

<b>School or Department:</b>	<b>School of Psychology</b>
<b>Unit of study Title:</b>	<b>Coping and Adjustment to Illness</b>
<b>Credit Points:</b>	<b>6</b>
<b>Semester:</b>	<b>1</b>
<b>Lecturer</b>	<b>Dr Ilona Juraskova</b>
<b>Total Contact Hours:</b>	39 hours staff/student contact
<b>Teaching &amp; Learning Methods:</b>	Lectures, Tutorials

## **Learning Outcomes**

### **Aims and intended outcomes:**

- To consider the impact of illness on patients and family
- To identify those illness situations which are particularly challenging
- To review quality of life including social, spiritual, psychological, sexual, intimate relationships, physical, financial, activities of daily living
- To consider measurement of quality of life and its application
- To look at support mechanisms, and the role of support in promoting positive outcomes
- To have an understanding of interventions/strategies to improve disease management and reduce risk of future disease or disease progression
- To introduce the student to end of life issues in particular, accepting a poor prognosis, challenges of dying and models of bereavement
- To consider survivorship issues

### **Objectives or competencies list:**

By the end of this unit of study the student should be able to:

- Identify the quality of life issues affected by illness
- Recognise the lay beliefs and illness cognitions held by patients/clients
- Become aware of predictors of poor coping and adjustment
- Distinguish the physical, cognitive and emotional responses to illness and poor coping
- Demonstrate an understanding of levels of distress and clinical psychological morbidity in patients
- Identify personal characteristics that may impact on coping and adjustment
- Acquire an understanding interventions to improve illness management
- Appreciate gender and cross cultural aspects that affect adjustment to illness

### **Relationship between Unit of Study and statement of generic attributes of graduates as adopted by the Academic Board:**

#### **Information literacy**

Gather, interpret and analyse information

Create record and retrieve information

Apply technical and information skills appropriate to their discipline or professional area

#### **Ethical, social and professional understanding**

Cultural sensitivity, a respect for multiple points of view

Demonstrate an awareness of the local and global context of their discipline or professional area

### **Personal and intellectual autonomy**

Use initiative and resourcefulness

Problem solving

Manage time and resources effectively

### **Research and inquiry**

Able to gather information systematically from a wide range of sources

Conceptualise problems and formulate a range of solutions;

Work effectively with others

### **Communication**

Ability to work across a variety of situations and with a variety of people

Written and oral presentation skills

Present well-reasoned arguments, using technology as appropriate;

Access, organise and present information, particularly through technology-based activity

## **Unit of study content and timetable**

<b>Date</b>	<b>Lecturer</b>	<b>Time</b>	<b>Title</b>
4/3/09	Dr Ilona Juraskova	10-1	Introduction & General housekeeping Lecture: Critical time points within illness trajectory
11/3/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Predictors of illness Support groups (DVD & Discussion forum) Effective PowerPoint and poster presentations
18/3/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Psychosocial outcomes of illness Coping with HIV: Multicultural perspective (Guest speaker) Student presentations
25/3/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Psychosocial interventions Information resources: Decision Aids (Guest speaker) Student presentations
1/4/09	Dr Barbara Mullan	10-12 12-1	Adherence and chronic illness Student Presentations
8/4/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Patient needs and satisfaction Unmet needs of patients (Guest speaker) Student presentations
15/4/09	Easter		
22/4/09	Prof Madelaine King	10-1 12-1	Quality of life and response shift Student presentations
29/4/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Caregivers: psycho-social outcomes Illness and gender (Guest speaker) Student presentations
6/5/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Psycho-sexual adjustment: talking about sexuality with patients Interventions & post-treatment sexual life (Guest speaker) Student presentations
13/5/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Complementary and alternative medicine Patients with culturally/linguistically diverse background (Guest speaker) Student presentations
20/5/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Coping with dying, death and bereavement DVD, palliative care research (Guest speaker) Student presentations
27/5/09	Dr Ilona Juraskova	10-10.50 11-11.50 12-1	Survivorship: qualitative perspective Children: chronic illness and parent having cancer Student presentations
3/6/09	Dr Ilona Juraskova	10-10.50 11-11.50	Conclusion and evaluation Distribution of take home exam

