

## 61865 - Evidence-based treatments in health problems

### Información del Plan Docente

<b>Academic Year</b>	2018/19
<b>Subject</b>	61865 - Evidence-based treatments in health problems
<b>Faculty / School</b>	301 - Facultad de Ciencias Sociales y Humanas
<b>Degree</b>	557 - Master's in General Sanitary Psychology
<b>ECTS</b>	4.0
<b>Year</b>	1
<b>Semester</b>	Half-yearly
<b>Subject Type</b>	Compulsory
<b>Module</b>	---

### **1.General information**

#### **1.1.Aims of the course**

#### **1.2.Context and importance of this course in the degree**

#### **1.3.Recommendations to take this course**

### **2.Learning goals**

#### **2.1.Competences**

#### **2.2.Learning goals**

#### **2.3.Importance of learning goals**

### **3.Assessment (1st and 2nd call)**

#### **3.1.Assessment tasks (description of tasks, marking system and assessment criteria)**

### **4.Methodology, learning tasks, syllabus and resources**

#### **4.1.Methodological overview**

The methodology followed in this course is oriented towards achievement of the learning objectives. The theoretical and practical content will be presented by the teacher in the form of questions, discussions and public expression of opinions, to reach conclusions about them.

Participation and the cooperative learning methodology will be used for problems and solving real clinical cases.

#### **4.2.Learning tasks**

The course includes the following learning tasks:

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1. Lectures where the teacher will present the basic facts about a topic (15h)
2. Analysis of case studies where students will practice the concepts learned in lectures (15h)
3. Finding information and cooperative work (4h)
4. Reading articles or documents related to the content of the subject (2h)
5. Students' oral presentations (2h)
6. Viewing of audiovisual material (2h)

### 4.3.Syllabus

The course will address the following topics:

Topic 1. Introduction: Holistic Health Concept

Topic 2. Protocols in Asthma, COPD and pulmonary emphysema

Topic 3. Protocols in Cancer

Topic 4. Protocols in Cardiovascular Diseases

Topic 5. Protocols in Addictions

Topic 6. Protocols in Fibromyalgia

Topic 7. Protocols in Endocrinology and Vascular Risk Factors

Topic 8. Protocols in Digestive Diseases

Topic 9. Protocols in Sleep Disorders

Topic 10. Protocols in the most prevalent Infectious and Emerging Diseases

### 4.4.Course planning and calendar

Further information concerning the timetable, classroom, assessment dates and other details regarding this course, will be provided on the first day of class.

### 4.5.Bibliography and recommended resources

#### BASIC REFERENCES:

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### COMPLEMENTARY REFERENCES:

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Bowen, K. S., Birmingham, W., Uchino, B.N., Carlisle, McKenzie, Smith, T.W. y Light, K.C. (2013). Specific dimensions of perceived support and ambulatory blood pressure: Which support functions appear most beneficial and for whom? *International Journal of Psychophysiology*, 88, 317-324. doi:10.1016/j.ijpsycho.2012.03.004

Fernández Rodríguez, C., Amigo, I. y González Rato, M. C. (1998). Manejo del estrés en el síndrome del intestino irritable. *Cuadernos de Medicina Psicosomática y Psiquiatría de Enlace*, 45 (46), 14-20

Martin, L.A., Critelli, J.W., Doster, J.A., Powers, C., Purdum, M., Doster, M.R. y Lambert, P.L. (2013). Cardiovascular risk: Gender differences in lifestyle behavior and coping strategies. *International Journal of Behavioral Medicine*, 20, 97-105. doi: 10.1007/s12529-011-9204-3

Martos Méndez, M.J. y Pozo Muñoz, C. (2011). Apoyo funcional vs. disfuncional en una muestra de pacientes crónicos. Su incidencia sobre la salud y el cumplimiento terapéutico. *Anales de Psicología*, 27, 47-57.

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