



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Medicina e Società

1718-2-H4101D254

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#### Aims

The primary goal of the course is to provide students with the tools for understanding the cultural, social and relational aspects of medicine, taking into account its history, evolution, sanitary structure, and patient- doctor relationship. The students will also be introduced to the international and specialized language of the biomedical research. This whole set of knowledge represents the basis for the understanding of individual medical praxis in order to adequately locate the physician activity in the general and more complex social environment.

#### Contents

**HYSTORY:** Overview of the history of western medicine from Hippocrates to experimental and modern medicine; patients and their bodies from Renaissance to bio-imaging; technology in medicine, the evolution of clinical diagnosis and investigation; cultural and ethical aspects of health; public health development; the differences between unconventional medicine and evidence-based medicine; biomedicine and biotechnology, applications and problems.

**COMMUNICATION SKILLS:** psychological and relational elements in the patient-doctor relationship; therapeutic alliance; communication skills; verbal and non verbal communication; counselling techniques; motivational interview; illness and emotions; how to manage relational skills. disease-centred medicine and patient-centred medicine; subjective elements in medical education; interpersonal sensitivity and caring relationship.

**PATIENT- DOCTOR IN PRIMARY CARE:** differences between disease, illness, sickness, and subjective and objective aspects of medicine; biopsychosocial model of illness and care; individual, social and economic aspects in medicine and health behaviours; media and medicine; frail patients: elderly people, the chronically sick; mental illness; immigrants, poverty, end of life; environmental and cultural influences on patient-doctor relationship.

**BIOMEDICAL ENGLISH:** English grammar and lexicon (basic); exploration of biomedical terms; biomedical issues

in report and papers; biomedical search engines and English language databases.

## **Detailed program**

### HISTORY OF MEDICINE AND SOCIETY

- The birth of Western medicine, from Hippocrates to the experimental method
- The discovery of the human body from the Renaissance to bioimaging
- The advent of technology in medicine and the therapeutic revolution
- History of clinical methodology
- Biomedicine and biotechnology
- The concept of health, cultural and ethical implications
- The evolution of public health
- Some open questions in research and in biomedical applications

### COMMUNICATION TECHNIQUES

- To understand the importance of the relationship with the patient as a fundamental element of the clinical intervention
- To recognize the student's relational style for better communication with the patient and a better ability to listen through direct experience
- To acquire the ability to use communication techniques appropriately
- Show the psychological complexity of a medical interview and its value as an instrument of intervention and change
- To recognize the patient's motivations, attitudes and emotions during the doctor-patient interview
- Recognize the importance of the subjective dimension of the illness experience and the emotional impact on the patient
- Show the complexity of the impact of the disease - in its various perspectives - on the patient and the importance of the psychological dimension in response to illness and treatment
- The distinction between disease-centered medicine and patient-centered medicine
- The origins of the reflection on the need for a doctor's training in the proper conduct of the doctor-patient relationship
- The notion of Michael Balint of drug-doctor
- The role of the analysis of the demand in the diagnostic phase

-The incidence of psychological and relational components, both in the diagnostic phase and in the management of the treatment

-The notion of therapeutic alliance

-The central role of building a relationship of trust between doctor and patient

-The placebo effect

-The nocebo effect

## DOCTOR AND PATIENT IN PRIMARY CARE

- to understand the concepts of disease, illness, sickness, subjectivity and objectivity

- to understand that conditions and behaviors related to people's health/illness are also influenced by factors such as: history, subjective perspectives, values, the socio-economic environment in which we live, etc.

-to perceive the current "complexity" of medicine and show the mutual influence between medicine and society: (e.g. information, mongering disease, etc.)

- show the patient's autonomy that is a subject of law and the consequences that this has on the role of the doctor (in most cases the doctor exists when the person decides to need it)

- show frailty: the elderly, the chronicity, the psychological distress, the migrants, the economic and cultural poverty, the terminally ill

- show the answers or lack of answers of the society: the network of the healthcare providers

## BIOMEDICAL ENGLISH

Aims are understanding, writing and commenting reports on biomedical subjects, using the correct rules of grammar and syntax and specialized language.

The on line course presents dialogues on biomedical subjects, with specialized language.

The student can use on line medical dictionary and directions to understand the conversations.

The student should know the English language in order to write, read, understand and edit scientific articles correctly.

The student should know how to use data bases and search engines and how to organize a scientific article.

## Prerequisites

To be admitted to the exam of communication skills, history and patient-doctor in primary care, students must have received a positive score at the on-line english examination

## **Teaching form**

Lessons, group activities, role-play, practical experience at GP office

## **Textbook and teaching resource**

J. Groopman 2008. Come pensano i dottori, Mondadori; L. Sanders 2009; Ogni paziente racconta la sua storia, Einaudi; M Lloyd R Bor 2009. Communication Skills for Medicine, 3rd Edition Elsevier; A Virzi. 2007. La relazione medico-paziente. Come riumanizzare il rapporto: un manuale introduttivo Editore: Franco Angeli; Dispense fornite dai docenti;

## **Semester**

first term

## **Assessment method**

Written, multiple choice and open questions

## **Office hours**

To make an appointment, please contact the teachers by e-mail:

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