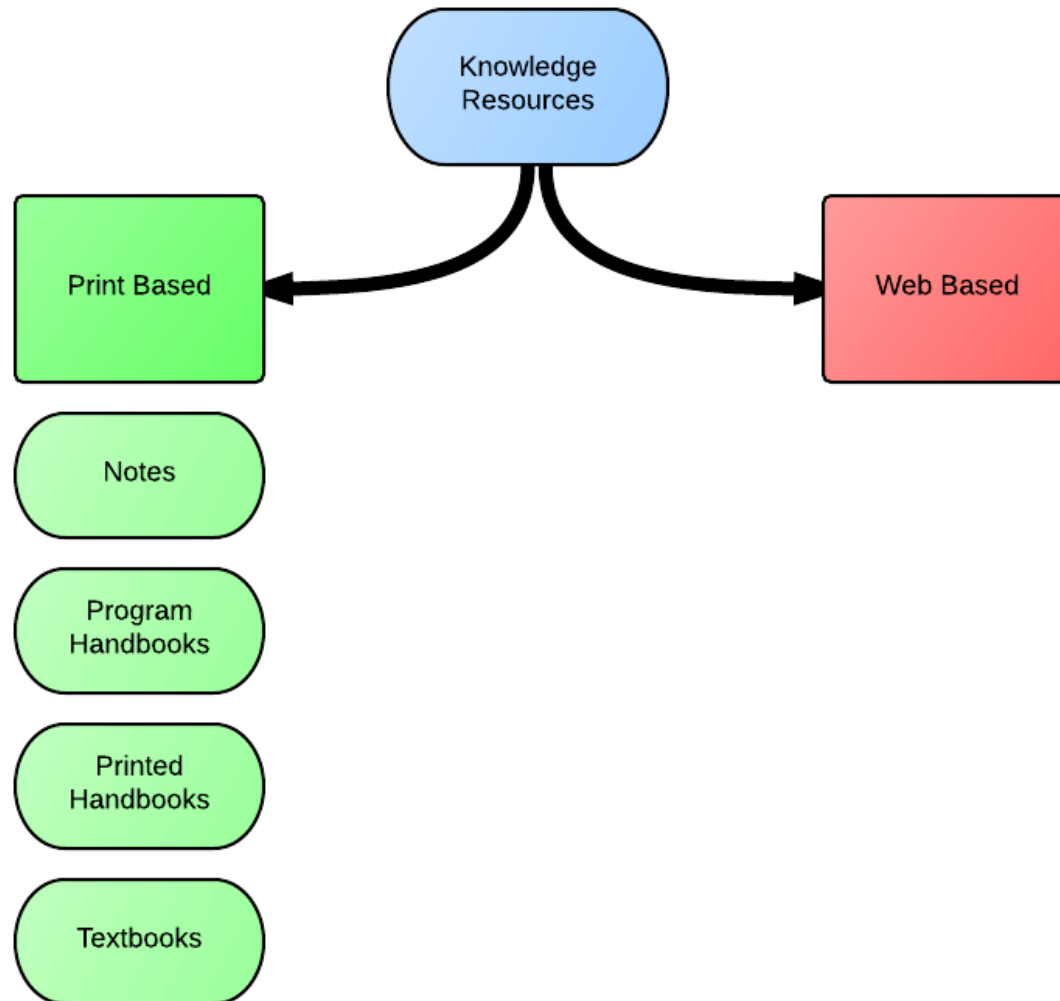
Teaching With Technology

A Resident Initiated Online
Knowledge Archive

Outline

- Background Specific to Psychiatry
- Trends in Websites and Education
- PsychOnCall.com

Background



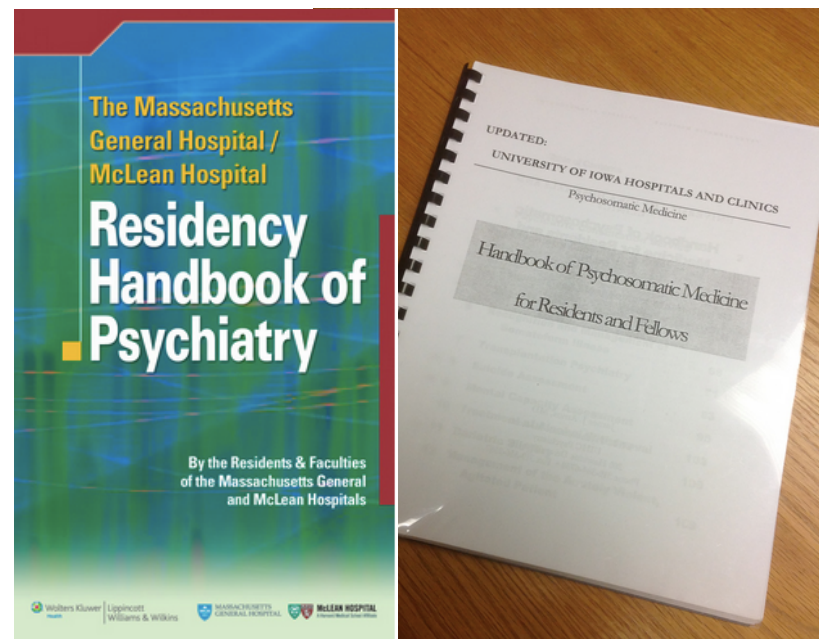
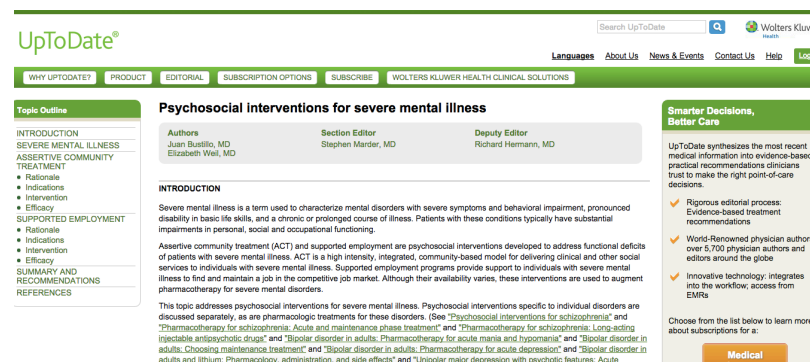
Background: Print vs. Electronic

- Little published data.

- Likely site dependent

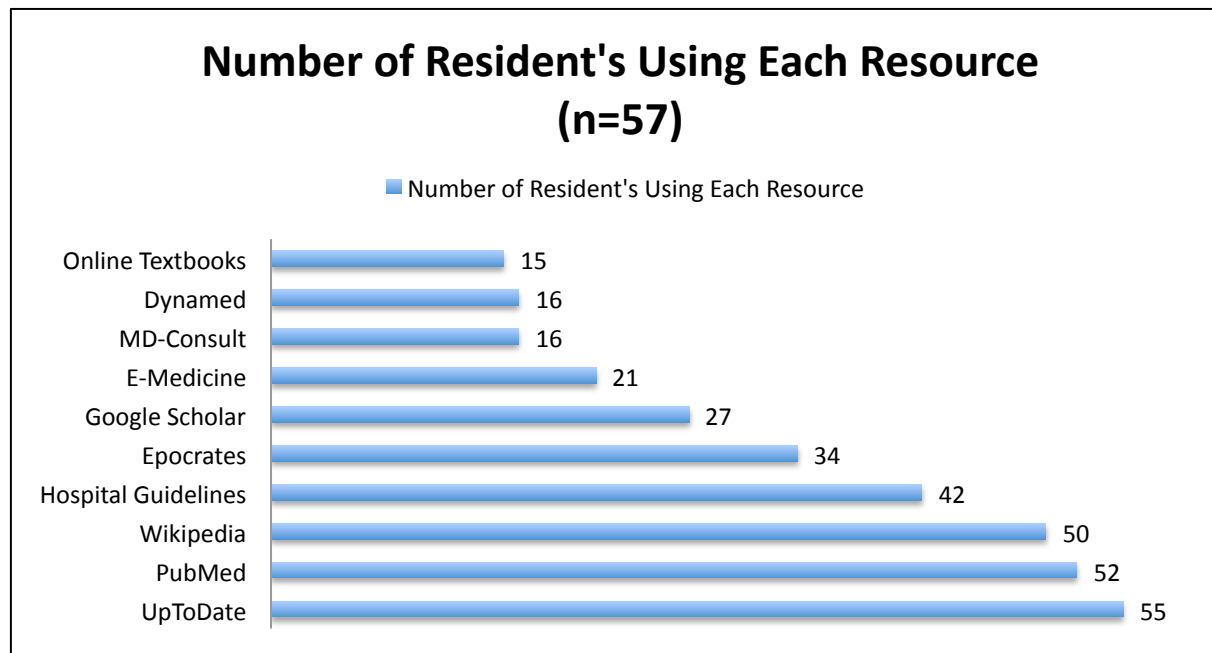
- Dynamic

- Pilot Study



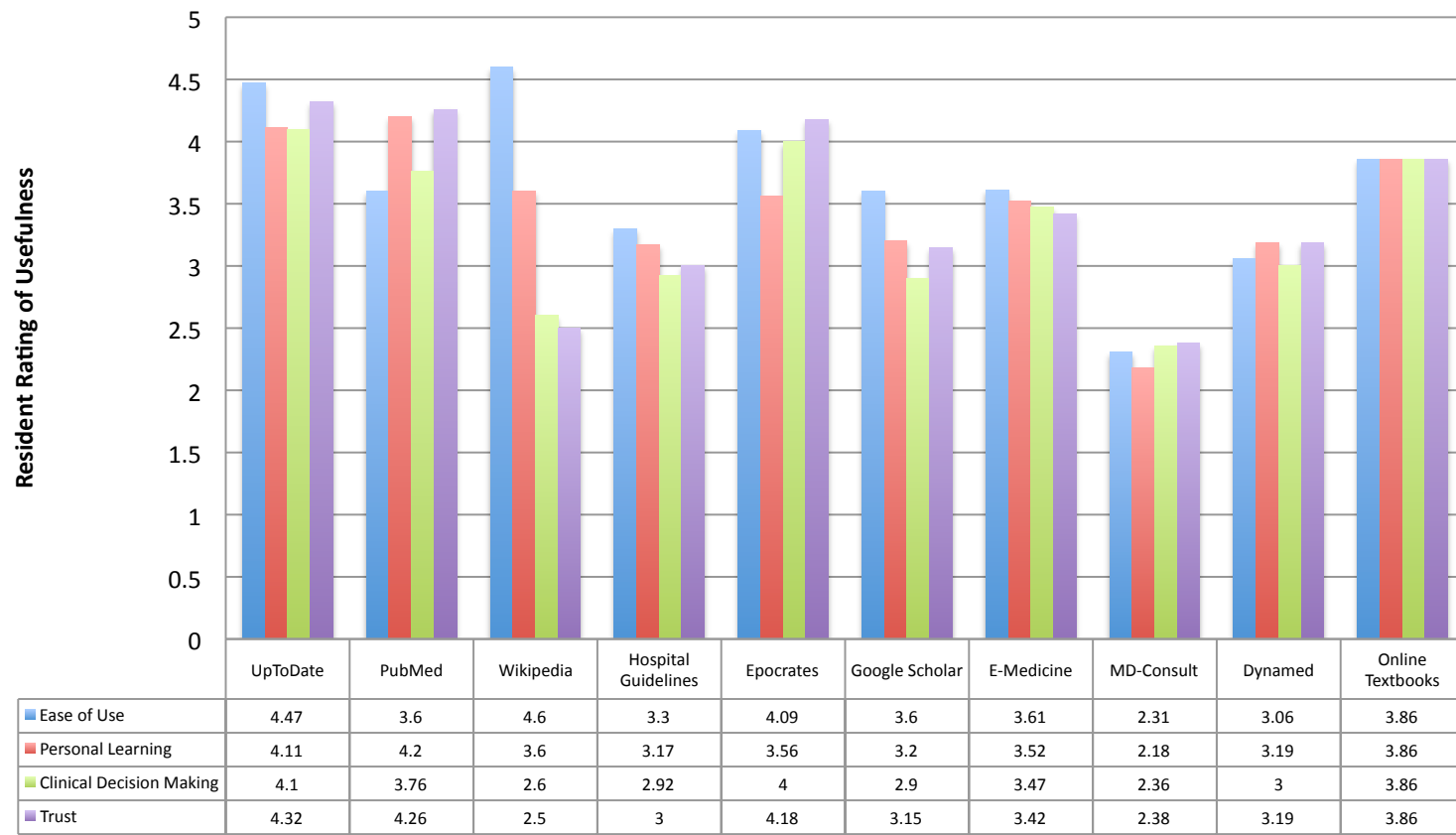
Background: Print vs. Electronic

32% vs. 68%



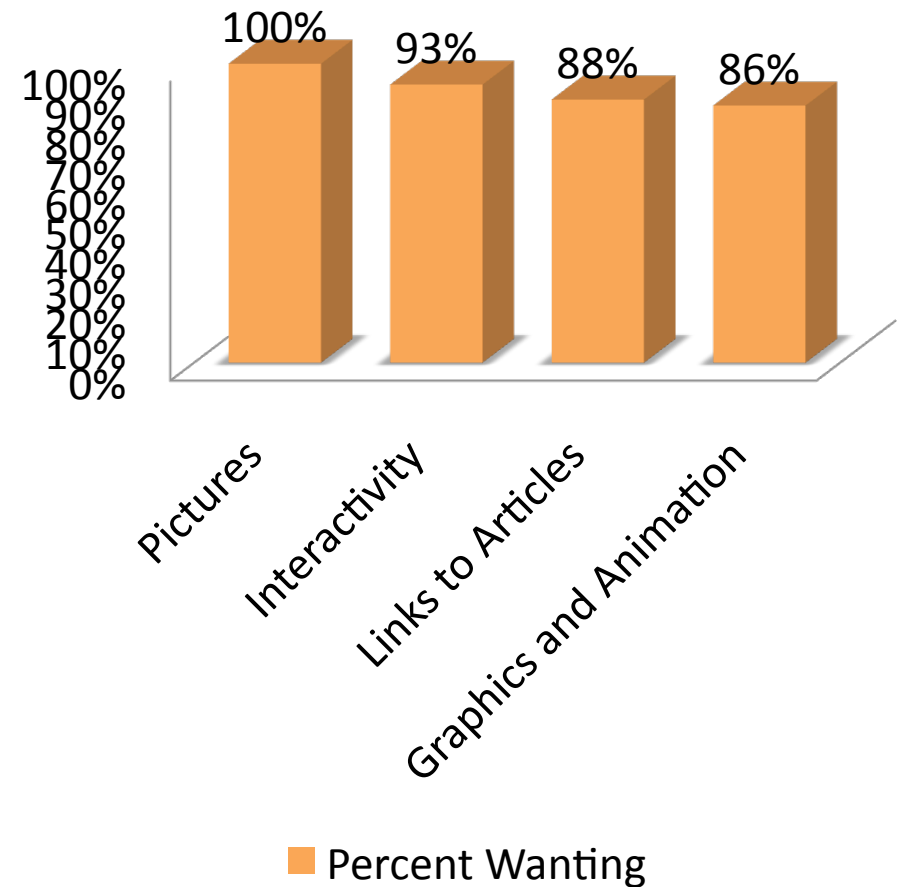
Background: Electronic

Psychiatry Resident Perception of Online Resources



Trends

- What do residents expect in an educational website today?
- Again, very little data



- Batthish M, Bassilious E, Schneider R, Feldman BM, Hyman A, Tse SM. A unique, interactive and web-based pediatric rheumatology teaching module: residents' perceptions. *Pediatr Rheumatol Online J.* 2013;11(1):22.

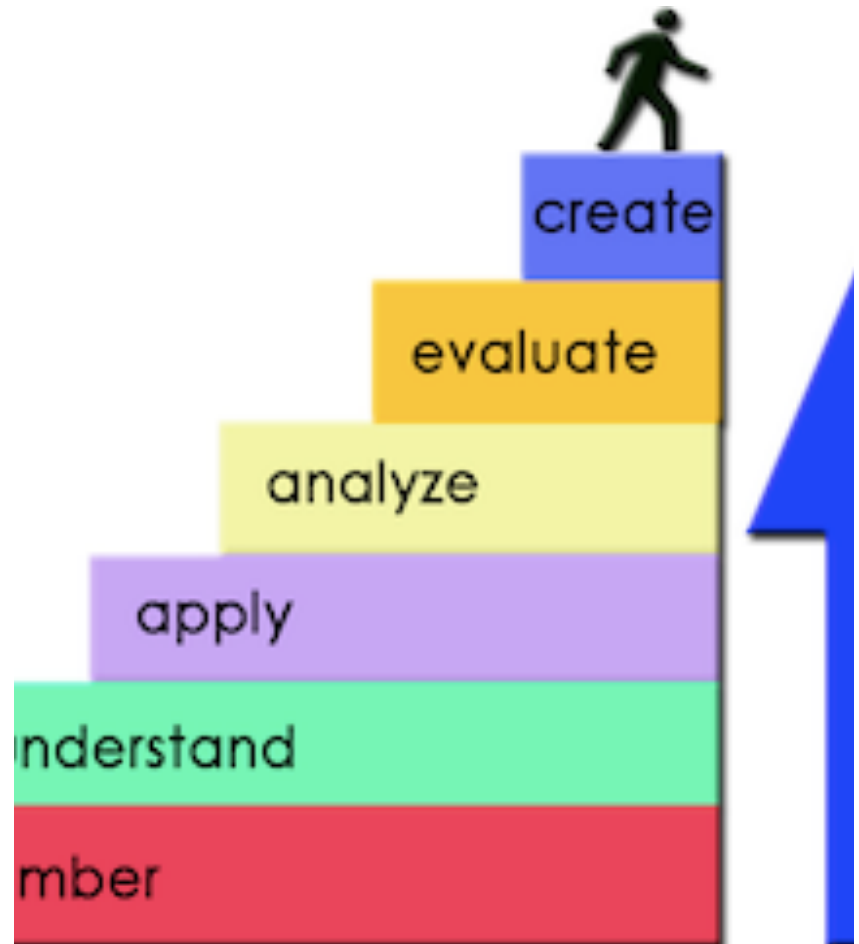
Trends



- Easier to build websites
- Minimal to no programming experiences required
- Low Costs

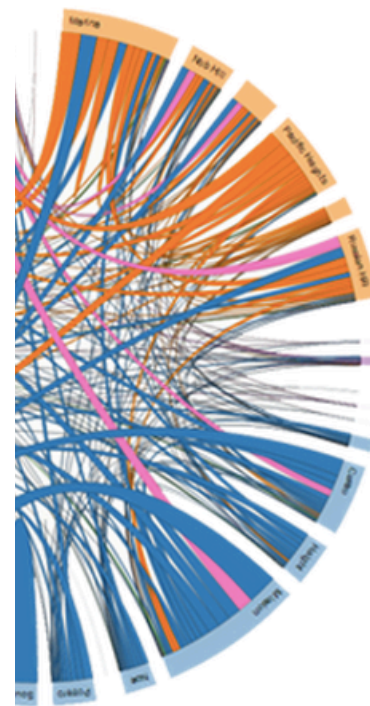
Trends

- Adult Learning Theory
- Flipped Classroom Model



PsychOnCall.com

- No funding
- Pilot Website
- Understanding Barriers and Opportunities
- No conflicts of interests/ commercial applications



Dynamic Learning Tools
Psychiatry Off The Page

PsychOnCall is an innovative website created which enables easy access to high quality teaching resources. The site creates a psychiatric concepts in an evidence based and engaging manner. The site will also serve psychiatric educational resources and connect didactic and teaching material. The goal is to create a warehouse of core psychiatric concepts but more resources to learn and teach psychiatry through integration with literature, and connect to resources.

PsychOnCall.com [Meds]

MEDICATIONS >

MEDICATION TREE



Indications

Side Effects

Dosing

Mechanism

- Blocks Serotonin Reuptake Pump, Thereby Increasing Serotonin In The Synapse.
- Desensitizes Serotonin Receptors, Especially 5HT 1A.
- Has Antagonistic Properties At 5HT 2C Receptors. This Could Increase NE And DA Neurotransmission.

1. Age differences in treatment response to a collaborative care intervention for anxiety disorders:

2. Effect of age on the frequency of anxiety disorders in major depression with psychotic features.:

3. Prevention of anxiety and depression in the age group of 75 years and over: a randomised controlled trial testing the feasibility and effectiveness of a generic stepped care programme among elderly community residents at high risk of developing anxiety and depression versus usual care [ISRCTN26474556].:

4. Lifetime co-morbidity of panic attacks and major depression in a population-based study: age of onset:

5. Chronology of panic and avoidance, age of onset in panic disorder, and prediction of treatment response. A report from the Cross-National Collaborative Panic Study.:

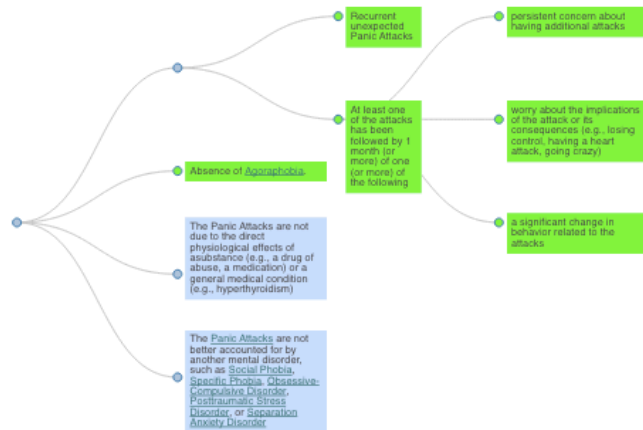
6. Prevalence and features of panic disorder and comparison to posttraumatic stress disorder in VA primary care:

PsychOnCall.com [DSM]

DISORDERS > PANIC DISORDER

[Definition](#) [Demographics](#) [Symptoms/Complications](#) [Differential](#) [Education](#) [Tests](#) [Treatment](#)

DEFINITION EXCLUSION TREE



PANIC DISORDER DEFINITION CRITERIA



- ✓ Recurrent unexpected Panic Attacks
- ✓ persistent concern about having additional attacks
- ✓ worry about the implications of the attack or its consequences (e.g., losing control, having a heart attack, going crazy)
- ✓ At least one of the attacks has been followed by 1 month (or more) of one (or more) of the following
- ✓ a significant change in behavior related to the attacks
- ✓ Absence of [Agoraphobia](#)

AGORAPHOBIA

Agoraphobia (from Greek αγορά, "gathering place"; and φόβος, φόβια, -phobia) is an anxiety disorder characterized by anxiety in situations where the sufferer perceives certain environments as dangerous or uncomfortable, often due to the environment's vast openness or crowdedness. These situations include wide-open spaces, as well as uncontrollable social situations such as the possibility of being met in shopping malls, airports, and on bridges. Agoraphobia is defined within the DSM-IV TR as a subset of panic disorder, involving the fear of incurring a panic attack in those environments. In the DSM-5, however, agoraphobia is classified as being separate to panic disorder.[2] The sufferer may go to great lengths to avoid those situations, in severe cases becoming unable to leave their home or safe haven.

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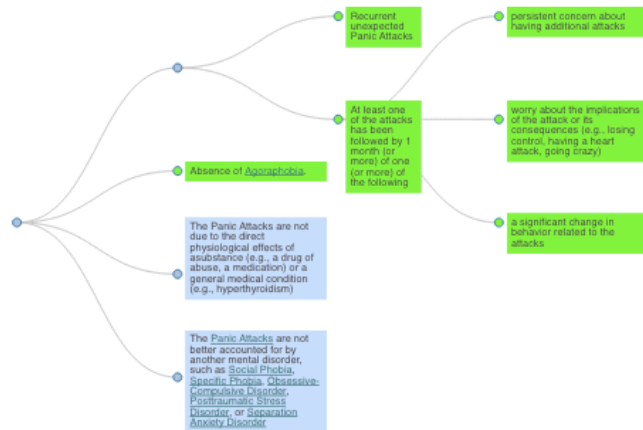
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PsychOnCall.com [DSM]

DISORDERS > PANIC DISORDER

Definition Demographics Symptoms/Complications Differential Education Tests Treatment

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PsychOnCall.com [Symptoms]

PsychOnCall

Home

Emergency

Medications

Disorders

Practice Questions

Cases

DISORDERS > PANIC DISORDER

Definition

Demographics

Symptoms/Complications

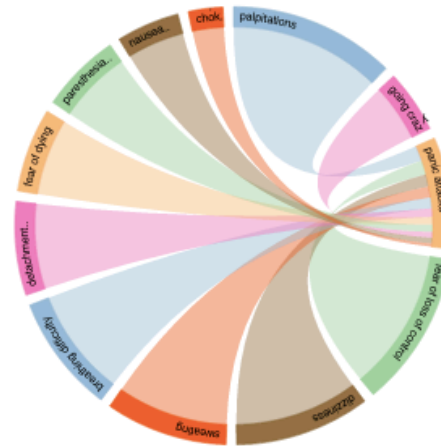
Differential

Education

Tests

Treatment

PATIENT SYMPTOMS



PSYCHIATRIC MORBIDITY AND MORTALITY



PsychOnCall.com [Differential]

PsychOnCall

Home

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DISORDERS > PANIC DISORDER

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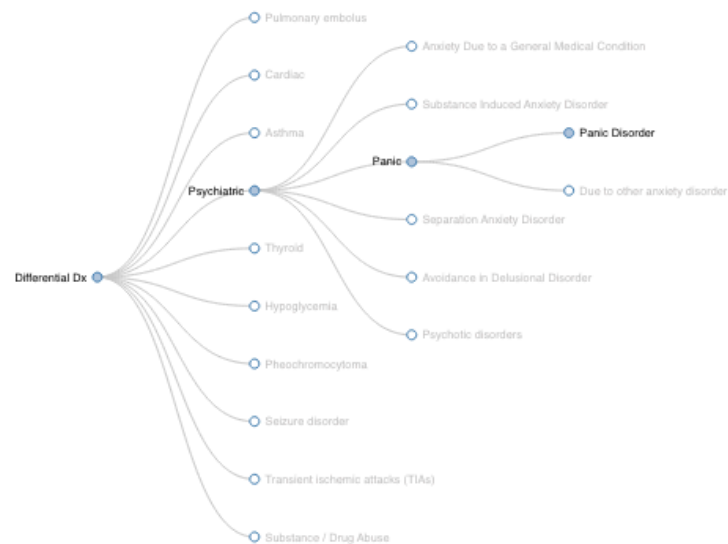
Differential

Education

Tests

Treatment

DIFFERENTIAL



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2. Effect of age on the frequency of anxiety disorders in major depression with psychotic features.;

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6. Prevalence and features of panic disorder and comparison to posttraumatic stress disorder in VA outpatients;


PsychOnCall.com [Education Hub]

DISORDERS > PANIC DISORDER

Resources

Definition Demographics Symptoms/Complications Differential Email an Expert Tests Treatment

EDUCATION

 **UPLOAD**

Video Lecture

- [UCSF](#)
- [Mt. Sinai](#)
- [Europe](#)
- [ADSEP](#)

Key Papers

- [CBT in Panic Disorder](#)
- [Cognition and Panic Attacks](#)
- [Cost of Medications vs Therapy in Panic Disorder](#)
- [Suicide and Panic Disorder](#)
- [Age and Treatment Response in Panic Disorder](#)
- [Sleep and Panic Disorder](#)
- [Chest Pain and Panic Disorder](#)

Facts and Data

- [NCBI](#)
- [Anxiety and Depression Association of America](#)
- [Psychiatric Times](#)

Educate Patients

- [NIH](#)
- [American Psychological Association](#)
- [American Psychiatric Association](#)
- [NAM](#)
- [MGH](#)
- [WebMD](#)

Audio

- [MGH Panic Disorder Podcast](#)
- [American Journal of Psychiatry Panic Disorder Podcast](#)
- [Journal of Clinical Psychiatry Panic Disorder Podcast](#)

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PsychOnCall.com [Labs]

PsychOnCall

Home

Emergency

Medications

Disorders

Practice Questions

Cases

DISORDERS > PANIC DISORDER

Definition

Demographics

Symptoms/Complications

Differential

Education

Tests

Treatment

TESTS

TSH

Chemistry Panel

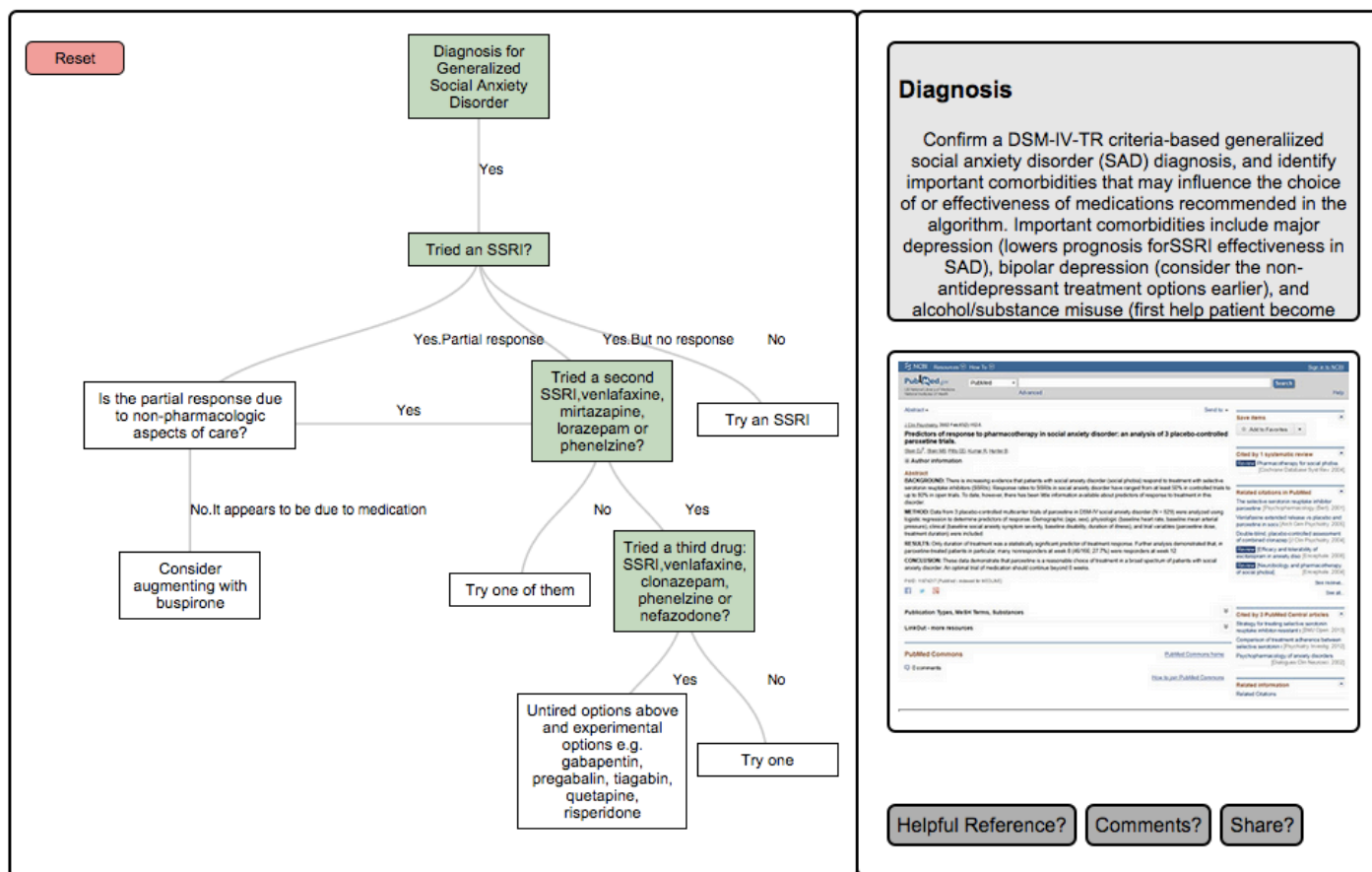
EKG



Common reasons for decreased level

- Primary Hyperthyroidism
- Secondary Hyperthyroidism
- Tertiary Hyperthyroidism
- Over-Replacement of Thyroid Hormone
- Euthyroid Sicks Syndrome

PsychOnCall.com [Algos]



Potential

- | | |
|--|---|
| <ul style="list-style-type: none">• Educators have a voice in web education• Platform for collaboration• Better understanding how educational websites are used. | <ul style="list-style-type: none">• Active learning for residents and medical students• Convenient and Useful Tool• Encourages Use of Primary Source Literature |
|--|---|

Challenges

