

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet Course title	Terapija bolečine <i>Pain Therapy</i>

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 2. stopnja	Ni smeri študija	1. / 2. letnik	2. / 3.
Nursing Care / 2 nd Cycle	No study field	1 st / 2 nd year	2 nd / 3 rd

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code 2ZN 1_2 IP11

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
25		30			155	7

Nosilec predmeta/Lecturer: doc. dr. Tomislav Mirković

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 prvi ali drugi 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 or second 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):

<ul style="list-style-type: none"> <i>Terapija bolečine.</i> <i>Akutna in kronična bolečina.</i> <i>Analiza bolečine.</i> <i>Metode za oceno in merjenje bolečine.</i> <i>Razlikovanje med zasvojenostjo, toleranco in fizično odvisnostjo.</i> <i>Merjenje bolečine pri neodzivnih osebah.</i> <i>Farmakološko lajšanje bolečine.</i> <i>Komplementarne metode za lajšanje bolečine.</i> <i>Lajšanje bolečin v času umiranja.</i> 	<ul style="list-style-type: none"> <i>Pain therapy.</i> <i>Acute and chronic pain.</i> <i>Analysis of pain.</i> <i>Various assessment and pain measurement tools.</i> <i>Differentiate among addiction, tolerance, and physical dependence.</i> <i>Measuring pain in non-responding individuals.</i> <i>Pharmacological pain alleviation.</i> <i>Complementary pain alleviative methods.</i> <i>End-of-life care and pain therapy.</i>
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<ul style="list-style-type: none"> • <i>Filozofski, antropološki in psihološki vidik bolečine.</i> • <i>Negovalni pristopi.</i> • <i>Etični in pravni vidiki terapije bolečine.</i> 	<ul style="list-style-type: none"> • <i>Pain from a philosophical, anthropological and psychological perspective.</i> • <i>Nursing measures.</i> • <i>Ethical and legal considerations surrounding pain therapy.</i>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Glavobol in nevropatična bolečina 2014: učbenik za zdravstvene delavce / uredila Bojana Žvan in Marjan Zaletel. Ljubljana: Društvo za preprečevanje možganskih in žilnih bolezni, 2014. 224 str.
- Kronična nerakava bolečina v vratu: učbenik za zdravnike in zdravstvene delavce / uredila Duša Marn-Vukadinović. Ljubljana: Univerzitetni rehabilitacijski inštitut Republike Slovenije - Soča, 2013. 120 str.
- Palliative medicine: a case-based manual. Edited by Doreen Oneschuk, Neil Hagen and Neil MacDonald ; [with a foreword by Derek Doyle]. 3rd ed. Oxford: Oxford University Press, 2012. - XVII, 411 str.

Priporočljiva literatura/Recommended literature

- Kraus, Hans: Backache, stress, and tension : understanding why you have back pain and simple exercises to prevent and treat it. New York (NY): Skyhorse, cop. 2015. XIV, 227 str.
- Elias-Jones, Cameron, PERRY, Martin: Rheumatology and orthopaedics. Updated 3rd ed. Edinburgh [etc.]: Mosby Elsevier, 2015. XI, 233 str. (Crash Course) Sorodni elektronski vir: <http://www.studentconsult.com> . Vprašanja in odgovori za samoocenjevanje: str. 187-217. Slovar: str. 319.
- Geriatric medicine: an evidence-based approach. Edited by Frank Lally, Christine Roffe. 1st ed. New York (NY): Oxford University Press, 2014. XIV, 221 str.
- Vengust, Rok: Degenerativne bolezni ledvene hrbtenice in operativno zdravljenje. Celje: Mavrica, 2009. 104 str.

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- prepoznavanje najpogostejših zdravstvenih in socialnih problemov, ki jih prinašajo kronične bolezni,
- prepoznavanje in zadovoljevanje potreb pacienta ob upoštevanju njegovih vrednot, razvojnih nalog, življenjskega stila, družbenih norm in kapitalov za zdravje,
- učinkovito odzivanje na potrebe pacientov, posameznika in skupnosti,
- individualno načrtovanje, vodenje, koordiniranje, izvajanje in vrednotenje integrirane in kontinuirane (integrativne)

Objectives and competences:

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

- identifying the most common health and social problems brought by chronic diseases,
- identifying and meeting the needs of the patient by taking into account their values, development tasks, lifestyle, social norms and capital for health,
- 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

<p>zdravstvene obravnave in oskrbe pacientov z različnimi razvojnimi motnjami, kroničnimi in degenerativnimi bolezenskimi stanji ter poškodbami z dolgotrajnimi posledicami,</p> <ul style="list-style-type: none"> • 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, • promoviranje zagotavljanja kakovosti življenja in dobrega počutja pacienta v zdravstveni in socialni oskrbi, • poznavanje osnov paliativne in dolgotrajne oskrbe, • poznavanje načinov obvladovanja bolečine različnega izvora, • sposobnost svetovanja nefarmakoloških metod za obvladovanje bolečine, • obvladovanje negovalnih pristopov za lajšanje bolečine. 	<p>social treatment and care of patients with a variety of chronic and degenerative conditions, as well as injuries with long-term consequences,</p> <ul style="list-style-type: none"> • 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, • promoting the quality of life and well-being of the patient assurance in health and social care, • knowing the basics of palliative and long-term care, • methods to control pain of various origins, • the ability to advise non-pharmacological methods for pain relief, • nursing management approaches for pain relief.
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Predvideni študijski rezultati:

Študent/študentka:

- spozna principe terapije bolečine,
- spozna različne vzroke bolečine,
- razlikuje med kronično in akutno bolečino ter zna prepoznati glavne vzroke bolečine,
- se nauči uporabe ocenjevalnih lestvic in metod za merjenje bolečine,
- se nauči negovalnih pristopov za lajšanje bolečine,
- pridobi znanje in sposobnosti za kritični izbor metod za lajšanje bolečine,
- spozna etične in pravne vidike terapije bolečine.

Intended learning outcomes:

Students:

- learn the principles of pain therapy,
- learn about various causes of pain,
- distinguishes between chronic and acute pain, and recognizes the main causes of pain,
- learn the use of assessment scales and methods for measuring pain,
- learn nursing approaches to relieve pain,
- acquire knowledge and skills for a critical selection of methods for pain relief,
- learn the ethical and legal aspects of pain therapy.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija,

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);

vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i> : priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, • <i>konzultacije</i> .	• <i>tutorial</i> : preparation, presentation and a successful defence of a project/research paper, • <i>consultations</i> .
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Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge Ocenjevalna lestvica: ECTS.	50 % 50 %	Types: <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the project/research paper Grading scheme: ECTS.