Universidad de Navarra

Practice of Medicine I (F. Medicina)

Subject guide 2026-27

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 11:30 a.m. to 2:00 p.m. AND/OR 2:30 to 5:00 p.m. (See schedule)

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

LEARNING OUTCOMES

LO1 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.

LO5 To have developed the learning skills necessary for further studies with a high degree of autonomy.

LO6 Recognize the essential elements of the medical profession, including ethical principles, legal responsibilities and patient-centered practice.

LO7 Understand the importance of such principles for the benefit of the patient, society and the profession, with special attention to professional confidentiality.

LO9 Develop professional practice with respect for patient autonomy, beliefs and culture.

LO18 Obtain and complete a clinical history containing all relevant information.

LO19 Perform a physical examination and mental assessment.

LO26 Listen carefully, obtain and summarize relevant information about the patient's problems and understand the content of this information.

LO27 Write medical histories and other medical records in a way that is understandable to others.

LO28 Communicate effectively and clearly, both orally and in writing, with patients, family members, the media and other professionals.

LO29 Establish good interpersonal communication skills to be able to effectively and empathetically address patients, relatives, media and other professionals.

LO66 Perform functional tests, determine vital parameters and interpret them.

LO67 Basic physical examination.

LO70 Confidentiality.

LO82 Knowing how to approach professional practice respecting the patient's autonomy, beliefs and culture.

LO109 Knowing the aspects of communication with patients, relatives and their social environment: models of clinical relationship, interview, verbal and non-verbal communication and interferences.

LO111 Write histories, reports, instructions and other records, in a way that is understandable to patients, family members and other professionals.

LO149 Knowing how to perform a complete anamnesis, focused on the patient and oriented to the different pathologies, interpreting its meaning.

LO150 Know how to perform a physical examination by apparatus and systems, as well as a psychopathological examination, interpreting its meaning.

LO192 Assess the nutritional status and develop a diet appropriate to the different circumstances.

PROGRAM

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

Class: Note-taking and Professionalism

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

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

Universidad de Navarra

ATTENDANCE TO THE WORKSHOPS /CLASSES ARE MANDATORY

EVALUATION

How will you be graded for the year?

1. Continuous evaluation will make up 40% of your grade:

Class Quizzes - 15% - (may not be taken outside of class)

Attendance - 15%

Reflections - 10%

Special note on attendance - This is 15% of the total grade, which will be graded on a scale out of 15 possible points. (For example, a student who attends 95% of the classes will receive a grade of 14.25/15 points.) If the student attends 80% of the time, then they will receive 12/15 points.

If the overall attendance grade is below 80%, the grade will be 0/15.

If you cannot make class, please e-mail me.

2. Exams will make up 60% of your grade:

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

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

Multiple-choice Spring Exam (material learned all year) - 20%

(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 all year, which will be 20%.)

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.

Additional Reference books:

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

Macleod's Clinical Examination. 13th Edition. Elsevier. Locate in the Library.