

Course Unit	Communication and Relational Behavior in Health		Field of study	Health	
Master in	Applied Health Sciences - Community Intervention		School	School of Health	
Academic Year	2022/2023	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.5
			Code	5055-668-1201-00-22	
Workload (hours)	121,5	Contact hours	T -	TP -	PL -
			TC -	S -	E -
			OT -	O	42

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Ana Maria Nunes Português Galvão

Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. Develop personal and interpersonal competences inherent to the therapeutic alliance
2. Promote personal development
3. Develop communication in health literacy

Prerequisites

Not applicable

Course contents

Health communication, personal and instrumental skills. Axioms of language and communication. Relational behavior in health. Interpersonal skills. Communication skills training and interpersonal skills. Psychological coaching.

Course contents (extended version)

1. Health communication: clinical communication skills
2. Personal skills
3. Interpersonal skills
4. Axioms of language applied to health communication and interpersonal relationships
5. Instrumental skills
6. Health communication tools: empathy; self knowledge
7. Health communication literacy
8. Communication skills training for health professionals
9. Clinical interview: stages; construction of the user, health professional interpersonal relationship
10. Motivational interview. Psychological coaching applied to health

Recommended reading

1. Galvão, A. (2019). Unidade Curricular de Comunicação e Relação de Ajuda – Plano de Estudos do Mestrado em Enfermagem de Saúde Familiar: 2.º Ciclo (Provas de Agregação). Universidade Fernando Pessoa.
2. Sequeira, C. (2016). Comunicação Clínica e Relação de Ajuda. Lisboa: Lidel.
3. Phaneuf, M. (2005). Comunicação, Entrevista, Relação de Ajuda e Validação. Lisboa: Lusodidacta.
4. Neves, J., Garrido, M., & Simões, E. (2006). Manual de Competências Pessoais, Interpessoais e Instrumentais - Teórica e Prática (3ª ed.). Lisboa: Edições Sílabo.
5. Cardoso, R. M. (2018). Competências clínicas de comunicação. Porto: Edições Afrontamento.

Teaching and learning methods

Live Streaming Zoom Platform Flipped Classroom Case Studies

Assessment methods

1. Continuous Evaluation - (Regular, Student Worker) (Final)
 - Practical Work - 40%
 - Final Written Exam - 60%
2. Recourse and Special - (Regular, Student Worker) (Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese

Electronic validation

Ana Maria Nunes Português Galvão	Ana Maria Geraudes Rodrigues Pereira	Maria Cristina Martins Teixeira	Adília Maria Pires da Silva Fernandes
11-04-2023	12-04-2023	04-05-2023	04-05-2023