

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Javno zdravje
Course title	Public Health

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fitoterapija/I. stopnja	Ni smeri študija	2.	3.
Phytotherapy/I st level	No specific field	2 nd	3 rd

Vrsta predmeta/Course type	obvezni/obligatory
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Univerzitetna koda predmeta/University course code	FIT_2_UN2
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Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30	15				55	4

Nosilec predmeta/Lecturer:	prof. dr. Ivan Eržen
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Jeziki/ Languages:	Predavanja/Lectures:	Slovenski / Slovenian
	Vaje/Tutorial:	Slovenski / Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
<ul style="list-style-type: none"> Vpis v drugi letnik študijskega programa. Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo. 	<ul style="list-style-type: none"> The prerequisite for inclusion is enrolment in the second year of study. Students have to successfully prepare and present a seminar paper before the examination.

Vsebina:	Content (Syllabus outline):
<p><i>Javno zdravje:</i></p> <ul style="list-style-type: none"> Opredelevitev, zgodovinski mejniki, ključni koncepti, naloge in pristopi. Javno zdravje in javnozdravstvena medicina, z dokazi podprto javno zdravje. Javno zdravje v Sloveniji. <p><i>Zdravje, bolezni, determinante zdravja in dejavniki tveganja:</i></p> <ul style="list-style-type: none"> Opredelevitve zdravja, dožemanje zdravja skozi čas, opredelitve bolezni, okvare in 	<p>Public health:</p> <ul style="list-style-type: none"> Definition, historical milestones, key concepts and approaches. Public health and public healthcare medicine, evidence-based public health. Public health in Slovenia. <p><i>Health, disease, determinants of health and risk factors:</i></p> <ul style="list-style-type: none"> Definition of health, perception of health over time, definition of the disease, failures and natural course of disease.

<p>naravni potek bolezni.</p> <ul style="list-style-type: none"> • Determinante zdravja, dejavniki tveganja. • Salutogeneza in patogeneza. • Modeli zdravja skozi čas. <p><i>Proučevanje zdravja prebivalstva:</i></p> <ul style="list-style-type: none"> • Namen, cilji in pristopi. • Epidemiološke in demografske metode, kazalniki zdravstvenega stanja prebivalcev. • Viri podatkov. • Aktualne raziskave o zdravju v Sloveniji. <p><i>Zdravstveno varstvo:</i></p> <ul style="list-style-type: none"> • Opredelitev, ravni, pravni, eticni in ekonomski vidiki. • Sistemi zdravstvenega varstva. • Organizacija zdravstvenega varstva/sistemi in organizacija zdravstvenega varstva v Sloveniji in v razvitih evropskih državah. • Slovenski model zdravstvenega zavarovanja/modeli zdravstvenega zavarovanja v razvitih evropskih državah. • Slovenska zakonodaja v zdravstvenem varstvu. • Strategije na področju zdravja v Sloveniji. <p><i>Preventiva, pristopi in ukrepanja v javnem zdravju:</i></p> <ul style="list-style-type: none"> • Opredelitve, ravni in ciljne skupine preventive. • Zdravstvene strategije in politike. • Promocija zdravja, zdravstvena vzgoja in vzgoja za zdravje. • Državni presejalni programi v Sloveniji in njihov pomen z vidika varovanja zdravja. <p><i>Javnozdravstveni problemi:</i></p> <ul style="list-style-type: none"> • Veliki javnozdravstveni problemi v Sloveniji, razvitem in nerazvitem svetu. • Ukrepi za zmanjševanje javnozdravstvenih problemov z različnih vidikov (posameznik, lokalna skupnost, 	<ul style="list-style-type: none"> • Determinants of health, risk factors. • Salutogenesis and pathogenesis. • Health models through time. <p><i>The study of health of the population:</i></p> <ul style="list-style-type: none"> • The purpose, objectives and approaches. • Epidemiological and demographic methods, indicators of health status of the population. • Data resources. • Current research on health in Slovenia. <p><i>Health care:</i></p> <ul style="list-style-type: none"> • Definition, levels, legal, economic and ethical aspects • Healthcare systems. • Organisation of healthcare systems and healthcare organizations in Slovenia and the developed European countries. • The Slovenian model of health insurance / health insurance models in the developed European countries. • Slovenian legislation in health care. • Strategies in the field of health in Slovenia. <p><i>Prevention, approaches and action in public health:</i></p> <ul style="list-style-type: none"> • Definitions, levels and target groups of prevention. • Health strategies and policies. • Health promotion, healthcare education and education for health. • National screening programs in Slovenia and their significance in terms of health protection. <p><i>Public healthcare problems:</i></p> <ul style="list-style-type: none"> • Great public healthcare problems in Slovenia, the developed and undeveloped world. • Measures for reducing public healthcare problems from different perspectives (the individual, the local community, the society/country). • Vulnerable groups of the population in Slovenia. • Health promotion programs for
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družba/država). <ul style="list-style-type: none"> • Ranljive skupine prebivalcev v Sloveniji. • Programi promocije zdravja za obvladovanje javnozdravstvenih problemov. 	controlling the public healthcare problems.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

1. Zaletel-Kragelj, L., Eržen, I., Premik, M. (2007). *Uvod v javno zdravje*. Ljubljana: Medicinska fakulteta, Katedra za javno zdravje.
2. Premik, M. (1998). *Uvod v epidemiologijo*. Ljubljana: Medicinska fakulteta, Inštitut za socialno medicino.
3. Health 21. The health for all policy framework for the WHO European Region. Copenhagen: WHO Regional Office for Europe, 1999. Dostopno na: <http://www.euro.who.int/document/health21/wa540ga199heeng.pdf>.
4. Albrecht T, Cesen M, Hindle D, Jakubowski E, Kramberger B, Kerstin Petric V, Premik M, Toth M. *Health Care Systems in Transition: Slovenia*. Copenhagen: WHO Regional Office for Europe on behalf of the European Observatory on Health Care Systems, 2002. Dosegljivo na: <http://www.euro.who.int/document/E76966.pdf>.

Cilji in kompetence:

Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:

- usposobljenost oceniti tveganje in aktivno promovirati zdravje in varnost za vseh ljudi v delovnem okolju,
- koherentno obvladovanje temeljnega znanja, sposobnost povezovanja znanja z različnih področij,
- razvoj veščin in spretnosti pri uporabi znanja na strokovnem področju preventivnega zdravstvenega varstva,
- usposobljenost za prevzemanje odgovornosti pri profesionalnem delu,
- usposobljenost za izobraževanje, vzgojo in mentorsko delo pri promociji zdravja,
- sposobnost izobraževati in vzgajati za ohranjanje zdravja ter dobrega počutja zdrave in bolne populacije, družbene skupnosti, skupin in posameznikov,
- sposobnost prepoznati in interpretirati znake normalnega in spreminjajočega se zdravja,
- sposobnost spoštovati pacientovo dostojanstvo, zasebnost in zaupnost podatkov,
- sposobnost uporabiti princip zdravja in

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- being able to evaluate the risk and actively promote health, improving work through the evaluation, in order to ensure the safety of all people in the working environment,
- a coherent management of fundamental knowledge, the ability of integrating knowledge from different fields,
- development of skills and talents in using knowledge in the professional environment;
- the ability of taking responsibility in professional work,
- the ability of education, upbringing and mentorship in the area of health promotion,
- being able to educate and raise for retaining health and well-being of both, the healthy and sick population, societies, groups and individuals,
- the ability to recognize and interpret the signs of a normal or changing health status;

varnosti.	<ul style="list-style-type: none"> • being able to use the principle of health and safety.
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Predvideni študijski rezultati:	Intended learning outcomes:
<p>Študent/ka:</p> <ul style="list-style-type: none"> • spozna temelje javnega zdravja in epidemioloških metod, • spozna vplive dejavnikov tveganja in determinant zdravja na zdravje posameznika, • spozna osnovne modele zdravja, • pozna koncept salutogeneze in patogeneze, • spozna sistem, organizacijo in ekonomiko zdravstvenega varstva ter njegov pomen za zdravje prebivalstva, • spozna strategije na področju zdravja v Sloveniji, • prepozna ključne javnozdravstvene probleme v svetu in njihove ukrepe, • spozna različne nivoje ukrepanja za zniževanje bremena javnozdravstvenih problemov, • razume pomen in delovanje državnih presejalnih programov v Sloveniji, • spozna pristope za varovanje, ohranjanje in krepitev zdravja prebivalcev, posebej v ranljivih skupinah prebivalstva, • spozna pristope programov promocije zdravja. 	<p>Students:</p> <ul style="list-style-type: none"> • get to know the foundations of public health care and epidemiological methods, • get to know the effects of risk factors and determinants of health on the individual's health, • get to know the basic models of health • know the concept of salutogenesis and pathogenesis, • familiarize themselves with the system, organization and economics of health care and its importance for the health of the population, • get to know the strategies in the area of healthcare in Slovenia, • recognize key public healthcare problems in the world and different levels of action, • get to know different measures for reducing the burden on public healthcare problems, • understand the importance and function of the National screening programmes in Slovenia, • get to know the approaches for protection, conservation and enhancement of health of the population, especially with the vulnerable groups of the population, • get to know the approaches of the health promotion programmes.

Metode poučevanja in učenja:	Learning and teaching methods:
<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, reševanje problemov). • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor seminarske naloge (reševanje problemov, računske naloge in razlage). 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving); • <i>tutorial</i>: preparation, presentation and a successful defence of a seminar paper (problem solving, calculation assignments and explanations).

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor seminarske naloge <p>Ocenjevalna lestvica: ECTS</p>	<p>70 %</p> <p>30 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the seminar paper <p>Grading scheme: ECTS</p>