



Stress management for dentists

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine and Dentistry
Field of study	English Dentistry Division
Main scientific discipline	Medical science
Study Profile	General academic
Level of studies	Uniform MSc
Form of studies	Full-time program
Type of module/ course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health ul. Pawińskiego 3a, 02-106 Warszawa, tel.: 22 116 63 35 e-mail: msizp@wum.edu.pl

Head of Educational Unit / Heads of Educational Units	Prof. dr hab. n. med. Aneta Nitsch-Osuch
Course coordinator	Prof. dr hab. n. med. Aneta Nitsch-Osuch; anitsch@wum.edu.pl
Person responsible for syllabus	Dr hab. Magdalena Łoś; mbogdan@wum.edu.pl
Teachers	Dr hab. Magdalena Łoś; mbogdan@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	III-V – winter and summer semester	Number of ECTS credits	1.00
FORMS OF CLASSES	Number of hours	ECTS credits calculation	
Contacting hours with academic teacher			
Lecture (L) in the form of e-learning	10	0.7	
Seminar (S) in the form of e-learning	5	0.3	
Practical classes (PC) in the form of e-learning			
Unassisted student's work			
Preparation for classes and completions	15		

3. COURSE OBJECTIVES

O1	This course will cover the major information about well-being, including stress management and counteracting burnout in dental practice.
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4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of effect of learning in accordance with standards of learning <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019)</i>	Effects in time
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Knowledge – Graduate* knows and understands:

D.W1.	the current topic regarding the dimensions of health and disease, the influence of the social environment (family, networks of social relations) and communities and socio-cultural switches on health, as well as social threats to life protection and self-destructive behaviors
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Skills– Graduate* is able to:

D.U4.	build an atmosphere of trust throughout the diagnostic and treatment process
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* In appendix to the Regulation of Minister of Science and Higher education from 26th of July 2019, „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING (non-compulsory)

Number of effect of learning	Effects of learning i time
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Knowledge – Graduate knows and understands:

W.1.	the types of stress, the effects of excess stress on the nervous system and methods of reducing it
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Skills– Graduate is able to:

U.1.	perform exercises to reduce stress and regulate emotions
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Social Competencies – Graduate is ready for:

K.1.	knows awareness of one's own limitations and the ability to constantly improve oneself
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6. CLASSES

Form of class	Class contents	Effects of Learning
Lectures (L) in the form of e-learning	L1 - Lecture 1 – Introduction. Stress and biology – the effects of excess stress on the nervous system.	D.W1., D.U4., W.1., U.1., K.1.
	L2 - Lecture 2 - Steps to beating professional stress, burnout and	D.W1., D.U4., W.1., U.1., K.1.

	overstimulation. L3 - Lecture 3 - Stress reduction methods and emotion regulation – meditation, mindfulness, bodywork (body scanning), yoga, relaxation exercises, breathing techniques L4 – Lecture 4 - Working with emotions and beliefs – analysis of sample methods: cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), EMDR.	D.W1., D.U4., W.1., U.1., K.1. D.W1., D.U4., W.1., U.1., K.1.
Seminars (S) in the form of e-learning	S1 – Seminar 1 – The role of lifestyle (diet, physical activity, sleep) in maintaining everyday psycho-physical wellbeing – practical approach.	D.W1., D.U4., W.1., U.1., K.1.
	S2 – Seminar 2 – Practical exercises on strengthening mental resilience in dental practice.	D.W1., D.U4., W.1., U.1., K.1.

7. LITERATURE

Obligatory

- Halbesleben J., Managing Stress and Preventing Burnout in the Healthcare Workplace (ACHE Management) 1. Edition, 2010
- Donelly G., Overcoming Secondary Stress in Medical and Nursing Practice, 2021

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
D.W1., D.U4., W.1., U.1., K.1.	Active participation in lectures on the e-learning platform.	Finishing the tasks within seminars.
D.W1., D.U4., W.1., U.1., K.1.	Active participation in seminars on the e-learning platform.	
D.W1., D.U4., W.1., U.1., K.1.	Active participation in e-learning practical classes and preparing a practical project.	Preparation a final project.
D.W1., D.U4., W.1., U.1., K.1.	The course ends without a grade (only receiving credit) and will be verified on the basis of: - active participation in lectures evaluated by the teacher, - active participation in seminars evaluated by the teacher, - preparation a final project.	

9. ADDITIONAL INFORMATION

- Course coordinator: dr hab. Magdalena Łoś, Ph.D.; mbogdan@wum.edu.pl
- The course is available on the platform www.e-learning.wum.edu.pl.
- Student must learn all materials uploaded to the modules on the platform.

4. Student must send written assignments (tasks) to the teacher (using e-learning platform) and receive a positive evaluation. Student must send them before proceeding to the final test.
5. Students are obligatory to check MUW student email account as all information are sent only by formal MUW mails.