

Ministry of Healthcare of Ukraine
Poltava State Medical University

Department of Psychiatry, Narcology and Medical Psychology

SYLLABUS

Medical Psychology

(name of the discipline)

Selective discipline

(compulsory / selective discipline)

level of higher education

the second (master's) level of higher
education

field of knowledge

22 «Healthcare»

specialty

222 «Medicine»

academic qualification

Master of Medicine

professional qualification

Medical Doctor

academic and professional program

«Medicine»

mode of study

full-time

course(s) and semester(s) of study of the
discipline

3 year, 5 semester

INFORMATION ABOUT LECTURERS WHO DELIVER THE ACADEMIC DISCIPLINE

Surname, name, patronymic of the lecturer (lecturers), scientific degree, academic title	Vadym O. Rud, Associate Professor, MD, PhD Lesia A. Bodnar, Associate Professor, MD, PhD Dmytro I. Boiko, Associate Professor, MD, PhD Pavlo V. Kydon, Assistant, MD, PhD
Profile of the lecturer (lecturers)	https://psychiatry.pdmu.edu.ua/team
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Department page at the website of PSMU	https://psychiatry.pdmu.edu.ua/

MAIN CHARACTERISTICS OF THE ACADEMIC DISCIPLINE

The scope of the academic module

Number of credits / hours – 3 / 90, of which:

Lectures (hrs.) – 8

Practical classes (hrs.) – 20

Self-directed work(hrs.) – 62

Type of control: Final module control

Discipline policy

When organizing the educational process, teachers and students act in accordance with the normative documents of Ukraine and the Poltava State Medical University in accordance with Regulation on the organization of the educational process at Poltava State Medical University (<https://www.pdmu.edu.ua/n-process/departement-npr/normativni-documenti>).

Poltava State Medical University is an independent and responsible higher education institution in decision making concerning the development of academic freedoms, organization of the educational process, internal management, economic and other activities, independent selection and placement within the limits established by the Law of Ukraine "On Higher Education". (<https://zakon.rada.gov.ua/laws/show/1556-18/print1382613528661298#Text>).

The academic discipline Medical Psychology is selective in accordance with Regulation on the procedure of forming the individual educational trajectories for the recipients of higher education at Poltava State Medical University.

Study of the academic discipline Medical Psychology requires: preparation for practical classes; performing independent work in accordance with the work program of the discipline; development of recommended basic, supporting literature, information resources.

Preparation and participation in practical classes involves: familiarization with the syllabus of the discipline and thematic plans of practical classes; study of theoretical material; performing the tasks proposed for self-study.

The result of preparation for the lesson should be the acquisition by students of theoretical knowledge of the practical skills of primary diagnosis, treatment, prevention of the dependence syndrome, psychosocial rehabilitation of patients with dependence on psychoactive substances. The response of the applicant must show signs of independence of the tasks, lack of repetition and plagiarism.

Assessment control measures for student learning include ongoing and final control of students' knowledge, skills and competences in accordance with Regulation on the organization and methods for assessment of educational activities of higher education recipients at Poltava State Medical University (https://www.pdmu.edu.ua/storage/department-npr/docs_links/NMQ6RVrpAGYuKpw1JoSJaApnMMMwbKdxQN9FC2hu.pdf).

The control measures are based on the principles of: compliance with higher education standards; the use of a standardized and unified knowledge-based diagnostic system; determination of evaluation criteria; objectivity and transparency of control technology. The teacher necessarily evaluates the success of each student at each class on a four-point (traditional) scale using the cycle-approved assessment criteria for the relevant discipline, designed with standardized generic student assessment criteria.

The final module control is carried out after studying the module program in the discipline and is carried out at the last lesson of the module.

Higher education providers are required to respect the honor and dignity of others; responsible for their duties, timely and conscientiously fulfill the tasks stipulated in the curricula, plans, educational and scientific programs; be present at all training sessions, except for duly justified reasons (missed classes must be worked out in accordance with Regulation on retaking missed classes and making up unsatisfactory grades by the recipients of higher education at Poltava State Medical University (https://www.pdmu.edu.ua/storage/department-npr/docs_links/Tw1ZR7sjAmDI8i0uE6kRX5q2F80J6AiwtZ2dvVIQ.pdf).

Higher education providers are required to make effective use of study time to achieve educational goals; do not use sources of information (oral (prompts), written (works by others), printed (books, manuals), electronic (phones, tablets) prohibited by the teacher during the control measures in accordance with Regulation on the academic integrity of recipients of higher education and employees of Poltava State Medical University (https://www.pdmu.edu.ua/storage/n_process_vimo/docs_links/V7NzyqhQzHq53eACy2HYlG1IeuxV42DvO1Eq9tPA.pdf).

Encourage or charge may apply to higher education applicants who faithfully fulfill the requirements listed or systematically violate them in accordance with Regulation on the financial incentives for academic success of students at Poltava State Medical University (https://www.pdmu.edu.ua/storage/app/public/department-npr/docs_links/RmhZx0Lx1V0c6zZkg1mCkcW6omo3enMM4uB6C5bT.pdf).

Description of the academic discipline (summary)

Medical psychology is the science of the psychological aspects of the professional activity of a doctor and other health professionals, the psyche of the patient and his relatives, as well as the entire system of therapeutic and prophylactic and psychotherapeutic influences aimed at the most rapid recovery of illness.

Medical psychology lays the foundations for students to study psychiatry, narcology and other clinical disciplines, which involves integrating teaching with these disciplines; provides formation of skills to apply knowledge of medical psychology in the process of further education and in professional activity; lays the foundations for a doctor to understand the psychology of a sick person, the formation of a healthy lifestyle and the prevention of mental disorders in the process of life and in various diseases.

Pre-requisites and post-requisites of the academic discipline (interdisciplinary links)

Pre-requisites:

- human anatomy (to know the structure of the CNS);
- physiology (to know the physiological processes of CNS functioning);
- biological and bio-organic chemistry (to know the biochemical processes that underlie the pathogenesis of mental disorders, biochemical disorders that are caused by mental disorders);
- pathomorphology (to know pathomorphological changes that are caused by mental disorders);
- pathophysiology (to know the pathophysiological processes that underlie the etiology and pathogenesis of mental disorders).

Post requisites: developing competences to apply knowledge of Medical Psychology in the further study of disciplines: psychiatry, narcology, internal medicine, surgery, infectious diseases, oncology and radiation medicine, traumatology and orthopedics, obstetrics, the basics of sexology.

The aim and tasks of the academic discipline:

- the aim of studying the discipline "Medical Psychology" is to acquaint students with the main problems of age-related medical psychology at the present stage of social development; getting acquainted with the general concepts and patterns of mental activity of a somatically ill person, developing the skills of non-conflict support with patients and in the medical environment, forming on this basis medical and psychological skills in the form of the basics of psychotherapy, which is an important element of professional training and future activity of the doctor.

- to master the basic categories and concepts of medical psychology; to familiarize with regularities of formation and basic properties of mental processes of personality of somatically ill person, to cover the problem of communication in medical environment, in particular with the patient and his relatives; contribute to solving the issues of building and organizing interpersonal interaction in the team; to learn effective methods of influence on the personality of a sick person through psycho-hygienic, psychoprophylaxis and psychotherapeutic measures.

Competences and learning outcomes in accordance with the academic and professional program, the formation of which is facilitated by the discipline (integral, general, special)

- *integral:*

ability to solve typical and complex specialized tasks and practical problems in professional activities in the field of health care, or in the learning process, which involves research and / or innovation and is characterized by complexity and uncertainty of conditions and requirements.

- *general*:

1. Ability to abstract thinking, analysis and synthesis, the ability to learn and master modern knowledge.
2. Ability to apply knowledge in practical situations.
4. Ability to adapt and act in a new situation.
5. Ability to make informed decisions, work in a team; interpersonal skills.
6. Ability to act socially responsibly and consciously.

- *special (professional)*:

1. Ability to make psychological contact with adult and childhood patients.
2. Ability to conduct experimental and psychological research of mental spheres in a healthy and sick person.
3. Ability to determine the type of internal picture of the disease (IPD).
4. Ability to interview severely ill patients with pain syndrome, patients with congenital and acquired physical defects on the basis of rational psychotherapy.
5. Ability to draw up a scheme of psycho-hygiene and psychoprophylaxis.

Learning outcomes of the academic discipline:

upon completing their study in the academic discipline, students must

know:

1. The structure and functions of individual organs and systems and the human body as a whole are normal, with the development of pathological processes, diseases; be able to use the acquired knowledge in further training and in the practice of the doctor.
2. Principles of medical ethics and deontology.
3. Psychosomatic and somatopsychic interactions in patients.
4. Principles of communication with colleagues, patients and their relatives, taking into account their psychological characteristics.

be able to:

- prevent the occurrence of iatrogeny and correct the effects of iatrogenic effects;
- to promote a healthy psychological climate in the medical environment;
- use psycho-hygiene, psychoprophylaxis and basic methods of psychotherapy in medical practice;
- to determine the mental state and the level of socio - psychological adaptation of patients by means of psychological research methods.

Thematic plan of lectures (by modules), specifying the basic issues, which are considered at the lecture

Seq. No.	Title of the topic	Number of hours
Content module 1. General questions of Medical Psychology		
1.	Medical psychology: definition, subject and tasks. Development of medical psychology in the world and in Ukraine. The role of medical psychology in the	2

	formation of modern ideas about the unity of somatic and mental. Psychosomatic and somatopsychic interactions: basic theoretical concepts. Definition of mental health. WHO criteria	
Content module 2. Applied aspects of medical psychology		
2.	Psychology of medical professionals and medical-diagnostic process. Prevention of emotional burnout	2
3.	Psychosomatic disorders. Psychological aspects of deviant behavior	2
4.	Principles of psychoprophylaxis, psychohygiene, rehabilitation and psychotherapy in the work of a general practitioner. Rehabilitation social and professional, adaptation and compensation, its main sections. Psychotherapy as a field of medical psychology and medicine. Basic modern methods of psychotherapy. Principles of psychotherapy	2
Total		8

Thematic plan of practical classes by modules and content modules, specifying the basic issues, which are considered at the practical class

Seq. No.	Title of the topic	Number of hours
Content module 1. General questions of Medical Psychology		
1.	The subject, objectives and methods of the examination of the psychological state of human. The conception of mental health.	2
2.	Clinical and psychological aspects of cognitive activity (the psychology of perception, thinking, attention, memory and intelligence), the emotional-volitional sphere. Consciousness and self-consciousness, their levels, state of consciousness of the patient.	2
3.	Psychology of personality. Accentuations of the personality, their definition, and typology. The internal picture of disease. The diagnostics of the main types of attitude to the disease. Aggravation, simulation, dissimulation. Doctor's tactics in relation to the patients with pathological reaction to disease.	2
Content module 2. Applied aspects of medical psychology		
4.	Psychology of health care workers. Psychological types of doctors. General practitioner's professiogram. The concept of professional deformation. Syndrome of "burnout", ways to prevent it. The features of physician-physician, physician-nurse communications.	2
5.	Psychology of medical-diagnostic process. Stages of the diagnostic process. Features of informing the patient about diagnosis. Conflicts of medical milieu.	2
6.	Psychosomatic disorders. The influence of psychological factors on the course of somatic disorders. The classification of psychosomatic disorders. Theory of psychosomatic interrelation. Psychological defense mechanisms of the personality.	2
7.	Psychological characteristics of patients with tuberculosis, AIDS, oncopathology, endocrine, nervous and mental diseases. Psychological characteristics of patients with therapeutic and surgical diseases. The influence of congenital and acquired physical defects on the human psyche.	2
8.	Psychological aspects of dependent behavior. Suicidal behavior, prevention and early detection. Suicidal behavior, prevention and early detection. Psychological aspects of dying.	2
9.	The main methods of psychotherapy in general practitioner's practice.	2

	Indications and contraindications for the basic methods of psychotherapy. Psychological help in periods of crisis.	
10.	Final module control	2
Total		20

Self-directed work

Seq. No.	Title of the topic	Number of hours
1	Preparation for practical classes - theoretical training and practical training	40
2	Examination of topics not included in the lesson plan (list): - Psychology of cognitive mental processes - Psychology of emotional-volitional sphere - Person's response to illness. Nosogeny - Mental stress - Masked depression - Psychological features of patients with psychiatric disorders	20
3	Preparation for final module control	2
Total		62

Individual tasks:

Performing an individual task involves preparing a message or writing an abstract based on the primary sources for one of the proposed topics:

1. The development of medical psychology in Ukraine and the world, the main modern trends.
2. The algorithm of choice of methods of psychological research.
3. Tactics of physician behavior with patients with accentuated personality traits.
4. Features of behavior of patients with different types of response to the disease.
5. Principles of psychotherapeutic correction of illness.
6. The role of volitional qualities of the individual in the healing process.
7. Psychodynamic approach in medicine.
8. Requirements for the identity of medical professionals, historical aspect
9. Medical errors: ways of avoidance and prevention
10. "Emotional burnout syndrome" and ways to prevent it.
11. Rules of deontology and subordination in the medical environment.
12. Features of communication in the medical environment.
13. Psychological features of the stages of the diagnostic process.
14. Basic principles of communication of the doctor with patients and their relatives.
15. Conflicts in the medical environment, ways to resolve and prevent them.
16. Psychosomatic approach as a principle of medical activity (historical aspect).
17. Theories of psychosomatic relationships.
18. Mechanisms of psychological protection of personality, their definition and significance.
19. Personal coping strategies, their definition and significance.
20. Principles of prevention of psychosomatic disorders.
21. Features of psychology of sick children and elderly people.

22. Munchausen syndrome: Diagnosis and Prevention.
23. Influence on the human psyche of congenital and acquired physical defects.
24. Eating behaviors.
25. Suicide prevention
26. "Phones of Trust".
27. Euthanasia: current perspectives.
28. Medical hygiene of the health worker.
29. The role of general practitioners in the prevention of nosopsychological manifestations.
30. Psychological and social rehabilitation of persons who have become disabled during their military service and others who have been injured in the performance of their military service (duty) in Ukraine.
31. Basic modern methods of psychotherapy, their use (for example 1-2 methods).
32. Psychological assistance in times of crisis.
33. Psychological features of emergency medical care.

The list of theoretical questions for students' preparation for the final module control

Content module 1. General questions of Medical Psychology

1. Definition, subject and tasks of medical psychology.
2. Methods of psychological research.
3. Principles of building a purposeful psychological conversation.
4. Determination of mental health and levels of psychological adaptation of the person.
5. WHO health criteria.
6. Influence of age characteristics and chronic diseases on a person's personality.
7. Definition and typology of personality accentuation, tactics of behavior. doctor with patients. having accentuated personality traits.
8. Identification and classification of the main types of attitude to the disease, features of the behavior of patients with such types of response to the disease.
9. Diagnosis of the main types of attitude to the disease.
10. Principles of psychotherapeutic correction of illness.
11. Influence of the disease on the cognitive processes of man.
12. Influence of the patient's intelligence on the healing process.
13. Impact of the disease on the emotional-volitional sphere of man.
14. Impact of the disease on emotional state, nosogeny.
15. The role of volitional qualities of the individual in the healing process.
16. Changes in will, desire and behavior during illness.
17. Consciousness, self-awareness. their levels.
18. Psychodynamic approach in medicine.
19. Criteria for unbroken consciousness. States of consciousness in the patient.

Content module 2. Applied aspects of medical psychology

1. Requirements for the identity of medical professionals.
2. The concepts of "medical duty" and "medical secret".
3. Medical errors: causes and types.
4. Psychological types of doctors.
5. Professional deformation, "emotional burnout syndrome" and ways to prevent it.

6. Rules of deontology and subordination in the medical environment.
7. Types and features of communication in the medical environment.
8. Psychological features of the stages of the diagnostic process.
9. Principles of communication of the doctor with patients and their relatives.
10. Conflicts in the medical environment, their variants, ways of solving and prevention.
11. Psychosomatic approach as a principle of medical activity.
12. Emotional stress as a factor in the etiopathogenesis of psychosomatic disorders. The influence of psychological factors on the course of somatic disorders.
13. Theories of psychosomatic relationships.
14. Mechanisms of psychological protection of the individual.
15. The concept of adaptation and maladaptation, distress.
16. Classification of psychosomatic disorders. Non-pathological psychosomatic reactions.
17. Principles of prevention of psychosomatic disorders.
18. Psychological changes in diseases of the cardiovascular system.
19. Psychological changes in diseases of the bronchi and lungs.
20. Changes in diseases of the digestive tract.
21. Psychological features of patients with infectious diseases, tuberculosis, AIDS.
22. Psychological features of patients with endocrine, nerve and mental illness.
23. Psychological changes in sick women in gynecological hospital.
24. Psychological features of women during pregnancy and childbirth.
25. Features of psychology of sick children and elderly people.
26. Psychological features of patients in the surgical hospital in the pre- and postoperative period, in orthopedics and traumatology.
27. Psychological features of patients in dentistry. ophthalmology, otolaryngology.
28. Psychological features of patients with cancer.
29. Influence on the human psyche of congenital and acquired physical defects.
30. Psychological aspects of addiction to psychoactive substances, overestimation of hobbies (gambling, Internet addiction), dependence of eating behavior.
31. Types of suicidal behavior, features of suicidal behavior in somatically ill patients and in addictions.
32. Psychological aspects of dying and death.
33. Concepts of "psycho-hygiene" and "psychoprophylaxis".
34. Psychohygiene of the health care worker.
35. Principles of psychoprophylaxis of work, life, family and sexual relations. acquired physical defects.
36. The role of the general practitioner in the prevention of nosopsychological manifestations.
37. Rehabilitation is social and professional, its main sections.
38. Basic modern methods of psychotherapy, principles of psychotherapy.
39. Indications and contraindications for carrying out separate methods of psychotherapy.
40. Psychological assistance in times of crisis.
41. Psychological features of emergency medical care.

The list of practical skills required for the final module control

1. Independently conduct a directed psychological conversation with patients, make a psychological history of illness and life, evaluate the psychological state of the patient with the formulation of the conclusion of the experimental and psychological examination.
2. To be able to detect accentuation of character, as well as to conduct differentiated psychocorrection of revealed personality traits.
3. To determine the type of internal picture of the disease and the types of patient's response to the disease.
4. To form an adequate attitude to the disease in the patient and to maintain it throughout the medical-diagnostic process.
5. Differentiate the psychological features of patients with various somatic diseases, determine the need for psychological correction, taking into account the individual characteristics of the patient.
6. Give psycho-hygienic advice to the patient somatic profile.
7. Develop tactics for communication with patients and their relatives, taking into account the principles of medical ethics and deontology.
8. Evaluate and correct the patient's medical relationship with staff.
9. To analyze the professionally important qualities of a doctor.
10. To be able to implement measures of primary psychoprophylaxis of emotional burnout syndrome in the medical environment.
11. Know the basic diagnostic algorithms of states of dependence (chemical, Internet, gambling) and interdependence and to be able to apply them in practical activities for prevention and correction.
12. Know the basic ways of psychoprophylaxis of suicidal behavior and be able to detect suicidal tendencies in a timely manner.

The form of final control of academic performance

A form of final control of the success of the discipline is written module control. The final module control is carried out after studying the module program in the discipline and is carried out at the last lesson of the module. Final control is allowed for students who have completed all types of work required by the curriculum and have scored at least a minimum of 72 points in the module.

Students who have a grade point average of 4.5 to 5.0 during the course study are exempted from compiling the FMC and will automatically (with consent) receive a final grade in accordance with Table 1.

Table 1

Criteria for matching the average score of current performance to the results of the preparation of the FMC

The average score of current performance	FMC compliance	Traditional assessment
4,5	72	5
4,55	73	
4,6	74	
4,65	74	
4,7	75	
4,75	76	

4,8	77	
4,85	78	
4,9	78	
4,95	79	
5	80	

The form of final control is standardized and includes control of theoretical and practical training.

Specific forms of control:

- verbal conversation;
- written testing using Level II tests;
- solving situational problems of the second level.

The maximum score of the final control is 80. The final module control is considered to be counted if the student has scored at least 50 points out of 80.

The system of continuous and final control

The teacher necessarily evaluates the success of each student at each class on a four-point (traditional) scale using approved by the cycle methodological commission assessment criteria developed with standardized generic criteria for assessing students' knowledge.

Evaluate is integrated (all types of student work are evaluated both during the preparation for the class and during the class) according to the criteria that are made known to the students at the beginning of studying the discipline.

Conversion of the current marks, given on the traditional 4-point scale, not conducted into a multi-point one at each session.

Forms of assessment of current educational activities are standardized and include control of theoretical and practical training.

Conversion of the traditional 4-point scale into a multi-point score (maximum 120 points) is made only after the last lesson that precedes the test. Conversion is carried out according to the following algorithm:

a) the average student's grade on the traditional 4-point scale, obtained during the current classes belonging to this module (up to the hundredth grade) is calculated;

b) to obtain a convertible multi-point total assessment of current effectiveness per module, the average score obtained on the traditional 4-point scale is multiplied by a coefficient of 24. The exception is when the average on the traditional 4-point scale is 2 points. In this case, the student receives 0 points on a multi-point scale;

c) the average grade of current effectiveness is calculated by the total number of lessons per module.

The minimum number of points for a module that a student must score in his/her study for a credit is 120 points.

The teacher who leads the group calculates the total points for the module the next day after the final module control is completed.

The maximum number of points per module is 200 points.

Assessment of individual tasks of the student

Marks for individual tasks are awarded to the student only if they are successfully completed and defended.

The number of points awarded for different types of individual tasks depends on their size and significance. They are added to the amount of points earned by the student in the course during their current learning activities.

Assessment of independent work of the students

Independent work of students, which is provided by the topic of the lesson along with the classroom work, is evaluated during the ongoing control of the topic in the relevant lesson.

Teaching methods

Different teaching methods are used in the course of teaching the discipline:

- by source of information and formation of skills: verbal, demonstrative and practical;
- depending on the main didactic tasks: gaining new knowledge, developing skills, testing and assessment of knowledge, and
 - oral discussion of the topic with the involvement of the majority of the students of the group;
 - discussions on problematic situations;
 - abstract speeches;
 - written testing;
 - blitz poll;
 - writing tasks, etc.

The result of a student's independent extracurricular work is reproduced in the form of poster presentations or defense of abstracts.

Assessment of student effectiveness in the discipline is a rating and is ranked on a multi-point scale.

The number of points for the discipline is considered as the total score, which includes the current achievement, additional points for individual work.

Control methods verbal, written, programmed control.

Methodological support

1. Work program of the academic discipline "Medical Psychology".
2. Plans for practical training in the discipline.
3. Tasks for independent work of students.
4. Methodical instructions for independent work of students during preparation to practice and to class.
5. Guidelines for teachers.
6. Questions and tasks for ongoing control of students' knowledge and skills.
7. Test tasks in the discipline of the second level.
8. Situational tasks in the level II discipline.
9. Educational atlas of experimental methods for the study of human mental activity.
10. Educational movies.

Recommended reading

Basic (available at the library of PSMU):

1. Vitenko I.S., Isakov R.I., Rud V.O. Medical psychology. – Poltava, 2010. – 148p.
2. Kozhyna G.M., Gavenko V.L., Samardakova G.O. Essentials of medical psychology. – Kharkiv, 2009. – 134p.

Supplementary:

1. Kozhyna G.M. Essentials of general psychopathology. – Kharkiv, 2009. – 122p.
2. The American Psychiatric Publishing Textbook of Psychiatry, 5th Edition Edited by Robert E. Hales, MD, MBA; Stuart C. Yudofsky, MD; Glen O. Gabbard, MD. – NY, 2009. – 867p.

Information resources

Medscape from WebMD <http://www.medscape.com>

National Guideline Clearinghouse <https://www.guideline.gov/>

The Cochrane Collaboration The Cochrane Library <http://www.cochrane.org/>

National Institute for Health and Clinical Excellence (NICE)

<https://www.nice.org.uk/>The National Health and Medical Research Council (NHMRC)

<https://www.nhmrc.gov.au>

Royal College of Physicians <https://www.rcplondon.ac.uk/>

AMA (American Medical Association) <https://www.ama-assn.org/>

Developer (developers):

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