

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet Course title	Kronična in degenerativna stanja <i>Chronical and degenerative disease</i>

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Integrirana zdravstvena in socialna oskrba/2. stopnja	Ni smeri študija	1. letnik	2.
Integrated Health and Social Care / 2 nd Cycle	No study field	1 st year	2 nd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code IZSO 1 UN 5

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30		30			180	8

Nosilec predmeta/Lecturer: doc. dr. Milica Gregorič Kramberger,
prof. dr. Zmago Turk

Jeziki/ Predavanja/Lectures: slovenski/Slovenian
Languages:

Vaje/Tutorial: slovenski/Slovenian

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

Prerequisites:

<ul style="list-style-type: none"> Vpis v prvi letnik študijskega programa. Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo. 	<ul style="list-style-type: none"> A prerequisite for inclusion is enrolment in the first year of study. Student has to prepare, present and defend a project/research paper before the exam.
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Vsebina:

Content (Syllabus outline):

<p><i>Degenerativna stanja gibalnega sistema</i></p> <ul style="list-style-type: none"> Razvojne motnje, ki vplivajo na spremembe gibalnega sistema. Nastanek degenerativnih sprememb. Fiziologija staranja kosti in sklepov. Poškodbe pri starostnikih z dolgotrajnimi posledicami. Medicinska rehabilitacija in fizioterapija bolezni na gibalnih pri starostnikih. 	<p><i>Degeneration of locomotory system</i></p> <ul style="list-style-type: none"> Developmental disorders affecting the locomotor system. The occurrence of the degenerative changes. Physiology of aging bones and joints. Damage to older people with long-term consequences. Medical rehabilitation and physiotherapy diseases of the locomotor elderly.
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<p><i>Ukrepi pri degenerativnih obolenjih gibal</i></p> <ul style="list-style-type: none"> • Ergonomski pristop urejanja gibalnega prostora starostnikov. • Pripomočki za gibanje in življenje starostnikov. • Balneologija pri starostnikih in uporaba prirodnih dejavnikov v zdravljenju gibalnega sistema. • Dietna prehrana starostnika. • Prehrabena dopolnila kot del sodobne prehrane starostnika. • Rekreacija starostnikov. <p><i>Nevrodegenerativne bolezni</i></p> <ul style="list-style-type: none"> • Motorične in kognitivne motnje pri nevrodegenerativnih obolenjih • Demenca: Alzheimerjeva bolezen (AD), frontotemporalna demenca (FTD), Parkinsonova bolezen z demenco (PDD), demenca z Lewyjevim telesci (DLB) in druge oblike demence. <p><i>Individualiziran in usmerjen pristop k bolniku ter multidisciplinarnost obravnave bolnika z neurodegenerativno boleznijo.</i></p>	<p><i>Measures to support patients with degenerative diseases of locomotory system</i></p> <ul style="list-style-type: none"> • Accessories for the movement and life of the elderly • Ergonomic approach to regulating the movement area of the elderly. • Balneology for elderly and the use of Natural factors in the treatment of the locomotor system. • Dietary nutrition of the elderly. • Food supplements as part of the modern diet elderly. • Recreation for the elderly. <p><i>Neurodegenerative disorders</i></p> <ul style="list-style-type: none"> • Motor symptoms and cognitive symptoms in neurodegenerative diseases • Dementia: Alzheimer's disease (AD), frontotemporal dementia (FTD), Parkinson's disease with dementia (PDD) and dementia with Lewy bodies (DLB). <p><i>Patient centred approach with integrative and multidisciplinary approach.</i></p>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Brilej, D., Buhanec, B., Komadina, R, Vlaović, M. (2007). *Hudo poškodovani starostniki - prognostični dejavniki preživetja*. Zdravstveni vestnik; 76: I-39–45.
- Continuum (Minneapolis, Minn): *Lifelong Learning in Neurology* - Dementia April 2016;22(2).
- Gašperšič, N., Ambrožič, A., Praprotnik, S. in Tomšič, M. (2019). *Žepna revmatologija*. Ljubljana: Društvo za razvoj revmatologije.
- Jajić, I. in Jajić, Z. (2004). *Fizijatrijsko-reumatološka propedeutika*. Zagreb: Medicinska naklada.
- Halter, J., B., Ouslander, Joseph G., Tinetti, Mary E., Studenski, S., High, Kevin P., Asthana, S. (2009). *Hazzard's Geriatric Medicine and Gerontology*. 6 edition. Publisher: The McGraw-Hill Companies, Inc.
- Sasser J.R. in Moody, H.R. (2018). *Gerontology: the basics*. London; New York : Routledge.
- Touhy, T. in Jett, K. (2012). *Toward healthy aging : human needs & nursing response: Ebersole & Hess'*. St. Louis: Mosby, cop.2012.

Priporočljiva literatura/Recommended literature

- Duraković, Z. et al., (2007). *Gerijatrija - medicina starije dobi*. Zagreb: C.T. – Poslovne informacije, d.o.o.
- Kitwood, T. (2005). *Dementia Reconsidered. The person comes first*. Buckingham, New York: Open University Press.

- Bryden, C. (2005). *Dancing with Dementia. My story of living Positively with Dementia*. London and Philadelphia: Jessica Kingsley Publishers.
- Pentek, M. (1995). *Zdravo staranje*. Ljubljana: Gerontološko društvo Slovenije.
- Razboršek, V. (2000). *Depresije*. *Kakovostna starost*, leto 3, št. 1- 4,50-58.
- Mlinarič, A., Kristl, J. (2001). *Prehranska dopolnila-zdravila ali hrana*. Ljubljana: Fakulteta za farmacijo.
- Referenčne vrednosti za vnos hranil (2004)., 1. izdaja. Ministrstvo za zdravje.

Cilji in kompetence:

Učna enota prispeva k informiranju študentov o boleznih starostnikov in pridobivanju splošnih in specifičnih kompetenc bodočega diplomanta v celostni oskrbi starostnikov.

Splošne kompetence:

- razumevanje celovitosti človeka in prepoznavanje njegovih specifičnih fizičnih, psihičnih, socialnih, duhovnih in kulturnih potreb ter zmožnosti in možnosti,
- usposobljenost za komuniciranje, medpoklicno sodelovanje, timsko in projektno delo na področju skrbi za zdravje, kakovosti življenja in dobrega počutja pacientov v instituciji ali na domu.

Predmetno specifične kompetence

- zagotavljanje in izboljševanje kakovosti in varnosti v sistemu integrirane zdravstvene in socialne oskrbe,
- prepoznavanje najpogostejših zdravstvenih in socialnih problemov, ki jih prinašajo kronične bolezni,
- učinkovito odzivanje na potrebe pacientov, posameznika in skupnosti,
- individualno načrtovanje, vodenje, koordiniranje, izvajanje in vrednotenje integrirane in kontinuirane (integrativne) zdravstvene obravnave in oskrbe pacientov z različnimi razvojnimi motnjami, kroničnimi in degenerativnimi bolezenskimi stanji ter poškodbami z dolgotrajnimi posledicami,
- vsestransko in sistematično prilagajanje obravnave pacienta glede na želje, potrebe, možnosti in druge individualne okoliščine pacienta za opolnomočenje / krepitev moči in

Objectives and competences:

Learning Unit contributes to informing students about diseases of the elderly and the acquisition of general and specific competences future graduates for integrated care for older people.

General competences

- understanding the integrity of humans and identifying their specific physical, psychological, social, spiritual and cultural needs as well as capabilities and possibilities,
- the ability of communication, inter-professional cooperation, team and project work in the field of care for health, quality of life and well-being of patients in an institution or at home.

Course-specific competences

- identifying the most common health and social problems brought by chronic diseases,
- an effective response to the needs of patients, the individual and the community,
- individually planning, managing, coordinating, implementing and evaluating the integrated and continuous (integrative) health and social treatment and care of patients with a variety of chronic and degenerative conditions, as well as injuries with long-term consequences,
- the comprehensive and systematic adaptation of treatment depending on the desires, needs, possibilities and other individual circumstances of patients for empowering/strengthening the power and quality of their life with psychosocial care, employment rehabilitation, social inclusion, volunteer activities and leisure activities,

<p>kakovost življenja pacienta s psihosocialno oskrbo, zaposlitveno rehabilitacijo, socialno vključenostjo, prostovoljskimi dejavnostmi in prostočasovnimi aktivnostmi,</p> <ul style="list-style-type: none"> • prepoznavanje potreb pacientov po dodatni specialistični obravnavi in svetovanje, • medpoklicno sodelovanje pri izvajanju integrirane in kontinuirane oskrbe na področju skrbi za zdravje, kakovost življenja in dobro počutje pacientov v instituciji ali na domu, • upoštevanje kompetenc in pristojnosti sodelujočih v integrirani in koordinirani zdravstveno socialni oskrbi. 	<ul style="list-style-type: none"> • identifying patients ' needs for additional specialist treatment and counselling, • inter-professional participation in implementing the integrated and continuous care in the field of care for health, quality of life and well-being of patients in an institution or at home, • considering competences and authorisations of participants in the integrated and coordinated health and social care.
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Predvideni študijski rezultati:

Študent/študentka:

- pozna osnovne bolezni starostnikov in poškodbe,
- razume poškodovanega in bolnega starostnika,
- razvije kulturni in etični pogled na zdravje starostnika,
- se usposobi za kritično presojo in analizo problema starostnikov v domestikalnem in hospitalnem varstvu.

Intended learning outcomes:

Students:

- know the basic diseases of the elderly and injuries,
- understand the injured and sick elderly,
- develop cultural and ethical view of the health of the elderly,
- is trained to critically assess and analyze the problem of the elderly in domestikalnem and hospital care.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarske vaje*: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge,
- *konzultacije*.

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);
- *tutorial*: preparation, presentation and a successful defence of a project/research paper,
- *consultations*.

Načini ocenjevanja:

- Načini:
- izpit
 - izdelava, predstavitev in zagovor projektne/raziskovalne naloge

Ocenjevalna lestvica: ECTS.

Delež (v %)

Weight (in %)

60 %

40 %

Assessment:

Types:

- exam
- preparation, presentation and defence of the project/research paper

Grading scheme: ECTS.

