

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Zdravstvena psihologija
Course title	<i>Health Psychology</i>

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Integrirana zdravstvena in socialna oskrba/2. stopnja	Ni smeri študija	2. letnik	3.
Integrated Health and Social Care / 2 nd Cycle	No study field	2 nd year	3 rd

Vrsta predmeta/Course type izbirni / elective

Univerzitetna koda predmeta/University course code IZSO IP UN 10

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
25		30			155	7

Nosilec predmeta/Lecturer: doc. dr. Vislava Globevnik Velikonja

Jeziki/ Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
<ul style="list-style-type: none"> Vpis v drugi letnik študijskega programa. Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo. 	<ul style="list-style-type: none"> A prerequisite for inclusion is enrolment in the second year of study. Student has to prepare, present and defend a project/research paper before the exam.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> Osnove zdravstvene psihologije <ul style="list-style-type: none"> Odnos med zdravjem in boleznijo Bio-psiho-socialni vidik Dejavniki osebnosti, duševnega zdravja in razvojnega obdobja Socialna različnost in zdravje Raziskovanje v zdravstveni psihologiji <ul style="list-style-type: none"> Kritično razmišljanje in na dokazih utemeljeno znanje 	<ul style="list-style-type: none"> Foundations of Health Psychology <ul style="list-style-type: none"> Health and Illness Relationship Biopsychosocial Perspective The Role of Personality, Mental Health and Developmental Stage Social Diversity and Health Research in Health Psychology <ul style="list-style-type: none"> Critical Thinking and Evidence Base Methods and Interpreting data

<ul style="list-style-type: none"> ○ Metode in interpretacija rezultatov ○ Epidemiološke raziskave • Biološke osnove zdravja in bolezni • Stres in zdravje <ul style="list-style-type: none"> ○ Spopadanje s stresom ○ Krizne intervencije • Ohranjanje zdravja <ul style="list-style-type: none"> ○ Vedenje in zdravje • Primarna preventiva in pozitivna psihologija <ul style="list-style-type: none"> ○ Telesna aktivnost, spanje in preprečevanje poškodb ○ Prehrana, debelost in motnje hranjenja ○ Uživanje psihoaktivnih substanc, zloraba in odvisnost ○ Nasilje • Kronične in življenje ogrožajoče bolezni <ul style="list-style-type: none"> ○ Vloga psihosocialnih dejavnikov ○ Preventiva ○ Načini spopadanja z boleznijo • Vloga zdravstvene psihologije v zdravstvenem sistemu <ul style="list-style-type: none"> ○ Prepoznavanje in interpretacija simptomov ○ Iskanje pomoči ○ Upoštevanje navodil ○ Odnos med bolnikom in zdravstvenim delavcem ○ Komunikacija z bolnikom ○ Sporočanje slabe novice ○ Vpliv zdravstvenega sistema ○ Hospitalizacija • Obvladovanje bolečine • Komplementarna in alternativna medicina 	<ul style="list-style-type: none"> ○ Epidemiological Research • Biological Foundations of Health and Illness • Stress and Health <ul style="list-style-type: none"> ○ Coping with stress ○ Crisis intervention • Staying healthy <ul style="list-style-type: none"> ○ Behaviour and Health • Primary Prevention and Positive Psychology <ul style="list-style-type: none"> ○ Exercise, Sleep and Injury Control ○ Nutrition, Obesity and Eating disorders ○ Substance use, Abuse, and Addiction ○ Violence • Chronic and Life –Threatening Illnesses <ul style="list-style-type: none"> ○ Psychosocial Factors ○ Prevention ○ Coping with Disease • The Role of Health Psychology in Health Care Settings <ul style="list-style-type: none"> ○ Recognizing and Interpreting Symptoms ○ Seeking treatment ○ Patient Adherence ○ The Patient-Provider Relationship ○ Communication with patient ○ Breaking Bad News ○ The Role of Health Care System ○ Hospitalization • Managing Pain • Complementary and Alternative Medicine
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Temeljna literatura in viri/Readings:

- Straub, O. R. (2014). Health Psychology: A Biopsychosocial Approach Fourth Edition. New York: Worth Publishers.
- Rakovec-Felser, Z. (2002). Zdravstvena psihologija. Maribor: Visoka zdravstvena šola.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- temeljno znanje iz sklopa zdravstvene psihologije,
- usposobljenost za avtonomno, celostno obravnavo posameznika in skupine,
- sposobnost vsestranske obravnave pacientov in njihovih svojcev glede na relevantne bio-psiho-socialne dejavnike,
- sposobnost za raziskovalno delo s področja zdravstvene psihologije,
- komunikacijske sposobnosti in spretnosti v strokovnem domačem in mednarodnem okolju.

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- fundamental knowledge of medical psychology,
- autonomous, integrated treatment of the individual and the group,
- the ability of comprehensive treatment of patients and their relatives based on relevant biopsychosocial factors,
- the ability of research work in the field of medical psychology,
- communication skills and abilities in the domestic and international environment.

Predvideni študijski rezultati:

Študent/študentka:

- se usposobi za prepoznavanje in upoštevanje osebnostnih lastnosti, duševnega zdravja in razvojnega obdobja bolnika,
- upošteva prepletenost bioloških, psihičnih in socialnih dejavnikov v zdravju in bolezni,
- upošteva pridobljena znanja za celostni pristop k bolniku,
- se usposobi za uspešno komunikacijo na vseh ravneh svojega strokovnega delovanja,
- se usposobi za preventivno dejavnost na področju ohranjanja zdravja in preprečevanja bolezni oz. njenega poslabšanja,
- se usposobi za osnovno raziskovanje in timsko delo na področju zdravstvene psihologije.

Intended learning outcomes:

Students:

- are qualified to identify and respect the fundamental aspects of patient's personality, mental health and developmental period,
- consider the intertwining of biological, psychological and social factors in health and sickness,
- use the acquired knowledge for a holistic approach to the patient,
- are qualified for a successful communication on all levels of their professional field,
- are qualified for preventive activity in maintaining health, preventing diseases and their deterioration,
- are qualified for basic research and teamwork in the field of health psychology.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarske vaje*: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge,
- *konzultacije*.

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);
- *tutorial*: preparation, presentation and a successful defence of a project/research paper,
- *consultations*.

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> • 100 % udeležba na predavanjih in vajah: priprava, predstavitev in zagovor projektne/raziskovalne naloge – 100 % ocene; • če študent ni 100 % udeležen na predavanjih in vajah: <ul style="list-style-type: none"> - izpit – 60 % ocene, - priprava, predstavitev in zagovor projektne/raziskovalne naloge – 40 % ocene. <p>Ocenjevalna lestvica: ECTS.</p>	<p>100 %</p> <p>ali / or</p> <p>60 %</p> <p>40 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • 100 % attendance at lectures and tutorials: preparation, presentation and defence of project/research paper – 100 % of the grade; • if the students' attendance at lectures and tutorials is not 100%: <ul style="list-style-type: none"> - exam - 60% of the grade, - preparation, presentation and defense of the project/research paper – 40% of the grade. <p>Grading scheme: ECTS.</p>