

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

Code	34291
Name	Psychology. Patient care
Cycle	Grade
ECTS Credits	6.0
Academic year	2022 - 2023

Study (s)

Degree	Center	Acad. 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 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. Introduction and concept of Health Psychology

- Historical and conceptual approach to the Psychology of Health
- Behavioral aspects in the prevention and promotion of health
- Analysis of the behavior of health and malaltia
- Adherence to therapeutic treatments
- Intervention and design of action programs in health.

Seminar 1. Adherence to the tracts: a clinical case in the field of Optics and Optometry.

Seminar 2. Design of a health action program: a clinical case in the field of Optics and Optometry.

2. Psychosocial stress and illness

Basic concepts in Psychology



- Definition of stress
- Stress models
- Response to stress.
- Stress and illness

Seminar 3. Causes and consequences of stress

3. Introduction to Health Psychology

- Coping and adaptation
- Psychosocial factors and personal resources that influence coping with stress.
- Social support and health
- Techniques to deal with stress

Seminar 4. Transactional model of stress and coping strategies

Seminar 5: Psychological techniques for coping with stress

4. Relationship and communication between the health professional and the patient

- Relations between the health system
- Functions and forms of communication: definition, elements and barriers in communication. listening skills
- Factors that influence communication between health professionals and patients.
- Information and communication skills in the field of health.
- The interview as an evaluation method

Seminar 6. Assertiveness techniques

Seminar 7. Personal and communication skills

Seminar 5: Psychological techniques for coping with stress

5. Clinic care

- Therapeutic compliance.
- Role of sick and patient.
- Optometric and ophthalmological patient care

Coordinated Seminar 8. Exhibition and defense of work done as a 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

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

1. Continuous evaluation

1.1. Active participation in the proposed activities and motivation for the quality of the learning results (15% of the final grade. Recoverable in the second call through a final test that will include all the contents and skills worked on in said activities). It will be recoverable in the case of having less than 50% of the note in this section.

These activities will put theoretical knowledge into practice and the approach to learning outcomes will be verified. The tasks will be reviewed and scored in various ways: self-assessment, peer assessment, correction-discussion within the group and evaluation by the teacher.

1.2. Development and oral and written presentation of group work on topics related to the program (15% of the final grade, non-recoverable).

A group work of between 3 and 4 people will be carried out, which will be presented during class hours and questions will be asked about it. The theme of the same will be decided together with the teaching staff and may consist, for example, in the design of a prevention program (primary, secondary or tertiary) in the area of Visual Health. The written work and the audiovisual support used in the exhibition will be



delivered. Content quality, effort, coherence, structure, originality, relationship with practice, expository clarity, bibliographic adequacy, quality of answers and knowledge shown, and quality of audiovisual support will be valued.

During the development of the work, at least two tutorials will be held where the progress will be shown and evidence of the participation of each of the participants may be requested. group members would specify.

2. Written evaluation

2.1. Assessment of theoretical and practical content through a written test (70% of the final grade, recoverable through a written test). On the date indicated by the faculty, a written test will be carried out that may consist of objective questions of alternatives and brief questions. Minimum requirements: In order to pass the subject, it will be necessary to achieve a minimum mastery of 50% in the evaluation exam of theoretical and practical contents through a written test (that is, a grade equal to or greater than 3.5 out of 7). For the rest of the evaluation evidence, there is no minimum requirement to pass the subject as long as the sum of the evidence allows to exceed 5 out of 10 in the subject as a whole. The manifest copy or plagiarism of any task that is part of the evaluation will mean the impossibility of passing the subject, subsequently submitting to the appropriate disciplinary procedures.

Keep in mind that, in accordance with article 13. d) of the University Student Statute (RD 1791/2010, of December 30), it is the duty of the student body to refrain from using or cooperating in fraudulent procedures in the evaluation tests, in the works that are carried out or in official documents of the university. During tutoring hours, teachers may require individual or group interviews in order to verify the degree of participation and achievement of the objectives set for any task developed. Not accepting said verification will mean not passing the task or activity in question.

Rating system: The qualification of the subject will be subject to the provisions of the Regulation of Assessment and Qualification of the University of Valencia for Grau i Màster degrees (ACGUV 108/2017 of May 30, 2017).

http://www.uv.es/graus/normatives/2017_108_Reglament_avaluacio_qualificacio.pdf

In accordance with this, it is specified on a numerical scale from 0 to 10, with the expression of a decimal, to which a qualitative qualification is added as indicated below:

- Fail: < 5
- Approved: 5-6.99
- Remarkable: 7-8.99
- Outstanding: 9-10

The different sections contemplated in the evaluation will only be added when the minimum requirements established for each of them are exceeded, if these have been established



REFERENCES

Basic

- Referencia b1: Amigó, I., Fernández, C., Pérez, M. (2005). Manual de psicología de la salud. 3a edición. Ediciones Pirámide
- Referencia b2: Brannon, L. y Feist, J. (2001) Psicología de la salud. Madrid: Paraninfo
- Referencia b3: Gil Roales-Nieto, J. (2004). Psicología de la Salud: Aproximación histórica, conceptual y aplicaciones. Ediciones Pirámide
- Referencia b4: Morrison, V. y Bennet, P. (2008). Psicología de la Salud. Pearson, Prentice Hall.
- Perpiná, C. (2014). Manual de la entrevista psicológica. Ediciones Pirámide.

Additional

- Referencia c1: BORRELL CARRIÓ, F. B. (2004). Entrevista clínica: manual de estrategias prácticas. SEMFYC, Sociedad Española de Medicina de Familia y Comunitaria.
- Referencia c2: BIMBELA PEDROLA, JOSÉ LUIS (2001)- "Cuidando al cuidador "counseling" para profesionales de la salud", Granada Escuela Andaluza de Salud Pública
- Referencia c3: BUCETA, J. M. , BUENO, A. M. y B. MAS (eds.) (2000).: Intervención Psicológica en Trastornos de la Salud. Madrid: Dykinson.
- Referencia c4: GARCIA, S. (1999). Cómo vivir francamente estresado. Barcelona: Gestión 2000
- Referencia c5: HOMBRADOS, M.I. (1997). Estrés y salud. Valencia: Promolibro.
- Referencia c6: ABRIL, V.J. (1997) Apoyo social y salud Una perspectiva comunitaria Valencia: Promolibro
- Referencia c7: BERNSTEIN, D.A.; BORKOVEC, T. (1999) Entrenamiento en relajación progresiva. Bilbao: DDB
- Referencia c8: WILSON, P.H., SPENCE, S.H., KAVANAGH, D.J. (1995). Técnicas de entrevista clínica Barcelona: Martínez Roca.