

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Zdravstvena psihologija
Course title	<i>Health Psychology</i>

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 2. stopnja	Ni smeri študija	1. / 2. letnik	2. / 3.
Nursing Care / 2 nd Cycle	No study field	1 st / 2 nd year	2 nd / 3 rd

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code 2ZN 1_2 IP6

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
25		30			155	7

Nosilec predmeta/Lecturer: doc. dr. Vislava Globevnik Velikonja

Jeziki/ Languages: **Predavanja/Lectures:** 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 prvi ali 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 first or second year of study. • Student has to prepare, present and defend a project/research paper before the exam.

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 ○ Metode in interpretacija rezultatov ○ Epidemiološke raziskave • Biološke osnove zdravja in bolezni • Stres in zdravje 	<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 ○ Epidemiological Research • Biological Foundations of Health and Illness

<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"> ● 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:

Objectives and competences:

<p><i>Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:</i></p> <ul style="list-style-type: none"> • temeljno znanje iz sklopa zdravstvene psihologije, • usposobljenost za avtonomno, celostno obravnavo posameznika in skupine, • sposobnost vsestranske obravnave pacientov in njihovih svojcev glede na relevantne bio-psiho-socialne dejavnike, • sposobnost za raziskovalno delo s področja zdravstvene psihologije, • komunikacijske sposobnosti in spretnosti v strokovnem domačem in mednarodnem okolju. 	<p><i>The learning unit mainly contributes to the development of the following general and specific competences:</i></p> <ul style="list-style-type: none"> • fundamental knowledge of medical psychology, • autonomous, integrated treatment of the individual and the group, • the ability of comprehensive treatment of patients and their relatives based on relevant biopsychosocial factors, • the ability of research work in the field of medical psychology, • communication skills and abilities in the domestic and international environment.
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Predvideni študijski rezultati:

Študent/študentka:

- se usposobi za prepoznavanje in upoštevanje osebnostnih lastnosti, duševnega zdravja in razvojnega obdobja bolnika,
- upošteva prepletenost bioloških, psihičnih in socialnih dejavnikov v zdravju in bolezni,
- upošteva pridobljena znanja za celostni pristop k bolniku,
- se usposobi za uspešno komunikacijo na vseh ravneh svojega strokovnega delovanja,
- se usposobi za preventivno dejavnost na področju ohranjanja zdravja in preprečevanja bolezni oz. njenega poslabšanja,
- se usposobi za osnovno raziskovanje in timsko delo na področju zdravstvene psihologije.

Intended learning outcomes:

Students:

- are qualified to identify and respect the fundamental aspects of patient's personality, mental health and developmental period,
- consider the intertwining of biological, psychological and social factors in health and sickness,
- use the acquired knowledge for a holistic approach to the patient,
- are qualified for a successful communication on all levels of their professional field,
- are qualified for preventive activity in maintaining health, preventing diseases and their deterioration,
- are qualified for basic research and teamwork in the field of health psychology.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarske vaje:* priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge,
- *konzultacije.*

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);
- *tutorial:* preparation, presentation and a successful defence of a project/research paper,
- *consultations.*

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> • 100 % udeležba na predavanjih in vajah: priprava, predstavitev in zagovor projektne/raziskovalne naloge – 100 % ocene; • če študent ni 100 % udeležen na predavanjih in vajah: <ul style="list-style-type: none"> - izpit – 60 % ocene, - priprava, predstavitev in zagovor projektne/raziskovalne naloge – 40 % ocene. <p>Ocenjevalna lestvica: ECTS.</p>	<p>100 %</p> <p>ali / or</p> <p>60 %</p> <p>40 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • 100% attendance at lectures and tutorials: preparation, presentation and defence of project/research paper – 100 % of the grade; • if the students' attendance at lectures and tutorials is not 100%: <ul style="list-style-type: none"> - exam - 60% of the grade, - preparation, presentation and defense of the project/research paper – 40% of the grade. <p>Grading scheme: ECTS.</p>