

Tuesday, September 19, 2017

4 p.m. – 5 p.m.

Header

Title: When beliefs make you sick: What is the Nocebo Effect?

School of Medicine, Taylor Lecture Hall

The third in a series of four, this lecture provides a systematic presentation on the psychoneurobiological mechanisms of nocebo effects. Nurses, pharmacists, and physicians will find this information relevant to education, research and practice.

Recently, there has been a host of research over the past several decades that expanded our knowledge of the mysterious phenomenon we know as ‘the nocebo effect’. Understanding its mechanisms from a psychoneurobiological viewpoint has permitted a better understanding of how nocebo effects can be minimized. The anticipation of side effects engages a complex set of neural circuits along with biochemical changes both in the peripheral tissues and in the central nervous system resulting in the occurrence and/or worsening of clinical outcomes. Nocebo effects are formed through anticipation of adverse events, prior therapeutic unsuccessful experiences and observation of adverse events in others. Susceptibility to the nocebo effect depends upon conscious and nonconscious processes, personality traits, psychological factors and genetic variants. Moreover, providers’ behaviors, environmental cues and the appearance of medical devices can induce nocebo effects that dramatically influence clinical outcomes in patients. Knowledge on the mechanisms of nocebo effects can definitely be valuable to daily clinical practice and psychological counselling.

Objectives

At the conclusion of the presentation, learners will be able to:

1. Examine how nocebo effects are generated behaviorally and at the level of brain mechanisms.
2. Distinguish between pronociceptive and anxiety mechanisms underlying nocebo effects.

Target Audience

Nurses, pharmacists, and physicians will find this information relevant to education, research and practice.

Additional Resources

1: Colloca L, Miller FG. The nocebo effect and its relevance for clinical practice. *Psychosom Med*. 2011 Sep;73(7):598-603. doi:10.1097/PSY.0b013e3182294a50. Review. PubMed PMID: 21862825; PubMed Central PMCID: PMC3167012.

2: Benedetti F, Lanotte M, Lopiano L, Colloca L. When words are painful: unraveling the mechanisms of the nocebo effect. *Neuroscience*. 2007 Jun 29;147(2):260-71. Review. PubMed PMID: 17379417.

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.

Continuing Education for Pharmacists



The University of Maryland School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity (UAN: 0025-0000-17-003-L01-P) is approved for 1.0 hours (0.1 CEU) of continuing education credit. Statements of credit will be posted to CPE Monitor within three weeks for all participants who successfully complete the activity. Successful completion of this activity requires the attendee's signature on the sign-in sheet, participation in the entire activity, and completion of an online activity evaluation.

Continuing Education for Physicians

Accreditation: The University of Maryland School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation: The University of Maryland School of Medicine designates this Live activity for a maximum of 1 *AMA PRA Category 1 Credit*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Registration

There is no cost to attend the lecture.

Nurses who wish to receive Continuing Nursing Education (CNE) Credit: \$10

Register now.

Upcoming Lectures: An Interprofessional Pharmacology Lecture Series

Nov. 14: Nocebo Effects: Preventing Unintended and Harmful Side Effects

School of Nursing, Room 150

Reception immediately following