

# A SHORT HISTORY OF THE COMPANION CURRICULUM

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Within the medical education literature, narrative medicine and the medical humanities have been proposed as educational strategies to encourage physicians (in training and in practice) to examine their relationships and to reflect on their attitudes when caring for patients. Narratives have the power to reach their audience through the transmission of language, ideas, imagery, experiences, and emotions. Narratives in medical education can take many forms, including artistically created literary works, informal patient and student stories, and fully developed deep reflections by learners on their experiences and their own emerging professional identity. We assert that the programmatic use of narrative in its different forms, as an accompaniment to the biomedical curriculum, can encourage students to evolve a capacity for ‘prudent caring’ as part of their professional identity. Prudent caring, the virtue of understanding and compassion, is enabled by a deep appreciation for the various perspectives, values, beliefs, needs, desires and fears brought to the clinical encounter.

At the University of Toronto, the Undergraduate Medical Education (UME) Program has begun a systematic integration of different types of narrative into the curriculum. One of these initiatives – the Companion Curriculum – conceptualized by Dr. Allan Peterkin and initiated in 2010 when literary content was first selected to match the biomedical content of the year one UME curriculum. The project then grew to involve Drs. Michael Roberts, Ayelet Kuper, and Pier Bryden (faculty members); Dr. Debra Hamer (resident); and Jonathan Fuller and Jesse Kancir (medical students). It now provides a voluntary introduction to literary narratives such as poetry and memoir, created by writers, physicians and patients with highly evolved narrative skills, and with an inherent talent for evoking reader responses. The Companion Curriculum offers support to the empathic or “moral imagination”, and allows students to consider the internal experiences of patients, families, other students and healthcare professionals at a time when they have relatively little direct clinical exposure to them. With this goal, it links subjects in the science-focused pre-clerkship curriculum with relevant literary narratives that explore the humanistic sides of these subjects.

# THE COMPANION

## YEAR 1 COURSE DESCRIPTIONS

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### Structure and Function - STF 111Y

This 16-week first-year block course runs at the start of medical school, from the end of August to the end of the second week in December. It provides students with:

- a broad introduction to the language and culture of medicine;
- a solid preparation for further study in later courses; and
- a sense of trust and cooperation among students and between students and the teaching staff

Specific subjects of instruction include:

- Gross anatomy, histology, and cell biology
  - Embryology
  - Radiological anatomy and an introduction to medical imaging
  - Biochemistry
  - Physiology (cardiovascular, respiratory, and blood)
  - Ethics and the “Professional” role
  - The “Manager” role
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### Metabolism and Nutrition – MNU111Y

Metabolism and Nutrition (MNU) is a highly-integrated, 10-week course that covers fundamental principles of the basic medical life sciences: Biochemistry, Clinical Biochemistry, Histology, Molecular Biology, Nutrition, Pharmacology and Physiology, and applies these to the study, diagnosis and treatment of endocrine, reproductive, renal, metabolic, hepatobiliary, gastrointestinal and cardiovascular disease.

## Overall Course Goals

To provide students with:

1. A solid, integrated knowledge of basic concepts in the basic medical life sciences needed for understanding endocrine, reproductive, renal, hepatobiliary, gastrointestinal and cardiovascular physiology.
  2. A balanced application of basic scientific principles in the appreciation of mechanisms, diagnosis and treatment of disease within the above organs and systems.
  3. An introduction to clinical problem solving, and an appreciation of the variety and complexities of issues confronting patients (and their families) dealing with disease.
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## Brain and Behaviour - BRB111Y

Brain & Behaviour (BRB), including Clinical Pharmacology (CP) is a ten-week course extending from the end of March until the end of May. The course begins with a two-week segment on pharmacology. This is followed by BRB, which aims to provide a solid foundation in neuroanatomy and, neurophysiology, as well as an introduction to the clinical neurosciences in the remaining eight weeks.

CP consists of a mixture of large- and small-group teaching to provide students with an opportunity to consolidate various aspects of pharmacology learned earlier in the first-year program, to develop greater competence in aspects of pharmacokinetics, pharmacodynamics, toxicology and adverse drug reactions, and to begin to develop an understanding of the practical use of medications.

## University of Toronto Undergraduate Medical Education Curriculum - Reading Accompaniment

### Year 1

#### Structure & Function

Week	Title	Author
1	Gaudeamus Igitur	John Stone
	Pathology of Colours	Daniel Abse
2	From the Heart	Rachel Naomi Remen
	Anatomy Lesson	Jack Coulehan
3	The Woman Who Could Not Live With Her Faulty Heart	Margaret Atwood
	The Practice	William Carlos Williams
4	House Calls	Lewis Thomas
	Language and Healing in History	Rafael Campo
5	Ancient Gentility	William Carlos Williams
	Bridging the Culture Gap	Pauline Chen
6	What the uneducated old woman told me	Christopher Reid
	"The Computer & the Hernia Factory" from 'Complications: A Surgeon's Notes on an Imperfect Science'	Atul Gawande
7	A Letter to my cadaver with some questions I still have	Ramon Cancino
	When Young Doctors Strut Too Much of Their Stuff	Erin Marcus
8	Fiction as Resistance	Samuel Shem
	Autopsy in the Form of an Elegy	John Stone
9	The Spirit Catches you and you fall down (Chapter 3)	Anne Fadiman
	The Use of Force	William Carlos Williams
10	Three Women	Sylvia Plath
	Theatre of Pain	Elizabeth Spires
11	Cadaver	John Stone
	The man with stars inside him	Jack Coulehan
12	The Stethoscope	Daniel Abse
	The Anatomy Lesson	Evan S. Connell
13	Carnal Knowledge	Daniel Abse
	The Last Decision	Maya Angelou
14	Episode of Hands	Hart Crane
15	Fear of Gray's Anatomy	Brendan Galvin
16	Ode on a Grecian Urn	John Keats
16	NONE - EXAM WEEK	

## Metabolism and Nutrition

<b>Week</b>	<b>Title</b>	<b>Author</b>
1	What is a Profession? What is a Clinician and What Does He Do?	Earle Scarlett Philip A. Tumulty
2	The Short Arm of Chromosome 4 from 'The Blood of Strangers: Stories from Emergency Medicine'	Frank Huyler
3	A New Mother's Challenge' from 'How Doctors Think'	Jerome Groopman
4	Chekhov Telling Him He Has Cancer of the Lung	Nicholas Ruddock Eric L. Dyer
5	My Most Humiliating Jim Crow Experience Technology and Medicine	Zora Neale Hurston Rafael Campo
6	A worker's speech to a doctor The City	Bertolt Brecht John Updike
7	The Surgeon I'm Gonna Slap Those Doctors	Geza Csath Jack Coulehan
8	Home The Art of Healing	Chekhov W.H. Auden
9	The Clinic "Mr. Delfour's Other File" from 'Hymns to Millionaires'	Bernard MacLaverty Soren A. Gauger
10	NONE - EXAM WEEK	

## Brain and Behaviour

<b>Week</b>	<b>Title</b>	<b>Author</b>
1	No Free Lunch "First Do No Harm: history of pharmacology" fom History of Medicine	Paul Jung Jacalyn Duffin
2	The Promise The Treatment	Veneta Masson Roxana Robinson
3	The Doctor "The Fabricated Body: History of Anatomy" from 'History of Medicine'	Anthon Chekhov Jacalyn Duffin
4	I Felt a Funeral In My Brain Surgeons Must Be Very Careful	Emily Dickinson Emily Dickinson
5	The Bottle	John Stone
6	Spring and All Heiligenstadt Testament	William Carlos Williams Beethoven
7	After Great Pain, A Formal Feeling Comes	Emily Dickinson
8	Monet Refuses the Operation He Had a Good Year	Lisel Mueller Marvin Bell
9	Bruno	Josip Novakovich
10	Ode on Melancholy The Mental Status Exam	John Keats Rafael Campo

# THE COMPANION

## YEAR 2 COURSE DESCRIPTION

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### Course Description: MMMD 211Y

Mechanisms, Manifestations and Management of Disease (MMMD) is a 36 week course which runs throughout the second year of medical school. The first 9 weeks of the course concentrate on the mechanisms of disease: the pathogenesis and the changes in disease that occur at the tissue, cellular and molecular levels and how these correlate clinically. A comprehensive understanding of the mechanisms and structural alterations produced by disease is a necessary framework with which one can plan strategies for prevention, diagnosis and treatment. The mechanisms section covers the major categories of human disease and is divided into four major topics: genetics and genetic diseases, immunology and disorders of the immune system, microbiology (including bacteriology, virology, mycology, and parasitology), and pathology (including cellular and molecular responses to injury, inflammatory disorders, and neoplasia).

The remaining 27 weeks of the course consists of system-based medicine and is organized with each week structured around one or more themes. The curriculum of each week has been developed by a committee from one or more of the major clinical departments (Anaesthesia, Family and Community Medicine, Internal Medicine, Obstetrics and Gynecology, Ophthalmology, Otolaryngology, Pediatrics, Psychiatry, Surgery). Also present will be additional mechanisms-based lectures, predominantly by members of the Department of Laboratory Medicine & Pathobiology, in association with clinical lectures; the goal of these lectures is to present an integrated approach to a disease, from tissue and cellular events, through clinical manifestations, diagnosis and therapy. Teaching in Pharmacology, Medical Imaging and Ethics and Professionalism will be integrated throughout the entire curriculum.

## University of Toronto Undergraduate Medical Education Curriculum - Reading Accompaniment

### Year 2

Week	Title	Author
1 - Cell and Environmental Pathology	Pathology Report	Veneta Masson in <i>In Whatever Houses We May Visit</i>
	Famine Relief	Marilyne Krysl in <i>War-scape with Lovers</i>
2 - Immunology I	Chapter 21 - The Development of the Medical Student	Becker et al. in <i>Boys in White: Student Culture in Medical School</i>
	A Little Medical Afflictionary	Martin Winckler in <i>The Body in the Library</i>
3 - Immunology II	Kidneys and the Kindness of Strangers	David Steinberg ( <i>Health Affairs</i> , 22(4))
	The Student Life	William Osler in <i>Sir William Osler: A Selection</i>
4 - Microbiology I - Intro and Bacteriology	Suffering	Miroslav Holub in <i>Intensive Care: New and Selected Poems</i>
	The Plague	Albert Camus
5 - Microbiology II - Parasitology, Mycology, and Mycobacteria	The Worm	Jack Coulehan ( <i>Journal of Medical Humanities</i> , 15(3))
	Considering Life Before Lifestyle	Blumberg ( <i>JAMA</i> , 307(20))
6 - Microbiology III - HIV and Virology	Voices from the Clinic: AIDS Then and Now	Abigail Zuger ( <i>Health Affairs</i> - 19(2))
	In the Microscope	Miroslav Holub in <i>In Whatever Houses We may Visit</i>
7 - Neoplasia I	Welcome to Cancerland	Barbara Ehrenreich ( <i>Harper's</i> , November 2001)
	Nine Deaths	David Young in <i>In Whatever Houses We may Visit</i>
8 - Neoplasia II	Making it Literal (Excerpt from <i>Illness as Metaphor</i> )	Susan Sontag in <i>The Body in the Library</i>
	Letter of 1812, Fanny Burney	Fanny Burney in <i>Body in the Library</i>
9 - Genetics / Paediatric Pathology	Learning Genetics	Sharon F. Terry in <i>Health Affairs</i> (22(5))
	Anencephaly	Miroslav Holub
10 - Early Pregnancy	Talking to the Family	John Stone in <i>The Smell of Matches</i>
	The Egg and the Sperm: How Science Has Constructed a Romance Based on Stereotypical Male-Female Roles	Emily Martin ( <i>Signs: Journal of Women in Culture and Society</i> - 16(3))
11 - Late Pregnancy	Delivery	Toi Derricotte in <i>Imagine What It's Like</i>
	The Smile Was	Dannie Abse in <i>Imagine What It's Like</i>

12 - Pediatrics: Normal Infant	Hooked on Neonatology Admission, Children's Unit	John D. Lantos ( <i>Health Affairs</i> , 20(5)) Theodore Deppe in <i>Imagine What It's Like</i>
13 - Pediatrics: Young Child & Older Child	Excerpt from Ode: Intimations of Immortality from Recollections of early childhood Swimming Pool	William Wordsworth in <i>In Whatever Houses We May Visit</i> Thomas Lux in <i>In Whatever Houses We may Visit</i>
14 - Paediatrics and Family Medicine	The Common Cold Communion	Ogden Nash in <i>In Whatever Houses We may Visit</i> Richard B. Weinberg in <i>Annals of Internal Medicine</i> (123(10))
15 - Gynecology	An Act of Kindness CPSO Procedural Hearing	Perle Feldman College of Physicians and Surgeons of Ontario
16 - Endocrinology	Banting's Idea What the Doctor Said	Michael Bliss in <i>The Discovery of Insulin</i> Raymond Carver in <i>A New Path to the Waterfall: Poems</i>
17 - Psychiatry: Mood, Anxiety, Substance Abuse	Papers Pills Therapy	Sherwood Anderson in <i>Winesburg, Ohio</i> John Wright in <i>In Whatever Houses we may visit</i>
18 - Gastroenterology I	Opium - The Diary of a Cure Myself Healed How to Be a Doctor	Jean Cocteau in <i>The Physician in Literature</i> Richard Selzer in <i>Rituals of Surgery</i> Stephen Leacock in <i>The Literary Companion to Medicine</i>
19 - Gastroenterology II	Victim to One Hundred and Seven Fatal Maladies When I have fears that I may cease to be	Jerome K. Jerome in <i>The Body in the Library</i> John Keats
20 - Intro to Surgery	Whose Body Is It, Anyway? The Knife	Atul Gawande in <i>Complications: A Surgeon's note on an imperfect science</i> Richard Selzer in <i>The Exact Location of the Soul</i>
21- Rheumatology	Shadows Anatomy of an Illness (As Perceived by the Patient)	D.H. Lawrence Norman Cousins; <i>New England J. Med.</i> 295 (23 December): 1458-1463 (1976)
22 - Respiriology	Jean Beckie Notes on Emphysema	William Carlos Williams in <i>The William Carlos Williams Reader</i> Hayden Carruth in <i>Writing on Air</i>
23 - Otolaryngology and Neurology	Hearing Impairment Excerpt from The Doctor in Spite of Himself	Les Murray in <i>Collected Poems</i> Moliere in <i>The Literary Companion to Medicine</i>



24 - Neurology	Excerpt from A Journey Around My Skull Ruminations on a Technical Paper	Frigyes Karinthy in <i>The Literary Companion to Medicine</i> Morton Pollycove in <i>In Whatever Houses We May Visit</i>
25 - Orthopedics	Bone Body Language	Richard Selzer in <i>The Exact Location of the Soul</i> Kenny Fries in <i>Beauty is a Verb</i>
26 - Trauma	Torn The Wound Dresser	C. Dale Young in <i>Virginia Quarterly Review</i> , 80(2) Walt Whitman in <i>Imagine What It's Like</i>
27 - Interfaculty Pain Curriculum and Rehabilitation	The Mystery of Pain The Nature of Suffering and the goals of medicine	Emily Dickinson in <i>In Whatever Houses We may Visit</i> E.J. Cassel in <i>Loss, Grief &amp; Care - (8(1-2))</i>
28 - Ophthalmology	Disabled Country The Country of the Blind	Neil Marcus H.G. Wells
29 - Nephrology	Dialysis Father and Son Roadshow	Lucille Clifton in <i>Blessing the Boats</i> Sherman Alexie
30 - Hematology	Blood Eleven Blue Men	Liam Durcan in <i>A Short Journey by Car</i> Berton Roueché in <i>Eleven Blue Men and other narratives of medical detection</i>
31 - Urology	Sperm Test The Grand Urinal of the Elks	Randall R. Freisinger in <i>Plato's Breath</i> Richard Selzer in <i>Letters to a Young Doctor</i>
32 - Cardiology I	He Makes a House Call Chronic Heart Disease	John Stone in <i>In All This Rain</i> Max Pinner in <i>When Doctors Are Patients</i>
33 - Cardiology II	Neighbour Rosicky Murmur	Willa Cather Peter Pereira in <i>In Whatever Houses we may visit</i>
34 - End of Life Care	Do Not Go Gentle into that Good Night The Last Words of My English Grandmother	Dylan Thomas in <i>Imagine what it's like</i> Williams Carlos Williams in <i>In Whatever Houses we may visit</i>
35 - Dermatology	The Girl with the Pimpley Face Skin	William Carlos Williams Richard Selzer in <i>The Exact Location of the Soul</i>
36 - Cardiovascular and Vascular Surgery	Chapter 5: M & M Chapter 4: Bogus doctor	Pauline Chen in <i>Final Exam: A Surgeon's Reflections on Mortality</i> Sandeep Jauhaur in <i>Intern: A Doctor's Initiation</i>

# THE COMPANION

## YEARS 3 & 4 COURSE DESCRIPTION

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The Clinical Clerkship is 77 weeks long, and is divided into Year 3 (51 weeks) and Year 4 (26 weeks).

In Year 3 of the Clerkship curriculum there are two 24-week blocks, one of which includes eight weeks each of Surgery and Medicine, four weeks of Emergency Medicine, two weeks of Anesthesia, and one week each of Ophthalmology and Otolaryngology. The other 24-week block includes six weeks each of Psychiatry, Paediatrics, Obstetrics & Gynecology, and Family and Community Medicine. The Dermatology course is included within the Family and Community Medicine rotation.

At the beginning of Year 4, 12 weeks of curriculum time are allocated to elective experiences, wherein students are provided the opportunity to gain exposure to areas of expertise beyond the scope of the core clerkship and to further enhance their training in sub-disciplines within the major specialties.

Transition to Residency consists of the final 14 weeks of Year 4. This curriculum allows students to bring together many of the concepts they have learned about functioning as doctors and put them into practice in real world settings, where they get a chance to participate in the "real" work of physicians, as preparation for PGY1. The two Central weeks contain classroom-based learning activities about concepts such as understanding chronic care, medical-legal and licensure issues, complementary medicine, fitness to drive, and a number of other topics.

The Selectives promote workplace-based learning, where students have increased (graded) responsibility under supervision, and allow the students to bring together many different areas of knowledge and skill in the care of patients or populations, as they get ready for the increased responsibility of their PGY1 programs.

## University of Toronto Undergraduate Medical Education Curriculum - Reading Accompaniment

### Years 3 & 4

<u>Rotation</u>	<u>Title</u>	<u>Author</u>
<i>Internal Medicine</i>	Life Goes On	Ashley Pistorio
	Code Blue	Richard Berlin
	The X-Ray Waiting Room in the Hospital	Jarrell Randall
	Diabetes (Sugar)	James Dickey
<i>Pediatrics</i>	451: The Crickets Have Arthritis	Shane Koyczan
	The Wrestling Match	Lou Ann Baldree
	The Use of Force	William Carlos Williams
<i>Obstetrics &amp; Gynecology</i>	Of Unborn Children	Louisa Couotts
	Sudan: A Future without Female Genitalia	Halima Mohamed Abdel Rahman
	Lauren asks me about childbirth	H Melton
	It Was My First Nursing Job	Belle Warring
<i>ER</i>	I am a Ghost	E. Cadesky
	The Woman who Walked into Doors	R. Doyle
	First Suture	A. Peterkin
	The Old Lady in Bed One	B. Salomon
<i>Anaesthesia</i>	Gurney Tears	A. Shafer
	Starting the IV: Anaesthesia	D. Watss
	When the Blood Fell Short of Her Toes	N. Jain
<i>Dermatology</i>	Crimson Tide	Atul Gawande
<i>ENT</i>	A Man of Taste	D. T. Max
<i>Ophthalmology</i>	The Blindman's Song	Rainer Rilke
<i>Surgery</i>	Aeneid XII.383-440 as Inspiration for Ancient Art: The Roman Surgeon	P. Hunt
	When I am in Doubt: a Poem for Surgeons	Glenn Colquhoun
	Surgery Rotation	Richard Berlin
<i>Psychiatry</i>	The Mental Status Exam	Rafael Campo
	The Race Track (Death on a Pale Horse)	A.P. Ryder
	The Brain on the Stand	J. Rosen
<i>Family Medicine</i>	Surrendering The Keys: A doctor tries to get an impaired elderly patient to stop driving	Anne Reisman
	Fat lady	Irvin D. Yalom
	The Ship Pounding	Donald Hall
	The Sick Wife	Jane Kenyon
	A Day in the Life of Oscar the Cat	D. M. Dosa
<i>Overall Clerkship Experience</i>	Who Decides?	R. Lawrence
	The House of God	Samuel Shem
	Moral Distress	R. Lawrence
	Today I Do Not Want to be a Doctor	Glenn Colquhoun