

SYLLABUS

concerning the cycle of education 2023-2029

(date range)

**1.1. BASIC INFORMATION CONCERNING THIS SUBJECT / MODULE**

Subject / Module	Medical psychology
Course code / module *	PI/D
Faculty of (name of the leading direction)	Medical College of Rzeszów University
Department Name	Department of Medical Psychology
Field of study	medical direction
Level of education	uniform master's studies
Profile	practical
Form of study	stationary / extramural
Year and semester	year II, semester IV
Type of course	obligatory
Coordinator	dr n. hum. lek. med Rafał Sztembis
First and Last Name of the Teacher	dr n. hum. lek. med. Rafał Sztembis

\* - According to the resolutions of the Faculty of Medicine

**1.2. Forms of classes, number of hours and ECTS**

Lecture	Exercise	Conversation	Laboratory	Seminar	ZP	Practical	Self-learning	Number of points ECTS
15	-	-	-	10	-	-	-	2

**1.3. The form of class activities**

☒classes are in the traditional form

☐classes are implemented using methods and techniques of distance learning

**1.4. Examination Forms / module** (exam, credit with grade or credit without grade)

**2. REQUIREMENTS**

Cognitive activity and motivation to explore scientific knowledge
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**3. OBJECTIVES, OUTCOMES, AND PROGRAM CONTENT USED IN TEACHING METHODS**

**3.1. Objectives of this course/module**

C1	Gaining knowledge and skills in the field of adapting to their own psychological predispositions and emotional limitations in practicing the medical profession
C2	Acquiring the ability to recognize psychological problems of the patient, making contact with the patient, empathic contact, conversation and interview with the patient according to psychological criteria
C3	Acquiring the ability to positively influence the mental state of the patient, especially the patient under stress or suffering from psychosomatic disorders

### 3.2 OUTCOMES FOR THE COURSE / MODULE (TO BE COMPLETED BY THE COORDINATOR)

EK (the effect of education)	The content of the learning effect defined for the subject (module)	Reference to directional effects (KEK)
EK_01	Understands the importance of verbal and non-verbal communication in the process of communicating with patients and the concept of trust in interaction with the patient;	D.W4.
EK_02	Understands the psychosocial consequences of hospitalization and chronic illness;	D.W5.
EK_03	He knows the basic psychological mechanisms of human functioning in health and in illness;	D.W7.
EK_04	Understands the role of the family in the treatment process;	D.W8.
EK_05	He knows the issues of adaptation to the disease as a difficult situation, stages of adaptation to the threatening events and needs of patients, dying and the process of family mourning;	D.W9.
EK_06	He knows the role of stress in the etiopathogenesis and course of diseases and recognizes the mechanisms of coping with stress;	D.W10.
EK_07	He knows the mechanisms and goals and methods of treatment of addiction to psychoactive substances;	D.W11.
EK_08	He knows the rules of motivating patients to pro-health behaviors and informing about adverse prognosis;	D.W12.
EK_9	He knows the rules of working in a group;	D.W15.
EK_10	It builds an atmosphere of trust throughout the entire treatment process;	D.U4.
EK_11	Conducts a conversation with an adult patient, child and family using the technique of active listening and expressing empathy, as well as talking with the patient about his / her life situation;	D.U5.

EK_12	Informs the patient about the purpose, course and possible risks of proposed diagnostic or therapeutic actions and obtains his informed consent;	D.U6.
EK_13	Tells the patient and his family about unfavorable prognosis;	D.U7.
EK_14	Provides advice on compliance with therapeutic recommendations and a healthy lifestyle;	D.U8.
EK_15	Identifies risk factors for violence, recognizes violence and responds appropriately;	D.U9.
EK_16	Applies basic psychological motivational and support interventions;	D.U10.
EK_17	Communicates with team contributors by providing constructive feedback and support	D.U11.

### 3.3 CONTENT CURRICULUM (filled by the coordinator)

#### A. Lectures

Course contents
TP 1. Biomedical and biopsychosocial model in the approach to health, disease, therapy process, health behavior.
TP 2. Psychology of health - basic concepts, principles and application in the professional activity of a doctor.
TP 3. Social psychology, evolutionary psychology. Interpretation of human behavior in a psychological context.
TP 4. Basic psychological concepts (personality, temperament, cognitive processes, emotions, psychological gender).
TP 5. The role of learning about and developing personality in the doctor's professional activity.
TP 6. Verbal communication, non-verbal communication, manipulation, lying in medicine;
TP 7. Behaviors that maintain a sense of intimacy and independence of the patient; aggression in clinical practice.
TP 8. He talks about death and dying. Passing difficult information.
TP 9. Psychological determinants of susceptibility to diseases and somatic dysfunctions. Psychological factors and mechanisms conducive to maintaining health and accelerating regenerative processes. Psychoneuroimmunology.
TP 10. Teams and anxiety disorders. Anxiety in the course of somatic diseases. Diagnosis and therapy. Addiction.
TP 11. Mood disorder. Depression in the course of somatic diseases. Diagnosis and therapy.
TP 12. Eating disorders. Mental disorders in children and adolescents. Diagnosis and therapy.

TP 13. Biological feedback, hypnosis, placebo effect, psychotherapy, behavioral therapy, relaxation techniques from a psychological point of view - research and scientific evidence - current status.
TP 14. Psychology of marketing and health promotion and patient education.

## B. Seminars

Course contents
TP1. Disorders and psychosomatic diseases. Historical background, contemporary medicine of mind and body, evidence-based medicine and psychophysiology.
TP2. Basic skills in communicating the doctor with the patient and his family. Ways to prevent iatrogenic errors in relation to the patient. The healthcare system as a special place for communication processes.
TP3. Establishing and conducting therapeutic contact with the patient. Znaczenie i tymnej przestrzeni człowieka dla jego dobrostanu
TP4. The main principles of conducting medical interview and providing information to the patient and his family (according to psychological criteria). Principles of rational thinking and clinical decision making. Heuristics of representativity.
TP5. Solving psychological problems of the patient in a situation of sudden deterioration of health and life threat, in chronic and terminal disease.
TP6. Psychological interpretation of the phenomenon of stress and its impact on human behavior and health. Basic strategies for coping with stress. Selected methods of psychological tension reduction (assertiveness, principles of solving interpersonal conflicts, elements of negotiations and mediation). Prevention and prevention of occupational burnout.
TP7. Psychological factors in the etiology of pain and its treatment. Psychology of suffering.

## 3.4 TEACHING METHODS

**Lecture:** problem lecture / lecture with multimedia presentation.

**Classes:** Analysis of texts with discussion, analysis of audio-visual materials, group work / solving tasks / discussion

## 4 METHODS AND EVALUATION CRITERIA

### 4.1 Methods of verification of learning outcomes

Symbol of effect	Methods of assessment of learning outcomes (Eg.: tests, oral exams, written exams, project reports, observations during classes)	Form of classes
EK_01	colloquium	Lectures, Seminars
EK_02	colloquium	Lectures
EK_03	colloquium	Lectures, Seminars
EK_04	colloquium	Lectures
EK_05	colloquium	Lectures, Seminars
EK_06	colloquium	Lectures, Seminars
EK_07	colloquium	Lectures
EK_08	colloquium	Lectures, Seminars
EK_09	colloquium	Exercise
EK_10	colloquium	Exercise
EK_11	colloquium	Exercise
EK_12	colloquium	Exercise
EK_13	colloquium	Exercise
EK_14	colloquium	Lectures, Seminars
EK_15	colloquium	Lectures, Seminars
EK_16	colloquium	Lectures, Seminars
EK_17	colloquium	Lectures, Seminars

#### 4.2 Conditions for completing the course (evaluation criteria)

**Seminars (pass with grade including student's skills, attendance, grades from partial tests):**

1. full participation and activity in the exercises
2. written partial credits

Range of ratings: 2.0 - 5.0

**Lectures (oral or written final credit):**

1. test pass and open questions:

A: Questions in the field of messages to remember;

B: Questions regarding the message to be understood;

C: Solving a typical written task;

D: Solving an atypical writing task;

- for insufficient solution of tasks only from areas A and B = grade 2.0
- for solving tasks only from areas A and B, the possibility of obtaining max. rating 3.0
- for solving tasks from the area A + B + C, the possibility of obtaining max. evaluation 4.0
- for the solution of tasks in the area A + B + C + D, the possibility of obtaining a rating of 5.0

### **Knowledge assessment:**

#### **Written test**

- 5.0 - has knowledge of each of the contents of education at the level of 90% -100%
- 4.5 - has knowledge of each of the content of education at the level of 84% -89%
- 4.0 - has knowledge of each of the content of education at the level of 77% -83%
- 3.5 - has knowledge of each of the content of education at the level of 70% -76%
- 3.0 - has knowledge of each of the content of education at the level of 60% -69%
- 2.0 - has knowledge of each of the contents of education below 60%

#### **Skill assessment**

- 5.0 - the student actively participates in classes, is well prepared, can skillfully conduct a conversation with an adult patient, child and family using the technique of active listening and expressing empathy
- 4.5 - the student actively participates in the classes, with little help from the teacher, he is able to interview the adult patient, child and family with good use of the technique of active listening and expressing empathy
- 4.0 - the student actively participates in classes, with more help from the teacher, is improved, to a good extent he can talk to an adult patient, child and family using the technique of active listening and expressing empathy
- 3.5 - the student participates in classes, his scope of preparation does not allow to talk to an adult patient, child and family to a good extent using the technique of active listening and expressing empathy
- 3.0 - the student participates in classes, at a sufficient level he has developed the ability to talk with an adult patient, child and family using active listening techniques and expressing empathy

### **5. Total student workload required to achieve the desired result in hours and ECTS credits**

Activity	Hours / student work
Hours of classes according to plan with the teacher	25

Preparation for classes	10
Participation in the consultations	2
The time to write a paper / essay	-
Preparation for tests	15
Participation in colloquia	-
Other (e-learning)	-
SUM OF HOURS	52
TOTAL NUMBER OF ECTS	2

#### 6. TRAINING PRACTICES IN THE SUBJECT / MODUL

Number of hours	
Rules and forms of apprenticeship	

#### 6. LITERATURE

<p><b>READING:</b></p> <p>1. Jakubowska-Winecka A., Włodarczyk D. Psychologia w praktyce medycznej. PZWL, Warszawa 2007.</p> <p>2. Kübler-Ross E. Rozmowy o śmierci i umieraniu, Media Rodzina of Poznań, Poznań 2001</p> <p>3. Materiały własne prowadzącego</p>
<p>Additional literature:</p> <p>1. Król-Fijewska, M. (2005). Stanowczo, łagodnie, bez lęku. Warszawa: Wydawnictwo W.A.B.</p> <p>2. Leathers, D.G. (2009). Komunikacja niewerbalna. Warszawa: Wydawnictwo PWN.</p> <p>3. McKay, M., Davis, M. i Fanning, P. (2001). Sztuka skutecznego porozumiewania się. Gdańsk: Gdańskie Wydawnictwo Psychologiczne.</p> <p>4. Nęcki, Z. (2000). Komunikacja interpersonalna. Kraków: Antykwa.</p>

Acceptance Unit Manager or authorized person