

Department of Behavioral Sciences



Study Guide 1st Year BDS

**Sharif Medical & Dental College,
Lahore**



PREFACE

Study guide can make a major contribution to learning. It is sometimes likened to a tutor sitting on the student's shoulder 24 hours a day to advise what he/she should be doing at any stage during their study. Study guide is different from textbook as it appraises the student at the beginning of an academic session about the course outline, the teaching methodology to be followed throughout the year, learning objectives of each academic activity and the assessment methodology to be followed in an academic session.

At SMDC, we follow the traditional annual academic schedule in which the subject of Behavioral Sciences is taught in the first two academic years of a dental student. Keeping in view the mission of UHS, Lahore and vision of our institute we have designed a training program which is intensive and at the same time interesting for the young minds. This guide includes list of lectures to be conducted in this session, specific learning objectives of every lecture, details of assessment and testing methodology. A list of prescribed textbooks and reference books is mentioned at the end.

Dr. AyazM.Khan MBBS,FCPS.
Assistant Professor &HOD Department of Psychiatry & Behavioral Sciences
SMDC, Lahore.

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VISION & MISSION OF UHS

Qualitative and Quantitative Revolution in Medical Education and Research through Evolution and there by improve Health Care delivery to Populace.

UHS shall be innovative global center of excellence in learning and research, supporting a community of scholars and professionals committed to serving society, promoting the development of students to reach their true potential in becoming competent, ethical, caring, and inquiring health professionals for the benefit of the country and the wider world.

MISSION OF SMDC

Sharif Medical & Dental College is dedicated to best serve the nation through preservation and dissemination of advanced knowledge and educating the students by latest trends in learning and research reaching levels pars excellence.

The Institution is committed to provide standardized quality medical education to its students by inculcating professional knowledge, skills and responsibilities in them with the aim of:

- Preparing them as modern physicians having initiative to act as future leaders in their respective fields and becoming lifelong learners.
- Encouraging the spirit of critical thinking through research and publication.
- Building up an understanding of the ethical values compatible with our religion, culture and social norms.
- Developing a sense of being responsible citizens of the society possessing professional competence and instilling in them the values of hard work and dedication thus preparing them to be accountable to the stakeholders and the state.

The Institution is devoted to keep abreast its faculty with the latest trends in Medical Education encompassing teaching/learning methodologies, assessment tools, research opportunities and professionalism to facilitate their professional development, competencies and commitment towards continues learning.

Our patient-centered mission is achieved by outstanding medical care & services in professional practice with due emphasis and focus on our local health needs.

Our mission further elaborate upon establishing academic and research facilities in areas of local demand under global gold standards and leading advancement in research, education & patient care.

VISION OF SMDC

To be recognized for the provision of a safe and functional environment conducive to collaborative teaching & learning, comfortable working atmosphere, and conducting world class research through professionalism and excellence.



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PLANNED TEACHING ACTIVITIES

Following teaching plan of behavioral sciences has been designed to impart core knowledge, skills and attitude in a manner that an undergraduate student can grasp the subject fully and is adequately prepared for university examinations.

Lectures:

A total of 30-36 lectures by the faculty members are planned for the entire year. The lectures will be interactive and active learning is encouraged. The students are required to study the topic with the help of prescribed textbooks in light of the learning objectives of the topic enunciated by the teacher at the beginning of each lecture.



TEACHING PROGRAM FOR LECTURES

Sr. No	Topics	Facilitator
1.	Introduction to Behavioural Sciences	Ms. Sarah
2.	Holistic vs. Traditional Allopathic Medicine	Ms. Sarah
3.	Health Care Models and their Clinical Applications	Ms. Sarah
4.	Non-Pharmacological Interventions	Ms. Sarah
5.	Communication Skills	Ms. Sarah
6.	Psychology in Medical Practice	Ms. Sarah
7.	Test	
8.	Learning	Ms. Kanwal
9.	Learning	Ms. Kanwal
10.	Perception	Ms. Sarah
11.	Thinking	Ms. Sarah
12.	Metacognition	Ms. Sarah
13.	Intelligence	Ms. Sarah
14.	Memory	Ms. Sarah
15.	Memory	Ms. Sarah
16.	Emotions	Dr. Ayaz
17.	Motivation	Ms. Sarah
18.	Motivation	Ms. Sarah
19.	Test	
20.	Personality Development	Ms. Kanwal
21.	Personality Development	Ms. Kanwal
22.	Personality Development	Ms. Kanwal
23.	Neurobiological Basis of Emotion	Dr. Tehmina
24.	Neurobiological Basis of Language	Dr. Ayaz
25.	Neurobiological Basis of Memory	Dr. Tehmina
26.	Neurobiological Basis of Arousal	Dr. Ayaz
27.	Neurobiological Basis of Sleep	Dr. Tehmina
28.	Test	
29.	Guiding Principles of Medical Ethics	Dr. Ayaz
30.	Common Ethical Dilemmas	Dr. Tehmina
31.	Common Ethical Dilemmas	Dr. Tehmina
32.	Doctor-Patient Relationship and Rights & Responsibilities	Dr. Ayaz
33.	Psychological Reactions in Doctor-Patient Relationship	Ms. Kanwal
34.	Professionalism in Healthcare	Ms. Sarah
35.	Test	
36.	Sociology and Healthcare	Ms. Sarah
37.	Child Rearing Practices	Ms. Sarah
38.	Sick Role	Dr. Ayaz
39.	Stigma and Compliance	Dr. Tehmina
40.	Culture and Healthcare	Ms. Sarah
41.	Test	



LIST OF LECTURES AND LEARNING OBJECTIVES

Topics	Learning objectives
Introduction to Behavioural Sciences	<ul style="list-style-type: none"> • Define behavioural sciences • Identify the disciplines that constitute behavioural sciences • Understand the relevance and utilization of behavioral sciences in clinical practice
Holisticvs.TraditionalAllopathicMedicine	<ul style="list-style-type: none"> • Define holistic medicine and allopathic medicine • Enlist the advantages and disadvantages of holistic medicine and allopathic medicine
HealthCareModelsandtheirClinicalApplications	<ul style="list-style-type: none"> • Define bio-psycho-social model of health care • Comprehend the evolution and scope of the bio-psycho-social model • Describe integrated model of health care • Describe public health care model.
Non-PharmacologicalInterventions	<ul style="list-style-type: none"> • Describe principles of effective communication • Understand verbal and non-verbal communication • Enlist the Do's and Don'ts of communication, counseling etc. • Demonstrate communication skills, counselling skills and their various applications i.e. informational care, breaking bad news, conflict resolution, crisis intervention, handling difficult patients etc. • Conduct interview of patient and his/her relative using effective communication skills
CommunicationSkills	<ul style="list-style-type: none"> • Describe principles of effective communication • Understand verbal and non-verbal communication • Enlist the Do's and Don'ts of communication, counseling etc. • Demonstrate communication skills, counselling • Conduct interview of patient and his/her relative using effective communication skills
PsychologyinMedicalPractice	<ul style="list-style-type: none"> • Identify the role of psychological factors in the etiology, precipitation and management

	<p>of illness</p> <ul style="list-style-type: none"> • Understand the role of psychological and social factors in diseases causing disability, handicap and stigma • Explain the medically unexplained physical symptoms
Learning	<ul style="list-style-type: none"> • Define learning • Describe different types of conditioning and their clinical applications • Comprehend learning principles and techniques for developing new healthy behaviors, shaping patients' behaviors during disease and health and gaining insight into the behaviors of patients, colleagues and other professionals.
Perception	<ul style="list-style-type: none"> • Comprehend principles of perception • Explain abnormalities of perception
Thinking	<ul style="list-style-type: none"> • Define thinking and its application in problem-solving
Metacognition	<ul style="list-style-type: none"> • Define Metacognition • Demonstrate use of metacognition in academic and personal life
Intelligence	<ul style="list-style-type: none"> • Define intelligence • Describe IQ test and its clinical applications
Memory	<ul style="list-style-type: none"> • Describe memory, its types and clinical correlates • Demonstrate techniques to improve memory
Emotions	<ul style="list-style-type: none"> • Define emotion and its types • Understand different types of emotional expression • Explain emotional intelligence • Demonstrate various methods to improve emotional
Motivation	<ul style="list-style-type: none"> • Define motivation • Explain different types of human needs
PersonalityDevelopment	<ul style="list-style-type: none"> • Define personality • Identify the stages of normal personality development (psychodynamic, psychosocial, cognitive) • Describe personality disorders
NeurobiologicalBasisofEmotion	<ul style="list-style-type: none"> • To understand the neurobiology of emotions
NeurobiologicalBasisofLanguage	<ul style="list-style-type: none"> • To understand the neurobiology of language
NeurobiologicalBasisofMemory	<ul style="list-style-type: none"> • To understand the neurobiology of memory



NeurobiologicalBasisofArousal	<ul style="list-style-type: none"> To understand the neurobiology of arousal
NeurobiologicalBasisofSleep	<ul style="list-style-type: none"> To understand the neurobiology of sleep
GuidingPrinciplesof MedicalEthics	<ul style="list-style-type: none"> Define medical ethics Understand the relevance and scope of medical ethics Describe principles of medical ethics and their clinical applications Understand evolution of contemporary bioethics, its characteristics and relevance to practice and research
CommonEthicalDilemmas	<ul style="list-style-type: none"> Identify common ethical dilemmas in a health professional's life Demonstrate ethical behavior towards ethical dilemmas Debate the implications of euthanasia from social, moral, legal and religious perspectives
Doctor-PatientRelationshipandRights&Responsibilities	<ul style="list-style-type: none"> Understand rights and responsibilities of doctors and patients Demonstrate rights and responsibilities of doctors and patients
PsychologicalReactionsinDoctor-PatientRelationship	<ul style="list-style-type: none"> Describe the dimensions and limits of doctor-patient relationship
ProfessionalisminHealthcare	<ul style="list-style-type: none"> Enlist knowledge, skills and attitudes of medical professional Demonstrate professional attitude during the clinical interactions
SociologyandHealthcare	<ul style="list-style-type: none"> Define family, social groups, social structures and roles
ChildRearing Practices	<ul style="list-style-type: none"> Identify and explain psychosocial aspects of culturally contingent phenomena e.g. child rearing practices, death and dying
SickRole	<ul style="list-style-type: none"> Describe the role of social support and religion to support a patient Demonstrate counseling of patient to overcome the sick-role Describe sick role and its management
StigmaandCompliance	<ul style="list-style-type: none"> Demonstrate counseling of patient to address stigma related to the illness Explain stigma and its effect on patient's illness and health-seeking behavior Define treatment adherence and various strategies to improve it



	<ul style="list-style-type: none">• Demonstrate counseling of patient to improve the treatment adherence
CultureandHealthcare	<ul style="list-style-type: none">• Describe the influence of socio-cultural factors such as gender, race, social class, family and occupations on health and disease



ASSESSMENT PLAN

Following modes of assessment are planned for 1st year BDS class in the subject of Behavioral Sciences. This plan has been designed keeping in view the university curriculum and hopefully will facilitate the students in preparing for 2nd professional examination in the subject.

Class Tests:

These will be conducted at the completion of every section. The test will comprise of MCQs and SEQs on the pattern of university examinations.



STAFF CONTACTS

Name	Role	Contact
Asst. Prof. Dr. Ayaz M. Khan	Head of Department	dr.ayazmkhan@gmail.com
Mrs. Sarah Shirazi	Course Coordinator	shirazi1255@gmail.com



RECOMMENDED TEXTBOOKS & REFERENCE BOOKS

Recommended Books

- Handbook of Behavioral Sciences for Medical and Dental Students (3rd Edition) by Mowadat H. Rana
- BRS Behavioral Science (7th Edition) by Barbara Fadem

Reference Books

- Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry (11th Edition) by Benjamin J. Sadock, Virginia A. Sadock, Pedro Ruiz
- Shorter Oxford Textbook of Psychiatry (7th Edition) by Paul Harrison , Philip Cowen, Tom Burns
- Atkinson and Hilgard's Introduction to Psychology (16th Edition) by Nolen Et Al, Susan Nolen-Hoeksema