Course title: Psychological support of the critically ill
A kritikus állapotú betegek támogatása
Course code: PSZM21-MO-SZOM-101, PSZM21-MO-AFF-102
Head of the course: Varga Katalin

Aim of the course

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Surviving critical illness often creates a lasting psychological impact, including depression, anxiety, and post-traumatic stress. Memories of frightening and delusional experiences are the largest potentially modifiable risk factor.

Psychological support based on positive suggestion (PSBPS) is a therapeutic approach that can be provided even to patients in altered cognitive states, and is therefore a viable psychotherapy intervention throughout the ICU stay.

The course provides an overview of these techniques, and the most important principles of suggestions.

Learning outcome, competences
knowledge
• Concept of critically ill
• Principles of suggestive communication

attitude:
• Emphatic, open
• Positive, realistically optimistic

skills:
• Being able to apply suggestive language
• Develop appropriate reflective mode

autonomy, responsibility:
> • Students are able to apply the acquired knowledge on their own, in accordance with the ethical guidelines of psychology, but only for purposes corresponding to their level of competence.

Content of the course

Topics of the course

Introduction: the nature of suggestions and fields of application
Main studies in various fields of medicine using suggestive techniques
Types, forms, definitions of suggestions. Suggestion vs. hypnosis
Altered states of consciousness and rapport formation. Alternative and dominant cognitive styles
Laws and principles of suggestions
Suggestive techniques, metaphors and symbolic language
Critically ill – working principles
Special needs of ICU patients. Suggestions in emergency situations

Suggestions in critical states: cases
Prevention of burnout, managing emotional involvement of health care professionals

Learning activities, learning methods

- Case-presentations
- Videos
- Model-text analysis
- lectures, discussion
- Demonstrations, exercises

Evaluation of outcomes

Learning requirements, mode of evaluation, criteria of evaluation:
requirements
- Active, constructive Participation at the classes
- Presentation / summary

mode of evaluation:
- mark based on participation and presentation by the student

criteria of evaluation:
- Preparedness
- Professional level

Reading list

Compulsory reading list
- VARGA K. (2015) Communication strategies in Medical Settings. Peter Lang, Frankfurt am Main.
- VARGA K. (2013) Suggestive techniques connected to medical interventions *Interventional Medicine and Applied Science* 5:(3) pp. 95-100.
- VARGA K., VARGA ZS., FRITÚZ G. (2013) Psychological support based on positive suggestions in the treatment of a critically ill ICU patient: A case report *Interventional Medicine and Applied Science* 5:(4) pp. 153-161.

Recommended reading lista
- VARGA K. (ed.) (2011) Beyond the words. Communication and suggestion in medical practice. Nova Science Publisher, New York.
- KEKECS Z, VARGA K. (2013) Positive suggestion techniques in somatic medicine: A review of the empirical studies Interventional Medicine and Applied Science 5:(3) pp. 101-111.
- SCHLANGER J, FRITÚZ G, VARGA K. (2013) Therapeutic suggestion helps to cut back on drug intake for mechanically ventilated patients in intensive care unit Interventional Medicine and Applied Science 5:(4) pp. 145-152.
- SZEVERÉNYI, CS., CSERNÁTONY, Z., BALOGH, Á., VARGA, K. (2013) Examples of positive suggestions given to patients undergoing orthopaedic surgeries Interventional Medicine & Applied Science, Vol. 5 (3), pp. 112–115

COURSE-SPECIFIC INFORMATION (SPECIFIC TO A GIVEN LECTURE OR SEMINAR)

General data

Specific (sub)title of the course (if relevant):
Specific (sub)code of the course (if relevant):
Date and place of the course:
Name of the lecturer:
Department of the lecturer:
Email of the lecturer:

Specific syllabus/schedule of the lecture/seminar (if relevant)

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Further specific information (eg. requirements) (if relevant)

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