

TOPIC: HIV Prevention

Learning objectives:

- Identify causes of HIV
- Describe transmission of HIV
- Applying behavior change techniques from earlier in the semester.

Activity:

- Students got into groups of 3-5 people and worked together to create a flyers/brochures/pamphlets to encourage individuals to get tested for HIV. Students were encouraged to be creative with their framing and aesthetic, but were required to use content covered in class that day and also from earlier in the semester.

TOPIC: Right to Die Movement (physician-assisted suicide)

Learning Objective:

- Formulate and present arguments either for or against physician-assisted suicide.

Activity:

- One half of the classroom was assigned to argue for physician assisted suicide, while the other was assigned to argue against. Within each side of the classroom, students got into groups of 3-5 people and worked together to articulate arguments and rebuttals for their position. Students were instructed to create their arguments not off of their own opinion on the matter, but using content that was covered in class that day.
- After working in these small groups, the class came back together and we had the two sides of the classroom present their arguments.

TOPIC: Pain

Learning objectives:

- Describe the physiological processes of pain.
- Describe Biopsychosocial influences of pain perception.
- Describe how pain is measured.
- Develop a treatment plan for pain management using the biopsychosocial model.

Activity:

- After covering the material that day, students formed groups of 3-5 people. They were asked to work with their group in answering the questions below. After working through

these questions for 10-15 minutes, the class came back together and we went through each of the questions, with groups volunteering answers.

- Josh is an ex-NFL player and hurt his back late in his career. Every time moves the wrong way it causes extreme pain, and he has been experiencing this for 6 years. Answer the following questions:
 - What is the physiological process in which he will experience pain?
 - What are social and psychological factors that can make the experience of pain worse?
 - Josh sets up a visit to a local doctor. How could this doctor measure the pain experienced by Josh?
 - What is a treatment that can be used to manage his lower back pain? What is a pro and con of this treatment?

TOPIC: Cardiac Rehabilitation

Learning Objectives:

- Identify risk factors for poor adherence
- Describe 3 ways (using the biopsychosocial model) to improve adherence to cardiac rehabilitation.

Activity:

- After covering the material that day, students formed groups of 3-5 people. They were asked to work with their group in answering the questions below. After working through these questions for 10-15 minutes, the class came back together and we went through each of the questions, with groups volunteering answers.
 - Your group is a team of health care providers at a local hospital and is responsible for improving adherence to a cardiac rehab program. This program has two components. The first is to take a set of pills once a day to keep blood pressure down. The second is to participate in a series of exercises 3 times a week for at least 30 minutes a day.
 - Which component of the treatment program likely has greater adherence? Why?
 - Considering both the provider and the patient, what are 3 ways in which you can increase adherence to both of these components?