



Study Guide
OF BEHAVIOURAL SCIENCES

For BDS 3rd Year



MESSAGE FROM THE PRINCIPAL

AVICENNA DENTAL COLLEGE



Prof. Dr. Sohail Abbas Khan

{MDS, Dip Op (Hons) BDS}

It is a matter of immense honour and privilege as the first Principal of Avicenna Dental College to welcome you to prospectively one of the finest dental institutes in the private sector of Pakistan. Avicenna Dental College is a private dental college, which aims to provide the finest dental education to dental undergraduate student in accordance with the latest trends in Medical Education, and to develop them to practice dentistry in the 21st century.

While educating dental students to become licensed, empathetic and competent professionals, Avicenna Dental College endeavours to educate students in a supportive environment in which they provide dental care for a diverse populace. In the times to come, we wish to transform our graduates into unfeigned teachers, researchers and consultants by starting post-graduation programs as well.

Avicenna Dental College aims to achieve an enterprising curriculum integrating the basic sciences with clinical experience while utilizing modern technological modalities.

In addition to the production of outstanding oral health professionals, we at Avicenna Dental College recognize our responsibility as a private dental institution to the citizens of the country in making the provision of oral the provision of oral health care available to those who are deprived of ready access.

I feel proud to lead this dental establishment such an inspiring time and hope all of you at Avicenna Dental College will share this pride and play your respective roles in materializing the dream of making this institution the premier dental educator in Pakistan.

AVICENNA DENTAL COLLEGE



MESSAGE FROM HOD – BEHAVIOURAL SCIENCES



DR.FATIMA ASLAM

M.B.B.S.,M.PHIL(BEHAVIORAL SCIENCES)

ASSISTANT PROFESSOR

The infrastructure of the department includes ECT, EEG and ECG machines. MPS is also available. Departmental library has quality reference books on the subject to assist our students to learn the most modern and psychological techniques that are being used all over the world to counsel, treat and guide patients.

Undergraduate students are given a firm base in the science of psychiatry through a teaching program that balances theory and clinical demonstration. The outpatient department receives patients from all walks of life, with problems that range from minor mental disturbances to major disorders. The department also has inpatient facilities with beds. Special care is taken for addiction cases and motivational counselling.

STUDY GUIDE OF BEHAVIOURAL SCIENCES

Based on Anatomy, Physiology, Psychology, Sociology, Anthropology

- Link of Health with Behavioral Sciences
- Desirable Attitudes in Health Professionals
- Bio-Psycho-Social Model of Health Care
- Integrated Health Care model; Correlation of brain, mind and Behavioral Sciences
- Holistic vs Traditional Allopathic Medicine
- Empathy, apathy and sociopathy
- Public Health Care Model
- Define perception, what factors affect the perception
- Definition of the terms like attention and concentration. What factors affect them?
- Define memory and describe its stages, types and methods to
- Improve it
- Different types of amnesias and causes
- Define thinking; describe its types and theories.
- What is cognition, meta-cognition and levels of cognition?
- Discuss problem solving and decision making strategies
- Define communication
- Characteristics of a good communicator and Communication skills

- Describe ways to recognize non-verbal cues and body language
- Define personality
- What are cognitive and psychodynamic and psychosocial developmental theories of personality?
- What factors affect personality development?
- How personality can be assessed?
- Types of personalities and personality disorders
- Influence of personality in determining reactions during health, disease, hospitalization and stress
- Define intelligence and the various types of intelligence.
- Relevance of IQ and EQ in the life of a doctor.
- Define emotions. What are the various types of emotions?
- Emotional Intelligence and factors influencing the E.Q
- Emotional Quotient (EQ) concept & utility,
- Define motivation and what are the types of motivation?
- Define learning, Principles of learning, modern methods and styles of learning, types of learners, cognitive theory of learning and its use in enhancing learning
- Define and classify stress and stressors
- Relationship of stress and stressors with illness
- Concept of life events and their relationship with stress and illness
- What are coping skills?
- What is psychological defense mechanism?
- What is concept of adjustment and maladjustment?
- Substance abuse like tobacco use, alcohol, Cannabis and other drug abuse and tolerance , dependence
- Collecting data on psychosocial factors in Medicine/Surgery/
- Reproductive Health/Paediatrics and other general health conditions
- Define types of interview and listening
- Skills of interviewing and listening
- Discuss the doctor-patient relationship.
- What is the concept of boundaries and psychological reactions in doctor patient relationship (such as transference and counter transference)
- What is the concept of medical/dental ethics? Common ethical dilemmas in doctor-patient relations, interaction with families, teachers, colleagues, pharmaceutical industry
- Attitude, value, belief, myths, social class, stigma, sick role and illness, health belief models
- Grief and bereavement, Family and illness,
- Dealing with difficult patients
- Symptoms, presentation and culture.
- Illness and Behaviour (sick-roles, stigma, Somatization)

- Treatment Adherence (Compliance)
- What are the psychosocial aspects of illness, hospitalization, rape, torture, terminal illness, death
- Breaking bad news: Introduction, Models, Methods, Death of the patient, abnormal baby, intractable illness
- Psychosocial correlates of hospitalization, illness behaviour, sick-roles
- Psychosocial issues in Emergency Departments, Intensive Care and Coronary Care Units, Operating Theatres, Cancer wards, Burn Units
- Organ Transplant Units, Anaesthesia, Dialysis Units, pediatrics wards, reproductive Health
- Psychological influences on sleep and consciousness, Nonpharmacological methods of inducing sleep, changes in consciousness
- Principles of effective communication, active listening, the art of questioning, the art of listening.
- Good and bad listener. Counselling: Scope, Indications and
- Contraindications, Steps, Do's and Don'ts, How to deal with real life
- Conflict situations and resolutions in health settings
- Crisis Intervention and disaster management in various type of crisis; natural and man-made
- Informational Care: A practical method of communication between the doctor and patient. Rights and Responsibilities of patients
- Role of psychological factors in the etiology of health problems, in precipitation and management of illnesses
- Role of psychological and social factors in diseases; causing disability, handicap and stigma
- Role of psychological factors in patients reactions to illness
- Medically unexplained symptoms and somatic symptoms, persistent pain disorders
- Dissociative and possession states
- Delirium and dementia
- Psychosocial aspects of aging, death and dying and Psycho-trauma,
- Psycho-social Peculiarities of Dentistry
- Psychosocial Aspects of Alternative medicine
- Gender and Sexuality identity and disorders; issues in our cultural and religious context
- Terrorism and the characteristics of a terrorist and factors in causation of terrorism
- How to deal with these issues of terrorism
- Dealing with patients with deliberate self-harm and suicide/parasuicide
- Assessment of high Risk patients/offenders and antisocial personalities
- **MEDICAL ETHICS and Professionalism**
- **Hippocratic Oath in Medical Practice**
- Principles of Autonomy, Beneficence Non-maleficence and Justice
- Informed consent
- Confidentiality and record keeping

- Breach of confidentiality
- Privacy
- Develop and defend a personal moral view on ethical dilemmas; according to religious, cultural and legal perspectives. For example, euthanasia, end of life issues.
- Existentialism
- Rights and responsibilities of the Doctors
- Psychological Reactions in Doctor-Patient Relationship; Social Bonding, Dependence, transference, Counter-transference, Resistance, unwell/Burn-out Physician
- Professionalism in Health Care; Knowledge, Skills, Attitudes