



COURSE UNIT DESCRIPTION

Course unit title	Code
Professional Communication and Psychosomatics. Basics of Psychiatry.	

Lecturer(s)	Department(s)
Coordinating: lect. Marius Karnickas Others: prof. dr. Sigita Lesinskienė, assoc. prof. dr. Rima Viliūnienė, assoc. prof. dr. Alvydas Navickas, lect. Laurynas Bukelskis, lect. Monika Misevičė, lect. Nadia Ranceva, lect. Vilius Rutkauskas.	Prof. dr. Sigita Lesinskienė VU MF KMI Clinic of Psychiatry Geležinio vilko str 29 A, room 314, Vilnius, LT-01112 tel. 2398754, +370 8 686 17550 e-mail: sigita.lesinskienė@mf.vu.lt Lect. Marius Karnickas VU MF KMI Clinic of Psychiatry Parko str. 21, RVPL, Vilnius, LT-11205 Tel.+370 52672800 E-mail: marius.karnickas@rvpl.lt

Cycle	Type of the course unit
Cycle (integrated studies)	Compulsory

Mode of delivery	Period of delivery	Language of instruction
Lectures, seminars, practice	3 semester	English

Prerequisites and corequisites	
Prerequisites: A student must have completed the following course: Human anatomy, human biology, human histology.	Corequisites (if any): None

Number of ECTS credits allocated to the course unit	Total student's workload	Contact hours	Self-study hours
5	133	66	67

Purpose of the course unit Programme competences to be developed		
<p>The purpose is to develop and facilitate the acquisition of knowledge about the professional communication of the odontologist, the concept of psychosomatics in the etiology of various illnesses, to develop a scientifically-minded student of odontology who is aware of the peculiarities of communication between the doctor and the patient, adheres to the strong values of professional ethics, knows the system of the biopsychosocial paradigm and understands the principles of diagnosis, treatment and prevention of mental disorders.</p>		
Learning outcomes of the course unit	Teaching and learning methods	Assessment methods
General competencies and skills After completion of the course the student:		
Will know and understand the principles of professional communication and collaboration, the peculiarities of patient's emotions and behavior, the psychological aspects of communication with the patient. The student will be able to communicate and collaborate with patients and their relatives and colleagues by sharing the information necessary to ensure constructive teamwork and effective dental patient treatment.	Lectures, including problem-oriented and lecture-discussion or wholly discussion styles of teaching, and research methods	Assessment of knowledge expressed through speech, discussions, tests or active student participation in

Will have knowledge and understanding of psychological crises, critical situations in the medical professional's work, and the possibilities to overcome them. The student will be familiar with the specifics of physician occupational fatigue and burnout syndrome and will be able to apply prevention methods. He will acquire knowledge of the specifics of suicidal behavior and the principles of assistance.	during seminars (the search for information, synthesis, analysis, literary summary and preparation of speeches). Role playing and discussion, search, review and discussion of video footage during practical activities. Visits to medical institutions, observation, and discussions with patients. Work in groups.	activities. Determining a cumulative score expressed through speech, justified and objective discussion during seminars and activities. Assessment through examination.
Will be aware of innovations in psychosomatics, professional communication of physicians, will be able to systematically and critically think and analyze, find, process and apply scientific information. Will be able to understand and apply the fundamentals of psychosomatics and biopsychosocial paradigm in odontologist clinical work.		
Will be able to understand the emotional aspects of a odontologist work and to properly plan his / her professional career as a future physician, to learn and develop understanding of psychosomatic mechanisms for the onset and progress of diseases and disorders. Will know how to properly and complexly arrange the necessary biopsychosocial help for the patient and their relatives. Will be able to suspect mental disorders, to provide counseling and guidance, and will have knowledge of psychosocial rehabilitation.		
Will be able to suspect mental and behavioral disorders according to ICD-10 diagnostic criteria for children and adults, to provide counseling, provide the necessary information and properly referred for further assistance. Will be able to act honestly and adhere to ethical obligations, to think critically and self-critically, to be proactive, to be able to communicate with others, to work in a team.		

Topics	Contact work hours						Time and tasks of self-study		
	Lectures	Consultations	Seminars	Practic	Laboratory work	Practical training	Total contact hours	Self-study	Tasks
1. Professional Communication									
1.1.Physician's profession and professional communication with patients, their relatives, and colleagues. Intercultural and historical aspects. The formation of a proper work environment, formation and maintenance of relationships with patients (children, teenagers, adults), verbal and non-verbal communication. Identifying and understanding patient problems, patient motivation for treatment and active participation and communication therein. Identifying of patient hopes and expectations, the impact of mourning stages, and the application of attachment theory in doctor-patient communication. Fear of dying.	2		3	3			8	8	Preparation for discussion on set topics during seminars and activities. Review and discussion of readings and compulsory literature as well as educational films. Interaction with patients, collection of opinions about physicians and their summary, role playing and its discussion.

2.2. Stages of contact with patients, structuring, maintenance and characteristics from a systems theory perspective. The process of professional physician contact and best possible understand of the patient by identifying aims, expectations, arising problems, and the possibilities. The formation of collaborative relations with the patient. The use of a motivational interview in clinical practice. The principles of team work, critical situations in a physician's work, their interaction. The characteristics and preventative methods for physician professional exhaustion and overwork.	2		3	3		8	8	Teaching and study of scholarly literature. Case studies and discussion. Discussion and review of educational films. Preparation of speech on set topics, participation in discussion. Role playing and its discussion.
TOTAL	4		6	6		16	16	
2. Psychosomatics								
2.1. History of psychosomatics. Fundamental concepts in psychosomatics theory. Acute and chronic pain from a psychosomatic perspective. Psychosomatic cardiovascular, respiratory, skin, joint, digestive tract and other organ system illnesses and disorders. Characteristics of psychosomatic illness diagnostic, treatment, and complex help.	2		4	3		8	8	Literary analysis. Preparation for speech and discussion on psychosomatic topics.
2.2. Characteristics of children and adult psychosomatic disorders. Symbolic meaning of organs in understanding one's own illness. The principles of communication with patients who are suffering from alexithymia, anxiety, hypochondria, addicts, those in severe condition or dying. Reasons behind patient attitude towards their own illness and the importance of understanding the clinical occurrence and the possibilities of a cure. The biopsychosocial paradigm in understand patient psychosomatic disorders and the organising of complex/team treatment.	2		4	3		9	9	Preparation for speech and discussion during seminars. Understanding specific case studies and its discussion. The teaching and study of scholarly literature.
TOTAL	4		7	6		17	17	
Professional Communication and Psychosomatics TOTAL	8		14	12		34	33	
3. Psychiatry								
3.1. History of psychiatry. Assessment methods of patients with mental disturbances.	2		4	3		9	9	Reading of scientific literature. Prepare for the exercises on the topics listed.

General psychopathology. Anxiety, stress and adjustment disorders. Odontophobia, Dismorphophobia. Obsessive compulsive disorder. Somatoform and dissociative disorders. Personality and behavioral disorders.									
3.2. Schizophrenia spectrum and affective disorders. Organic mental disorders. Mental and behavioral disorders due to the use of psychoactive substances. Crises, self-harm and suicidal behavior.	2		3	3			8	8	Study of material of lectures, preparation for clinical case analysis. Commenting on colleagues work.
3.3. Developmental, mental and behavioral disorders in children and adolescents. Biopsychosocial paradigm.	2		3	3			9	9	Reading of scientific literature. Prepare for practical work on psychopharmacology.
3.4. Principles of complex multidisciplinary treatment and psychosocial rehabilitation in psychiatry. Basics of psychopharmacology: antipsychotics, antidepressants, benzodiazepines, hypnotics, normotimics, nootropes. Biological and psychotherapeutic treatment methods.	2		3	3			9	9	Prepare for practical work about disorders of personality according to ICD-10.
TOTAL	8		13	12			33	33	

Assessment strategy	Weight (%)	Assessment period	Assessment criteria
Participation/activity during seminars and training, presentation on selected topic	20% (10% - Professional Communication and Psychosomatics 10% - psychiatry)	During semester till examination session	By attending seminars/trainings in both parts of the course, actively and constructively participating in discussions, asking questions to the speakers or supplementing them, and constructively participating in the activities offered during the seminar/training, and demonstrating professional skills developed during trainings, the student accumulates the part of the final evaluation (20% of the final score (10% - Professional Communication and Psychosomatics, 10% - Psychiatry), which is evaluated on a scale ranged from 0 to 10 points. Points are awarded in the following order: 0 points - the student did not attend seminars/training; 10 points - student actively and constructively participated in seminars/training. Attendance at seminars and practical training is mandatory. Without a justified reason, the student can omit up to 20% of seminars/training in each part of the course. When calculating the final assessment of the course achievements, this part of the cumulative score is transformed into an estimate with a possible range from 0 to 2.
Examination	80 %	Examination session	The exam consists of a two-part test designed to evaluate the achievements of each part of the course. The test consists of a number of different types of questions (closed and/or open) that may have different weights. The test for each part of the course is assessed separately in the 10-point system. In case of unsatisfactory assessment of at least one part of the course (≤ 4), the overall evaluation of the course is evaluated as unsatisfactory and is scored with 4.

			<p>The criteria for evaluation of answers are correctness, in case of open questions - the comprehensiveness, the understanding of the subject topics, the quality of the scientific argumentation, the correctness of the use of concepts, the logic of the thought, etc. Answers to individual questions are summed up, and the sum is converted into a 10-point numerical expression when 0 points are 0% of the points earned, and 10 points are 90-95% of the points earned.</p> <p>If the exam consists of open-ended questions only, then 0 points are given when there are no answers or the answers are incomplete, showing a misunderstanding, not grounded, illogical, etc., and 10 is given when the answers show a deep understanding of the subject, the concepts are used correctly, answers are characterized by high-quality scientific argumentation, etc.</p> <p>When calculating the final assessment of the course achievements, this part of the cumulative score is transformed into an estimate with a possible range from 0 to 7.</p>
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Author	Year of publication	Title	No of periodical or vol. of publication	Publication place and publisher or Internet link
Required reading				
(1) Cole, Steven A.; Bird, Julian	2014	The Medical Interview: The Three Function Approach		Elsevier Health Sciences
(1) Von Uexküll T.	1997	Psychosomatic Medicine	p.p. 301 - 357	Urban β Schwartzberg
(1) Kroenke K.	2007	Efficacy of Treatment for Somatoform Disorders: A Review of Randomized Controlled Trials	Psychosomatic Medicine, 69:881–888	Lippincott Williams and Wilkons
(2)Stahl S. M.	2008	Stahl's Essential Psychopharmacology		Cambridge University Press
(2)Semple D., Smyth R.	2009	Oxford Handbook of Psychiatry		Oxford University Press

(2)Wasserman D., Wasserman C.	2009	Oxford Textbook of Suicidology and Suicide prevention		Oxford University Press
(2)Ebert MH, Loosen PT, Nurcombe B, Leckman JF. eds.	2008	Current Diagnosis & Treatment: Psychiatry		http://accessmedicine.mhmedical.com/content.aspx?bookid=336&sectionid=39717869
Recommended reading				
Patricia L.B. Lockyear	2000	Physician-Patient Communication: Enhancing Skills to Improve Patient Satisfaction		Cardinal Stritch University, Edina, Minnesota, USA http://www.medscape.com/viewprogram/3679_index
Kurtz S. M., J. Silverman, J. Drapper	2004	Teaching and Learning Communication Skills in Medicine, Second Edition		CRC Press, USA https://books.google.lt/books?id=gkGzDAAAQBAJ&pg=PA347&lpg=PA347&dq=Kurtz+S.+M.+Doctor-Patient+Communication
Ed. Rey J. M.	2012	IACAPAP Textbook of Child and Adolescent Mental Health.		http://iacapap.org/iacapap-textbook-of-child-and-adolescent-mental-health
Semple D., Smyth R.	2009	Oxford handbook of psychiatry		Oxford University press
Niraj Ahuja	2011	A Short Textbook of Psychiatry		Jaypee Brothers Medical Publishers (P) Ltd

Note: (1) – reading sources for Professional Communication and Psychosomatics part of the course.
; (2) – reading sources for the Psychiatry part of the course.