

UNIT 1

Psychology in Healthcare: Fundamental Principles

The unit main themes

This unit is about the vital role of psychology in health care system as well as exploring the fundamental principles of psychology and its basic theoretical framework and its clinical implementations.



I will learn the following:

First: The vital role of psychology in modern healthcare services.

Second: How human behavior, personality, and other characteristics are shaped by biology or by the environment.

Third: The several disciplines that have attempted to explain the formation of human behavior.

Fourth: The various ways psychology is applied in the health sector, particularly in dental and medical fields.

Fifth: How Physicians can benefit from psychology to provide professional services.



Application of Psychology in Healthcare

What do you think the application of Psychology in Healthcare system? Give me examples.

Tell us about a case during your training you thought that psychology knowledge may helped you in dealing with it?

What is psychology?



Psychology comes from the ancient Greek root (Psyche), which means mind or soul, and (logy) which means science or knowledge. Theoretically, the term psychology refers to the science that studies the mind and behavior and why people behave the way they do.

The Vital Role of Psychology in Healthcare

Psychology helps in Understanding how perception, language, and memory shape how patients and healthcare providers interact in medical settings.

Psychology helps in understanding human development and assist healthcare providers to address different life stages during medical intervention.

Psychology plays a crucial role in diagnosing psychosomatic illnesses

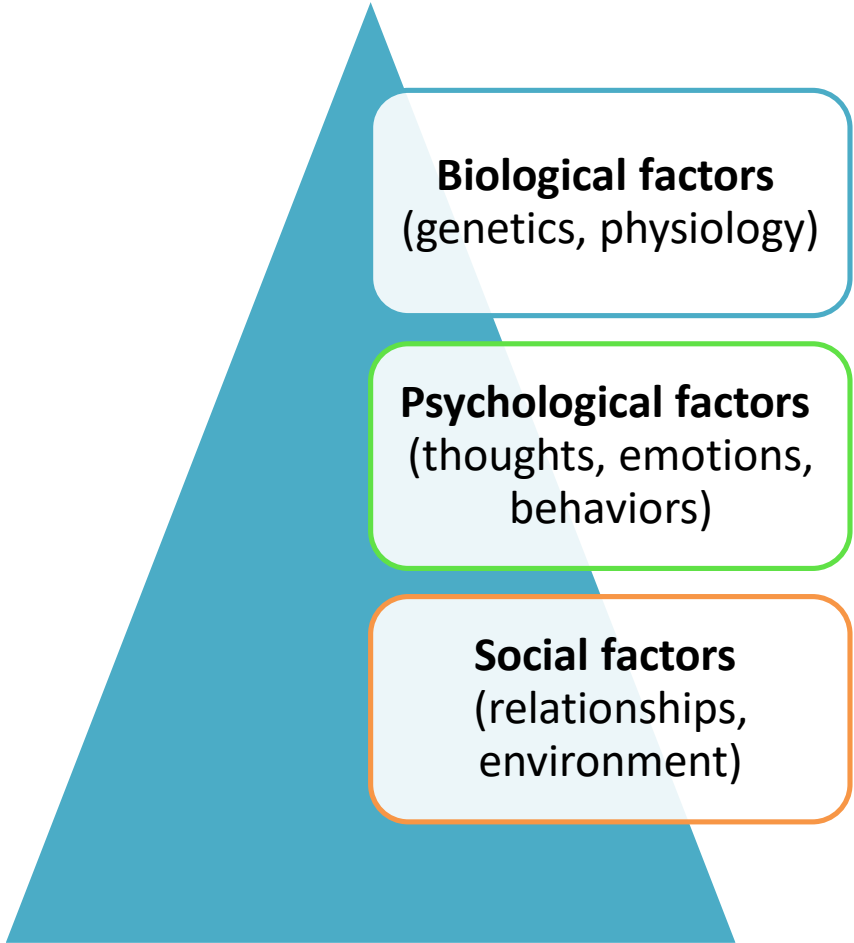
Psychology can provide valuable help in pain management.

Psychology can improve interpersonal skills of healthcare providers.

Psychology can help in preventing Clinician Burnout.

Bio-Psycho-Social Approach

Traditional biomedical model focused solely on physical symptoms has been replaced by the bio-psycho-social approach, which recognizes that health is influenced by three factors.



Biological factors
(genetics, physiology)

Psychological factors
(thoughts, emotions, behaviors)

Social factors
(relationships, environment)

Main fields in psychology

Brain science
and cognitive
psychology

Climate and
environmental
psychology

Clinical
psychology

Counseling
psychology

Developmental
psychology

Psychology of
Personality

Forensic and
public service
psychology

Health
psychology

Experimental
psychology

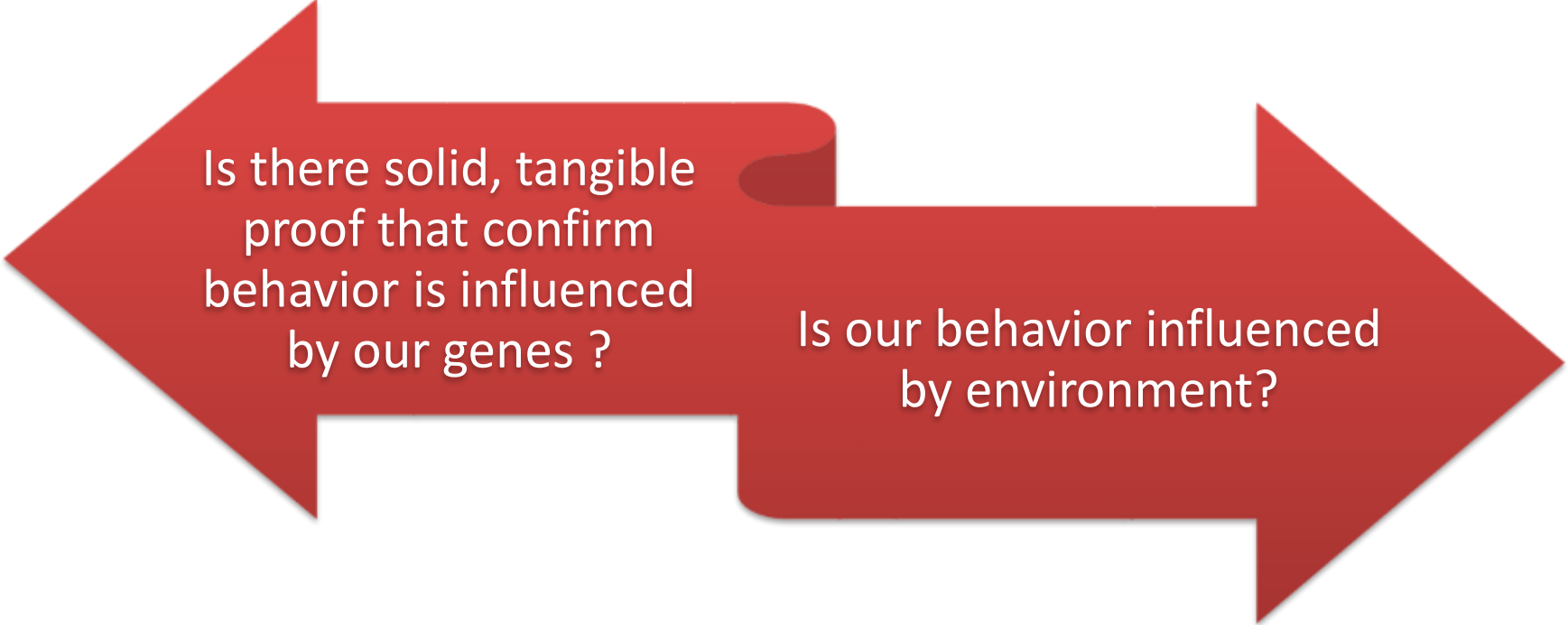
Work
Psychology

Psychology of
teaching and
learning

Social
psychology

Sport and
performance
psychology

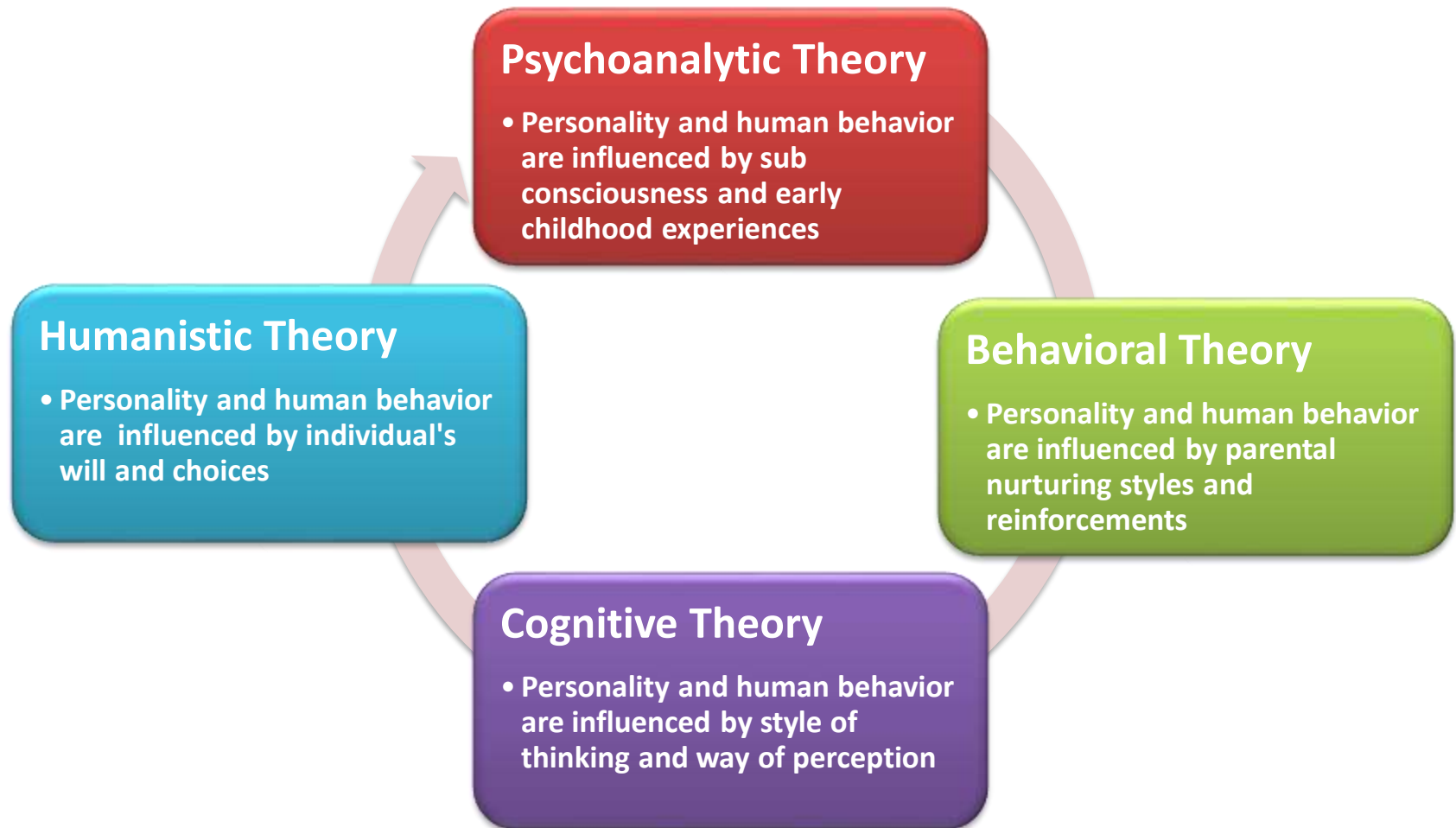
Is human behavior inherited or learned?



Is there solid, tangible proof that confirm behavior is influenced by our genes ?

Is our behavior influenced by environment?

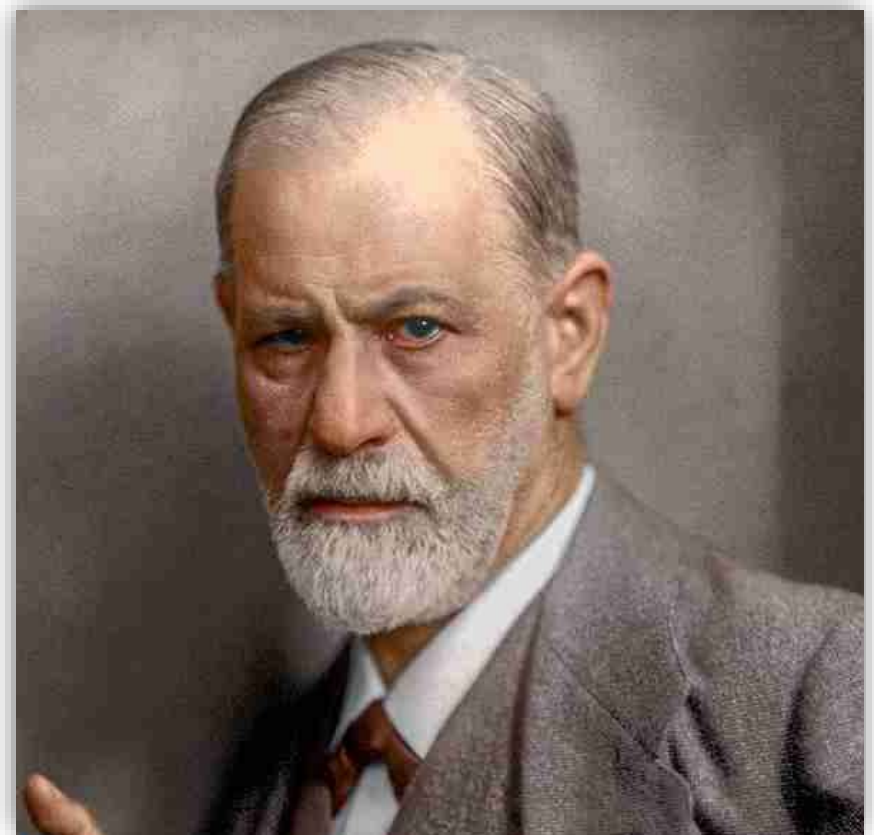
The main theories used to explain human behavior



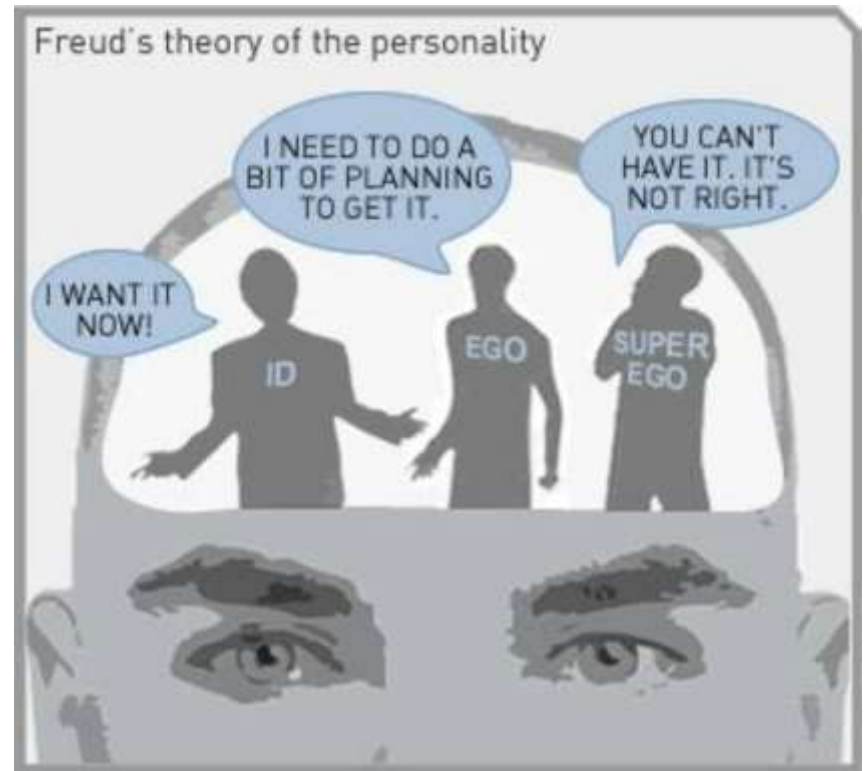
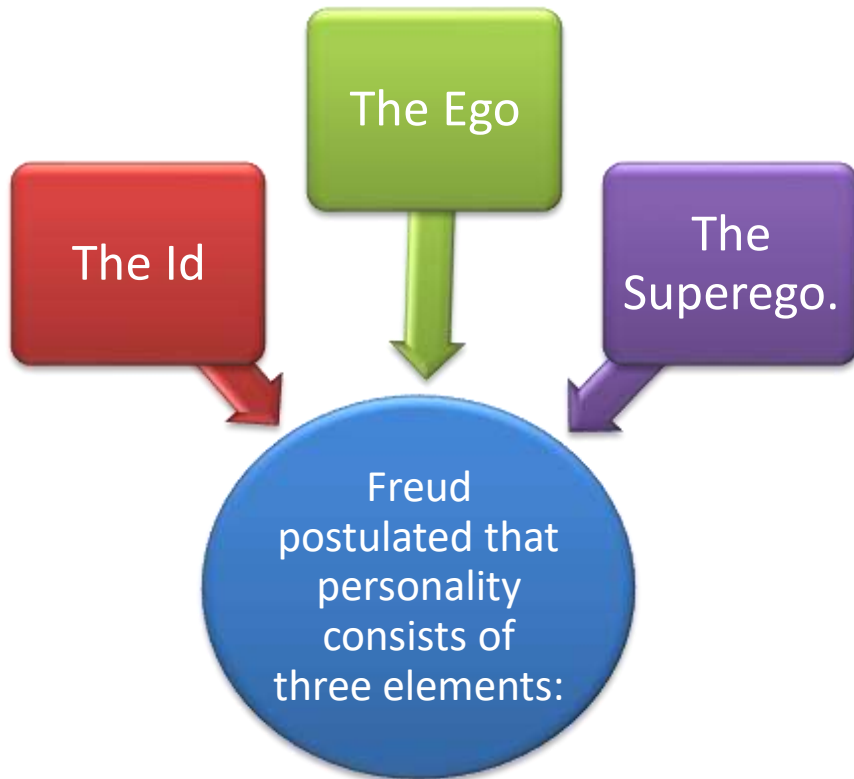
First: The Psychoanalytic Theory

The main idea behind this theory is that Personality and human behavior are influenced by sub consciousness and early childhood experiences.

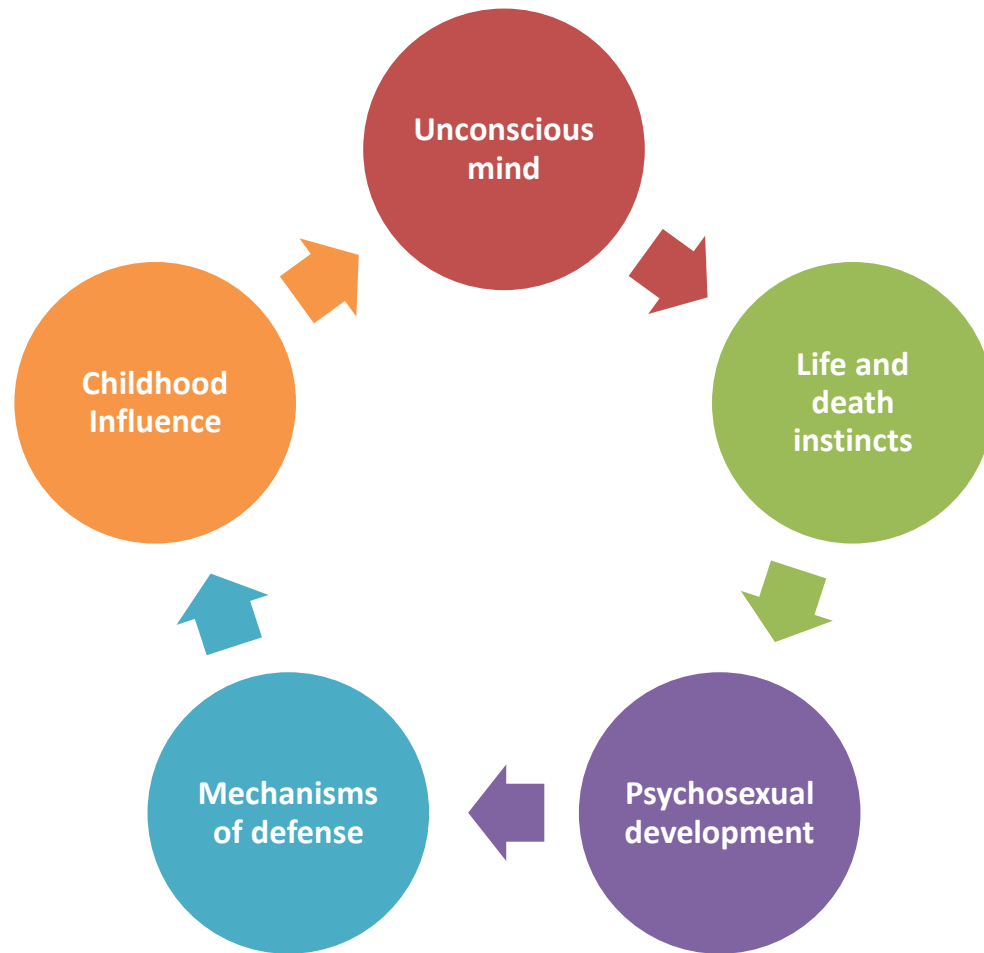
Widely known as Sigmund Freud Theory



Elements of Personality



The main concepts of Freud's theory



Second: Behavioral Theory

This hypothesis is based on the assumption that parental nurturing techniques and reinforcements impact personality and human behavior.

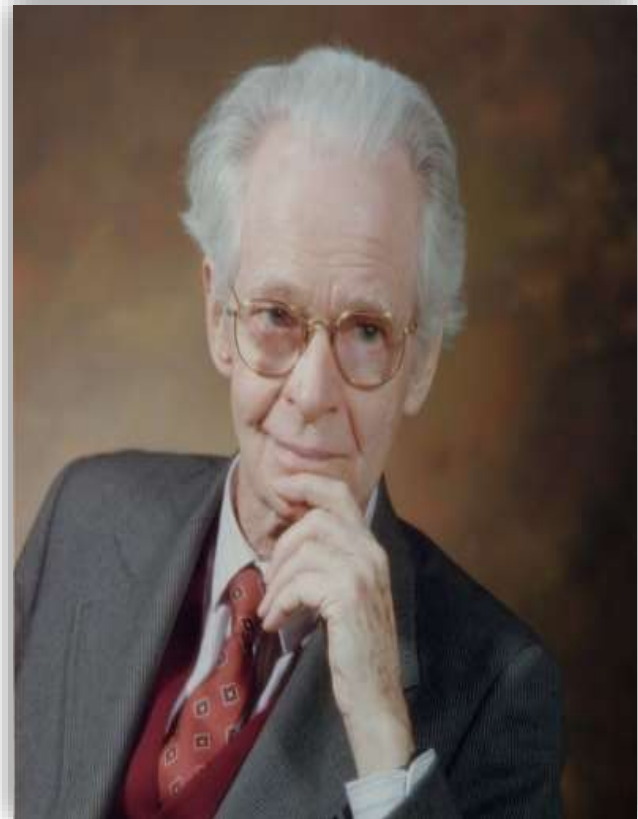


Skinner theory

Skinner, indicated that a person is governed by the environment in which he grows up.

All our behaviors and personalities are acquired from the way we were raised and reinforced

Parents and people around the child are the main players.



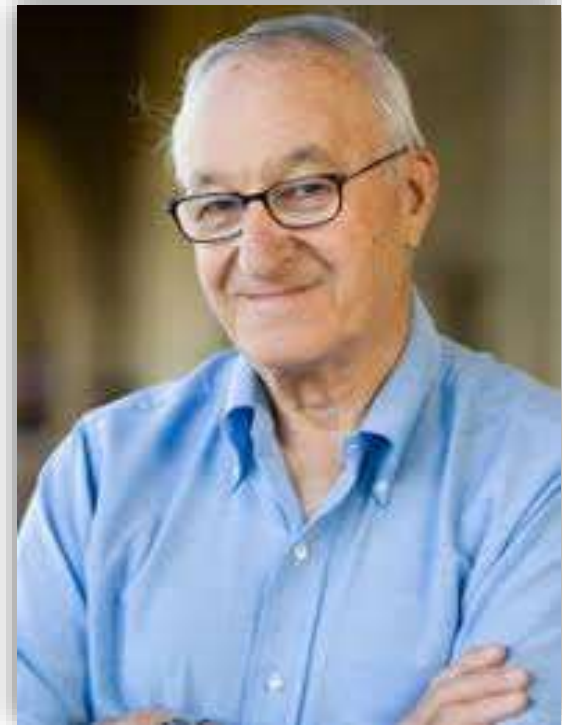
Bandura Theory

Named as the social learning theory or role model theory.

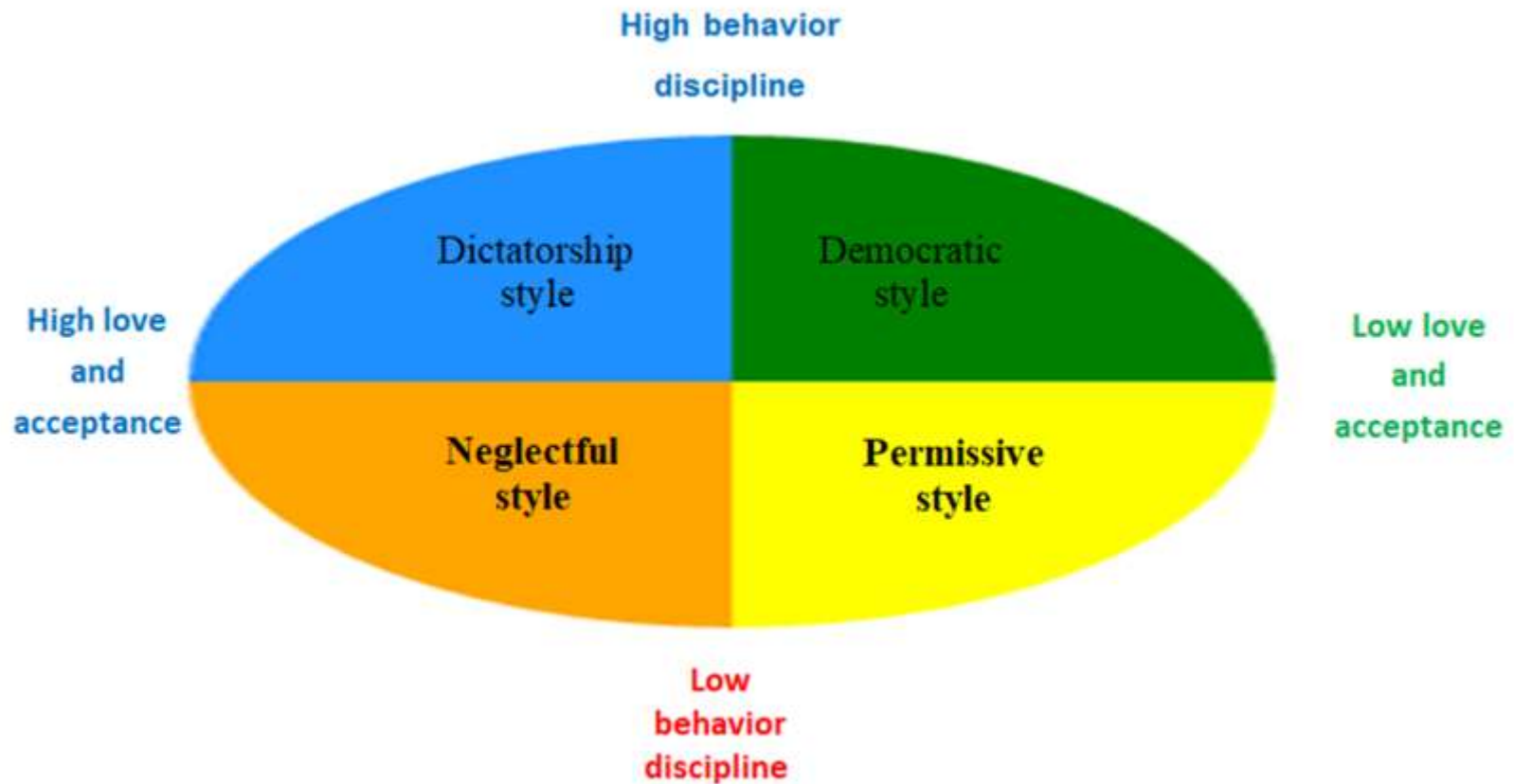
Bandura argues that people have guided actions rather than automatic ones,

Humans learn from reward and punishment as well as from the experiences of others.

Some individuals may take certain behaviors of others as a model for their behavior.



What is your parental style?



Third: Humanistic Theory

The basic assumption underlying this theory is that behavior and personality are primarily shaped by the will and choices that a person makes in his or her life.



Forth: Cognitive Theory

The main theme behind this theory is that personality and human behavior are mainly affected by a set of cognitive processes such as attention, perception, memory, information processing, and style of thinking.



Applications of psychology in the healthcare sector



Applications in the medical field

- for patients
- for medical professionals
- for hospitals



Applications in the dentistry field

- for dentistry patients
- for dentistry professionals
- for dentistry clinics

For patients

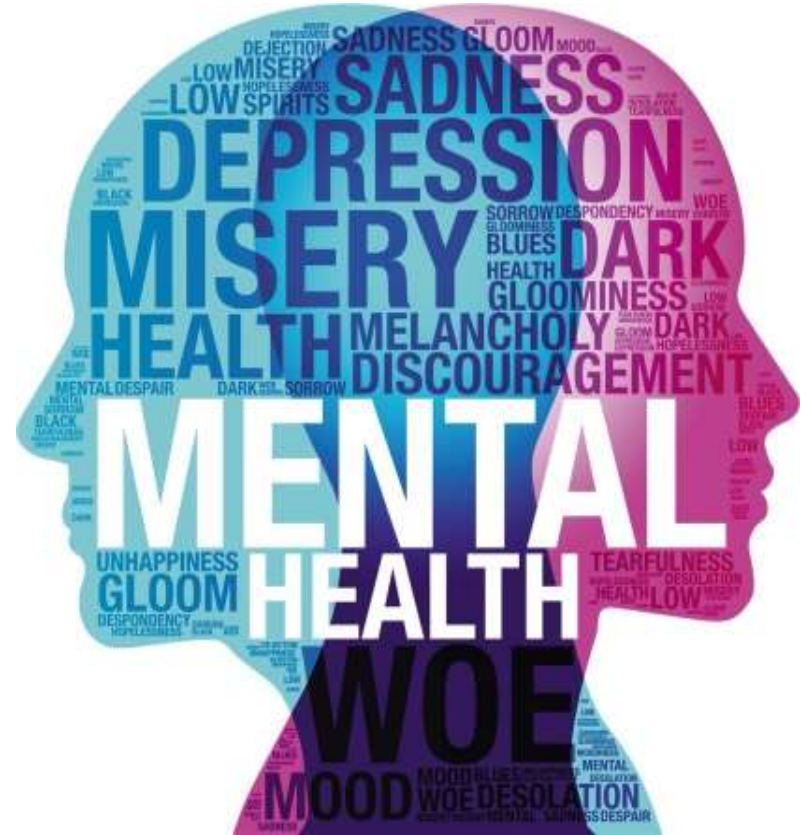


For healthcare professionals

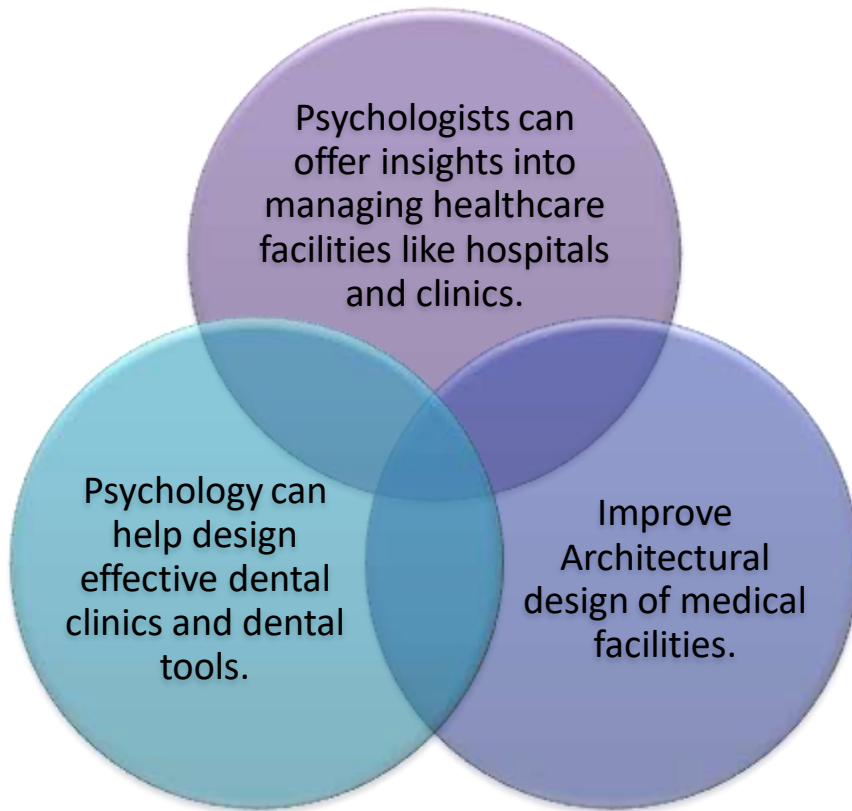
Managing stress,

Managing burnout

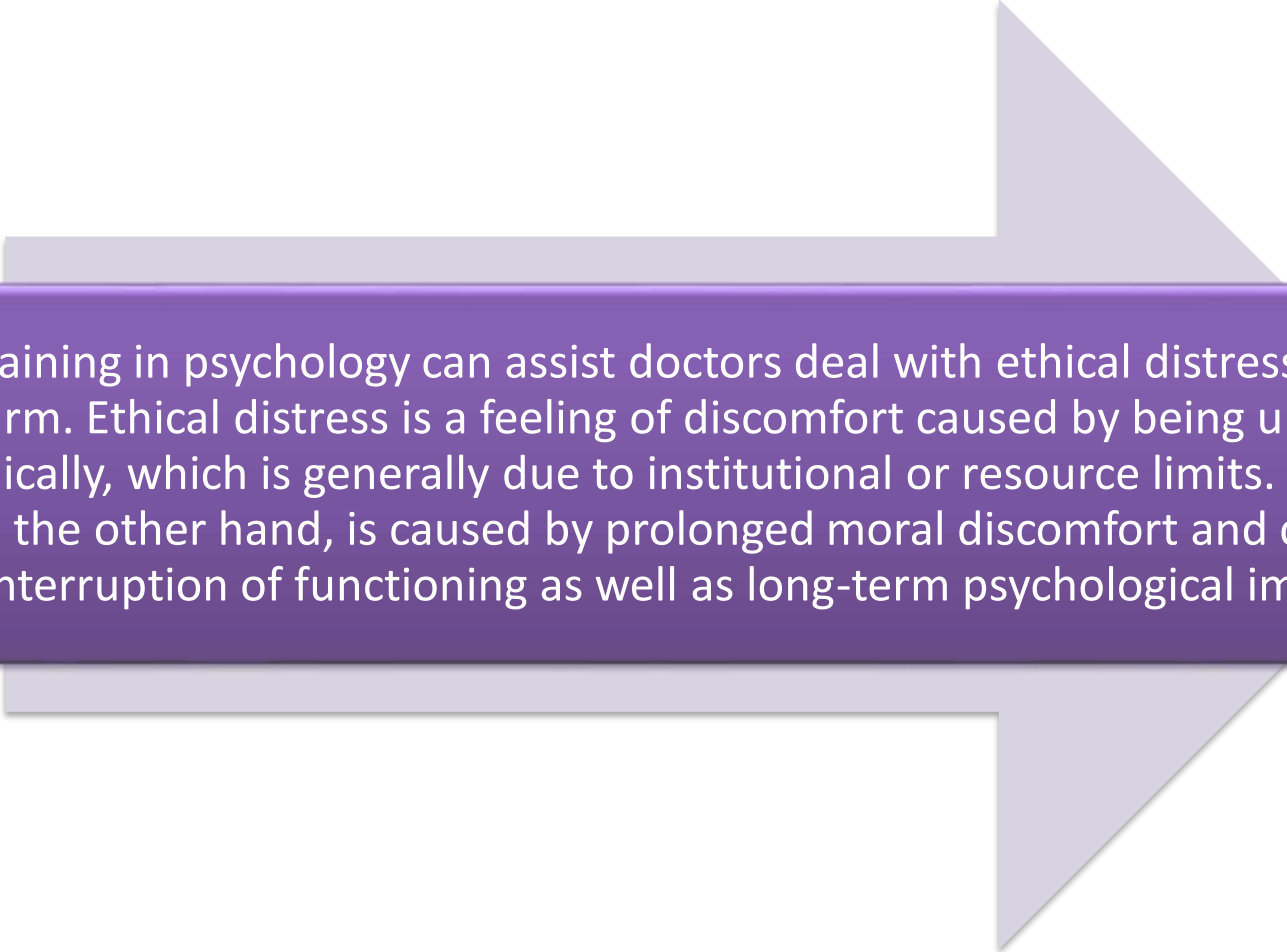
Promoting self-care environment for healthcare providers



For hospitals and clinics



Key Learning Point



Training in psychology can assist doctors deal with ethical distress and moral harm. Ethical distress is a feeling of discomfort caused by being unable to act ethically, which is generally due to institutional or resource limits. Moral harm, on the other hand, is caused by prolonged moral discomfort and can result in interruption of functioning as well as long-term psychological impairment.

Don't Forget!

Show patients compassion and understanding.

Show your patients that you care about them by giving them extra attention.

Develop your social skills because they are essential for a successful career in healthcare.

Give patients honest, genuine advice, and be prepared for them to disregard it.

Have conversations with patients, follow up with them, and establish trust