

<b>Subject name</b> <b>Stress and the Social Functioning of Man</b>	<b>ECTS Code</b>																
<b>Name of unit teaching the subject</b> <b>THE ZBIGNIEW RELIGA FACULTY OF MEDICAL SCIENCES IN ZABRZE,</b> <b>THE UNIVERSITY OF TECHNOLOGY IN KATOWICE</b>																	
<b>Studies</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="width: 25%;">Field of study</th> <th style="width: 25%;">degree</th> <th style="width: 25%;">mode</th> <th style="width: 25%;">major</th> <th style="width: 25%;">specialization</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">medical</td> <td style="text-align: center;">Uniform Master's</td> <td style="text-align: center;">stationary</td> <td></td> <td></td> </tr> </tbody> </table>		Field of study	degree	mode	major	specialization	medical	Uniform Master's	stationary								
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<b>Surname of instructor (instructors)</b>																	
<b>Type of class, method of implementation and specified number of hours</b>	<b>Amount of ECTS points</b>																
<b>A.Type of class</b> <ul style="list-style-type: none"> <li>• <b>lecture,</b></li> <li>• <b>exercise classes,</b></li> <li>• seminars,</li> <li>• design classes</li> <li>• laboratories,</li> <li>• lectureship,</li> <li>• <b>workshops, proseminars</b></li> <li>• diploma seminar,</li> <li>• professional internship.*</li> </ul> <p>* mark where applicable</p>	<b>Description of awarding ECTS points:</b> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 5px;"> <thead> <tr> <th style="width: 70%;">Activity</th> <th style="width: 30%;">Student workload</th> </tr> </thead> <tbody> <tr> <td>Participation in lectures</td> <td style="text-align: center;">0 hours</td> </tr> <tr> <td>Participation in practical classes</td> <td style="text-align: center;">30 hours</td> </tr> <tr> <td>Preparation for practical classes and colloquiums</td> <td style="text-align: center;">5 hours</td> </tr> <tr> <td>Examination preparation</td> <td style="text-align: center;">0 hours</td> </tr> <tr> <td>Consultations</td> <td style="text-align: center;">5 hours</td> </tr> <tr> <td><b>Total number of hours</b></td> <td style="text-align: center;">40 hours / 30</td> </tr> <tr> <td><b>Amount of ECTS points per module</b></td> <td style="text-align: center;"><b>1 ETCS</b></td> </tr> </tbody> </table>	Activity	Student workload	Participation in lectures	0 hours	Participation in practical classes	30 hours	Preparation for practical classes and colloquiums	5 hours	Examination preparation	0 hours	Consultations	5 hours	<b>Total number of hours</b>	40 hours / 30	<b>Amount of ECTS points per module</b>	<b>1 ETCS</b>
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<b>B.Method of implementation</b> <ul style="list-style-type: none"> <li>• <b>classes in a didactic room</b></li> <li>• on-line classes/<i>blended learning</i></li> <li>• classes outside the didactic room (in this case must specify, where they are conducted)</li> </ul>																	
<b>C.Amount of hours in accordance with the approved curriculum</b> 30h hours of proseminars and workshops																	
<b>Didactic cycle</b> Semester 02																	
<b>Subject status</b> Humanities course	<b>Language of instruction</b> Polish																
<b>Didactic methods</b> Classes are conducted using workshop methods based on active techniques of working with a group Practical exercises of individual abilities, demonstrations Tasks developing the ability to communicate, Lectures and moderated discussions	<b>Forms and methods of passing and general grading criteria or examination requirements</b> <hr style="border-top: 1px dashed black;"/> <b>A. Method of passing</b> <ul style="list-style-type: none"> <li>• examination</li> <li>• <b>passing with a grade*</b></li> </ul> <p>* mark where applicable</p> <hr style="border-top: 1px dashed black;"/> <b>B. Forms of passing:</b> <ul style="list-style-type: none"> <li>• written examination: test / with open questions (exercises)/longer written statement</li> <li>• oral examination</li> <li>• oral test/colloquium</li> <li>• <b>completion of a semester assignment: preparation of a design or presentation/conducting research and presenting its results(written/oral)/completion of a specified practical work</b></li> <li>• agreeing on a passing grade based on partial grades received during the course of the semester*</li> </ul>																

\* mark where applicable

**C. Basic grading criteria**

Grades or examination requirements are individually specified and correspond to the educational effects

**Definition of preparatory subjects and initial requirements**

none

**Subject aim**

- C1. Familiarizing the students with social aspects of health and illness
- C2. Familiarizing the student with the basic relationship between body and psyche
- C3. Making the students aware of patients' psychological needs
- C4. Developing basic communication abilities
- C5. Familiarizing the students with various methods of dealing with stress both in the theoretical and practical perspectives
- C6. Making the students aware of the role of the social environment in the treatment process

**Curriculum**

Proseminar and workshop content

- the emotions-stress-illness mechanism, psychoneuroimmunology
- Psychosomatic disorders
- Self-image
- Communication between doctor and patient: verbal and non-verbal communication, techniques of active listening, interview, formulating recommendations
- Challenges in the doctor-patient cooperation: taking into account the cultural context in a medical interview, talking about various patient problems, conducting an interview with the family, giving unfavorable information

**Literature**

**A. Literature required to receive a final credit for classes (pass an exam):**

**A.1. used in class**

- P. Zimbardo Psychologia i życie, PWN 2017
- J. LeDoux Lęk. Neuronauka na tropie źródeł lęku i strachu

**A.2. studied independently by the student**

K. Schier Bez tchu i bez słowa. Więż psychiczna i regulacja emocji u osób chorych na astmę oskrzelową, GWP 2005

**B. Supplementary literature**

A. Kępiński "Poznaniepacjenta"

S. Johnsson "Style charakteru"

G. Mate "Ciało a stress" Świat Książki 2004

J. Kepner „Ciało w procesie psychoterapii gestalt” Wydawnictwo Pusty Obłok

**Educational effects:**

Effect no	Description of an educational effect	Reference to field of study related effects			
<b>Knowledge:</b>					
W1	Student knows the basic mechanisms of functioning of man in health and in illness	DW1			
W2	Student can describe the role of stress in the course of an illness and recognizes mechanisms of dealing with stress	DW9			
W3	Student knows the role of stress in etiopathogenesis and in the course of an illness as well as mechanisms of dealing with stress	DW12			
W4	Student knows the mechanisms, goals and methods of treating addictions to psychoactive substances	DW13			
W5	Student describes the rules of motivating patients to health conscious behaviors and informing them about adverse prognosis	DW15			
W6	Student understands the role of social surroundings in the treatment process	DW10			
<b>Abilities:</b>					
U1	In the therapeutic process the student takes into account the subjective needs and expectations of the patient resulting from sociocultural conditions	DU1			
U2	Student notices the signs of self-aggressive and pathologic behavior and knows how to react	DU2			
U3	The student is able to communicate with his coworkers, the patient's family and his surroundings	DU12			
<b>Social competencies:</b>					
K1	The student can involve the patient in the therapeutic process	DU7			
K2	The student can give advice as far as following therapeutic recommendations and leading a healthy lifestyle	DU9			
<b>Methods used in the verification of educational effects</b>					
Educational effect	Type of grade				
	colloquiums	Solving problems during exercise classes	Solving problems in groups	Oral examination	Written examination
W1		X			
W2			X		
W3			X		
W4		X			
W5			X		
W6			X		
U1		X			
U2		X			
U3		X			
K1		X	X		
K2		X	X		

