



Universitat de Lleida

DEGREE CURRICULUM
**PSYCHOLOGY APPLIED TO
HEALTH SCIENCE AND
COMMUNICATION SKILLS**

Coordination: RUBINAT ARNALDO, ESTHER

Academic year 2022-23

Subject's general information

Subject name	PSYCHOLOGY APPLIED TO HEALTH SCIENCE AND COMMUNICATION SKILLS			
Code	100456			
Semester	1st Q(SEMESTER) CONTINUED EVALUATION			
Typology	Degree	Course	Character	Modality
	Bachelor's Degree in Nursing	1	COMMON/CORE	Attendance-based
	Double bachelor's degree: Degree in Nursing and Degree in Physiotherapy	1	COMMON/CORE	Attendance-based
	Grau en Infermeria (R 2016 - lg)	1	COMMON/CORE	Attendance-based
Course number of credits (ECTS)	6			
Type of activity, credits, and groups	Activity type	PRAULA		TEORIA
	Number of credits	2.4		3.6
	Number of groups	9		4
Coordination	RUBINAT ARNALDO, ESTHER			
Department	NURSING AND PHYSIOTHERAPY			
Important information on data processing	Consult this link for more information.			
Language	Catalan - Spanish - English			

Teaching staff	E-mail addresses	Credits taught by teacher	Office and hour of attention
FIGUERA COLLADA, EVA	eva.figuera@udl.cat	7,4	
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Subject's extra information

More and more studies corroborate the relationship that exists between the biological, psychological, social and spiritual factors of the person. In this way we find a diversity of studied topics, for example: the importance of emotional support to the cancer patient, the patient at the end of his life, the reduction of stress before a surgical operation, and above all, the confluence of the four factors in psychosomatic illnesses.

Therefore, human relations are fundamental in the field of Health Sciences. Because in the personal interactions, we can see the incidence of the four factors mentioned above. From this perspective, the program we propose is divided into two general parts: In the first one will be described the main aspects of human relations; and in the second one, we will expose and discover the importance of communication as a therapeutic instrument.

Learning objectives

Competence: G1. Understand the interactive behavior of the person according to gender, group or community, within their social and multicultural context.

OBJECTIVE: to know the basis of human relationships based on theories that explain the etiology of human behavior.

Competence: G2. Understand people without prejudice, considering their physical, psychological and social aspects, as autonomous and independent individuals, ensuring respect for their opinions, beliefs and values, guaranteeing the right to privacy, through confidentiality and professional secrecy.

OBJECTIVE: To know the foundation and the application of the theory of Transactional Analysis in a social and health ambient.

Competence: G3. To establish an effective communication with patients, family, social groups and colleagues and promote health education.

OBJECTIVE: To understand the main concepts of human communication.

Competences

G1 To understand the interactive behavior of the person according to gender, group or community, within their social and multicultural context;

G2 To understand people without prejudices, considering their physical, psychological and social aspects, as autonomous and independent individuals, ensuring respect for their opinions, beliefs and values, guaranteeing the right to privacy, through confidentiality and professional secrecy.

G3 Establish effective communication with patients, family, social groups and colleagues and promote health education and values, guaranteeing the right to privacy, through confidentiality and professional secrecy.

Subject contents

Thematic unit I. Psychosocial aspects of personality

Thematic unit II. Fundamentals of group interaction

Thematic unit III. Psychosocial factors of psychosomatic illness

Thematic unit IV. Communication in the socio-sanitary context. Therapeutic communication or Aid Relationship

Thematic unit V. Identification and application of psychosocial aspects in nursing care (cancer mourning)

Thematic unit VI. Addictions to substances and others.

Thematic unit VII. Psychosocial aspects of violence. Mediation

Thematic unit VIII. Psychosocial factors of psychosomatic illness

Thematic unit IX. Palliative care (death, grief, chronicity ...)

Methodology

Case Studies

Audiovisual recording

Debate

Role-playing

Theoretical and practical exercises.

Development plan

60% will be traditional classes and the rest of the time will be spend in practical seminars in which we will work out and experience the theory explained in the classes.

Evaluation

Two options to choose one:

CONTINUOUS EVALUATION:

It is composed of three ways of evaluation and students must have the three parts approved (5) to make the average between them:

20% Assistance to group work

As attendance is not compulsory, and group work is of great pedagogical value because we need to work in a team at professional level, it is necessary for students to be present in the theoretical-practical dynamics that It will be carried out.

It will be mandatory to attend a minimum of 7 classes. Students who only attend 6 or less classes, cannot have the average of the final grade. On the other hand, 0.25 points will be deducted for each day that is not involved in group work.

40% of the final grade will correspond to the realization of an audiovisual. This part of the evaluation has the objective of integrating all the theoretical contents that students have worked on throughout the course. It will be proposed that they make a video where they represent real or imagined situations by applying the contents that have been developed in the subject. This video will be done in group, that is, the grade will be the same for the components.

Throughout the course it will be explained how this form of evaluation should be carried out.

The remaining 40% of the grade will correspond to a written test related to the theoretical content. The subject is approved with a score of five points over ten. It will be necessary to have the average of the three tests with a minimum of five. If one part of the evaluation does not reach five, the subject is suspended.

SINGLE EVALUATION

Students who cannot do the continuous evaluation for any personal reason, have the possibility to be evaluated by a single evaluation (final exam). At the beginning of the course, students who decide to take this option of evaluation, should contact the teacher responsible for the subject.

Bibliography

INTRODUCTION

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