

Health Psychology
UPZMV/HP-GM/10
Faculty of Medicine, P.J. Safarik University in Košice

Course method: combined, lectures and practice

ECTS credits: 2

Course load: 28 hours

Course language: english

Learning outcomes:

To provide students with basic information in the field of health psychology, ie the significance of psychological factors in maintaining good health, preventing disease, managing negative health conditions, providing psychological assistance to patients during recovery and coping with chronic diseases.

Brief outline of the course:

1st block of lectures: Being healthy and staying healthy

1. Health and social determinants of health
2. Health related behaviour
3. Changing health related behaviour
4. Health promotion

2nd block of lectures: Becoming ill

5. Theories and mechanisms of stress
6. Stress moderators, coping and personality
7. Social support

3rd block of lectures: Being ill

8. Being ill
9. Chronic disease from the patient's perspective
11. Complementary, alternative and integrative medicine in patient care
12. Health literacy

4th block of lectures: Improving health care

13. Access to health care
14. Doctor patient relationship
15. Patient safety, second victim

Conditions for course completion: completion of online lectures, elaboration of assignments and its presentation, essay

Recommended literature:

- Morrison V., Bennett P.: Introduction to Health Psychology. Pearson Education Limited 2016.
- Database of Individual Patients' Experiences <https://www.healthtalk.org/> <https://hovoryozdravi.cz/>
- Ziebland S., McPherson A.: Making sense of qualitative data analysis: an introduction with illustration from DIPEX. Medical Education 2006, 40:405-414
- Silverman J. et al.: Skills for communicating with patients. CRS Press 2013

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WHAT IS THE AIM OF THE COURSE

The aim of this course is to provide students with basic health psychology knowledge, i.e. the importance of psychological factors in maintaining good health, disease prevention, managing undesirable health conditions, providing psychological support to patients during recovery, and dealing with chronic diseases. and in improving the provision of health services.

We have the ambition to develop students' ability to work with professional literature, create a knowledge base, but also their own opinion, attitude towards problems in the field of health psychology and discuss them, apply the acquired knowledge in practice, present their proposals.

Part of our plan is to develop the competence to work in a team, to manage work on a project, to solve conflicts or problems.

HOW WE PLAN TO REACH IT

A **library of online lectures** divided into four blocks was created for students. We expect students go through the lectures of the given block till given date and use this knowledge in preparation of project.

LECTURES

BEING HEALTHY

1. Health and social determinants of health

Mgr. Daniela Fiřakovská, PhD

2. Health-related behaviour

Mgr. Aurel Zelko, PhD

3. Changing health-related behaviour

Prof. Andrea Madarasová Gecková, PhD

4. Health promotion

Doc. RNDr. Gabriel Guliř, PhD

BECOMING ILL

5. Theories and mechanisms of stress

Mgr. Shoshana Chovan

6. Stress moderators, coping and personality

Doc. Zuzana Dankulincová, PhD

7. Social support

Mgr. Daniela Husárová, PhD

BEING ILL

8. "Being ill"

Prof. Andrea Madarasová Gecková, PhD

9. Chronic disease from the patient's perspective

PhDr. Ivana Skoumalová, PhD

11. Complementary, alternative and integrative medicine in patient care

Mgr. Aurel Zelko, PhD

12. Health literacy

Mgr. Peter Kolarčík, PhD

IMPROVING HEALTH CARE

13. Access to health care

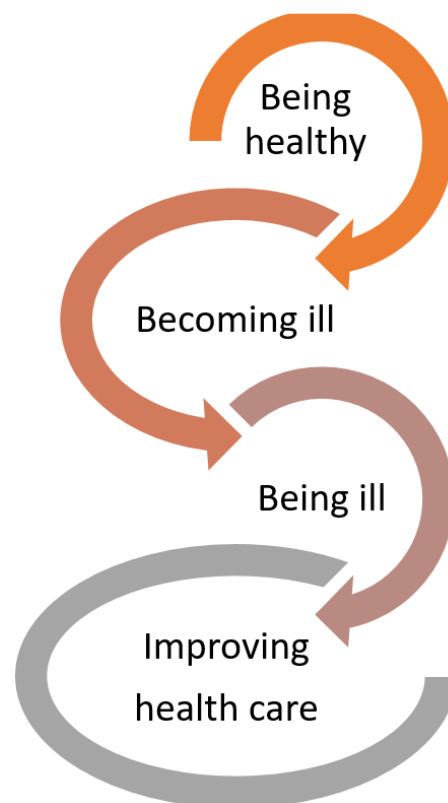
Mgr. Daniela Fiřakovská, PhD

14. Doctor-patient relationship

Prof. Andrea Madarasová Gecková, PhD

15. Patient safety, second victim

Mgr. Veronika Pačutová



LINK ON LECTURES LIBRARY:

<https://youtube.com/playlist?list=PLULtZO95jmNb0YwEseo5hlu6XH1d38v71>

WORK TEAMS

Students will be **divided into work teams**. Each block of lectures will be followed by problem-based learning, before which students will be given an assignment requiring teamwork, while the processing of the proposal and the final solution will be evaluated. Problem-based learning requires home preparation of the work team and participation in exercises during which they will present their proposals and work on them together with the lecturer and the group.

- The composition of the working groups cannot be changed during the semester.
- Each student actively presents the proposal at least once. If the group decides to present together, each student must have an appropriate active share in the presentation.
- Attendance on practical exercises is mandatory.
- The working group proposal is evaluated, not the individual.
- The lecturer moderates, motivates, inspires, navigates, consults.

GROUP A	GROUP B	GROUP C
Adan Abd Elgani Evangelos Adamis Nadja A. Chiaromonte Casal	Achillefs Koutsidis Jesus Perez Gomez Joachim Hermann Peters	Sabrina Russo Wiktoria Gabriela Słabicka

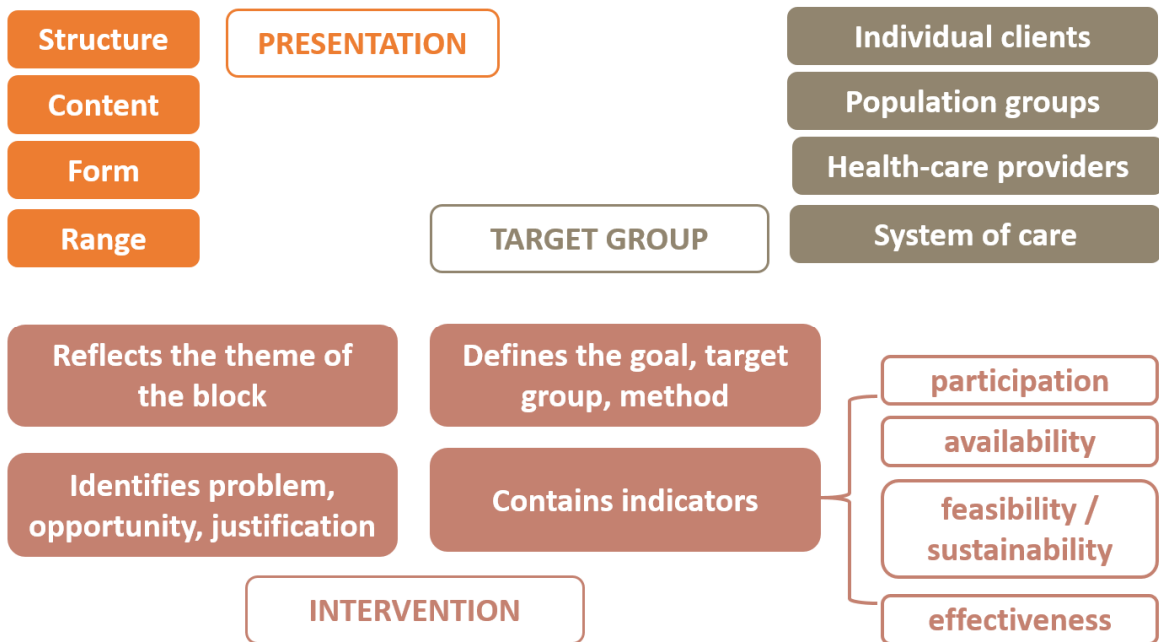
PROPOSALS

Based on the lectures, further study of the literature, statistical data and other available resources, the students in the work team will prepare an intervention proposal, which they will present at the exercise. We expect presentations to adhere to the specified structure, content, form and scope. The intervention can be aimed at the population, population groups, individual clients, possibly health workers or the care delivery system. It can be a one-time activity, a series of activities, a training, a campaign, recommendations, proposals for changes, **but it must**

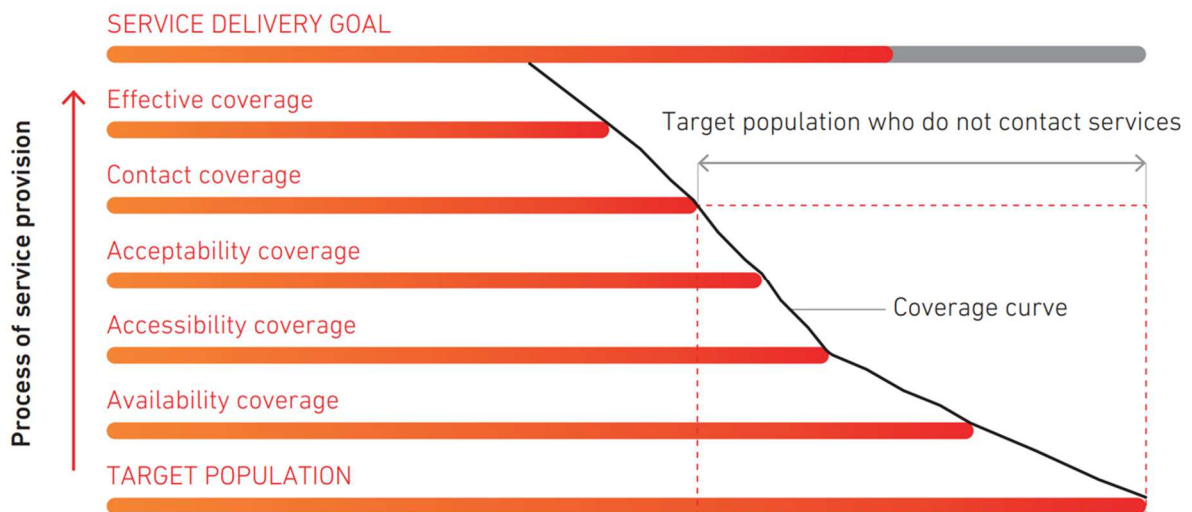
- reflect on the topic of the block, i.e. lectures and problem-based learning assignments,
- identify a problem and an opportunity for improvement and justify your intention based on the literature, available statistical data,
- have a clearly defined goal, target group and the way he wants to achieve it as well
- include indicators of participation, availability, feasibility/sustainability and effectiveness.

THEMES OF ASSIGNMENS

PROMOTION OF PHYSICAL HEALTH Intervention proposal for health maintenance, health promoting behavior, elimination of health endangering behavior	PROMOTION OF MENTAL HEALTH Intervention proposal to support resilience, coping, mobilization of social support
QUALITY OF LIFE, ADHERENCE Intervention proposal to better adapt to life with the disease, improve disease management, health literacy, adherence, improve the quality of life of patients	IMPROVING HEALTH CARE Intervention proposal to improve the system of health services, its availability and responsiveness, improving the capacity of health professionals to provide health services, improving their competencies, supporting the resilience of health professionals, improving patient safety



When evaluating **availability**, we highly recommend using Tanashi's graph and analyzing in the team, discussing to whom the intervention will or will not be offered, available or unavailable, for whom it will or will not be acceptable and who will or will not benefit from it and why. Also think about how this availability will be monitored, what indicators could be used for this, or whether you will also focus on increasing its availability and, if so, how.



Source: Tanahashi, 1978.

The structure of the intervention proposal should consist of 4 parts: aim, justification, intervention proposal and control. Please use **PowerPoint** to present it. The scope of the presentation **should not exceed 10 slides and not even 10 minutes**.

On one maximum of two slides, the work team will present **the theme and the population**, another one two slides for **justification**, that is, they will describe the problem and the opportunity for change. *For example, we plan to focus on the area of resilience support for health professionals./ Almost every healthcare professional will become a secondary victim during their professional career, and up to two-thirds of the adverse psychological effects can be prevented by an appropriate workplace peer support program. Such programs do not exist in our country, but it would be possible to create them based on examples of good practice from abroad.* However, the claims must be substantiated with evidence from the literature, data from routine databases, surveys.

In the third part, the team should briefly describe their proposed solution, e.g. **intervention proposal** and justify it. It should describe what format their solution will take, i.e. whether it will be a campaign, leaflet, development of recommendations, web portal, training, program. It should describe what and how it will happen, the time duration, the steps necessary for preparation, realization, implementation.

The last part, **control**, is to check the involvement of key players, availability, sustainability or feasibility and effectiveness.

AIM 1-2 slides	THEME POPULATION	What area do you plan to focus on, what do you want to improve? What population/group do you want to target, who do you want to improve?
JUSTIFICATION 1-2 slides	PROBLEM OPPORTUNITY	Based on existing data (routine databases, literature), describe the problem and where you see an opportunity for improvement.
INTERVENTION 1-2 slides	REALISATION	Briefly describe your proposal and justify it.
CONTROL 4 slides	PARTICIPATION AVAILABILITY SUSTAINABILITY EFFICIENCY	Who are the key players and what do they think? Whom will it be available to? What capacity will the intervention require and to what extent, timeline? What performance indicators will you monitor?

ESSAY

The students will use the knowledge gained from the lectures, the study of literature and the work at the seminars in the preparation of an individual essay assignment, which they will prepare independently and **submit by the end of November at the latest.**

Criteria of essay evaluation:

- submission till end of November
- critical essay
- the chosen topic is in accordance with the focus of the subject
- range min 500 words, max 1000 words
- logical structure of the text
- based on professional literature, evidence based arguments
- author brings his/her view, consideration of the problem, offers interpretation, evaluation, proposal of solution

DEADLINES

Go through the lectures up to BEING HEALTHY

Up to Sep 26th

BECOMING ILL

Up to Oct 17th

BEING ILL

Up to Nov 7th

IMPROVING HEALTH CARE

Up to Nov 28th

Submit essay

Up to Nov 30th

Present your project

PROMOTION OF PHYSICAL HEALTH

Oct 10th room PJ 15:45-17:15

PROMOTION OF MENTAL HEALTH

Oct 31st room PJ 15:45-17:15

QUALITY OF LIFE, ADHERENCE

Nov 21st room PJ 15:45-17:15

IMPROVING HEALTH CARE

Dec 12th room PJ 15:45-17:15

EVALUATION

Proposals	10 slides/ 10 minutes, required structure (2) Theme/target group well defined (2) Well justified, evidence based (2) Clear proposal (4) All 4 control criteria covered (4) Design of ppt presentation (3) Impression from oral presentation (3)	4x20 points
Essay	Will not be evaluated if not submitted in time, not in range 500 - 1000 words, or not appropriate topic. Formal requirements (5) Evidence based arguments (5) Author's engagement (5) Impression (5)	20 points

A 90-100, B 80-89, C 70-79, D 60-69, E 50-59, Fx less than 50