

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

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 2. stopnja	Ni smeri študija	1. / 2. letnik	2. / 3.
Nursing Care / 2 nd Cycle	No study field	1 st / 2 nd year	2 nd / 3 rd

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code 2ZN 1_2 IP6

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
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 prvi ali 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 first or 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 ○ Metode in interpretacija rezultatov ○ Epidemiološke raziskave • Biološke osnove zdravja in bolezni • Stres in zdravje 	<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 ○ Epidemiological Research • Biological Foundations of Health and Illness

<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"> ● 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:

<ul style="list-style-type: none"> ● <u>Straub</u>, 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:

<p><i>Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:</i></p> <ul style="list-style-type: none"> ● temeljno znanje iz sklopa zdravstvene psihologije, ● usposobljenost za avtonomno, celostno obravnavo posameznika in skupine, 	<p>Objectives and competences:</p> <p><i>The learning unit mainly contributes to the development of the following general and specific competences:</i></p> <ul style="list-style-type: none"> ● fundamental knowledge of medical psychology, ● autonomous, integrated treatment of the individual and the group,
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<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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.
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Predvideni študijski rezultati:

Intended learning outcomes:

<p>Študent/študentka:</p> <ul style="list-style-type: none"> • 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. 	<p>Students:</p> <ul style="list-style-type: none"> • 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.
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Metode poučevanja in učenja:

Learning and teaching methods:

<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, • <i>konzultacije</i>. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving); • <i>tutorial</i>: preparation, presentation and a successful defence of a project/research paper, • <i>consultations</i>.
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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 	<p>100 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • 100% attendance at lectures and tutorials: preparation, presentation and defence of
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<p>projektne/raziskovalne naloge – 100 % ocene;</p> <ul style="list-style-type: none"> • 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>ali / or</p> <p>60 %</p> <p>40 %</p>	<p>project/research paper – 100 % of the grade;</p> <ul style="list-style-type: none"> • 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>
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