



Univerza v Mariboru
University of Maribor

Medicinska fakulteta
Faculty of Medicine



UČNI NAČRT PREDMETA / SUBJECT SPECIFICATION

Predmet:	Psihologija
Subject Title:	Psychology

Študijski program Study programme	Študijska smer Study field	Letnik Year	Semester Semester
Splošna medicina General Medicine - EMPŠ		2	4

Univerzitetna koda predmeta / University subject code:

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Labor. work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30	20		20		20	3

Nosilec predmeta / Lecturer: Doc. dr. Zlatka Rakovec-Felser

Jeziki / Languages: Predavanja / Lecture: slovenščina/slovene
Vaje / Tutorial: slovenščina/slovene

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

Vsebina:

Biopsihosocialni model zdravja in bolezni: Zdravju koristne in zdravju škodljive navade. Spreminjanje z zdravjem povezanih navad in vedenja.
Kronični bolniki in njihova kvaliteta življenja. Samopodoba. Telesna samopodoba. Samospoštovanje. Bolnikovo nesodelovanje med zdravljenjem. Kako izboljšati bolnikovo sodelovanje.
Akutna in kronična bolečina. Emocionalne in nevrovegetativne reakcije. Psihološke intervencije.
Situacije izgub in procesi žalovanja. Multidisciplinarni tim in njihova oskrba in obravnava žalujočih oseb in njihovih družin. Problemi staranja.
Stres. Postravmatska stresna motnja. Akutna stresna reakcija v času krize in katastrofičnih dogodkov. Stres pri delu. Problemi pri delu z

Content (Syllabus outline):

The biopsychosocial model of health and illness: Health habits. Health compromising behaviors. Health enhancing behavior. The modification of health behavior.
The patients with chronic diseases and their quality of life. Self-concept. Physical self. Body image. Self-esteem. Nonadherence to the treatment regimens. Reducing nonadherence.
Acute and chronic Pain. Emotional and nevovegetative Pain reactions and psychological Interventions. Acute and Chronic Pain Management.
Loss Life Events and Process of Griefing. Multidisciplinary Team in Assessment and Treatment of grieving Persons and their Families. The problems of ageing processes.
Stress: Posttraumatic stress disorders. Collective traumatic stress. Crisis and

ljudmi, v situacijah pomoči. Izgorevanje in zdravstveno osebje.

Pozitivna psihologija: kako prekiniti začaran krog stresne situacije (moč pozitivnih čustev, spodbujanje osebnostne rasti, razvijanje kvalitetnih medosebnih odnosov, iskanje življenjskega smisla, optimizem, visoka stopnja samopodobe in samozaupanja)

catastrophes stress. Organizational stress models. Problems of helping others. Burnout among medical staff in health services.

Positive Psychology: breaking the stress cycle (The power of positive emotions, encouraging personal growth, high-quality relationships, life-characterized by purpose, optimism, meaning, eudemonic well-being).

Temeljni literatura in viri / Textbooks:

1. Camic P. Knight S. Clinical Handbook of Health Psychology, HHP, Seattle, 1997,
2. Kaptein A. Weinman J. Health psychology, Oxford: BPS Blackwell Publishing, 2004,
3. Michie S. Abraham C. Health psychology in Practice, Oxford: BPS Blackwell Publishing, 2004
4. Rakovec - Felser Z. Psihologija telesnega bolnika. Razumeti in biti razumljen. Maribor, Založba Pivec, 2009.
5. Taylor S.E. Health Psychology, Singapore, Toronto, New York: MC Graw Hill, IE, Fifth Edition, 2004.

Cilji:

Študentje se seznani s celostnim pogledom na človekovo zdravje in bolezni. Seznani s vlogo psiholoških dejavnikov ohranjanja in ojačevanja zdravja, preprečevanja in zdravljenja bolezni, vzrokov in korelatov zdravja, bolezni in bolezenskih tegob; kot tudi organizacije sistema zdravstvene oskrbe in zaščite.

Objectives:

The Students are introduced and they recognize the holistic Viewpoint of human's Health and Illness. They recognize psychological Factors of Health Promotion and Maintenance; Prevention and Treatment of Illness; the Etiology and Correlates of Health, Illness, and Dysfunction, and Improvement of the Health Care System and the Formulation of Health Policy.

Predvideni študijski rezultati:

Intended learning outcomes:

Znanje in razumevanje:

Spoznajo pomen in prednosti biopsihosocialnega modela zdravja in bolezni, njegovo uporabnost za klinično prakso.

Prenosljive/ključne spretnosti in drugi atributi:

To vrstna znanja in razumevanje spodbuja komunikacijo bolnik-zdravnik, na drugi strani pa pomembno znižuje tudi bolnikovo nezadovoljstvo z zdravstveno oskrbo ter nesodelovanje pri predpisanih postopkih zdravljenja.

To ohranja njegovo poklicno zadovoljstvo in ga ščiti pred procesom izgorevanja.

Metode poučevanja in učenja:

Knowledge and Understanding:

The Importance and the Advantages of The Biopsychosocial Model of Health and Illness, as its Implication for clinical Practice too, are presented them.

Transferable/Key Skills and other attributes:

Such Knowledge and Understanding improve Patient-Doctor Communication and reduce Patient's Dissatisfaction with the Health Care, as his No adherence to Treatment Regimen too.

They protect the Doctors in clinical Practice to keep professional satisfaction - and, first of all, to be so safe from Burnout Processes.

Learning and teaching methods:

Interaktivna predavanja
Aktivno skupinsko delo
Samostojno delo študentov.

Metode dela:

Razlaga
Razgovor
Obravnavanje študijskih primerov

Interactive forms of lectures,
Students' active role in work groups,
Students' autonomous research exploration and elaborate;

Methods:

Explanation
Discussion

Multimedijske predstavitve		Case study Multimedia presentations
Načini ocenjevanja:		Assessment:
	Delež (v %) / Weight (in %)	
Način (pisni izpit, ustno izpraševanje, naloge, projekt)		Type (examination, oral, coursework, project):
-študentov pisni izdelek	20 %	student's coursework, project
- pisni izpit in/ali ustni izpit	80 %	Oral and/or written exam