



## Medical Psychology

| <b>1. Imprint</b>  |   |
|--|---|
| Faculty name:  | 2nd Faculty of Medicine   |
| Education program ( <i>field of study, level and educational profile, form of studies, e.g., Public Health, 1st level studies, practical profile, full time</i> ): | English Division, 1 <sup>st</sup> level studies, practical profile, full time   |
| Academic year:   | 2019/2020   |
| Module/subject name:   | Medical Psychology  |
| Subject code ( <i>from the Pensum system</i> ):  | 45764   |
| Educational units:   | Department of Medical Psychology & Medical Communication<br>ul. Litewska 14/16<br>00-575 Warszawa<br>Tel. +48 22 116 92 11              |
| Head of the unit/s:  | Professor Krzysztof Owczarek, MA, PhD   |
| Study year ( <i>the year during which the respective subject is taught</i> ):  | III   |
| Study semester ( <i>the semester during which the respective subject is taught</i> ):  | 1 <sup>st</sup>   |
| Module/subject type ( <i>basic, corresponding to the field of study, optional</i> ):   | basic   |
| Teachers ( <i>names and surnames and degrees of all academic teachers of respective subjects</i> ):  | Magdalena Łazarewicz, MA, PhD<br>Marta Rządiewicz, MA, PhD<br>Joanna Chylińska, MA, PhD<br>Urszula Ziętałowicz, MA<br>Jakub Związek, MA |
| ERASMUS YES/NO ( <i>Is the subject available for students under the ERASMUS programme?</i> ):  | Yes, maximum 2 students per group   |
| A person responsible for the syllabus ( <i>a person to which all comments to the syllabus should be reported</i> ):  | Magdalena Łazarewicz, MA, PhD<br>magdalena.lazarewicz@wum.edu.pl  |
| Number of ECTS credits:  | 2   |

## 2. Educational goals and aims

1. 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.
2. 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)
3. Student gets familiar with a problem of abuse and basic methods of psychological intervention
4. 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,
5. 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.
6. Student knows the signs of work stress and burnout and is familiar with available preventive methods

## 3. Initial requirements

*None, but it's helpful to have completed the Introduction to Medical Communication course*

## 4. Learning outcomes corresponding to the subject

### A list of course learning outcomes

| Symbol of course learning outcomes | Description of course learning outcomes   | The reference to programme learning outcomes (number) |
|------------------------------------|---|---|
| <b>W1</b>                          | <i>Student is familiar with the concept of health related quality of life</i>   | <b>D.W03</b>  |
| <b>W2</b>                          | <i>Student understands psychosocial consequences of hospitalization and chronic disease</i>   | <b>D.W05</b>  |
| <b>W3</b>                          | <i>Student knows basic human psychological mechanisms of functioning in health and disease</i>  | <b>D.W07</b>  |
| <b>W4</b>                          | <i>Student knows aspects of adaptation to the disease as a challenging situation, phases of adaptation to threatening situation</i>   | <b>D.W 09</b>   |
| <b>W5</b>                          | <i>Student understands 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</i> | <b>D.W03</b>  |
| <b>W6</b>                          | <i>Student understands the role of the family in the treatment process</i>  | <b>D.W08</b>  |
| <b>W7</b>                          | <i>Student is familiar with the concept of phases of adaptation to death and process of grief in patients' families</i>   | <b>D.W09</b>  |
| <b>W8</b>                          | <i>Student knows basic rules of passing bad news</i>  | <b>D.W12</b>  |
| <b>W9</b>                          | <i>Student knows the role of stress in etiopathogenesis and progress of the somatic disease and recognizes coping</i>   | <b>D.W10</b>  |

|            | <i>mechanisms</i>  |              |
|------------|--|--------------|
| <b>W10</b> | <i>Student knows form of abuse, models explaining family and institutional abuse, social bases of different forms of abuse and the doctor's role in recognizing it</i> | <b>D.W02</b> |
| <b>W11</b> | <i>Student knows basic rules of motivating patients for health behaviours</i>  | <b>D.W12</b> |
| <b>W12</b> | <i>Student understand the concept of professional burnout and understands how it can be prevented</i>  | -            |
| <b>U1</b>  | <i>In the whole therapeutic process, the student includes patient's subjective needs and expectations resulting from socio-cultural background</i>                     | <b>D.U01</b> |
| <b>U2</b>  | <i>Student recognizes signs of risk and auto destructive behaviours and reacts to them accordingly</i>   | <b>D.U02</b> |
| <b>U3</b>  | <i>Student recognizes signs of abuse and its risk factors and reacts accordingly</i>   | <b>D.U09</b> |
| <b>U4</b>  | <i>Student chooses treatment which minimizes social consequences of the disease for the patient</i>  | <b>D.U03</b> |
| <b>U5</b>  | <i>Student passes bad news to the patient and his/her family</i>   | <b>D.U07</b> |
| <b>U6</b>  | <i>Student passes recommendations and information on health promoting lifestyle</i>  | <b>D.U08</b> |
| <b>U7</b>  | <i>Student applies basic psychological motivational and supportive interventions</i>   | <b>D.U10</b> |

## 5. Forms of classes

| <i>Form</i>              | <i>Number of hours</i> | <i>Number of groups</i> |
|--------------------------|------------------------|-------------------------|
| <i>Lecture</i>           | -                      | -                       |
| <i>Seminar</i>           | 10                     | 4                       |
| <i>Practical classes</i> | 10                     | 8                       |

## 6. Subject topics and educational contents

S1 –**Seminar 1:** Introduction to Medical Psychology- The concept of professional burnout. Strategies of preventing burnout and coping with stress. Learning outcomes: W12, W9

S2 – **Seminar 2:** The concept of health-related quality of life, psychosocial consequences of disease and adaptation to illness. Learning outcomes: W1, W2, W4, U4

S3- **Seminar 3:** Psychological aspects of disability. Health and illness across lifespan. Learning outcomes: W5, W6.

P1 – **Practical class 1:** 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. Learning outcomes: W7, W8, U1, U5

P2 - **Practical class 2:** Abuse. The role of a doctor in recognizing and preventing abuse. Basic psychological interventions in the situation of abuse. Biopsychosocial approach to patients in medical practice. Learning outcomes:

| W3, W10, U1, U3   |  |  |   |
|---|--|--|---|
| P3 - <b>Practical class 3:</b> 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. Learning outcomes: W3, W9, W11, U2, U6, U7 |  |  |   |
| S4 – <b>Seminar 4 (class 7):</b> Final test.  |  |  |   |
| <b>7. Methods of verification of learning outcomes</b>  |  |  |   |
| Learning outcome corresponding to the subject (symbol)  | Forms of classes (symbol)              | Methods of verification of a learning outcome              | Credit receiving criteria   |
| W1-W12  | Seminars (S) and Practical classes     | Final test (MCQ, fill in the blanks, short open questions) | Attending all classes<br>Min. 55% of correct answers                    |
| U1-U7   | Seminars (S) and Practical classes (P) | Active participation in classes                            | Attending all classes, active participation in exercises and discussion |
| <b>8. Evaluation criteria</b>   |  |  |   |
| <b>Form of receiving credit in a subject: CREDIT (with grade)</b>   |  |  |   |
| Grade   |  | criteria   |   |
| <b>2.0 (failed)</b>   |  | <i>Less than 60%</i>                                       |   |
| <b>3.0 (satisfactory)</b>   |  | 60-67%   |   |
| <b>3.5 (rather good)</b>  |  | 68-75%   |   |
| <b>4.0 (good)</b>   |  | 76-83%   |   |
| <b>4.5 (more than good)</b>   |  | 84-92%   |   |
| <b>5.0 (very good)</b>  |  | 93-100%  |   |
| <b>9. Literature</b>  |  |  |   |
| <b>Obligatory literature:</b>   |  |  |   |
| All obligatory materials will be provided by a lecturer in pdf files  |  |  |   |
| <b>Supplementary literature:</b>  |  |  |   |
| 1. Feldman, M & Christensen, J.(2014). Behavioral Medicine. A guide for Clinical Practice. McGraw-Hill Medical  |  |  |   |
| 2. Ofri, D.(2014). What doctors Feel: How Emotions Affect the Practice of Medicine. Beacon Press.   |  |  |   |
| 3. 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).   |  |  |   |
| 4. Kübler-Ross, E. (1969). On Death and Dying. Macmillan.   |  |  |   |
| <b>10. ECTS credits calculation</b>   |  |  |   |

| <b>Form of activity</b>   | <b>Number of hours</b> | <b>Number of ECTS credits</b> |
|---|------------------------|-------------------------------|
| <b>Direct hours with an academic teacher:</b>   |                        |                               |
| Lectures  | -                      |                               |
| Seminars  | <b>10</b>              | 0,25                          |
| Practical classes   | <b>10</b>              | 0,25                          |
| <b>Student's independent work</b> ( <i>examples of the form of work</i> ):  |                        |                               |
| Student's preparation for a seminar   | -                      | -                             |
| Student's preparation for a class   | <b>5</b>               | 0,25                          |
| Preparation for obtaining credits   | <b>10</b>              | 0,25                          |
| Other (please specify)  | <b>40</b>              | <b>1</b>                      |
| <b>11. Additional Information</b>   |                        |                               |
| <p>Contact information: Magdalena Łazarewicz, MA, PhD<br/><a href="mailto:Magdalena.lazarewicz@wum.edu.pl">Magdalena.lazarewicz@wum.edu.pl</a> (course coordinator)</p> <p><b>Attendance</b></p> <p>Students are expected to attend and actively participate in all seminars and classes. In case of an excused absence (max. 1 during the course) students will be allowed 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.</p> <p>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).</p> <p>To provide good learning environment for everyone, students are requested to turn off any electronic devices that might disturb the class.</p> <p><b>Final test</b></p> <p>The final test takes place during the last seminar (7<sup>th</sup> week from the beginning of the course) and it consists of MCQ questions, fill in the blanks questions and short open questions.</p> <p>Contact:<br/>Department of Medical Psychology &amp; Medical Communication<br/>ul. Litewska 14/16, 00-575 Warszawa<br/>Tel. +48 22 116 92 11</p> <p>Contact information to the course coordinator:<br/>Magdalena Łazarewicz, MA, PhD<br/><a href="mailto:magdalenalazarewicz@wum.edu.pl">magdalenalazarewicz@wum.edu.pl</a></p> <p>The Department of Medical Psychology and Medical Communication runs the Psychological Students Science Club “Psyche” (in English) (contact information: <a href="mailto:magdalenalazarewicz@wum.edu.pl">magdalenalazarewicz@wum.edu.pl</a>).</p> |                        |                               |

Signature of the Head of the Unit

Signature of the person responsible for the syllabus