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| Lesson Plan | |
| **Teaching Unit** | Communication |
| **Title** | **Core Communication Skills for Palliative Care -** **Self-awareness: communication skills** |
| **Learning Outcome** | Understand the practical application and effect of core communication skills. |
| **Summary** | Communication skills are important for patient’s wellbeing, for ensuring proper care and a therapeutic patient – doctor relationship. Doctors have to aware of their strengths and shortfalls in the area of communication. Self-awareness is defined as an individual's tendency to pay attention to his or her own emotions, attitudes, and behavior in response to specific situations but also as an enquiring into own competence and evaluating own capabilities and personal effectiveness. The aim of the session is to enable students to self asses their communication skills and develop plans to strengthen them |
| **Learning Objectives**  **C- Cognition**  **S – Skills**  **A – Attitudes** | Cognition/ Knowledge   * Critically reflect on own (his/her) strengths and areas for improvements in applying communication skills in medical practice   Skills   * Perform a self-assessment of own communication skill based on a given model seminar + self-directed (SWOT? simulation+ peers feedback) * Seek and discuss feedback received concerning own communication skills |
| **Learning Methods** | Classroom teaching 30 min  Video  Lecture  Case vignettes  Q/A session  Self-study  Seminar 60 min  Presentation  SWOT  Work in pairs  Group feedback and Reflection |
| **Timing** | **Classroom teaching 30 min**  Video plus voting 5 min  Lecture 10 min  Case vignettes plus Q/A session 10 min  Lecture + closure 5 min  **Self-study:** Interpersonal communication skills inventory <https://docplayer.net/1544966-Interpersonal-communication-skills-inventory.html>  **Seminar 60 min**  Discuss results of self-assessment - Interpersonal communication skills inventory – list with essential communication skills in students’ perspective 10 min  Explanation of SWOT framework 5 min  Individual performing own SWOT 10 min  Models of offering feedback 10  <https://www.mindtools.com/pages/article/newTMM_98.htm>  <https://www.cmtedd.act.gov.au/__data/assets/pdf_file/0003/463728/art_feedback.pdf>  <https://www.cabrillo.edu/services/jobs/pdfs/giving-feedback.pdf>  <https://thebreak.ro/totul-despre-feedback-si-modul-in-care-acesta-trebuie-oferit/>  <https://www.traininguri.ro/ce-inseamna-feedback/>  Peer feedback on own swot in pairs 20  Group feedback and Reflection 5 min |
| **Bibliography/Resources** | <http://www.each.eu/wp-content/uploads/2014/08/Self-awareness-lecture-note-tEACH-120523.pdf>  <http://palliativecaretraining.org/PDFs/CAT04A.pdf>  <https://link.springer.com/content/pdf/10.1186%2Fs12909-017-0943-y.pdf>  <https://www.ncbi.nlm.nih.gov/pubmed/15671320>  <https://www.ejmanager.com/mnstemps/63/63-1458093945.pdf> |