

29305 - Psychology and communication skills

Información del Plan Docente

Academic Year	2016/17
Academic center	229 - Facultad de Ciencias de la Salud y del Deporte
Degree	442 - Degree in Odontology
ECTS	6.0
Course	1
Period	First semester
Subject Type	Basic Education
Module	---

1.Basic info

1.1.Recommendations to take this course

1.2.Activities and key dates for the course

2.Initiation

2.1.Learning outcomes that define the subject

2.2.Introduction

3.Context and competences

3.1.Goals

3.2.Context and meaning of the subject in the degree

3.3.Competences

3.4.Importance of learning outcomes

4.Evaluation

5.Activities and resources

5.1.General methodological presentation

Learning process has been designed for this mater based on the following aspects:

The matter has been designed for students to reach and to know the management of psychopathology in dentistry clinical practice, as well as to adquire basic communication abilities for their professional work.

Lessons have been designed begining with a theoretical presentation which introduce the conceptual bases for the following applicative session. All proposed exercises will crystallize on useful tools designed by the students for their professional work.

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Both acquired knowledge and active participation of the students will be evaluated, in order to facilitate a sequential acquisition of proposed competences for the matter.

5.2.Learning activities

The proposed program to achieve planned results include the following activities:

Learning activities	Nº ECTS credits (hours)	Teaching-Learning Methodology	Competences to be adquired
Expositive, explanation and/or demonstrative sessions for contents using blackboard and/or audiovisual material with informatic support.	1,6 ECTS (40 h)	Theoretical, classroom lessons	CE. MII.1.; CE.MII.7.; CE.MII.8.; CE.MII.15.; CE.MII.23.; CE.MII.25. CG.3; CG.4; CG.5; CG.10.; CG.19; CG.30; CG.31
Role-playing clinical interview and management of problem solving. Motivational role-playing interview. Role-playing sessions to evaluate psychopathology. Role playing sessions on management¡ and stress control.	0,5 ECTS (12,5 h)	Seminars and supervised works.	CE. MII5 ; CE.MII.8; CE. MII.15 ; CE. MII.22 ; CE. MII.25 ; CG.3; CG.4; CG.5; CG.10.; CG.19; CG.30; CG.31
Clinical cases discussions. Group seminars for problem solving and clinical cases. Evaluation techniques for both social and psychological	0,5 ECTS (12,5 h)	Clinical practices: Practical sessions (relaxation techniques, systematic desensitization for dental phobia, techniques to evaluate	CE.MII.1; CE.MII5; CE.MII.7; CE.MII.8; CE.MII.23; CE.MII.25. CG.4; CG.5.

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relevant aspects for patients' management and treatment. Anxiety and stress control techniques.		psychopathology, clinical cases discussions, ...)	
Autonomous work/Personal studying (not face-to-face, including information search, work design, clinical cases or proposed exercises).	3 ECTS 75 hr		
	TOTAL 150 h (6 ECTS)		

5.3.Program

First part (Department of Medicine, Psychiatry and Dermatology):

Theoretical program:

Lesson 1. Psychology and Odontology. Concept and objectives. Methods. Relationships with other sciences.

Lesson 2. General structure of psyche. Temperament, character and personality. Personality disorders and their management in bucodental health.

Lesson 3. Sensitive perception, thought and language. Psychopathology. Odontological management of psychotic patients.

Lesson 4. Memory and learning. Cognitive functions and development disorders. Odontological management of dementia and disabled patients (mental retardation, Down's syndrome, child brain paralysis, autism,...).

Lesson 5. Emotions and psychopathology. Depression and bucodental health. Anxiety. Dental phobia. Panic attack in dentistry office.

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Lesson 6. Instincts and psychopathology. Odontological management of patients with eating disorders.

Lesson 7. Consciousness, attention and sleep. Bruxism, parasomnias. Behaviour and disorders. Addictions and bucodental health.

Lesson 8. Dental pain. Differential diagnosis for bucodental pain. Psychoactive drugs effects on bucodental health. Effects of toxics or legal substances (tobacco and alcohol) on bucodental health. Psychological effects of treatments. Placebo and nocebo effects. Iatrogenic factors.

Lesson 9. Developmental psychology: Childhood and adolescence. Budcodental health in the elderly.

Lesson 10. Social psychology. Profilaxis on Dentistry. Dismorphic disorders and Dentistry. Panthom limb. Whiteorexia. Psychological evaluation of patients with dental-facial deformities.

Lesson 11. Communication and dentistry-patient relationship. Clinical interview: general principles, exploratory part, informative part, negotiating aspects.

Lesson 12. Psychological reactions to illness. Defence mechanisms and coping styles. Relationships with Dentistry. Motivation and compliance to treatment.

Lesson 13. Stress and bucoental illness. Mental health fo dentistry team. Stress, burnout, mobbing.

Lesson 14. General psychological approach. Principles of psychotherapy. Psychoterapeutical techniques useful in Dentistry.

Practical program:

1. Research principles. Critical literature review.
2. Relaxation techniques and emotional self-control.
3. Basic instruments of cognitive screening and functional assessment instruments.
4. Basic anxiety and depression scales.
5. Basic instruments to evaluate personality and intelectual ability.
6. Evaluation of bucodental pain in adult, child and elderly patients. Protocol for psychological assessment of dental-facial deformities.
7. Systematic desensitization in dental phobia.
8. Behavioural program for the treatment of bruxism.

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Detailed program, as well as deadlines for presentation of works will be available on ADD (Digital resources of the University of Zaragoza) at the beginning of the term.

Second part (Department of Psychology and Sociology):

Theoretical lessons will alternate with practices and work presentation on different issues. Along the sessions, the following contents will be developed, not only from a theoretical point of view, but also from a practical approach:

Lesson 1. Introduction to Psychology as a science.

Lesson 2. Emotional intelligence and self-management.

Lesson 3. Effective communication in dentistry office: with patients, partners and another professionals.

Lesson 4. Fears, phobias and anxiety in dentistry practice. Diagnosis and management.

Lesson 5. Learning as a key factor for learn fear. Prevention strategies.

Lesson 6. Attitudes building and relevance on prevention and bucodental assistance.

Lesson 7. Social identity, roles and schemes; relevance in clinical practice.

Lesson 8. Cognitive attributions and relationship with prevention and efficiency on treatments monitoring.

Lesson 9. Motivation theories applied to clinical practice.

Lesson 10. Personality theories; personality and influence on bucodental assistance.

Lesson 11. Developmental psychology: from childhood to senescence.

Lesson 12. Clinical interview; practical applications.

Lesson 13. Mistreatment diagnosis and intervention protocols.

Lesson 14. Socio-sanitary Assistance networks and relationship with another professionals.

5.4.Planning and scheduling

Classroom lessons and works' presentations:

Final timetable for works delivery, as well as continuous evaluation process will be available at the beginign of the term. Official calendar is available on: <http://wzar.unizar.es/servicios/calendario/>

5.5. Bibliography and recommended resources

- Mediavilla Ibáñez, Helga.. ¿Sabe comunicarse con su paciente?: Relación con el paciente en odontología. Madrid: Biblioteca Universitaria, 2002.
- Manual del dolor : tratamiento cognitivo-conductual del dolor crónico / Coordinadores, Jenny Moix Queraltó, Francisco M. Kovacs. Barcelona [etc] : Paidós, D.L. 2009.
- Peñaranda Hernández, Pablo Miguel. Los aportes de la psicología a la odontología :|una investigación sobre factores psicosociales en el dolor crónico bucofacial. Caracas : Universidad de Caracas, 2007.
- Silvestre Donat, Francisco Javier. Odontología en pacientes especiales / Francisco Javier Silvestre Donat, Andrés Plaza Costa. Valencia ; Universidad de Valencia, 2007.
- Boj JR, Font R. Control de la conducta en la consulta odontopediátrica. En Odontopediatría / Elena Barbería Leache... [et al.] . - 2a. ed., reimp. Barcelona [etc.] : Masson, 2002, p. 127-138.