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# PSYCHOLOGICAL MEDICINE 2

(7 pages)



Faculty of Medicine, University of Rijeka

Course: Psychological Medicine 2

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: 2020/2021

## 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)  
Selected professional and/or scientific papers recommended by tutors

**Optional / additional reading:**

Selected professional and/or scientific papers recommended by tutors

## Course teaching plan

### List of lectures (with titles and description):

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

	<b>Outcomes and competences:</b> <ul style="list-style-type: none"> <li>• to explain somatic symptoms as a reflection of the mental state</li> </ul>
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**List of seminars with description:**

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

**List of practicals with description:**

<b>P1-10</b>	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.
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	<p>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> <p>Expected competencies are:</p> <ul style="list-style-type: none"> <li>• to establish appropriate communication with the patient</li> <li>• to identify the emotional state of the patient</li> <li>• to identify an emotional reaction to a surgical procedure</li> <li>• to identify signs of fear and anxiety</li> <li>• to know how to deal with disability issues</li> <li>• to identify and deal with difficulties in contact with the patient</li> <li>• to recognize the role of psychological in the appearance of somatic illness</li> <li>• to identify reactions to severe illness, dying and death</li> <li>• to identify the specifics in communication and work with children</li> <li>• to adopt ethics in clinical practice</li> </ul>
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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 during the course and on the final exam. The total percentage of student achievement during class is up to 50% of the grade, and on the final exam 50% of the grade. 50% of the grade is obtained by evaluating through 2 midterm exams.

1. The **first midterm** exam is performed on the last (20<sup>th</sup>) practical in the form of a case report of a somatic patient. The students have to assess the presence of psychic symptoms and their origin (reaction to somatic illness, symptom of somatic illness, side effect, psychosomatic illness, or psychiatric symptoms). Maximum is 20 points; the minimum for passing the exam is 10 and more points.

2. The **second midterm** exam is written test, and it will be held **on-line** after the last practical is done. Maximum is 30 points; the minimum for passing the exam is 15 and more 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 2 COURSE SCHEDULE (2020/2021)

Date	Lectures (time and place) Lecture hall of Department of pathology/ ON- LINE (Merlin)	Seminars (time and place) Psychiatric clinic	Practicals (time and place) Clinical Hospital Center Rijeka	Lecturers
08.04.2021. Thursday	L1 (12.00-13.00) on-line (Merlin)			Ana Kaštelan, Assistant Professor
12.04.2021. Monday		S1 A (8.00 -10.00 ) Lecture hall of Psychiatric clinic S1 B (8.00 -10.00 ) Meeting room		Jasna Grković, Assistant Professor  Marina Letica Crepulja, Assistant Professor
13.04.2021. Tuesday			P1-P4/I (13.00-17.00) P1-P4/II (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant
13.04.2021. Tuesday			P1-P4/III(13.00-17.00) P1-P4/IV (9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
15.04.2021. Thursday	L2 (12.00-13.00) on-line (Merlin)			Ana Kaštelan, Assistant Professor
19.04.2021 Monday		S2 A (8.00-10.00) Lecture hall of Psychiatric clinic S2 B (8.00-10.00) Meeting room		Jasna Grković, Assistant Professor  Marina Letica Crepulja, Assistant Professor
20.04.2021. Tuesday			P5-P8/I (13.00-17.00) P5-P8/II (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant/
20.04.2021. Tuesday			P5-P8/III(13.00-17.00) P5-P8/IV (9.00-13.00)	Aleksandra Stevanović, PhD, Assistan Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
22.04.2021. Thursday	L3 (12.00-13.00) on-line (Merlin)			Ana Kaštelan, Assistant Professor
26.04.2021. Monday		S3 A (8.00-10.00) Lecture hall of		Jasna Grković, Assistant Professor

		Psychiatric clinic S3 B (8.00-10.00) Meeting room		Marina Letica Crepulja, Assistant Professor
27.04.2021. Tuesday			P9-P12/I (13.00-17.00) P9-P12/II (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant
27.04.2021. Tuesday			P9-P12/III (13.00-17.00) P9-P12/IV (9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
29.04.2021. Thursday	L4 (12.00- 13.00) on-line (Merlin)			Ana Kaštelan, Assistant Professor
03.05.2021. Monday		S4 A (8.00-10.00) Lecture hall of Psychiatric clinic S4 B (8.00-10.00) Meeting room		Jasna Grković, Assistant Professor  Marina Letica Crepulja, Assistant Professor
04.05.2021. Tuesday			P13-P16/I (13.00-17.00) P13-P16/II (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant/
04.05.2021. Tuesday			P13-P16/III (13.00-17.00) P13-P16/IV (9.00-13.00)	Aleksandra Stevanović, PhD, Assistant Sanja Brozan MD, Assistant Aristea Pavešić Radonja MD, Assistant
06.05.2021. Thursday	L5 (12.00- 13.00) on-line (Merlin)			Ana Kaštelan, Assistant Professor
10.05.2021. Monday		S5 A (8.00-10.00) Lecture hall of Psychiatric clinic S5 B (8.00-10.00) Meeting room		Jasna Grković, Assistant Professor  Marina Letica Crepulja, Assistant Professor
11.05.2021. Tuesday			P17-P20/I (13.00-17.00) P17-P20/II (13.00-17.00)	Sandra Blažević Zelić, PhD, Assistant Jelena Rebić MD, Assistant Mersad Muminović MD, Assistant
11.05.2021. Tuesday			P17-P20/III (13.00-17.00) P17-P20/IV (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	Department of pathology and cytology / on-line
L2	Patient psychological reactions to the disease	1	Department of pathology and cytology / on-line
L3	Patient - doctor relationship / Transference	1	Department of pathology and cytology/ on-line
L4	Relationship Doctor - Patient / Countertransference	1	Department of pathology and cytology/ on-line
L5	Psychosomatic illnesses	1	Department of pathology and cytology/ on-line

	<b>Total number of lecture hours</b>	<b>5</b>	
	<b>Seminars (topics)</b>	<b>No. of teaching hours</b>	<b>Place</b>
S1	Mental mechanisms	2	Psychiatric clinic
S2	Mental trauma and stress	2	Psychiatric clinic
S3	Pain	2	Psychiatric clinic
S4	Communication doctor-patient, empathy	2	Psychiatric clinic
S5	Medical team	2	Psychiatric clinic
	<b>Total number of seminar hours</b>	<b>10</b>	
	<b>PRACTICALS</b>	<b>No. of teaching hours</b>	<b>Place</b>
	<b>Total number of practical's hours</b>	<b>20</b>	<b>different clinics/departments of Clinical Hospital Center Rijeka</b>
	<b>MIDTERM EXAM 11.05.2021.</b>		
	<b>MIDTERM EXAM RETAKE 17.05.2021.</b>		
	<b>EXAM DATES (final exam)</b>		
1.	18.05.; 17.06.; 05.07.; 08.09. 2021.		

Lectures: Ana Kaštelan, Assistant Professor

Seminars: A - Jasna Grković, Assistant Professor  
B – Ana Kaštelan, 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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