



Medical Psychology

1. IMPRINT	
Academic Year	2022/2023
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline <i>(in accord with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Medical Sciences
Study Profile <i>(general academic / practical)</i>	General academic
Level of studies <i>(1st level / 2nd level / uniform MSc)</i>	Uniform MSs
Form of studies	Full time studies
Type of module / course <i>(obligatory / non-compulsory)</i>	Obligatory
Form of verification of learning outcomes <i>(exam / completion)</i>	Credit
Educational Unit / Educational Units <i>(and address / addresses of unit / units)</i>	Studium Psychologii Zdrowia [Department of Health Psychology] ul. Litewska 14/16, 00-575 Warszawa Tel. +48 22 116 92 11 zpikm@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Professor Dorota Włodarczyk, MA, PhD
Course coordinator (title, First Name, Last Name, contact)	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Person responsible for syllabus (First name, Last Name and contact for the person to whom any objections concerning syllabus should be reported)	Magdalena Łazarewicz, MA, PhD magdalena.lazarewicz@wum.edu.pl
Teachers	Magdalena Łazarewicz, MA, PhD (magdalena.lazarewicz@wum.edu.pl) Małgorzata Guzowska, MA, PhD (m.guzowska@wp.pl) Marcin John, MA (marcin.john@gmail.com)

2. BASIC INFORMATION			
Year and semester of studies	III, 1 st semester	Number of ECTS credits	1.00
FORMS OF CLASSES		Number of hours	ECTS credits calculation
Contacting hours with academic teacher			
Lecture (L)			
Seminar (S)		10	0,25
Classes (C)		10	0,25
e-learning (e-L)			
Practical classes (PC)			
Work placement (WP)			
Unassisted student's work			
Preparation for classes and completions		10	0,5

3. COURSE OBJECTIVES	
O1	Student acquires skills and knowledge on the psychological aspects of the medical patient care, is familiar with the concept of health-related quality of life and understands psychosocial consequences of hospitalization and chronic illness.
O2	Student understands and is able to identify psychosocial risk factors of somatic diseases, knows the mechanisms of human functioning in health and illness (including terminal disease)
O3	Student gets familiar with a problem of abuse and basic methods of psychological intervention

04	Student understands the elements of the patient's perspective, knows how to diagnose the patient's attitude toward illness and treatment; is familiar with motivational interviewing and health promotion methods
05	Student learns how age and age-related developmental needs can affect delivery of care and responses to illness and how to respond to them effectively
06	Student knows the signs of work stress and burnout and is familiar with available preventive methods

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING (concerns fields of study regulated by the Regulation of Minister of Science and Higher Education from 26 of July 2019; does not apply to other fields of study)

<p>Code and number of effect of learning in accordance with standards of learning (in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</p>	<p>Effects in time</p>
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Knowledge – Graduate* knows and understands:

D.K1	social dimension of health and illness, the impact of the social environment (family, social networks) and social inequalities as well as socio-cultural differences on health, as well as the role of social stress in health and self-destructive behaviour
D.K2	social factors influencing behaviour in health and disease, especially in chronic disease
D.K3	forms of abuse, models explaining family and institutional abuse, social bases of different forms of abuse and the doctor's role in recognizing it
D.K4	Social approached to the meaning of health, illness, disability and aging in the relation to social attitudes, social consequences of the somatic disease, disability and socio-cultural barriers, and the concept of health related quality of life
D.K7	psychosocial consequences of hospitalization and chronic disease
D.K9	basic human psychological mechanisms of functioning in health and disease
D.K10	the role of the family in the treatment process
D.K11	aspects of adaptation to the disease as a challenging situation, phases of adaptation to threatening situation, including dying and grief
D.K12	the role of stress in etiopathogenesis and progress of the somatic disease and recognizes coping mechanisms
D.K14	the principles of health promotion, its tasks and main lines of action, with particular emphasis on knowledge of the role of elements of a healthy lifestyle
D.K15	the principles of motivating the patient to health promoting behaviours and informing about unfavorable prognosis

Skills– Graduate* is able to:

D.S1	in the whole therapeutic process, include patient's subjective needs and expectations resulting from socio-cultural background
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D.S2	recognize signs of risk and auto destructive behaviours and reacts to them accordingly
D.S3	chooses treatment which minimizes social consequences of the disease for the patient
D.S10	recognizes signs of abuse and its risk factors and reacts accordingly
D.S11	applies basic psychological motivational and supportive interventions

* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019 „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)	
Number of effect of learning	Effects of learning i time
Knowledge – Graduate knows and understands:	
K1	the concept of professional burnout and understands how it can be prevented
K2	-
Skills– Graduate is able to:	
S1	-
S2	-
Social Competencies – Graduate is ready for:	
SC1	-
SC2	-

6. CLASSES		
Form of class	Class contents	Effects of Learning
S	S1 - Seminar 1 – Psychosocial aspects of the medical profession Introduction to Medical Psychology. The concept of professional burnout. Strategies of preventing burnout and coping with stress.	D.K1, K1, D.K12
	S2 - Seminar 2 – Stress and abuse. Theoretical bases of stress and coping. The role of a doctor in recognizing and preventing abuse/domestic violence. Basic psychological interventions in the situation of abuse. Biopsychosocial approach to patients in medical practice.	D.K3, D.K12, D.S10
	S3 – Seminar 3 - The role of psychosocial factors in etiopathogenesis of somatic disease. Promoting health in medical practice. Motivational interview – Applying basics of motivational interviewing in medical practice.	D.K2, D.K10, D.K12, D.K14, D.K15, D.S2, D.S11

D	PC1 – Practical class 1 - The concept of health-related quality of life, psychosocial consequences of disease and adaptation to illness. Attitude towards health and illness.	D.K1, D.K4, D.K7, D.K9, D.K11, D.S1, D.S3
	PC2 – Practical class 2 - Psychological aspects of disability. Health and illness across lifespan	D.K9, D.K11, D.S1
	PC3 – Practical class 3 - Psychological aspects of death, dying, care for terminal patients and grief. Delivering bad news- Practice in delivering bad news, examples of protocols for delivering bad news to patients and their families.	D.K10, D.K11, D.K15, D.S1
S	S4 – Seminar 4 - Test	

7. LITERATURE

Obligatory

PDF materials provided by the teacher during the course.

Supplementary

1. Van Teijlingen E. & Humphris, G. (2019). Psychology and Sociology Applied to Medicine. Elsevier.
2. Feldman, M & Christensen, J.(2014). Behavioral Medicine. A guide for Clinical Practice. McGraw-Hill Medical
3. Ofri, D.(2014). What doctors Feel: How Emotions Affect the Practice of Medicine. Beacon Press.
4. Gabe, J. & Monaghan, L.(2013). Key Concepts in Medical Sociology (SAGE Key Concepts series). Sage Publications

The above textbooks are available for short rental from the Department of Psychology and Medical Communication library (single copies).

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.K1-D.K4, D.K7. D.K9-D.K12, D.K14- D.K15, D.S1-D.S3, D.S10, D.S11, K1	Final test, written (case study analysis with 4 short open questions and 2 theoretical open questions).	Min. 55% of correct answers

9. ADDITIONAL INFORMATION *(information essential for the course instructor that are not included in the other part of the course syllabus e.g. if the course is related to scientific research, detailed description of, information about the Science Club)*

Attendance: Students are required to attend and actively participate in all seminars and classes. In case of an excused absence (max. 1 during the course) students are obliged to make up missed work. In such cases students should notify the teacher as soon as possible to establish the way of covering the absence. Change of subgroups is possible only after consulting the teacher in advance.

Students are expected to come to the class on time. Being late for over 15 minutes counts as an absence. Recurring tardiness will result in additional work – an essay or short review of literature (based on the decision of the teacher, depending on the missed material).

To provide good learning environment for everyone, students are requested to turn off any electronic devices that might disturb the class.

Test: The final test takes place during the last seminar (7th week from the beginning of the course) and it consists of a case study (an analysis of a patient on a basis of short open questions) and two theoretical open questions.

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The Department of Health Psychology runs the **Psychological Students Science Club "Psyche"** (in English) (contact information: [magdalena.lazarewicz@wum.edu.pl](mailto:magdalenalazarewicz@wum.edu.pl)).