



Universidad
de Navarra

Practice of Medicine I (F. Medicina)

Subject guide 2025-26

INTRODUCTION

Description of the course: Medical Practice I is a longitudinal course that prepares students for clinical internships. Students are taught basic clinical skills such as medical interviewing, physical examination, and procedures through small group workshops, simulations, and standardized patients.

Type of course: Required

ECTS: 6

Course and semester: 1st year, annual

Language: English

Title: Degree in Medicine

Module and subject of the course: Module I: Morphology, Structure and Function of the Human Body. Subject 2: Fundamentals of Medicine.

Teachers: Professor Jennifer Simoni (jsimoni@unav.es), Professor Elise Fabios (efabios@unav.es)

Schedule: Wednesdays from 9:00 to 11:30 a.m. OR 2:30 to 5:00 p.m. (See schedule)

Classroom: Different classrooms depending on the workshop (See schedule)

COMPETENCIES

Basic Competencies

CB1 To possess and understand knowledge in an area of study that starts from the base of general secondary education and is usually at a level that, although based on advanced textbooks, also includes aspects that involve knowledge from the forefront of their field of study.

CB5 To have developed the learning skills necessary for further studies with a high degree of autonomy.

General Competencies

CG1 Recognize the essential elements of the medical profession, including ethical principles, legal responsibilities and patient-centered practice.

CG2 Understand the importance of such principles for the benefit of the patient, society and the profession, with special attention to professional confidentiality.



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CG4 Develop professional practice with respect for patient autonomy, beliefs and culture.

CG13 Obtain and complete a clinical history containing all relevant information.

CG14 Perform a physical examination and mental assessment.

CG21 Listen carefully, obtain and summarize relevant information about the patient's problems and understand the content of this information.

CG22 Write medical histories and other medical records in a way that is understandable to others.

CG23 Communicate effectively and clearly, both orally and in writing, with patients, family members, the media and other professionals.

CG24 Establish good interpersonal communication skills to be able to effectively and empathetically address patients, relatives, media and other professionals.

Specific Competencies

CE20 Perform functional tests, determine vital parameters and interpret them.

SC21 Basic physical examination.

SC24 Confidentiality.

SC36 Knowing how to approach professional practice respecting the patient's autonomy, beliefs and culture.

SC63 Knowing the aspects of communication with patients, relatives and their social environment: models of clinical relationship, interview, verbal and non-verbal communication and interferences.

SC65 Write histories, reports, instructions and other records, in a way that is understandable to patients, family members and other professionals.

CE103 Knowing how to perform a complete anamnesis, focused on the patient and oriented to the different pathologies, interpreting its meaning.

CE104 Know how to perform a physical examination by apparatus and systems, as well as a psychopathological examination, interpreting its meaning.

CE146 Assess the nutritional status and develop a diet appropriate to the different circumstances.

PROGRAM



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Clinical Interview

Class: Doctor-patient interview: General aspects

Workshop: Clinical Interview. Standardized patient Interviews (I)

Workshop: Clinical Interview. Standardized patient Interviews (II)

Essential elements in medical practice

Class: The Doctor Patient Relationship

Class: To be a Doctor

Class: Reflection

Class: Intro to AI in Learning and Medicine

Physical examination

Class: Physical examination: General introduction

Workshop: Anthropometry

Workshop: Palpation, percussion and auscultation

Workshop: Vital signs

First aid

Class: CPR and first aid protocols.

Workshop: Basic CPR and airway obstruction in adults. Essential action in wounds, burns, convulsions, toxics, etc. Immobilization

Workshop: Basic CPR and airway obstruction in children. Essential action in pediatric first aid.

Procedures

Class: Theoretical and practical aspects. Hand washing, use of gloves, injections and blood draws.

Workshop: Injection techniques. Blood extraction.

Complementary diagnostic tests

Workshop: Respiratory function tests/Spirometry



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Introduction to Research

Four seminars throughout the year

EDUCATIONAL ACTIVITIES

Class hours - 54.5 hours

Which includes:

Interactive classroom sessions

Workshops in the Simulation Center with standardized patients

Workshops in the Simulation Center with simulators

Introduction to Research

ATTENDANCE TO THE WORKSHOPS/CLASSES ARE MANDATORY

EVALUATION

How will you be graded for the year?

1. Continuous evaluation will make up 30% of your grade:

Class Quizzes - 10% - (may not be taken from home)

Attendance - 10%

Reflections - 10%

***Special note on attendance*—This is 10% of the total grade, which will be graded on a scale of 80-100% for attendance. (For example, a student who attends 95% of the classes will receive a grade of 9.5/10.) If the overall attendance grade is below 80%, the grade will be 0/10.**

2. Exams will make up 70% of your grade:

Practical Fall Exam with Standardized Patient (November) - 20%

Fall Exam Short Answer (December) - 15%

Practical Spring Exam (only on material learned in the second half of the course) - 20 %

Multiple-choice Spring Exam (only material learned in the second half of the course) - 15%



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(The practical spring exam is called an ECOES, Ensuring Competence of Essential Skills. The student will be individually evaluated on skills acquired during the spring workshops, which will make up 20% of the grade, and a multiple-choice theory exam from material learned in the second half of the year, which will be 15%.)

EXTRAORDINARY EXAM - If you don't pass, you will be given a second chance, and this is how you will be evaluated:

Theoretical: Short questions.

Practical exam: Students will be individually assessed on skills learned throughout the year.

OFFICE HOURS

You can communicate through ADI or by email. We are happy to discuss or meet with you about any questions or issues you may have about POM I.

Professor Jennifer Simoni

By appointment: jsimoni@unav.es

Location: Office 3F01 (next to classroom 3F03)

Professor Elise Fabios

By appointment: efabios@unav.es

Location: Office 3F01 (next to classroom 3F03)

REFERENCES AND RESOURCES

Required reading:

Bates. Lynn S. Bickley. PHYSICAL EXAMINATION & MEDICAL HISTORY GUIDE.
Thirteenth edition. LWW Ed. [Find it at the Library](#)

Bates is available in the reference section of the science library and online through the link above.

Reading from the textbook, Bates is required before most classes. The list of pages required before each class is in the homework tab in ADI. The entire year's reading list is located there.



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Additional Reference books:

Macleod. Clinical Exploration. Thirteenth third edition. Elsevier ed.

Macleod's Clinical Examination. 13th Edition. Elsevier. [Locate in the Library](#).