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| | 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 |
|---|---|---------------------------------------|------------------------------------|
| Zdravstvena nega / 1. stopnja | Zdravstvena nega | 2. letnik | 3. |
| Nursing Care / 1st Cycle | Nursing Care | 2 nd year | 3 rd |

Vrsta predmeta/Course type Obvezni / obligatory

Univerzitetna koda predmeta/University course code

| Predavanja Lectures | Seminar Seminar | Sem. vaje Tutorial | Lab. vaje Laboratory work | Teren. vaje Field work | Samost. delo Individ. work | ECTS |
|--------------------------------------|----------------------------------|-------------------------------------|--|---|---|-------------|
| 30 | / | 15 | / | / | 30 | 3 |

Nosilec predmeta/Lecturer: prof. dr. Ivan Eržen

Jeziki/ Predavanja/Lectures: Slovenski / Slovenian

Languages: Vaje/Tutorial: Slovenski / Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti: **Prerequisites:**

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| Vpis v drugi letnik študijskega programa | The prerequisite for participation is enrolment in the 2 nd year of study. |
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| <p>Vsebina:</p> <p>Javno zdravje:</p> <ul style="list-style-type: none"> - Opredelitev, zgodovinski mejniki, ključni koncepti, naloge in pristopi. - Javno zdravje in javnozdravstvena medicina, z dokazi podprto javno zdravje. - Javno zdravje v Sloveniji. <p>Zdravje, bolezen, determinante zdravja in dejavniki tveganja:</p> <ul style="list-style-type: none"> - Opredelitve zdravja, dožemanje zdravja skozi čas, opredelitve bolezni, okvare in naravni potek bolezni. - Determinante zdravja, dejavniki tveganja. - Salutogeneza in patogeneza. - Modeli zdravja skozi čas. | <p>Content (Syllabus outline):</p> <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>Health, disease, determinants of health and risk factors:</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. • Determinants of health, risk factors. • Salutogenesis and pathogenesis. • Models of health through time. <p>The study of health of the population:</p> |
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| <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, družba/država). - Ranljive skupine prebivalcev v Sloveniji. - Programi promocije zdravja za obvladovanje javnozdravstvenih problemov. | <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>Healthcare:</i></p> <ul style="list-style-type: none"> • Definition, levels, legal, economic and ethical aspects • Healthcare systems. • Organisation of healthcare systems and healthcare organization in Slovenia and the developed European countries. • The Slovenian model of health insurance / health insurance models in the developed European countries. • The Slovenian legislation in healthcare. • 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 controlling the public healthcare problems. |
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- Zaletel-Kragelj, L., Eržen, I., Premik, M. (2007). *Uvod v javno zdravje*. Ljubljana: Medicinska fakulteta, Katedra za javno zdravje.
- Premik, M. (1998). *Uvod v epidemiologijo*. Ljubljana: Medicinska fakulteta, Inštitut za socialno medicino.
- 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>.
- Albreht 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 varnosti,

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 on which nursing care is based,
- development of skills and talents in using knowledge in the professional environment;
- the ability of taking responsibility in professional work,
- capability for 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 (nursing diagnosis setup);
- being able to use the principle of health and safety.

Predvideni študijski rezultati:

Intended learning outcomes:

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| <p>Znanje in razumevanje 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, • spozna 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>Knowledge and understanding Students:</p> <ul style="list-style-type: none"> • know the foundations of public healthcare and epidemiological methods, • know the effects of risk factors and determinants of health on health of the individual, • meet the basic models of health • know the concept of salutogenesis and pathogenesis, • familiarize themselves with the system, organization and economics of healthcare and its importance for the health of the population • know the strategies in the area of healthcare in Slovenia, • recognize key public healthcare problems in the world and different levels of action • know the measures for reducing the burden on public healthcare problems • understand the importance and function of the National screening programmes in Slovenia, • knows the approaches for protection, observation and enhancement of health of the population, especially with the vulnerable groups of the population, • know the approaches of the health promotion programmes. |
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| <p>Metode poučevanja in učenja:</p> <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). | <p>Learning and teaching methods:</p> <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). |
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| <p>Načini ocenjevanja:</p> <p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor seminarske naloge <p>Ocenjevalna lestvica: ECTS</p> | <p>Delež (v %) Weight (in %)</p> <p>70%</p> <p>30%</p> | <p>Assessment:</p> <p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the seminar paper <p>Grading scheme: ECTS</p> |
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