



<b>Dates:</b>	A series of four lectures:
Feb 14, 2017	The Power of Expectancies: Unraveling the Neurobiological Mechanisms
April 18, 2017	Dose-extending Placebos: Clinical and Ethical Aspects
Sept 19, 2017	When beliefs make you sick: What is the nocebo effect?
Nov 14, 2017	Nocebo effects: Preventing unintended and harmful side effects

#### **Lecture 4 - November 14, 2017**

**Time:** 4-5 p.m and light refreshments immediately following lecture

**Location:** University of Maryland School of Nursing - Room 255

#### **Description:**

#### **LECTURE 4 - Nocebo effects: Preventing unintended and harmful side effects**

Nocebo effects are an important aspect of medical practice, with broad implications for routine clinical care and clinical trial design. Nocebo effects can jeopardize clinical outcomes I will also discuss recent literature promoting a better understanding of nocebo effects, with a view to ethically avoid them in clinical practice. Indeed, the patient–clinician relationship does not only play a key role in the effectiveness of a placebo response, but it can also create a nocebo effect. It is important to remember that medical professionals adhere to the standard that they are obliged to reveal truthful information to their patients but this is not necessarily the most ethical and beneficial ways to inform patients. To minimize nocebo effects in clinical settings, four contextual aspects relevant to the treatment of chronic diseases are presented: (1) negative patient-clinician communication and interaction during treatment; (2) emotional burden of patients during treatment with analgesic medication; (3) negative information provided via informational leaflets; and (4) patient’s lack of positive information. Through an understanding of these elements, many preventive and ethically-acceptable clinical actions can be taken in order to improve multidisciplinary therapeutic strategies.

This lecture provides a systematic presentation on framing effects, informed consents and nocebo effects. Nurses, pharmacists, and physicians will find this information relevant to daily clinical practice, education and research.

Objectives:

1. Examine the critical factors that produce clinically-relevant nocebo effects.
2. Recommend communication strategies to reduce the occurrence of nocebo effects.

1: Colloca L, Finniss D. Nocebo effects, patient-clinician communication, and therapeutic outcomes. JAMA. 2012 Feb 8;307(6):567-8. doi: 10.1001/jama.2012.115. PubMed PMID: 22318275.

2: Colloca L. Informed Consent: Hints From Placebo and Nocebo Research. Am J Bioeth. 2015;15(10):17-9. doi: 10.1080/15265161.2015.1074314. PubMed PMID:26479094.

**To register go to:**

<https://ww2.eventrebels.com/er/Registration/StepRegInfo.jsp?ActivityID=18775&StepNumber=1>

**Continuing Education for Nurses**

Nurses may receive 1.0 contact hours (one CE) for completing this one hour lecture for the cost of \$10. To receive a CE certificate, participants must attend the entire lecture, complete the online evaluation survey and the verification of attendance form provided on site. Participants will receive a CE certificate via email from the University of Maryland School of Nursing approximately two to four weeks after submitting the required documentation. All requests must be received within 90 days of the activity.

Commercial Support: This educational activity has not received any form of commercial support.

The University of Maryland School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

*This lecture is organized by the Interprofessional Continuing Education Committee*