



# BALLYHOO

*Behavioral Health  
Newsletter*

October 2018 Issue

Meet the Pharmacy and  
Psychiatry Residents

Clinical Considerations

Oh, Behave!

## Pharmacy and Psychiatry Residents



### **Marina Maes, PharmD**

Professional Interests:

Primary care, transitions of care, geriatrics, and academia



### **Marina Snellings, PharmD**

Professional Interests:

Chronic disease management, infectious disease, and geriatrics



### **Natalie Rosario, PharmD**

Professional Interests:

Medically underserved patients, chronic disease management, academia, and student mentorship



### **Kyle Troska, PharmD**

Professional Interests:

Chronic condition management, population health, academia, and leadership



### **Tyler Anderson, MD**

Professional Interests:

Psychotherapy, outpatient adult, and child psychiatry



### **Helena Winston, MD**

Professional Interests:

Geriatric psychiatry, stigma and mental health, medical humanities, and the interface of technology and psychiatry

## Clinical Considerations

### Biofeedback

Biofeedback is an evidence-based therapy technique in which patients can learn how to effectively manage their physiological reactions to stress.

Various biofeedback instruments measure different physiological functions, including heart rate, respiration, muscle tension, or temperature.

At AFW, we use the HeartMath biofeedback software, which measures heart rate variability (HRV), which is thought to reflect our inherent self-regulatory capacities. Patients usually wear a sensor on their ear lobe which measures their HRV and related level of “coherence.” Coherence is when the body experiences an ordered and stable heart pattern.



We usually start with a baseline measurement. Patients are then asked to practice a self-regulatory skill or are guided through grounding exercises to increase awareness of their bodily sensations, and to better understand which exercises are most effective for them.

Biofeedback is great for individuals with stress-related medical and/or psychological conditions, or those interested in relaxation training. To refer a patient for biofeedback, please grab someone on the BH team to do a warm handoff, or send a BH referral with a note in the comments that says “biofeedback.”

### Virtual Reality

Several family medicine clinics now have virtual reality technology. Virtual reality head sets can be used to address a variety of concerns including but not limited to:

- Anxiety and phobias
- Relaxation training
- Mindfulness
- Trauma

Ask  
Behavioral  
Health to try it  
out!

## Oh, Behave! Tip of the Month

Current events making you feel overwhelmed?

Try taking a news diet!

While seeking out news, we are often bombarded with sad, disheartening, and demoralizing information throughout the day. Turning off these outlets—radio, TV, and news on cell phones—and opting for more fulfilling and uplifting content can improve mood and reduce anxiety. Try a comedic or informative podcast, calming music, photos of puppies, or mindful breathing as a substitute.

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