

Faculty of Medicine, University of Rijeka
Course: Psychological Medicine II
Course coordinator: Asst. Professor Ana Kaštelan, MD, PhD
Department: PSYCHIATRY AND PSYCHOLOGICAL MEDICINE
Study program: Integrated Undergraduate and Graduate University Study of Medicine in English
Year of study: 3rd
Academic year: 2021/2022

SYLLABUS

Information about the course (brief course description, general guidelines, time and organisation of instruction, required equipment, instructions for class attendance and preparation, student obligations and so on):

Psychological medicine is a clinical discipline that helps doctors and patients improve the ways to deal with the disease and the treatment process. This is important in all medical disciplines because no clinical practice can ignore the psychological and emotional reactions of patients and doctors. Psychological medicine emphasizes the position of the patient as an integral human being, in a specific social environment, through different life phases and in all life circumstances.

The main goal of the course is to develop the sensitivity and understanding of the psychological aspects of physical illness and the ability to observe and recognize emotional interactions between patients and doctors.

Course objectives are:

- Understanding the relationship between patient – physician - disease
- Identifying the psychological components of the disease
- Explaining and defining transference and countertransference
- Assessment of the factors that shape attitudes towards the disease and the patient
- Explaining the significance of empathy
- Explaining the psychological reactions to the disease
- Explaining the psychological factors that contribute to the onset of the disease
- Explaining the psychological factors as the disease modulators

Upon completion of the course the student will:

- Adopt communication skills and conduct an interview with a patient
- Assess and describe the psychological condition, symptoms of anxiety, stress, crisis and mourning reactions
- Identify transference and countertransference reactions
- Develop empathy for patients, family members of patients, colleagues and other professional associates

Expected outcomes and competencies are:

- Communicating with patients and colleagues and conducting medical interviews
- Identifying difficulties in relation to patients
- Identifying transference and countertransference phenomena
- To recognize anxiety in a patient
- To recognize the type of patient psychological response to the disease
- To identify and describe the patient's cope mechanisms

Assigned Reading:

Sadock BJ, Sadock VA, Ruiz P. : Kaplan & Sadock's SYNOPSIS OF PSYCHIATRY, Eleventh Edition, Wolters Kluwer (selected chapters)
Teaching materials (text, PPT presentations, selected professional and/or scientific papers) attached on the Microsoft Teams (Files), marked as obligatory reading

Optional / additional reading:

Selected professional and/or scientific papers recommended by tutors

Course teaching plan

List of lectures (with titles and description):

L1	<p>Physical and psychological factors in the onset of the disease</p> <p>Goals:</p> <ul style="list-style-type: none"> • to describe the correlation and interdependence of somatic and psychological states • to describe the historical development of the psychosomatic concept • to describe the contributions of Alexander, Selye and others • to describe the neuroscientific explanation of the influence of somatic and psychological factors on the onset of the disease • to explain the concept of alexithymia <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to identify and explain the correlation between somatic and psychological factors in the occurrence of an illness
L2	<p>Patient psychological reactions to the disease</p> <p>Goals:</p> <ul style="list-style-type: none"> • to describe emotional reactions to acute and to chronic illness • to explain the commonly used defence mechanisms • to explain the symbolic meanings of certain diseases • to recognize the consequences of attitudes towards the patients <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to recognize and explain the importance of attitudes towards disease <ul style="list-style-type: none"> - to recognize and describe anxiety - to identify and describe ways of dealing with anxiety
L3	<p>Patient - doctor relationship</p> <p>Goals:</p> <ul style="list-style-type: none"> • to describe and explain the features of the patient's relationship with the doctor and medical staff • to recognize patients' patterns of behaviour and their meaning <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to identify and describe the psychological response to the disease • to identify the most visible patients' defence mechanisms
L4	<p>Relationship Doctor - Patient / Countertransference</p> <p>Goals:</p> <ul style="list-style-type: none"> • to describe and explain the doctors' countertransference reactions • to recognize the importance of personal attitudes and motivation in creating a relationship with the patient • to identify communication difficulties arising from countertransference (communication with family, reporting bad prognosis or information) <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to identify personal attitudes and prejudices towards the patient and the illness • to identify empathy in relation to the patient
L5	<p>Psychosomatic illnesses</p> <p>Goals:</p> <ul style="list-style-type: none"> • to emphasize the differences between somatization and psychosomatic reaction • to explain neurobiological and psychological mechanisms in the development of psychosomatic diseases <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to explain somatic symptoms as a reflection of the mental state

List of seminars with description:

S1	<p>Mental mechanisms (anxiety, defence mechanisms, dissociation, aggression, depression) Goals:</p> <ul style="list-style-type: none"> • to know the sources, mechanisms and presentation of anxiety • to know the most common defence mechanisms patient use (projection, regression, negation, denial, idealization) • to know the mechanisms of dissociative reactions • to identify the basic features and purpose of depression and aggression <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to recognize anxiety in the patient, and the ways of overcoming it • to identify defence patterns in patient
S2	<p>Mental trauma and stress: Goals:</p> <ul style="list-style-type: none"> • to know the stress response mechanism • to understand the characteristics of stressors and their significance for the development of normal and pathological reactions <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to recognize the influence of stress in developing and maintaining a disease
S3	<p>Pain: Goals:</p> <ul style="list-style-type: none"> • to know the mechanisms that affect the subjective experience of pain <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • Identify the influence of objective and subjective in experience of pain
S4	<p>Communication doctor-patient, empathy: Goals:</p> <ul style="list-style-type: none"> • to know the communication patterns between the medical staff and patients. • to identify the styles of communication and communication channels <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to recognize the importance of communication between doctors and patients
S5	<p>Medical team: Goals:</p> <ul style="list-style-type: none"> • to know the features of a functional and dysfunctional team • to know the importance of team work in medicine <p>Outcomes and competences:</p> <ul style="list-style-type: none"> • to identify the features of functional and dysfunctional teams

List of practicals with description:

P1-10	<p>The aim is to recognize the psychological components of various diseases and the ways in which the patients adapt to their illness. The exercises will be held at different clinics, by schedule. With the help of the tutor, the students will talk to the patients. The emphasis is on the recognition of different stressors that result in the onset of the disease; recognition of stress due to hospitalization and stress resulting from the patient role. Exercises are performed at surgical, internist, gynaecological, paediatric, infectious, oncological, dermatological, neurological, psychiatric clinics and at the Institute of Palliative Care. The outcome of the exercises is to recognize the significance of the psychological component of the disease and to become acquainted with the spectrum of psychological reactions of the patient.</p>
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	<p>Expected competencies are:</p> <ul style="list-style-type: none"> • to establish appropriate communication with the patient • to identify the emotional state of the patient • to identify an emotional reaction to a surgical procedure • to identify signs of fear and anxiety • to know how to deal with disability issues • to identify and deal with difficulties in contact with the patient • to recognize the role of psychological in the appearance of somatic illness • to identify reactions to severe illness, dying and death • to identify the specifics in communication and work with children • to adopt ethics in clinical practice 	
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Students' obligations:

Regular attendance, preparing assignments for seminars and practicals.

Assessment (exam description, grading criteria):

Student grading will be conducted according to the Ordinance on Student Grading at the Faculty of Medicine in Rijeka. The student's work is evaluated on the midterm (50%) and final exam (50%).

The **midterm exam** is written test with multiple responses, and it will be held after the last (5.) practical. Maximum is 50 points; the minimum for passing the exam is 25 points.

Students can only retake the midterm exam if they have not achieve the minimum score, or if they didn't approach the exam. The retake of the exam is determined in schedule.

Only students who gain 25 or more points on the midterm exams can take the final exam.

Students who have gained less than 25 points or were absent from more than 30% of teaching contents (ie 30% of lectures, 30% of the seminars, 30% of exercises) - can not take the final exam.

The final exam is oral, maximum gain is 50 points, the minimum for passing the final exam is 25 points.

The final exam is consisted of verbal examination of theoretical knowledge presented during course.

The final evaluation is done according to the number of points collected through midterm and final exam in the following way:

- 90-100 points excellent (5) A; 90-100%
- 75-89 points very good (4) B; 75 to 89%
- 60-74 points good (3) C; 60-74%
- 50-59 points sufficient (2) D; 50-59%
- 0-49 points..... insufficient (1) F; 0-49%

Other relevant information regarding the course:

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Psychological Medicine COURSE SCHEDULE (2021/2022)

Date	Lectures (time and place) online, MT	Seminars (time and place) online, MT	Practicals (time and place) CHC Rijeka / online, MT	Lecturers
07.04.2022. Thursday	L1 (12.00-13.00)			Ana Kaštelan, Assistant Professor
11.04.2022. Monday		S1 A (8.00 -10.00) S1 B (8.00 -10.00)		Jasna Grković, Assistant Professor Daniela Petrić, Assistant Professor
12.04.2022. Tuesday			P1-P4/I (13.00-17.00) P1-P4/II (13.00-17.00) P1-P4/III(13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant
13.04.2022. Tuesday			P1-P4/IV (9.00-13.00) P1-P4/V (9.00-13.00) P1-P4/VI (9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
14.04.2021. Thursday	L2 (12.00-13.00)			Ana Kaštelan, Assistant Professor
19.04.2022. Tuesday			P5-P8/I (13.00-17.00) P5-P8/II (13.00-17.00) P5-P8/III(13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant/
19.04.2022. Tuesday			P5-P8/IV (9.00-13.00) P5-P8/V (9.00-13.00) P5-P8/VI (9.00-13.00)	Aleksandra Stevanović, PhD, Assistan Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
21.04.2022 Thursday		S2 A (8.00-10.00) S2 B (8.00-10.00)		Jasna Grković, Assistant Professor Daniela Petrić, Assistant Professor
21.04.2022. Thursday	L3 (12.00-13.00)			Ana Kaštelan, Assistant Professor
25.04.2022. Monday		S3 A (8.00-10.00) S3 B (8.00-10.00)		Jasna Grković, Assistant Professor Daniela Petrić, Assistant Professor
26.04.2022. Tuesday			P9-P12/I (13.00-17.00) P9-P12/II (13.00-17.00) P9-P12/III (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant
26.04.2022. Tuesday			P9-P12/IV (9.00-13.00) P9-P12/V(9.00-13.00) P9-P12/VI(9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
28.04.2022. Thursday	L4 (12.00-13.00)			Ana Kaštelan, Assistant Professor
02.05.2022. Monday		S4 A (8.00-10.00) S4 B (8.00-10.00)		Jasna Grković, Assistant Professor Daniela Petrić, Assistant Professor
03.05.2022. Tuesday			P13-P16/I (13.00-17.00) P13-P16/II (13.00-17.00) P13-P16/III (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant/
03.05.2022. Tuesday			P13-P16/IV (9.00-13.00) P13-P16/V (9.00-13.00) P13-P16/VI(9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant

05.05.2021. Thursday	L5 (12.00-13.00)			Ana Kaštelan, Assistant Professor
09.05.2022. Monday		S5 A (8.00-10.00) S5 B (8.00-10.00)		Jasna Grković, Assistant Professor Daniela Petrić, Assistant Professor
10.05.2022. Tuesday			P17-P20/I (13.00-17.00) P17-P20/II (13.00-17.00) P17-P20/III (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant
10.05.2022. Tuesday			P17-P20/IV (9.00-13.00) P17-P20/V (9.00-13.00) P17-P20/VI (9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant

	Lectures (topics)	No. of teaching hours	Place
L1	Physical and psychological factors in the onset of the disease	1	online, MT
L2	Patient psychological reactions to the disease	1	online, MT
L3	Patient - doctor relationship / Transference	1	online, MT
L4	Relationship Doctor - Patient / Countertransference	1	online, MT
L5	Psychosomatic illnesses	1	online, MT
	Total number of lecture hours	5	
	Seminars (topics)	No. of teaching hours	Place
S1	Mental mechanisms	2	online, MT
S2	Mental trauma and stress	2	online, MT
S3	Pain	2	online, MT
S4	Communication doctor-patient, empathy	2	online, MT
S5	Medical team	2	online, MT
	Total number of seminar hours	10	
	PRACTICALS	No. of teaching hours	Place
	Total number of practical's hours	20	Clinical Hospital Center Rijeka / online, MT
	MIDTERM EXAM 12.05.2022.		
	MIDTERM EXAM RETAKE 09.06.2022.		
	EXAM DATES (final exam)		
1.	17.05.; 16.06.; 04.07.; 07.09. 2022.		

Lectures: Ana Kaštelan, Assistant Professor

Seminars: A - Jasna Grković, Assistant Professor
B – Daniela Petrić, Assistant Professor

Practicals:
I – Sandra Blažević Zelić, PhD, Assistant
II - Jelena Rebić MD, Assistant

III - Mersad Muminović MD, Assistant
IV - Aleksandra Stevanović, PhD, Assistant
V – Sanja Brozan MD, Assistant
VI – Aristeja Pavešić Radonja MD, Assistant

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