

	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
Vzgoja in menedžment v zdravstvu/2. stopnja <i>Education and Management in Health Care / 2nd Cycle</i>	Ni smeri študija No study field	2. letnik 2 nd year	3. 3 rd

Vrsta predmeta/Course type

modularni / module

Univerzitetna koda predmeta/University course code

VMZ2 M2 UN2

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30		30			180	8

Nosilec predmeta/Lecturer:

doc. dr. Vislava Globevnik Velikonja

Jeziki/ Predavanja/Lectures:
Languages:

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 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 second year of study. • Student has to prepare, present and defend a project/research paper before the exam.
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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 	<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
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<ul style="list-style-type: none"> ○ Metode in interpretacija rezultatov ○ Epidemiološke raziskave • Biološke osnove zdravja in bolezni • Stres in zdravje <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"> ○ Epidemiological Research • Biological Foundations of Health and Illness • 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:

Temeljna literatura/Basic literature

- Rakovec-Felser, Z. (2002). *Zdravstvena psihologija*. Maribor: Visoka zdravstvena šola.
- *The Oxford handbook of health psychology* (2014). Edited by Howard S. Friedman. (str. XVII, 916). Oxford University Press

Priporočljiva literatura/Recommended literature

- Straub, O. R. (2014). *Health Psychology: A Biopsychosocial Approach Fourth Edition*. New York: Worth Publishers.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- temeljno znanje iz sklopa antropologije in zdravstvene psihologije,
- usposobljenost za avtonomno, celostno obravnavo posameznika in skupine,
- sposobnost vsestranske obravnave pacientov in njihovih svojcev glede na relevantne fizikalne, psihične, socialne, kulturne, duhovne in družbene dejavnike,
- sposobnost za raziskovalno delo s področja antropologije in zdravstvene psihologije,
- komunikacijske sposobnosti in spretnosti v strokovnem domačem in mednarodnem okolju.

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- fundamental knowledge of anthropology and medical psychology,
- autonomous, integrated treatment of the individual and the group,
- the ability of comprehensive treatment of patients and their relatives based on relevant physical, psychological, social, cultural, spiritual and social factors,
- the ability of research work in the field of anthropology and medical psychology,
- communication skills and abilities in the domestic and international environment.

Predvideni študijski rezultati:

Študent/študentka:

- se usposobi za prepoznavanje temeljnih vidikov psihologije osebnosti,
- spozna in razume uvrščenost svojega strokovnega dela v širši družbeni prostor,
- sprejema humane vrednote kot pomemben vidik svojega osebnega in profesionalnega razvoja,
- spozna možnosti raziskovalnega dela v antropologiji in zdravstveni psihologiji,
- spozna osnove socialnega in družbenega obnašanja,
- se usposobi za preprečevanje in reševanje v kriznih življenjskih situacijah,
- se usposobi za uspešno komunikacijo na vseh ravneh svojega strokovnega delovanja.

Intended learning outcomes:

Students:

- are qualified to identify the fundamental aspects of the psychology of personality,
- know and understand their professional work classification in a wider social space,
- accept human values as an important aspect of their personal and professional development,
- realize the possibilities of research in anthropology and psychology,
- learn the basics of social and society behaviour,
- are qualified to prevent and sort out the crisis life situations,
- are qualified to successfully communicate at all levels of their professional activity.

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:

Načini: <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge 	50 % 50 %	Types: <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the project/research paper
Ocenjevalna lestvica: ECTS.		Grading scheme: ECTS.