Introduction to BS and its importance in health

1. Biopsychosocial Model of Health Care and the Systems Approach
2. Normality vs Abnormality
3. Link of Health with Behavioral Sciences (Psychology, Sociology, Anthropology)
4. Correlation of brain, mind and Behavioral Sciences
5. Roles of a doctor
6. Desirable attitudes in Health Professionals

TOPIC: INTERVIEWING/ PSYHOSOCIAL HISTORY TAKING

1. Collecting data on psychosocial factors in medicine/surgery/gynaecology/pediatrics/ and other general health conditions?
2. Define, types of interview and listening
3. Skills of interviewing and listening

TOPIC : DOCTOR PATIENT RELATIONSHIP

1. Discuss the doctor patient relationship
2. What is the concept of boundaries and psychological reactions in doctor -patient relationship (such as transference and countertransference)

TOPIC : Medical/ Dental Ethics

1. Hippocratic Oath Do s and Dont s
2. What is the concept of medical ethics?
4. Rights of patient and doctors (international law, constitution of Pakistan, PM& DC, Islam)

TOPIC : STRESS

1. Define and classify stress and stressors?
2. Relationship of stress and stressors with illness

TOPIC : LIFE EVENTS

1. Concept of life events and their relationship with stress and illness

TOPIC : STRESS MANAGEMENT

1. What are copying skills?
2. What is psychological defence mechanism?
3. What is conflict and frustation?
4. What is concept of adjustment and maladjustment?

TOPIC: Personality/ Intelligence (Individual differences)
1. What are the stages and characteristics of psychological growth and development?
2. Define personality? what are cognitive and psychodynamic theories of personality?
3. What factors affect personality development?
4. How personality can be assessed? Influence of perosnlaity in determining reactions during health, disease, hospitalization, stress
5. Define intelligence and the various types of intelligence. Relevance of IQ and EQ in the life of a doctor. Methods of enhancing EQ and effectively using IQ.
6. What factors affect it and how it can be assessed?

TOPIC: Emotions & Motivations/Drive/Need
1. Define emotions. What are the various types of emotions?
2. Emotional QUotient (EQ)- concept & utility,
3. Emotional literacy
4. Define motivation and what the types of motivation?
5. Use of motivational theory in improving learning, treatment adherence.

TOPIC: LEARNING
1. Define learning. Principles of learning, modern methods and styles of learning, types of learners, cognitive theory of learning and its use in enhancing learning
2. Strategies to improve learning skills

TOPIC BREAKING BAD NEWS
Introduction, models, methods, death of the patient, abnormal baby, intractable illness

TOPiC XV: Psychosocial aspects of health and Diseases
1. Psychosocial correlates of hospitalization, illness behavior, sick roles
2. Psychological issues in Emergency Departments,
3. Intensive Care and COronary Care Units, Operating Theatures, Cancer wards, Transplant Units, Anaesthesia

TOPIC PAIN SLEEP CONSCIOUSNESS
1. Concept of pain,
2. physiology of pain, psychological assessment and management fo chronic/intractable pain. Stages of sleep, physiology of consciousness, altered states of sleep and consciousness, non pharmacological methods of inducing sleep, changes in consciousness.

TOPIC: COMMUNICATION SKILLS COUNSELING CRises INTERVENTION CONFLICT RESOLUTION INFORMATIONAL CARE
1. Principles of effective communication, active listening, the art of questioning, the art of listening

2. Good and bad listener, counselling: Scope, Indication and contraindications, Steps, Dos and Do'nts, How to deal with rela life crises and conflict situations in health settings

3. Informational care: A practical method of communication between the doctor and patient on about diseases, drugs, prognosis.

Topic: Understanding Behavior (Sensation and sense organs/Perception/Attention and Concentration/ Memory/Thinking/Communication)

4. Lecture: Describe sensation, sense organs/special organs

5. Define perception, what factors affecting perception

6. Define attention and concentration, what factors affecting them

7. Define memory and describe its stages, types and methods of improving it

8. Define thinking, describe its types and theories?

9. What is cognition and levels of cognition?

10. Discuss problem solving and decision making strategies?

11. Define communication? What are types, modes and factors affecting it. Describe ways to recognize non verbal cues. Characteristics of a good communicator.

TOPIC: CULTURE AND MEDICAL PRACTICE

1. Concept of group, its dynamics

2. Attitude, value, belief, myth, social class, stigma, sick role and illness, health belief models.

TOPIC: PSYCHOLOGICAL REACTIONS

1. Grief and bereavement, Family and illness, Dealing with difficult patients.

2. Symptoms presentation and culture.

3. Illness and behavior (sick roles, stigma, somatization)

4. Treatment adherence (compliance)

5. What are the psychosocial aspects of illness, hospitalization, rape, torture, terminal illness, death and dying?

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