VNIVERSITAT DE VALÈNCIA

Course Guide
34291 Psychology. Patient care

COURSE DATA

Data Subject	
Code	34291
Name	Psychology. Patient care
Cycle	Grade
ECTS Credits	6.0
Academic year	2019 - 2020

Study (s)

Degree	Center	Acad. year	Period
1207 - Degree in Optics and Optometry	Faculty of Physics	2	First term

Subject-matter

Degree	Subject-matter	Character
1207 - Degree in Optics and Optometry	7 - Psychology	Basic Training

Coordination

Name	Department
DIAZ MARTINEZ, AMELIA	295 - Personality, Evaluation and Psychological Treatment
INFANZON CASES, MARIA EUGENIA	295 - Personality, Evaluation and Psychological Treatment

SUMMARY

The objectives of the course are centered PSYCHOLOGY one hand, basic knowledge in psychology notions that allow students to understand the basic psychological factors and bio-psycho-social impact on human behavior and, moreover, that acquire a body of knowledge on theoretical and applied procedures that show the importance of psychological factors on health and the importance of relationships in humans.
Along with this, it is important to acquire personal and communication skills that are critical in the field of healthcare.

PREVIOUS KNOWLEDGE

Relationship to other subjects of the same degree

There are no specified enrollment restrictions with other subjects of the curriculum.

Other requirements

No specific knowledge is required

OUTCOMES

1207 - Degree in Optics and Optometry

- Knowing how to apply the knowledge acquired to professional activity, knowing how to solve problems and develop and defend arguments.
- Being able to gather and interpret relevant data to make judgments.
- Being able to transmit information, ideas, problems and solutions to both a specialized and non-specialized audience.
- Development of learning skills necessary to undertake further studies with a high degree of autonomy.
- To know the applicable legislation in professional practice, with special attention to matters of gender equality between men and women, human rights, solidarity, sustainability, protection of the environment and promotion of the culture of peace.
- To acquire the clinical skills necessary for the examination and treatment of patients.
- To know the nature and organization of the different types of clinical care.
- To know the different protocols applied to patients.
- To know the psychosocial aspects of the profession.
- To know the fundamentals and techniques of health education and the main generic health programs to which the optometrist must contribute from their scope of action.
- To think critically about clinical, scientific, ethical and social issues involved in the professional practice of Optometry.
- To understand the psychological aspects in the relationship between the optician-optometrist and the patient.
- To know the Spanish health system and the basic aspects related to the management of health services, mainly those related to health care and rehabilitation.
- To acquire teamwork skills as a unit in which professionals and other personnel related to visual health are structured in a unidisciplinary or multidisciplinary and interdisciplinary way.

- To acquire the ability to practice the profession with respect for the patient's autonomy, their beliefs, culture, genetic, demographic and socioeconomic determinants, applying the principles of social justice and understanding the ethical implications in a changing world context.

LEARNING OUTCOMES

The goal is to form competent students so that the end of the course are able to:

• Analyze and interpret correctly the problems presented
• Demonstrate knowledge, understanding and practical skills in organization and planning
• Write with correction
• Perform tasks effectively as a team member
• Be skilled in interpersonal relations and conflict management
• Recognize the factors bio-psycho-social impact on human behavior
• Consider the importance of the psychological aspects of health and human comunication
• Arguing plans, to promote physical and psychological
• Rigorously evaluate relevant information
• Demonstrate commitment to continuous self-assessment and personal development

DESCRIPTION OF CONTENTS

1. Psychology. Patient care

1.- INTRODUCTI0N TO PSYCHOLOGY
Definition of Psychology. General Psychology and Differential Psychology
Historical Overview
Main Models

2. Basic concepts in Psychology

Basic concepts in Psychology

2.- BASIC CONCEPTS IN PSYCHOLOGY
Learning, Thinking, Motivation, Emotion, Personality, Developmental Psychology

3. Introduction to Health Psychology

3.- INTRODUCTION TO HEALTH PSYCHOLOGY
Historical and conceptual approach to health psychology
Adherence to the therapy
Behavioral aspects in prevention and health promotion
3.1 WORKSHOP 1.- Healthy habits
3.2 WORKSHOP 2.- Psychological intervention in health promotion

4. Stress , pain and coping

4.- STRESS, PAIN AND COPING
Stress theories
Stress origins
Personality dimensions affecting stress and illness
4.1 WORKSHOP 3.- Reliability and validity in stress measures

5. Stress coping. Social suport and Health

5.- STRESS COPING
Personal resources that influence stress coping
Social support and health
SEMINAR 4.- Coping stress and pain techniques

6. Introduction to the psychological assessment. Interview techniques and counseling

6.-INTRODUCTION TO THE PSYCHOLOGICAL ASSESSMENT. INTERVIEW TECHNIQUES AND COUNSELING
Psychological assessment and related concepts
Classification of psychological assessment instruments
Interview and Counseling
6.1 WORKSHOP 5.- Communication and listening skills
6.2 WORKSHOP 6.- Interview techniques and counseling

7. Personal skills and communication

7.- PERSONAL SKILLS AND COMMUNICATION
Interaction and interpersonal perception
Interaction style: affective dimension
Personal skills and communication
Information and communication skills in the field of health service
7.1 WORKSHOP 8.- Information and communication skills. Assertiveness
7.2 WORKSHOP COORDINATED 9.- Exposition and defense work in team
7.3 WORKSHOP COORDINATED 10.- Exposition and defense work in team

WORKLOAD

ACTIVITY	Hours	% To be attended
Theory classes	45,00	100
Tutorials	15,00	100
Development of group work	15,00	0
Development of individual work	10,00	0
Study and independent work	20,00	0
Readings supplementary material	5,00	0
Preparation of evaluation activities	5,00	0
Preparing lectures	15,00	0
Preparation of practical classes and problem	10,00	0
Resolution of case studies	10,00	0
TOTAL	**150,00**	

TEACHING METHODOLOGY

The methodological strategies are set so that the student be able to meet different competencies raised. They focus on three main sections: lecture, cooperative learning, independent learning:

• Group lectures
• Modeling and role-playing techniques
• Case studies
• Presentation in class by students
• Cooperative work
• Individual work
• If possible, use the virtual classroom forum to facilitate consultation and clarification that may be of interest to working groups
• Individualized Tutorial

EVALUATION

It will assess the individual and group work carried out throughout the semester with regard to the acquisition of specific skills and generic.

The final evaluation and grading of the material will be made by:
a) Written examination in the form of objective evidence on the theoretical and practical matter. 70% of the final grade. (To be eligible to pass the course, students will have to overcome, at least 50% -3.5 punts-, this theoretical part).
b) Performing work: (To be eligible to pass the course, students will have to overcome at least 50% -1.25 punts, this part of work:
- Teamwork realization in the Seminar Coordinator. 10% of the final
- An individual report on the practical part of the course (for students who have attended classes regularly practices and proposed activities). 10% of the final
- Teamwork on the theoretical and practical issues proposed. O.5% of the final
c) Attendance and active participation in tutorials. 0.5% of final grade
The student must obtain a score equal to or greater than 5 to pass the course. Students who have not attended classes regularly practices of the subject, will be examined through a review of development on the subject in class.

Topics may be drawn from the material explained in class, the basic literature and the material available at the library, photocopying or virtual classroom

REFERENCES

Basic

- Referencia b1: BRANNON, L. Y FEIST, J. (2001) Psicología de la salud. Madrid: Paraninfo
  Referencia b2: MARTORELL, M.C. Y GONZALEZ, R. (1997). Entrevista y consejo psicológico Madrid: Síntesis.
  Referencia b3: MORRIS CH.G. y MAISTO, A.A. (1997). Introducción a la Psicología. México: Pearson Educación

Additional

- Referencia c1: AMIGO, I., FERNÁNDEZ, C. Y PÉREZ-ÁLVAREZ, M. (2003). Manual de Psicología de la salud (2ª Ed). Madrid: Pirámide.
Referencia c2: APA (2002)- DSM-IV-TR Manual diagnóstico y estadístico de los trastornos mentales Barcelona: Masson,
Referencia c3: BIMBELA PEDROLA, JOSÉ LUIS (2001)- "Cuidando al cuidador "counseling" para profesionales de la salud", Granada Escuela Andaluza de Salud Pública
Referencia c4: BUCETA, J. M. , BUENO, A. M. y B. MAS (eds.) (2000).: Intervención Psicológica en Trastornos de la Salud. Madrid: Dykinson.
Referencia c5: GARCIA, S. (1999). Cómo vivir francamente estresado. Barcelona: Gestión 2000
Referencia c6: DAVIS, M.; MCKAY, M. y ESHELMAN, E.R. (1985). Técnicas de autocontrol emocional. Barcelona: Martínez Roca.
Referencia c7: HOMBRADOS, M.I. (1997). Estrés y salud. Valencia: Promolibro.
Referencia c8: MCKAY, M.; DAVIS, M.; FANNING, P. (1985). "Técnicas cognitivas para el tratamiento del estrés". Barcelona: Martínez Roca
Referencia c9: ABRIL, V.J. (1997) Apoyo social y salud Una perspectiva comunitaria Valencia: Promolibro
Referencia c10: BERNSTEIN, D.A.; BORKOVEC, T. (1999) Entrenamiento en relajación progresiva. Bilbao: DDB
Referencia c11: LAVILLA, M.; MOLINA, D.; LÓPEZ, B. (2008) Mindfulness O cómo practicar el aquí y el ahora. Barcelona: Paidós
Referencia c12: WILSON, P.H., SPENCE, S.H., KAVANAGH, D.J. (1995). Técnicas de entrevista clínica Barcelona: Martínez Roca.

ADDENDUM COVID-19

This addendum will only be activated if the health situation requires so and with the prior agreement of the Governing Council

English version is not available