



Univerza v Mariboru



MEDICINSKA FAKULTETA

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 /

Predavanja / Lecture: slovenščina/slovene

Languages:

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 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)

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 neurovegetative 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 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 bolezen. Seznani se z 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.

Predvideni študijski rezultati:**Znanje in razumevanje:**

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

Prenesljive/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:

Interaktivna predavanja
Aktivno skupinsko delo
Samostojno delo študentov.

Metode dela:

Razlaga
Razgovor
Obravnavo študijskih primerov
Multimedijske predstavitve

Načini ocenjevanja:

Način (pisni izpit, ustno izpraševanje, naloge, projekt)

- študentov pisni izdelek
- pisni izpit

Delež (v %) /
Weight (in %)

20 %
80 %

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.

Intended learning outcomes:**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:

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

Methods:

Explanation
Discussion
Case study
Multimedia presentations

Assessment:

Type (examination, oral, coursework, project):

- student's coursework, project
- written exam

Reference nosilca / Lecturer's references:

RAKOVEC-FELSER, Zlatka. The Biopsychosocial Model of Treatment the Patients with Inflammatory Chronic Bowel Disease. *Collegium antropologicum*, ISSN 0350-6134, 2011, vol. 35, no. 2, str. 453-461.
[http://www.collantropol.hr/_doc/Coll.%20Antropol.%2035%20\(2011\)%202:%20453%E2%80%93461.pdf](http://www.collantropol.hr/_doc/Coll.%20Antropol.%2035%20(2011)%202:%20453%E2%80%93461.pdf). [COBISS.SI-ID 4003135], [JCR, SNIP, WoS do 6. 9. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 19. 7. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

RAKOVEC-FELSER, Zlatka. Professional Burnout as the State and Process - What to do?. *Collegium Antropologicum*, ISSN 0350-6134, 2011, vol. 35, no. 2, str. 577-585.

[http://www.collantropol.hr/_doc/Coll.%20Antropol.%2035%20\(2011\)%202:%20577%E2%80%9393585.pdf](http://www.collantropol.hr/_doc/Coll.%20Antropol.%2035%20(2011)%202:%20577%E2%80%9393585.pdf). [COBISS.SI-ID [4003391](#)], [JCR, SNIP, WoS do 6. 9. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 26. 8. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

RAKOVEC-FELSER, Zlatka, VIDMAR, Jernej, HOLNTHANER, Rok. Emotional empathy, altruism and basic needs fulfilment of Slovenian medical and nurse students. *Psychology & Health*, ISSN 0887-0446, Sep. 2009, vol. 24, suppl. 1, str. 330-331. [COBISS.SI-ID [3409983](#)], [JCR, SNIP]

RAKOVEC-FELSER, Zlatka. *The Biopsychosocial Model of Treatment the Chronically Ill : an integrated Approach to Chronic ill Persons*. Saarbrücken: AV Akademikerverlag, cop. 2013. 55 str., ilustr. ISBN 978-3-659-43559-1. [COBISS.SI-ID [4758079](#)]

RAKOVEC-FELSER, Zlatka, ILICH-KLANČNIK, Breda (urednik). *Psihologija telesnega bolnika in njegovega okolja : razumeti in biti razumljen*. 1. natis. Maribor: Pivec, 2009. 427 str., ilustr. ISBN 978-961-6494-89-2. [COBISS.SI-ID [62777857](#)]