

**COURSE DATA****Data Subject**

<b>Code</b>	34291
<b>Name</b>	Psychology. Patient care
<b>Cycle</b>	Grade
<b>ECTS Credits</b>	6.0
<b>Academic year</b>	2020 - 2021

**Study (s)**

<b>Degree</b>	<b>Center</b>	<b>Acad. Period</b>
1207 - Degree in Optics and Optometry	Faculty of Physics	2 First term

**Subject-matter**

<b>Degree</b>	<b>Subject-matter</b>	<b>Character</b>
1207 - Degree in Optics and Optometry	7 - Psychology	Basic Training

**Coordination**

<b>Name</b>	<b>Department</b>
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

## COMPETENCES (RD 1393/2007) // LEARNING OUTCOMES (RD 822/2021)

### 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 (RD 1393/2007) // NO CONTENT (RD 822/2021)**

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 communication
- 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.- INTRODUCTION 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
<b>TOTAL</b>	<b>150,00</b>	

**TEACHING METHODOLOGY**

It will include active and participative methodology, integrating different instructional methodologies to enhance the significant learning of knowledge and competencies of the subject.

The basic instructional techniques include (1) Presentations of the subject's contents, (2) Performance of practical activities (case studies, discussion, analysis of texts, videos and problem solving), (3) role-playing, group tutorials scheduled, (4) Scheduled individual and group tutorials, (5) Preparation of independent work, processing and reporting of the practices in the classroom (individual and group), (6) formative and summative evaluation

**EVALUATION**

**Active participation in class activities and motivation for learning outcomes (25% of final grade, recoverable in the second evaluation). The evaluation will include all content and abilities explored in these activities.**

**These activities will be carried out in the sessions to put into practice the acquired knowledge and accomplish the learning outcomes (competencies).**





**an observation, administer, correct and write reports  
follow the phases of the assessment process in a propo  
tasks will be reviewed and scored at the classroom in v  
peer-assessment, correction-discussion within the grou**

**Oral and written presentation of group work will be p  
with the subject syllabus (25% of the final grade, not n**

**Groups of 3 to 4 students should present a group work  
where questions and discussion should arise. The topic  
between students and the lecturers teaching the subject  
linked to the subject syllabus, such as clinical cases, pr  
test management. This group presentation will also be  
lecturers including the audiovisual support used in the**

**The evaluation will be based on the next aspects: Cont  
consistency, structure, originality, relationship with pr  
presentation, bibliographic adequacy, knowledge of th  
quality of answers and audiovisual media.**

**Assessment of theoretical and practical content by wri  
grade, recoverable).**

**On the date indicated by the faculty there will be a 1st  
examination that may consist of both multi-choice and**



**On the official examinations dates, those students who fail the first term exam will have to take second term content only in the remaining 50% of the final grade.**

**The final grade in this section will be the average of the second term content's exams (provided that the student has obtained a grade of 2.5 or higher than 2.5 on a scale of 0-5 in both exams).**

**Those students who fail the first term exam will have to retake the subject on the final exam in the two official exam dates. The exam will consist of multi-choice and short open questions.**

### **MINIMUM REQUIREMENTS:**

**To pass the subject, students have to get 50% both in the theoretical and practical contents evaluated by the written exams.**

**Regarding the possibility that the student requests an evaluation, as established by current legislation, the subject's evaluation will be based on a written exam (which accounts for 85% of the final grade) and a final presentation that will deal with the specific content of the subject, as determined by the professor.**

**The cheating or manifest plagiarism in any task included in the subject will suppose the impossibility to pass the subject, being next the subject to the disciplinary procedures.**



**Keep in mind that, according to article 13. d) of the Statute of the University of Valencia (1791/2010, of December 30), it is the duty of a student to cooperate in fraudulent procedures in the subject evaluations or presentations carried out or in official documents of the University.**

**In tutorial hours, the lecturers teaching the subject may carry out interviews in order to verify the degree of participation in the objectives set for any task developed. Not accepting such a task to pass the task or activity in question.**

## **GRADING SYSTEM**

**The qualification of the subject will abide to what is stated in the Decree of Evaluation and Qualification of the University of Valencia Master (ACGUV 108/2017 of May 30, 2017).**

**[Http://www.uv.es/graus/normatives/2017\\_108\\_reglament](http://www.uv.es/graus/normatives/2017_108_reglament)**

**According to this, it is specified on a numerical scale from 0 to 10, with an expression of a decimal, to which is added a qualitative expression.**

- 0 FAIL < 5**
- 5 PASS (C) < 7**
- 7 REMARKABLE (B) < 9**





## **- 9 EXCELLENT (A) 10**

**The different sections considered in the evaluation will minimum requirements established for each one (if the established) are exceeded.**

**The grade obtained in the first call will be incorporate course, according to the following rules:**

### **FAIL:**

- If, having covered the assessment sections, recoverable reach 5.0**
- If the established minimum score for a required section numerical score achieved (out of 10 points) and the grade**

### **NOT PRESENTED:**

- If there are no scores for any evaluation section.**
- If there is no qualification in one or more of the recoverable has been completed.**

**In the second call, the following rules will be followed:**

### **NOT PRESENTED:**



## - If there are no grades for any evaluation section.

### FAIL:

- Possibility 1 (Minimum requirements have not been set in any section). When the sum of the different weighted scores is zero, the final grade will be recorded.

- Possibility 2 (There are minimums fixed in some or all of the sections). When the minimum to pass has not been met, the final grade will be recorded as a failed section. If the minimum requirement to pass the subject, the numerical score (out of 10 points) of the failed section will be recorded.

In order to challenge the allotted qualification the provisions of the Reglament d'Avaluació i Qualificació de la Universitat de València (108/2017 of May 30, 2017). [Http://www.uv.es/graus/normatives/2017\\_108\\_reglament\\_avaluacio\\_qualificacio.pdf](http://www.uv.es/graus/normatives/2017_108_reglament_avaluacio_qualificacio.pdf)

## 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**