

“Supporting implementation of European standards of psychosomatic care to medical services of new EU countries”

Petition for support by an EU grant

I. Justification of the petition:

Due to significant disproportions in the scope of applying a complex psychosomatic approach in diagnostics and therapy within new EU member states in relation to the old member states, it is necessary to initiate a program to help even out the above disproportions. In particular, this applies to skills of qualified health service employees such as physicians, nurses or psychologists.

Those employees within the new EU states comprise personnel of what are recently fast growing facilities directed at the treatment of psychosomatic illnesses, frequently realising relevant tasks without necessary professional qualification.

The currently observed intensive migration of professional health service personnel, possessing relative educational lacks, from new to old EU member states, is causing the need to undertake certain educational activities.

For the above reasons, EU grant support is proposed for the following task: “Supporting implementation of European standards of psychosomatic care to medical services of new EU countries”.

The primary task objective is to educate competent specialised staff in new member states, capable of conducting training of a wider group of professional health service employees as well as conduct special centres dealing with the treatment and rehabilitation of illnesses dominated by a psychosomatic component.

The proposed training program covers two-stages of instruction, the first of which involves knowledge and skills related to psychosomatics, necessary in primary medical specialities, while the second for specialised diagnostics and therapy of psychosomatic illnesses.

It is proposed the training will cover 120 physicians and psychologists, including 60 by II degree instruction. I degree instruction covers 80 hours, including 20 lecture hours and 60 training hours. II degree instruction covers 270 hours, including 90 lecture hours.

Qualification of participants in the grant program will be conducted in Poland, Lithuania, Latvia and Estonia. Consideration is being given to including a small group of persons from the Ukraine, Romania and Bulgaria. Instruction classes conducted in a parallel manner will be conducted within each of the countries participating in the program, in a selected centre geared to e-learning. I degree classes will consist of two, two-day on-site sessions realized in Warsaw at the European Centre of Psychosomatic Training. The II degree consists of an additional four, on-site blocks offered at this same centre.

The grant program will cover sponsoring of post-graduate training in the scope of psychosomatics and assisting implementation conveyed in the course of instruction on methods of clinical work. A part of the implementation program will be based on care over selected psychosomatic facilities in new European member states by acknowledged European psychosomatic centres.

II. Premises concerning program financing (detailed cost simulation to be carried out)

The program presumes the coverage of all costs to prepare a program on its merits, including didactic assistance such as writing down important diagnostic and therapeutic procedures on electronic carriers as well as initiating an internet didactic portal. The financing of two work meetings of the executive team is planned in the preparatory stage.

Tasks of the primary stage of the program (direct course of educational activities and assisting implementation) will be financed in part by EU funds. Grant funding will be slated for didactic activities to be realized by the European Centre of Psychosomatic Training (six,

on-site, two-day lecture-training sessions and twelve e-learning sessions), delegation costs associated with travel to countries participating in the lecture program as well as guardians of implementation programs and costs associated with program management.

Program participants include physicians and psychologists undertaking instruction, as well as psychosomatic centres joining the program. Costs on the side of program participants include travel, food and lodging of persons signing up for the training, costs to organize and operate local didactic centres operated in conjunction with the European Centre. These centres are to ensure organization of parallel e-learning sessions, organization of group classes such as Balint groups, self-training groups, supervised meetings to discuss cases. Local centres should also ensure organization of the stay of program supervisors at a local centre.

The program shall also be partially sponsored by leading European psychosomatic centres. Within the confines of the grant they will only settle costs directly associated with participation in the program, while sponsoring the program in terms of overall and accompanying costs.

III. Program realisation period – two years, including a six month preparation stage

IV. Didactic programs

Curriculum

Psychosomatische Grundversorgung (80 hours)

**(Basics of complex psychosomatic therapy) or
(Psychological and psychotherapeutic skills in general medical practice)**

1. Theoretical lectures– 20 hours,
2. Patient – physician relationships – 30 hours,
(group meetings according to Balint – 15 meetings)
3. Difficult situations, techniques of verbal communication – 30 hours

Target group: family physicians, internists, paediatricians

Training period: six months (one semester)

Form of training: classroom instruction, e-instruction, group training meetings

Possibility of obtaining credit for documented theoretical and training classes in the scope covered by the curriculum, realized over the last three years.

Skills curriculum

Clinical psychosomatics (270 hours)

1. theoretical lectures– 140 hours
2. participation in self-instruction groups - 40 hours
3. patient- physician relations – 60 hours,
(group meetings according to Balint – 30 meetings)
4. supervised analysis of clinical cases – 30 hours (15 meetings)

Target group: psychiatrists, internists and psychologists – working in units and clinics directed towards treating illnesses with a dominant psychosomatic component

Minimum professional experience: 2 years.

Minimum training period: 18 months (three semesters)

Form of training: classroom instruction, e-instruction, group training meetings

Possibility of obtaining credit for documented theoretical and training classes in the scope covered by the curriculum, realized over the last three years, particularly in the curriculum scope of basics of complex psychosomatic therapy.