



## **DISCIPLINE SHEET**

### **1. Study programme**

<b>1.1.</b>	<b>"CAROL DAVILA" UNIVERSITY OF MEDICINE AND PHARMACY BUCHAREST</b>				
<b>1.2.</b>	<b>FACULTY OF DENTISTRY</b>				
<b>1.3.</b>	<b>DEPARTMENT 1</b>				
<b>1.4.</b>	<b>DISCIPLINE Psychiatry and Psychology</b>				
<b>1.5.</b>	<b>STUDY DOMAIN: Health, sectoral regulated within the European Union</b>				
<b>1.6.</b>	<b>STUDY LEVEL: I (Bachelor's degree) and II (Master's degree)</b>				
<b>1.7.</b>	<b>STUDY PROGRAMME: DENTAL MEDICINE IN ENGLISH</b>				

### **2. Discipline**

<b>2.1.</b>	<b>Discipline name according to the study curriculum: MEDICAL PSYCHOLOGY. MEDICAL SOCIOLOGY. MEDICAL COMMUNICATION</b>				
<b>2.2.</b>	<b>Discipline code: MD02C06EN</b>				
<b>2.3.</b>	<b>Discipline type (FD/SD/CD): CD</b>				
<b>2.4.</b>	<b>Discipline optionality (COD/ED/FAD): COD</b>				
<b>2.5.</b>	<b>Lectures tenure: Conf. Dr. Mihnea Costin Manea</b>				
<b>2.6.</b>	<b>Practical classes / seminar tenure: As. Univ. Dr. Cristina Manuela Oprea</b>				
<b>2.7. Year of study</b>	<b>II</b>	<b>2.8. Semester</b>	<b>III</b>	<b>2.9. Evaluation (E/C/V)</b>	<b>E</b>

### **3. Estimated total time (hours/ semester of teaching and training activity /individual study)**

<b>I. University training</b>						
<b>3.1. Number of hours per week</b>	<b>2</b>	<b>from which:</b>	<b>3.2. lecture</b>	<b>1</b>	<b>3.3. practical class/ seminar</b>	<b>1</b>
<b>3.4. Total hours in the study curriculum</b>	<b>28</b>	<b>from which:</b>	<b>3.5. lecture</b>	<b>14</b>	<b>3.6. practical class/ seminar</b>	<b>14</b>
<b>II. Preparation/ individual study</b>						
<b>Time distribution</b>						<b>hours</b>
<b>Study of lecture materials, textbooks, books, study of the minimum recommended bibliography</b>						<b>11</b>
<b>Additional documentation activity in the library, on online platforms</b>						<b>3</b>
<b>Specific preparation activities for projects, practical classes, preparation of assignments, reports</b>						<b>10</b>
<b>Preparation for presentations or evaluations, preparation for the final examination</b>						<b>3</b>
<b>Tutoring activity</b>						<b>4</b>
<b>Other activities</b>						<b>1</b>
<b>3.7. Total hours of individual study</b>						<b>32</b>
<b>3.8. Total hours per semester (3.4.+3.7.)</b>						<b>60</b>
<b>3.9. Number of credits</b>						<b>2</b>

#### 4. Prerequisites (where appropriate)

4.1. curriculum	Not necessary
4.2. proficiencies	Not necessary

#### 5. Conditions (where appropriate)

5.1. for lecture activity	Amphitheatre of minimum 70 seats, computer, video projector
5.2. for practical class/ seminar activity	Case presentation room with appropriate equipment

#### 6. Learning outcomes\*

Knowledge	Skills	Responsibility and autonomy
Acquiring basic knowledge regarding patient psychology (child, adolescent, adult, elderly); Knowledge and efficient use of investigation methods and evaluation of the patient's personality (observation, anamnesis, interview, test, etc.);	Adopting an appropriate behavior in relationships with normal and difficult patients (children, the elderly), or with various diseases; Awareness and education of patients or the population on the prevention of oral disorders; Informing patients about the necessary medical interventions, explaining how to carry them out, highlighting the benefits, but also the possible side effects, the possibility of counteracting them; Using efficient techniques and means to ensure comfort, confidence, reducing the patient's fear in the relationship with the dentist and the dental office.	Efficient use of information sources and resources of communication and assisted professional training (internet portals, specialized software applications, databases, online courses, etc.) both in Romanian and in a language of international circulation.

#### 7. Discipline objectives (correlated with learning outcomes)

7.1. General objective	<ul style="list-style-type: none"> <li>- Presentation of the main concepts of medical psychology, their understanding and acquiring by students;</li> <li>- Identifying and discussing the psychological aspects that can be encountered in current medical practice; placebo phenomenon, medical error;</li> <li>- Formation of effective relationship skills with the patient</li> </ul>
7.2. Specific objectives	<ul style="list-style-type: none"> <li>Presentation of general notions regarding medical psychology;</li> <li>- Presentation of the main concepts related to: <ul style="list-style-type: none"> <li>- stress and its relationship with health and professional performance;</li> <li>- the relationship between biological, psychological, social and the elements of psychosomatics;</li> <li>- the patient's reactions to the disease;</li> <li>- psychology of the therapeutic act;</li> </ul> </li> </ul>

	<ul style="list-style-type: none"> <li>- doctor-patient relationship;</li> <li>- using the placebo phenomenon in medical practice and research</li> </ul> <p>Presentation of the most effective means of relating to the patient and training the skills necessary to assess the personality of patients</p>
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## 8. Contents

<b>8.1. Lecture</b>	<b>Teaching methods</b>	<b>Observations</b>
1.1.Going through the discipline sheet 1.2.Medical psychology: definition, objectives, methods 1.3.Interdisciplinary relations 1.4 The importance of psychology in medicine	Explanation, lecture, interactivity, demonstration	
2.1 Personality: definition; general theories 2.2 Personality structure 2.3 Personality types.	Lecture, explanation, interactivity, demonstration	
III.1 Stress: adaptation and stress III.2 Defining the concept of stress; sources of stress III.3 The characteristics of the stressful situation; the mechanisms of stress III.4 Mechanism of stress production III.5 Professional stress III.6 Pathophysiology of somatizations 3.7 Oral psychosomatic	Interactive presentation using multimedia means, power point presentations, didactic films	
4.1 Communication in medicine - doctor-patient relationship 4.2 Interpersonal relationships, general aspects 4.3 The characteristics of the doctor-patient relationship 4.4 Aspects related to the psychology of the doctor: the status and social role of the doctor	Interactive presentation using multimedia means, power point presentations, didactic films, simulation, case study	

<p>4.5 Issues related to patient psychology</p> <p>4.6 The stages of the doctor-patient meeting</p> <p>4.7 The causes of poor communication between doctor and patient</p> <p>4.8 The effects of proper relationship and communication</p> <p>4.9 Technical prescriptions for improving the communication relationship</p> <p>4.10 The dentist-patient relationship;</p>	<p>Explanation, interactivity, power point presentation, didactic films</p>	
<p>5.1 Iatrogenies: defining the concept</p> <p>5.2 Causes of iatrogenicity</p> <p>5.3 Types of iatrogenic</p> <p>5.4 Prevention of iatrogenic production</p> <p>5.5 Iatrogenic in dentistry</p> <p>5.6 Malpractice</p>	<p>Explanation, interactivity, power point presentation, didactic films</p>	
<p>6.1 Medical Sociology</p> <p>6.2 Social determinants of health</p> <p>6.3 Definitions of health</p> <p>6.4 Health and social behavior</p> <p>6.5 Bioethics</p>	<p>Explanation, interactivity, power point presentation, didactic films</p>	
<p>7.1 Medical Sociology</p> <p>7.2 Healthy behaviors and life style</p> <p>7.3 Healthy Life Styles</p> <p>7.4 Preventive Care</p> <p>7.5 Behavior in disease</p> <p>7.6 Self care</p> <p>7.7 Sociodemographic variable.</p>		
<p><b>Recent bibliography:</b></p> <ol style="list-style-type: none"> <li>1. Scrambler Graham (Editor) (2018). Sociology as Applied to Health and Medicine. Bloomsbury Publishing</li> <li>2. Christos Charis, Georgia Panayiotou (Editors) (2018), Somatoform and Other Psychosomatic Disorders, Springer International Publishing AG, part of Springer Nature</li> <li>3. Shelley E. Taylor (2018). Health Psychology, Tenth Edition, McGraw Hill Education</li> <li>4. Hariharan Meena (2020). Health Psychology. SAGE Publication</li> <li>5. The Cambridge Handbook of Psychology, Health and Medicine, J Poole - 2020</li> </ol> <p><u>A brief history of psychology</u>, Routledge, 52 Vanderbilt Avenue, New York, NY 10017</p> <p>- 2020</p> <ol style="list-style-type: none"> <li>6. Psychology as a human science: A phenomenologically based approach, Amadeo Giorgi – 2020, University Professors Press, Colorado Springs, CO</li> </ol>		

7. An Introduction to Psychological Tests and Scales, *Kate Miriam Loewenthal, Christopher Alan Lewis*, 2020, 3<sup>rd</sup> Edition
8. Beyond empathy: A therapy of contact-in-relationship

Richard G Erskine, Janet P Moursund, Rebecca L Trautmann – 2022, New York, Routledge

9. Simply psychology, Michael W Eysenck – 2022, London, Routledge
10. Landmark Papers in Psychiatry. Seminal Papers with Expert Commentaries, Oxford University Press 2020.

<b>8.2. Practical classes/ seminar</b>	<b>Teaching methods</b>	<b>Observations</b>
1. Medical psychology: object, content, methods	Lecture, interactivity, exemplification, case study	
2. Personality: definition; general theories; personality structure; personality types.	Lecture, interactivity, exemplification, presentation of papers, case study	
3. Stress: adaptation and stress; defining the concept of stress; sources of stress; the characteristics of the stressful situation; the mechanisms of stress	Interactive presentation, exemplification, presentation of papers, case study (clinical vignettes)	
4. Communication in medicine - doctor-patient relationship: interpersonal relationships, general aspects; the characteristics of the doctor-patient relationship; aspects related to the psychology of the doctor: the status and social role of the doctor; issues related to patient psychology; the stages of the doctor-patient meeting; the causes of poor communication between doctor and patient; the effects of proper relationship and communication; technical prescriptions for improving the communication relationship; the dentist-patient relationship;	Conversation, role play, case study, psychological tests	
5. Iatrogenic: defining the concept; causes of iatrogenic; types of iatrogenic; prevention of iatrogenic production; iatrogenic in dentistry; malpractice	Interactive presentation, exemplification, presentation of papers, case study, psychological tests	

<p>6. Medical Sociology. Social determinants of health. Definitions of health; Health and social behavior. <u>Bioethics</u>.</p>	<p>Lecture, interactivity, exemplification, presentation of papers, case study</p>	
<p>7. Medical Sociology. Healthy behaviors and life style. Healthy Life Styles. Preventive Care. Behavior in disease. Self care. Sociodemographic variable.</p>	<p>Lecture, interactivity, exemplification, presentation of papers, case study</p>	

**Recent bibliography:**

1. Scrambler Graham (Editor) (2018). Sociology as Applied to Health and Medicine. Bloomsbury Publishing
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A brief history of psychology, Routledge, 52 vanderbilt Avenue, New York, NY 10017

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6. Psychology as a human science: A phenomenologically based approach, Amadeo Giorgi – 2020, University Professors Press, Colorado Sprins, CO
7. An Introduction to Psychological Tests and Scales, Kate Miriam Loewenthal, Christopher Alan Lewis, 2020, 3<sup>rd</sup> Edition
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## 9. Assessment

Activity type	9.1. Evaluation criteria	9.2. Evaluation methods	9.3. Percentage of final grade
<b>9.4. Lecture</b>	<p>The final check is focused on evaluating the knowledge and skills acquired during the semester.</p> <p>The written exam consists of solving some requested topics and demonstrating the theoretical knowledge associated with the topic.</p> <p><b>A. Knowledge for mark 5:</b> Grade 5 is obtained following the fulfillment of the criteria defined in the <b>Minimum Performance Standard:</b> correct answer to 11 questions</p> <p><b>B. Additional knowledge for mark 10:</b> correct answer to all questions</p>	<p>Written test with 20 questions from the whole subject, covers both the course and laboratory sessions</p>	70%
<b>9.5. Practical classes/seminar</b>	<p><b>Knowledge for mark 5:</b> The level of acquisition of knowledge, skills and abilities</p> <p><b>Additional knowledge for mark 10:</b> Level of development of intellectual abilities (verbal expression, ability to operate with learned information)</p>	<p>Systematic observation of behavior regarding; The group assistant will appreciate the student's attitude during the internship (attendance, punctuality, attire, theoretical training in accordance with the work phase, attitude towards patients, and support staff)</p>	30%
<b>9.5.1. Individual project (if any)</b>			
<b>Minimum performance standard</b>			
<ul style="list-style-type: none"> <li>- Define main personality traits in patient;</li> <li>- Define signs of stress in patients;</li> </ul>			

- Define signs of psychosomatic disorders;
- Define reactions to the disease;
- Skills of communication in medicine – doctor – patient relationship;
- Define the signs of fear of the dentist;

Respect patient's dignity and confidentiality.