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**METHODOLOGICAL MANUAL FOR STUDENTS ON SELF -
INDEPENDENT WORK
BY DISCIPLINE
"PSYCHOLOGY AND PEDAGOGICS OF PHYSICIAN ACTIVITY"**

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Methodological manual for self - independent work of students in the discipline “Psychology and Pedagogics of physician activity” / Gubkina S.V. - Ulyanovsk, UISU, 2023.

The methodological manual was prepared in accordance with the work program of the discipline “Psychology and Pedagogics of physician activity”. The structure includes methodological instructions for each topic studied according to the plan of classroom practical work. The methodological manual is intended for students studying in the specialties 05/31/01 “General Medicine” and 05/31/02 “Pediatrics”

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The aims of the self-independent work

The goals of mastering the discipline: to form the foundations of professional medical behavior on the basis of familiarity with the general and particular patterns of change and the restoration of mental activity in various pathological conditions.

Objectives:

1. The formation of knowledge about the personality of the patient and the characteristics of the relationship between the doctor and the patient; the study of types of psychological interaction and the establishment of psychological contact with patients;
2. Acquaintance with the pedagogical aspects of the doctor's professional activities.
3. The study of the psychological foundations of psychohygiene and psychoprophylaxis, the role of psychological factors and influences in the medical and rehabilitation process, as well as ethical and deontological aspects in medical practice;
4. Training in mental self-regulation skills;
5. Training in the compilation of the psychological characteristics of the personality and its influence on the development, manifestation of the disease, as well as the consideration of psychosomatic interactions in the preparation of a treatment and rehabilitation plan for patients with various pathologies.

Psychology and pedagogy of medical activity refers to the compulsory disciplines of the variable part of the professional training of a doctor in the specialty "medical business".

The basis for the study of the discipline "Psychology and Pedagogy" is a system of information on biology, normal anatomy, neuroanatomy, normal human physiology, formed in the process of studying in previous courses. The discipline has interdisciplinary connections with the disciplines of Philosophy, Psychology and Pedagogy, Bioethics, Neuroanatomy, Normal Physiology, and Propaedeutics of Internal Diseases.

The study of the psychology and pedagogy of medical activity precedes the study of most clinical disciplines, as it forms the basic mental, sensory and motor skills necessary for a doctor of any profile to fulfill his professional duties: "General Surgery. Introduction to the profession", "Dermatovenerology ", " Endocrinology ", " Neurology and Medical Genetics ", " Psychiatry. Medical Psychology ", " Dentistry ", " Obstetrics and Gynecology ", " Faculty Therapy ", " Faculty Surgery ", " Anesthesiology and Resuscitation".

List of expected results of ongoing of the discipline

The study of the subject «Psychology and Pedagogics of physician activity» within the completion of the educational program is directed towards the formation of the following general and professional competences in students:

Code and name of the general professional competence	Code and name of the indicator of achievement of general professional competence
UC-1. Systemic and critical thinking. He is able to carry out a critical analysis of problem situations based on a systematic approach, to develop a strategy of actions	<p>To know: the methods of system and critical analysis, the methods of developing an action strategy to identify and solve a problem situation.</p> <p>To be able to: apply the methods of a systematic approach and critical analysis of problem situations, to develop an action strategy, to make specific decisions for its implementation.</p> <p>Master: the methodology of system and critical analysis of problem situations; the methods of setting goals, determining ways to achieve it, developing action strategies</p>
UC-4. Able to apply modern communication technologies, including in a foreign language(s), for academic and professional interaction	<p>To know: the rules and patterns of personal and business oral and written communication; modern communication technologies in Russian and foreign languages, the existing professional communities for professional interaction.</p> <p>To be able to put into practice communication technologies, methods and methods of business communication for academic and professional interaction.</p> <p>To master the methodology of interpersonal business communication in Russian and foreign languages with the use of language forms, means and modern communication technologies</p>
PC-5. Conducting and monitoring the effectiveness of measures for the prevention and formation of a healthy lifestyle and sanitary and hygienic education of the population	<p>To know: the technique of wet cleaning of rooms, ventilation of wards, the technique of current and final disinfection; methods and methods of sanitary treatment of patients in the emergency department; - methods of treatment of patients with pediculosis; methods of anthropometry; dietary tables and their significance in therapeutic measures for the recovery of patients; methods of measuring blood pressure; methods of studying the pulse on the arteries and its properties; methods of counting respiratory movements.</p> <p>Be able to: carry out wet cleaning of wards, current and final disinfection; carry out sanitary treatment of the</p>

	<p>patient in the emergency department; conduct anthropometry; count respiratory movements and evaluate the result; measure blood pressure; examine the pulse on the arteries and evaluate the result.</p> <p>Possess: wet cleaning technique of wards, current and final disinfection; methods of sanitary treatment of the patient in the emergency department; methods anthropometry; the method of counting respiratory movements; the method of measuring blood pressure; the method of studying the pulse on the arteries.</p>
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List of questions for self-independent work

Section 1. Psychology and medicine

Topic 1. Psychological foundations of the medical profession. Professionally maladaptive factors in the activities of a doctor

Issues for discussion:

The doctor as a person and issues of professional suitability for medical practice. The connection between medicine and psychology. The concept of the medical profession as a subject of mastery and interaction. The influence of the profession on a person's mental life, professional deformations.

Topic 2. Fundamentals of medical and psychological diagnostics

Issues for discussion:

Psychodiagnostic methods: observation, study of activity products, clinical interview, content analysis, experimental psychological research.

Topic 3. Psycho-emotional stress and its consequences

Issues for discussion:

Psycho-emotional stress: relevance of the problem, definition, classification, stages, forms of manifestation. Comparative characteristics of biological and psychological stress. Anxiety as a signal of adaptation disorder, types of anxiety (anxiety series according to Berezin). Risk factors and aggravating factors for the development of stress. Positive social factors that protect against stress. Consequences of psycho-emotional stress.

Topic 4. Mechanisms of psychological defense and mechanisms of coping with stress in the system of psychosocial adaptation

Issues for discussion:

Psychological defense mechanisms: definition, properties, classification, content characteristics. Coping: definition, structure, classification and content characteristics. Comparative characteristics of psychological defense mechanisms and coping strategies. Syndrome of emotional burnout of specialists. Prevention of burnout syndrome.

Section 2. Psychology of the treatment process

Topic 1. Psychological aspects of everyday medical practice

Issues for discussion:

Psychology of professional interaction between doctor and patient. Interaction models. Communication competence of a doctor. Patterns of creating a psychotherapeutic environment in a medical institution. Non-compliance problem. Psychological aspects of pharmacotherapy. Concept of communication

Topic 2. Management of the human condition in the process of communication between doctor and patient

Issues for discussion:

Structure of communication (communication, interaction, people's perception of each other). Communication. The structure of the communication process. Communication barriers. Communication channels (verbal and non-verbal). Interaction. Types of interaction (cooperation, competition, coordinated interaction, helping communication, etc.). The perceptual side of communication.

First impression. Understanding. Attribution. "Classification" of people. Causal attribution. Settings. Prejudice. Effects observed when people perceive each other: halo, novelty and primacy, stereotyping, etc. Structure of dialogue.

Section 3. Pedagogy of medical practice

Topic 1. Educational activities of a doctor

Issues for discussion:

Psychological aspects of preserving and strengthening human mental and somatic health. Factors of a healthy lifestyle and attitude towards health. Health-related quality of life: objective characteristics and psychological components, ways of optimization. Psychological basis for the prevention of neuropsychic and psychosomatic disorders, states of mental maladjustment and behavioral disorders. Psychological foundations of secondary and tertiary psychoprophylaxis.

Topic 2. The internal picture of health and the internal picture of illness. Types of psychological response to illness.

Issues for discussion:

Concept by R.A. Luria about the internal picture of the disease. Levels of the internal picture of the disease. The relevance of studying the complex relationships between illness and personality traits. The structure of the internal picture of the disease according to V.V. Nikolaeva. Four levels of mental reflection of the disease in the psyche of the sick person: sensual, emotional, intellectual and motivational. Views of V.A. Tashlykov on the internal picture of the disease as a system of mental adaptation of the patient to his disease, which is based on mechanisms of psychological defense and coping. Aspects of the internal picture of the disease: cognitive, emotional and motivational-behavioral aspects.

Section 4. Emotional stress and somatopsychology

Topic 1. Introduction to somatopsychology.

Issues for discussion:

Somatopsychology as a science. Concept, definition and theories of psychosomatic disorders: history and modern understanding. Groups of theories of psychosomatic disorders. Factors in the development of psychosomatic disorder. Psychosomatic aspects in the clinic of internal diseases.

Topic 2. Systematics of psychosomatic disorders and their diagnosis

Issues for discussion:

The concept of "Health" and "Health State". Characteristics of the internal picture of illness and the internal picture of health. Types of attitude towards illness: blocks. Attitude towards illness. Stages of illness over time. Types of psychological response to illness. Psychological aspects of pharmacotherapy.

EDUCATIONAL, METHODOLOGICAL AND INFORMATION SUPPORT OF DISCIPLINE

а) Список рекомендуемой литературы

основная

1. Кудрявая, Н. В. Психология и педагогика / Н. В. Кудрявая [и др.] - Москва : ГЭОТАР-Медиа, 2015. - 400 с. - ISBN 978-5-9704-3374-4. - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <https://www.studentlibrary.ru/book/ISBN9785970433744.html>
2. Соложенкин, В. В. Психологические основы врачебной деятельности : учебник для вузов / Соложенкин В. В. - Москва : Академический Проект, 2020. - ISBN 978-5-8291-2842-5. - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <https://www.studentlibrary.ru/book/ISBN9785829128425.html>

дополнительная

1. Фролова Ю.Г., Медицинская психология :учебник/ Ю.Г. Фролова - Минск : Выш. шк., 2016. - 431 с. - ISBN 978-985-06-2771-1 - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <https://www.studentlibrary.ru/book/ISBN9789850627711.html>
2. Ачкасов, Е. Е. Психологические аспекты медицинской реабилитации : учебное пособие / под ред. Ачкасова Е. Е. , Твороговой Н. Д. - Москва : ГЭОТАР-Медиа, 2018. - 352 с. - ISBN 978-5-9704-4601-0. - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <https://www.studentlibrary.ru/book/ISBN9785970446010.html>
3. Баулина, М. Е. Нейропсихология : учебник для вузов / Баулина М. Е. - Москва : ВЛАДОС, 2018. - 391 с. - ISBN 978-5-906992-83-3. - Текст : электронный // ЭБС "Консультант студента" : [сайт]. - URL : <https://www.studentlibrary.ru/book/ISBN9785906992833.html>
4. Психология и педагогика врачебной деятельности : учебно-методическое пособие. Ч. 1 : Введение в психологию психических процессов / Ю. М. Павлова, С. В. Ярзуткин, М. А. Альберт [и др.]; УлГУ, ИМЭиФК, Каф. мед. психологии, психоневрологии и психиатрии. - Ульяновск :УлГУ, 2018. - Загл. с экрана. - Электрон. текстовые дан. (1 файл : 0,97 МБ). - Текст : электронный.- <http://lib.ulsu.ru/MegaPro/Download/MObject/1424>

учебно-методическая

1. Грищук Д. В. Методические указания для студентов по проведению практических занятий по дисциплине «Психология и педагогика врачебной деятельности» для специальностей 31.05.01 «Лечебное дело», 31.05.02 «Педиатрия» / Д. В. Грищук; УлГУ, ИМЭиФК. - Ульяновск :УлГУ, 2019. - Загл. с экрана; Неопубликованный ресурс. - Электрон. текстовые дан. (1 файл : 326 КБ). - Текст : электронный. <http://lib.ulsu.ru/MegaPro/Download/MObject/8721>
2. Грищук, Д. В. Методические указания для самостоятельной работы студентов по дисциплине «Психология и педагогика врачебной деятельности» для специальностей 31.05.01 «Лечебное дело» и 31.05.02 «Педиатрия» / Д. В. Грищук ;УлГУ, ИМЭиФК. - Электрон. текстовые дан. (1 файл : 364 КБ). - Ульяновск :УлГУ, 2019. - Загл. с экрана. - Неопубликованный ресурс. - Режим доступа: ЭБС УлГУ. - Текст : электронный. <http://lib.ulsu.ru/MegaPro/Download/MObject/8945>

Согласовано:

Специалист ведущий _____ / Мажукина С. Н. / _____ / 15.05.2023

Должность сотрудника научной библиотеки

ФИО

подпись

дата

б) Программное обеспечение

наименование	договор
СПС Консультант Плюс	Договор №1-2016-1327 от 01.03.2016

НЭБ РФ	Договор №101/НЭБ/2155 от 14.04.2017
ЭБС IPRBooks	контракт №4429/18 от 10.10.2018
АИБС "МегаПро"	Договор №727 от 22.11.2018
Система «Антиплагиат.ВУЗ»	Договор №360 от 25.06.2018
ОС MicrosoftWindows	контракт №580 от 29.08.2014, контракт №581 от 29.08.2014 (оба контракта на одно и то же кол-во лицензий)

MicrosoftOffice 2016	Договор №991 от 21.12.2016
или	
«МойОфис Стандартный»	Договор №793 от 14.12.2018

комп. класс ИМЭФК:

Автоматизированная информационная система «Витакор РМИС»	Договор №1418/У от 25.03.2018
StatisticaBasicAcademicforWindows 13	510 от 06.08.2018

Профессиональные базы данных, информационно-справочные системы

1. Электронно-библиотечные системы:

1.1. Цифровой образовательный ресурс IPRsmart: электронно-библиотечная система : сайт / ООО Компания «Ай Пи Ар Медиа». - Саратов, [2023]. - URL: <http://www.iprbookshop.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.2. Образовательная платформа ЮРАЙТ : образовательный ресурс, электронная библиотека : сайт / ООО Электронное издательство «ЮРАЙТ». - Москва, [2023]. - URL: <https://urait.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.3. База данных «Электронная библиотека технического ВУЗа (ЭБС «Консультант студента») : электронно-библиотечная система : сайт / ООО «Политехресурс». - Москва, [2023]. - URL: <https://www.studentlibrary.ru/cgi-bin/mb4x>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.4. Консультант врача. Электронная медицинская библиотека : база данных : сайт / ООО «Высшая школа организации и управления здравоохранением-Комплексный медицинский консалтинг». - Москва, [2023]. - URL: <https://www.rosmedlib.ru>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.5. Большая медицинская библиотека : электронно-библиотечная система : сайт / ООО «Букап». - Томск, [2023]. - URL: <https://www.books-up.ru/ru/library/>. - Режим доступа: для зарегистрир. пользователей. — Текст : электронный.

1.6. ЭБС Лань : электронно-библиотечная система : сайт / ООО ЭБС «Лань». - Санкт- Петербург, [2023]. - URL: <https://e.lanbook.com>. - Режим доступа: для зарегистрир. пользователей. - Текст : электронный.

1.7. ЭБС Znanium.com: электронно-библиотечная система : сайт / ООО «Знаниум». - Москва, [2023]. - URL: <http://znanium.com>. - Режим доступа : для зарегистрир. пользователей. - Текст : электронный.

2. КонсультантПлюс [Электронный ресурс]: справочная правовая система. / ООО «Консультант Плюс» - Электрон, дан. - Москва : КонсультантПлюс, [2023].

3. Базы данных периодических изданий:

3.1. eLIBRARY.RU: научная электронная библиотека : сайт / ООО «Научная Электронная Библиотека». - Москва, [2023]. - URL: <http://elibrary.ru>. - Режим доступа : для авториз. пользователей. - Текст : электронный

3.2. Электронная библиотека «Издательского дома «Гребенников» (Grebinnikon) : электронная библиотека / ООО ИД «Гребенников». - Москва, [2023]. - URL:

