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PT 570.01: Psychology of Illness and Disability

Charles Leonard

University of Montana - Missoula, charles.leonard@umontana.edu

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PT 570

PSYCHOLOGY OF ILLNESS AND DISABILITY

- I. PT 570 Psychology of Illness and Disability
- II. Credit: 2 credits
- III. Instructor: Chuck Leonard, PT, PhD
- IV. Clock Hours: TBA
- V. Description: Review of psychosocial aspects of illness and disability to include responses of the individual, family, therapist and support network to the stress of illness and disability, strategies to promote healthy behaviors and positive coping responses, cultural influences on individual and family responses, chronic pain, physiological manifestations of psychopathology, psychoneuroendocrinology, pharmacotherapeutics (depression/anxiety, ADD/ADHD, antipsychotics) and application of these principles to physical therapy practice.
- VI. Required Reading:
Reprints and reading assignments as required for assignments
- VII. Methods of Evaluation to include:

Final Examination	100%
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Psychology of Disability (PT-570) Outline

Week 8	<p>Psychological Responses to Change in Health</p> <ul style="list-style-type: none">-Factors influencing adaptability-Positive and negative impacts on recovery <p>Coping Strategies</p> <p>Emotional Reaction to Chronic Illness and Disability</p> <p>Psychosocial Theory of Development: Epigenetic Stages</p> <p>Secondary Gain</p> <p>Psychological effects of hospitalization</p>
Week 9	<p>Therapeutic Communication</p> <p>Developing Cultural Competence</p> <p>How culture, race and ethnic background affect psychological responses to</p> <ul style="list-style-type: none">-injury and disability-healthcare providers
Week 10	<p>The Neuroscience of Emotion</p> <p>The neuropsychology of stress and fear</p> <p>Anxiety and Depression</p> <p>Pharmacotherapeutics</p> <ul style="list-style-type: none">-stress-depression <p>Chronic Pain</p>
Week 11	<p>Chronic Pain</p> <p>Pharmacotherapeutics - pain</p> <p>Chronic Disability</p> <p>Chronic Disability (Guest Lecture)</p>
Weeks 12-13	<p>Psychiatric Disabilities (Student-led discussions)</p> <ul style="list-style-type: none">-Alzheimer's disease and dementia-ADD/ADHD-Schizophrenia-Hysteria-Neuroses/Psychoses-Post-traumatic stress disorder (PTSD)

- Neurosis/Psychosis
- Pharmacotherapeutics
 - Antipsychotics
 - ADD/ADHD
 - PTSD

- Week 14 Sport-related Psychological Issues
- Youth sports
 - Exercise addiction
 - Adherence to exercise program
 - Risk-taking (relationship to lifestyle risk-taking)
 - Psychological issues associated with injury
 - Concussive injuries
 - Chronic Traumatic Encephalopathy

Autistic Spectral Disorders

- Week 15 Somatoform/Psychosomatic Disorders
- Hypochondriasis
 - Conversion Disorder
 - Dysmorphic Disorders

Psychological issues associated with TBI

Psychology of Well-being (Happiness)

Final TBD

Objectives:

- 1 - Knowledge and Comprehension
- 2 - Application
- 3 - Psychomotor
- 4 - Analysis, synthesis, and evaluation
- 5 – Affective

As evaluated by written examinations and presentations, the student will achieve competencies that include:

A. Health Psychology

- 1.1 Describe the biopsychosocial model of illness.
- 1.2 Describe the various theories of health behavior.
- 2.1 Apply principles of individual autonomy and responsibility and client education to behaviors, goal setting, coping, and primary, secondary, and tertiary prevention.
- 4.1 Using case studies, demonstrate successful communication of HCP to patient/client to promote appropriate information giving, positive coping, adherence, healthful behaviors, with emphasis on physical rehabilitation and proactive wellness.
- 4.2 Given case studies, apply the principles of health behavior change to promote adherence and healthy behaviors.

B. Cultural influences on health behaviors and psychological responses to illness and disability.

- 1.1 Define cultural awareness and its application to physical therapy.
- 1.2 Describe the influences of various cultures on health behaviors, psychological responses to illness and disability, and coping responses to include various European cultures, Native American cultures, Afro-American cultures, Asian cultures, Hispanic, and Islamic cultures.
- 2.1 Given the information in 1.1, indicate how these influences may affect physical therapy treatment.
- 4.1 Given a case study, analyze the cultural influences and determine appropriate communication and methods to promote positive coping responses in physical therapy treatment.
- 4.2 Given a case example, analyze how culture might influence clinical education or supervisory relationships.
- 4.3 Present to fellow class members an overview of a particular culture/ethnic group and the implications of this for clinical treatment, clinical education, and supervision.

- C. Psychological responses of the individual, family, and support networks to illness and disability.
 - 1.1 Describe the various psychological responses of the individual, family, and support networks to stress, illness, and disability.
 - 1.3 Describe various coping responses.
 - 1.4 Describe the signs and symptoms of depression.
 - 2.1 Indicate how these various psychological and coping responses may influence physical therapy intervention.
 - 3.1 Given a case example, apply appropriate principles to the treatment of the individual with depression.
 - 4.1 Given a case study, analyze the various responses and determine strategies to promote positive coping responses, healthy behaviors, and patient education and responsibility for primary and secondary prevention.
 - 4.2 Given a case study, determine when referral to other health care professionals is appropriate.
- D. Optimal Management of psychosocial issues in patient, social networks, peer, and supervisory relationships.
 - 1.1 Describe motivational and behavioral modification strategies to utilize with patients, social networks, peer, and supervisory relationships.
 - 4.1 Given a case study, indicate appropriate motivational and behavioral modification strategies to utilize with patients, social networks, peer, and supervisory relationships.
- E. Psychological Response to Behavioral Change
 - 4.1 As evidenced in a personal journal, the student will reflect upon the experience of goal setting and changing a behavior.
- F. Chronic Pain
 - 1.1 Define and explain "acute pain" and "chronic pain".
 - 1.2 Describe the primary pain pathway in the CNS.
 - 1.3 Describe the possible evolution scenarios for the development of the "Chronic Pain Syndrome".
 - 1.4 Explain the differences between the "science" and the "art" of physical therapy in relation to persons with "Chronic Pain Syndrome"
 - 2.1 Demonstrate an appreciation and understanding of the multidisciplinary approach to working with the patient with "Chronic Pain Syndrome" and specific importance of the physician, psychologist, physical therapist, and family members.
 - 4.1 Examine the societal and cultural influences on the "pain experience".
 - 4.2 Analyze the possible influence of characteristics of the current health care system in the USA on the development of "Chronic Pain Syndrome".
 - 4.2 Evaluate and analyze the influence of the physical therapist behaviors in relation to the personality characteristics of the patient with "Chronic Pain Syndrome".

- G. Cognition
 - 1.1 Describe examination procedures appropriate for the physical therapist to assess cognitive abilities.
 - 1.2 Describe possible intervention strategies for clients with cognitive deficits.
 - 2.1 Differentiate depression, delirium, and dementia.
 - 4.1 Given a case example, determine the appropriate examination and intervention techniques to assess cognitive abilities and maximize function.
- H. Physiological manifestations of psychopathology.
 - 1.1 Describe conditions with strong psychological components such as post-traumatic stress syndrome, conversion reactions, obsessive-compulsive disorder, and hysterical paralysis.
 - 1.2 Describe cognitive behavioral techniques.
 - 1.3 Describe anxiety, depressive, and aggressive disorders.
 - 1.4 Describe the behavioral and physical signs of abuse.
 - 1.5 Describe the common classifications of medications used for depression, anxiety, and cognitive disorders including brand names and side effects.
 - 2.1 As appropriate apply cognitive behavioral techniques to physical therapy interventions.
 - 4.1 Given case studies as in D 1.1, determine the appropriate role of physical therapy in the treatment of persons with these conditions and when referral is necessary.
- H. Death and Dying
 - 1.1 Describe the common psychological responses to terminal illness.
 - 1.2 Describe the role of the physical therapist in the hospice team
 - 2.1 Differentiate death and dying
 - 4.1 Given a case example, determine the appropriate examination and intervention procedures for a patient in a hospice environment.
- I. Self-Psychological Health
 - 1.1 Describe methods for maintaining psychological health within the professional environment.
 - 2.1 Develop a plan for personal and professional development which reflects concepts of life-long learning and healthy behaviors.
 - 2.2 Emotional intelligence
- J. Student-directed topics that might include but not be limited to:
 - Mind/body connection
 - Psychosomatic illness
 - Perception and health
 - Traumatic Brain Injury psychological issues
 - Psychiatric disorders
 - Pediatric psychological issues

