UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Human Sciences

2627-1-I0104D006

Aims

The course aims to provide students with the theoretical knowledge concerning psychological, social and anthropological elements of nursing profession in order to help them to adequately perceive their professional role in a complex context of networks and relationship, in a storical-antropological perspective and understand psychological and social mechanisms of uman behaviour.

Knowledge and Understanding
By the end of the course, students will be able to:
Know the fundamental principles of the social, anthropological, and clinical-psychological aspects pertinent to the nursing profession.
Identify the main individual and collective psychological mechanisms that influence human functioning.
Applying Knowledge and Understanding
By the end of the course, students will be able to:
Apply acquired knowledge in social, anthropological, and psychological fields to adequately contextualize their profession within complex operational networks and relational contexts.
Utilize psychological concepts and humanistic perspectives to understand and respond to the individual and collective emotional and behavioral needs of patients and families in the nursing setting.
Making Judgements
By the end of the course, students will be able to:
Critically evaluate the social, cultural, and psychological factors that influence health choices and patient experiences in nursing.
Formulate independent and informed judgments regarding the most appropriate approaches in complex relational situations encountered in professional practice, considering diverse humanistic perspectives.
Communication Skills
By the end of the course, students will be able to:
Communicate effectively with patients, families, and multidisciplinary team members, conveying complex information related to humanistic and psychological aspects clearly and empathetically.
Learning Skills
By the end of the course, students will be able to:

Develop the learning skills necessary to autonomously continue their professional and personal development in the human sciences, staying updated on new research and best practices in the social, anthropological, and psychological aspects of nursing.
Reflect critically on their own professional practice from a humanistic perspective, identifying areas for continuous improvement and personal development

Contents

Topic of the Human Sciences course is to give students an overview of the anthropological, social and psychological aspects of health care professions.

Detailed program

CLINICAL PSYCHOLOGY - Psychology as a science of human behaviour, methodological aspects of psychological research, with specific attention to health care professions; main concepts of general and clinical psychology (structure of the mind, cognitive and dynamic processes, mental disorders, clinical relationship and psychotherapy) and the self-evaluation tools (anxiety, stress, burnout and quality of life tests), the psychological challenges of the nursing profession in relation to emergency services, primary care, intensive care and end-of-life care. The placebo effect in the care relationship and its implications.

ANTHROPOLOGY - Medical anthropology, human health and disease; social processes and cultural representations of health, illness and related nursing/care practices; Disease, Illness and Sickness; narrative medicine: general principles; popular medicine and health anthropology in the developing countries.

SOCIOLOGY - The course is an introduction to sociology: basic concepts and who is the ‘sociologist’; social research – basic tools; the concept of culture, values and cultural diversity; social organization, action, and power; interaction, groups, organizations; welfare systems and inequalities; moreover, specific topics related to sociology of health and medicine will be deepened (social inequalities in terms of health; process of medicalisation of society; professionalisation in health systems; health cultures; social construction of pregnancy; health communication).

Prerequisites

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Teaching form

In-person lectures, small group activities with final written report.

Textbook and teaching resource

CLINICAL PSYCHOLOGY
Loperfido A., Muzzatti B. (2022) "Elementi di psicologia per le professioni di aiuto", Carocci, Roma.
Benedetti F. (2028) L'effetto placebo. Breve viaggio tra mente e corpo", Carocci, Roma.

SOCIOLOGY
Neresini F., Bucchi M., 2001, Sociologia della Salute, Carocci, Roma (chosen chapters).
Bagnasco A., Barbagli M., Cavalli A. (2011), Elementi di sociologia, Il Mulino, Bologna (chosen chapters).

ANTHROPOLOGY
Manzi, G., Vienna, A., Uomini e ambienti. Una introduzione all'antropologia, Il Mulino, Bologna, 2009.
Barbujani, G., Brunelli, A., Il giro del mondo in sei milioni di anni, Il Mulino, Bologna, 2018
Piazza, G., Antropologia medica, Carocci, Roma, 2005.
Zink, A., Ötzi, Tutankhamon, Evita Peron. Cosa ci rivelano le mummie, Il Mulino, Bologna, 2016.
Lettura facoltativa:
Laneri, N., Archeologia della morte, Carocci, Roma, 2011.

Semester

1st Year, 2nd Semester

Assessment method

Written examination with multiple choice, and open ended questions. The exam is unitary and every module contribute to the overall grade. Allocated time: 100 minutes

Office hours

All the teachers are available by appointment (online and in-person);
details on how to contact every professor are available on modules' page.
To contact the coordinatore of the integrated course:
by appointment: marco.bani1@unimib.it
online or in presence (Building U38, 5° floor, room 5041)

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES