

VISOKOŠOLSKO SREDIŠČE NOVO MESTO

Higher Education Centre Novo mesto

FAKULTETA ZA ZDRAVSTVENE VEDE NOVO MESTO

Faculty of Health Sciences Novo mesto

CELOSTNA OBRAVNAVA PACIENTA: STAROSTNIK V ZDRAVSTVENEM IN SOCIALNEM VARSTVU

Zbornik povzetkov

HOLISTIC APPROACH TO THE PATIENT:
HEALTH AND SOCIAL CARE OF THE ELDERLY
Book of Abstracts

Mednarodna znanstvena konferenca
International Scientific Conference

Novo mesto, 12. november 2015

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Meeting with Centenarians

Longevity, which is determined by both genetic and environmental factors, is characterised as a long duration of the individual's life. According to the World Health Organisation, long-lived people are considered those who live over 90 years of age. It is suggested that the emergence of centenarians was before the industrial age (XVIII century), and supercentenarians just before 200-300 years ago. Subjects who have reached 100 years old are unique, and their prevalence depend on the geographical region and varies from about 50 to 300/106 inhabitants. In recent decades, a phenomenon of population growth, achieving over 110 years of age, is observed. Prevalence and functioning of such venerable subjects constitutes a unique opportunity for research on aging and longevity, and can contribute to the creation of the theory associated with this phenomenon. Currently, the international database (International Database on Longevity, IDL) of people aged 105+ years (ranging in age from 105 to 109 years), 110 years and older, is being created and replenished. The overriding goal of the IDL database is to create a reliable demographic data for the oldest inhabitants of the Earth, which will become available to the scientific community.

Key words: European population, longevity, supercentenarians

Sastanak sa stogodišnjacima

Dugovječnost, na koju utiču genetski faktori kao i faktori okruženja, karakteriše se kao dugi period trajanja života pojedinca. Prema podacima Svjetske Zdravstvene Organizacije dugovječnim ljudima smatraju se oni koji su navršili 90 godina života. Pretpostavlja se da je pojava stogodišnjaka nastupila prije industrijske ere (XVIII vijek), a superstogodišnjaka koji imaju više od 110 godina tek prije 200-300 godina. Osobe koje dožive 100 godina su izuzetne, a njihova rasprostranjenost koja je ovisna o geografskoj regiji kreće se od oko 50 do 300/106 stanovnika. U posljednjim desetljećima posmatra se pojava porasta broja osoba starijih od 110 godina. Širenje i funkcionisanje takvih osoba vrijednih poštovanja predstavlja jedinstvenu priliku za istraživanja vezana za starenje i dugovječnost, a može doprinijeti stvaranju teorije u vezi sa tom pojmom. Trenutno u okviru međunarodne saradnje stvorena je i dopunjene se baza podataka (International Database on Longevity) osoba 105+ (osoba u dobi 105-109 godina) semi-superstogodišnjaka, 110 godišnjaka i starijih. Glavni cilj IDL je stvaranje baze vjerodostojnih demografskih podataka za najstarije stanovnike Zemlje koju će moći koristiti naučna zajednica.

Ključne reči: Evropska populacija, dugovječnost, superstogodišnjaci

Pomeni gibanja v tretjem življenjskem obdobju

Gibanje je ena od osnovnih človekovih potreb v vseh obdobjih življenja. V zadnjih letih, ko telesna aktivnost in šport spet postajata vrednoti, narašča tudi delež telesno aktivnih starostnikov. Številne raziskave so potrdile, da aktiven življenjski preprečuje bolezni srca in ožilja, znižuje krvni tlak, izboljša sladkorno bolezen, obvladuje prekomerno telesno težo in ima številne ugodne učinke za ohranitev zdravja. Redna telesna dejavnost pripomore k izboljševanju kvalitete življenja ter s tem k zmanjševanju števila od tuje pomoči odvisnih starostnikov. Sistemi zdravstvenega varstva igrajo ključno vlogo pri obravnavanju telesne dejavnosti. Zdravstveni domovi, bolnišnice in ustanove za dolgoročno oskrbo morajo dajati zgled in nuditi možnosti za udejstvovanje v telesni dejavnosti starostnikov.

Ključne besede: starostnik, telesna dejavnost, zdrav življenjski slog

The Importance of Movement in the Third Period of Life

Movement is a basic human need in the all periods of life. In recent years, physical activity and sports became very important, as well as the physical activity of the elderly is increasing. Many researches have shown that an active life prevents heart diseases, reduces blood pressure, positively affects diabetes, controls overweight, and has many influences on staying healthy. Regular physical activity improves the quality of life and decreases the number of the elderly who need someone's help or depend on others. Healthcare systems have an important role with the inclusion of physical activity. Health centres, hospitals and institutions for long-term treatment have to be an example and offer possibilities to involve elderly people in physical activities.

Key words: elderly people, physical activity, healthy lifestyle

Vozniška zmožnost v starejših letih

Starejši ljudje so trenutno najhitreje rastoči del populacije, prav tako pa statistike potrjujejo, da so starejši ljudje tudi najhitreje rastoči del vozniške populacije z nadpovprečnim tveganjem za vpletjenost v cestno-prometno nezgodo s tragičnim izidom. Pri nas sta za aktualnost problematike starejših voznikov vsaj še dva dodatna razloga: njihova ogroženost je najbrž že večja kot v večini razvitih držav, saj se na osnovi mednarodnih evropskih študij o prometni varnosti uvrščamo med najslabše oziroma najbolj nevarne države, prav tako pa je zakonodaja s svojo navidezno »prizanesljivostjo« do starejših voznikov strokovno neargumentirana in s tega vidika nerazumljiva (v luči slabe prometne varnosti pa še toliko bolj). Dolga, neomejena pravica do vožnje nalaga starejšim voznikom bistveno večjo odgovornost in dolžno samokritičnost pri ocenjevanju lastnih vozniških sposobnosti. Slednje pa je ravno v nasprotju z ugotovitvami stroke, da se pri starejših osebah poleg sprememb osebnostne strukture pogosto izrazito zniža samokritičnost. Zavedamo se, da je za starejše ljudi vožnja pomembno sredstvo za vzdrževanje svobode in neodvisnosti. Brez lastnega prevoza je kakovost njihovega življenja prav gotovo manjša. Vozniško dovoljenje je tako v vsakem pogledu visoko cenjen dokument, pogosto povezan z večjim samospoštovanjem. Zato se zavzemamo, da bi zaščitili pravico posameznika, da vozi motorno vozilo, vendar le, če ima zato potrebne sposobnosti. Zato moramo še posebno pozornost posvetiti zdravstveni selekciji voznikov starostnikov.

Ključne besede: starejši vozniki, vozniška sposobnost, prometna varnost, kakovost življenja

Driving Ability among the Elderly

Senior citizens currently represent the fastest-growing population segment, while statistics confirm that they are also the fastest-growing segment of drivers and subject to above-average risk of involvement in a traffic accident with a tragic outcome. In Slovenia, the issue of elderly drivers is all the more pressing due to at least two further reasons: such drivers might be at an even greater risk than in other developed countries, as according to the international European studies of traffic safety place, Slovenia is among the countries with the worst and most dangerous traffic situation, and secondly, legislation, or rather its apparent "leniency" towards elderly drivers is scientifically unsound and, in this regard, incomprehensible (even more so considering the poor traffic safety situation). Long-term unrestricted right to driving charges the elderly drivers with a significantly greater responsibility and asks them to be self-critical when evaluating their own driving ability. However, the latter runs against the expertise research, which finds the elderly, alongside other changes to the structure of their personality, becoming significantly less self-critical. We realise that driving represents an important means of retaining freedom and independence to the elderly. In the absence of own means of transportation, the quality of their lives surely declines. The driver's license is thus surely an important document, often tied to an individual's self-respect. We thus seek to protect their right to operate a motor vehicle, provided, however, that the individual is capable of doing so. Particular attention should thus be paid to medical selection of elderly drivers.

Key words: elderly drivers, driving capability, traffic safety, quality of life

Ambulantna obravnava pacienta z diabetično retinopatijo z vidika medicinske sestre

Diabetes je bolezen, ki z leti povzroči komplikacije. Večletno trajanje diabetesa povzroči tudi spremembe na očesnem ozadju (mrežnici), kar imenujemo diabetična retinopatija. Osrednji del mrežnice oziroma rumena pega ima pomembno vlogo pri vidni ostrini. Z razvojem diabetične retinopatije pa v tem predelu pride do puščanja drobnega žilja in otekline oziroma diabetičnega makulamega edema. Pacient sprva nima težav z vidom, z leti pa opazi spremembe, zato je potreben pregled pri oftalmologu. Medicinska sestra izmeri očesni pritisk, opravi avtokerato-refraktometrijo (AR) in odčita dioptrijo na avtomatskem analizatorju stekel – merilcu dioptrije očal. Če pacient nosi očala za daljavo, sledi pregled vidne ostrine brez in s korekcijo. Po naročilu oftalmologa razširi zenice z midriatičnimi kapljicami, nato oftalmolog pregleda očesno ozadje. Kadar gre za spremembe v očesnem ozadju oziroma gre za okvaro žil, ki mrežnico prehranjujejo, pred začetkom zdravljenja po navodilu oftalmologa medicinska sestra opravi: autoflorescentno (AF) in infra rdečo (IR) sliko makule, optično koherenčno tomografijo makule (OCT), fluoresceinsko angiografijo (FA) in po potrebi tudi indocianinsko angiografijo (ICG). Na podlagi omenjenih tehnik slikanja se oftalmolog odloči za nadaljnje zdravljenje z biološkimi zdravili.

Ključne besede: diabetes, diabetična retinopatija, medicinske sestre

Outpatient Treatment of a Patient with Diabetic Retinopathy in Terms of Nurses

Diabetes is a disease, which results in complications over the years. Longer duration of diabetes may also cause changes in the back of the eye (retina), which is called diabetic retinopathy. The central part of the retina or macula plays an important role in visual acuity. With the development of diabetic retinopathy in this area, it could come to a leak of small vessels and oedema or diabetic macular oedema. Initially, patient has no problems with his eyesight, but with age, the patient observes changes, therefore a review of an ophthalmologist is necessary. Nurse measures the eye pressure, performs autokerato-refractometry (AR) and reads the dioptre on the automatic analyser windows - gauge dioptre glasses. If the patient wears glasses for distance, a review of visual acuity with and without correction is followed. On request of the ophthalmologist, the nurse extends the pupils with a mydriatic eye-drops, then the ophthalmologist examines the patient's eye background. When it comes to changes in the eye background or a defect of vessels that supply the retina, the nurse must do the following before the treatment, following the directions of the ophthalmologist: autofluorescence (AF) and infra-red (IR) image of macular, optical coherence tomography of macular (OCT), fluorescein angiography (FA) and, if necessary, indocyanine green angiography (ICG). Based on these imaging techniques, the ophthalmologist decides to continue the treatment with biologic medicine.

Key words: diabetic retinopathy, outpatient treatment, nurse

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Students' Practice in Institutions for Seniors across the European Union

The Czech Republic, Slovenia and Germany belong to the countries with an advanced system in terms of diversity and availability of social services for seniors. The common feature of residential facilities for the elderly is an effort to be open to the local community and to offer more than only the content which is typical for institutional care. The paper presents the student's practical training in facilities for seniors in: a) The senior home Koutkova-Kubešova, Trebic (Czech Republic), b) Dom starejših občanov in Čmomelj (Slovenia) and c) Pflegewerk Senioren Centrum, Berlin (Germany). During practice abroad, students of the secondary and higher vocational nursing school in Trebic have acquired very significant experience. They have identified and compared the systems of social care, and seniors services offer provided by social and health services, facilities management, staffing, equipment, construction layout, equipment aids for care of the elderly, the structure of client devices, work schedule (daily), documentation, etc. Students at international internship have practiced and improved their communication in foreign language (English, German), developed their practical skills, established new relationships, learned about the culture of foreign countries and considered the opportunity working abroad after graduation.

Key words: Elderly care, professional experience, students practice

Praktično usposabljanje študentov v domovih za starejše v Evropski uniji

Češka, Slovenija in Nemčija pripadajo državam z naprednim sistemom v smislu raznolikosti in dostopnosti socialnih storitev za starejše. Skupna značilnost stanovanjskih objektov za starejše je prizadevanje, da bi bili odprti za lokalne skupnosti in nudili več kot le vsebine, značilne za domsko varstvo. Prispevek predstavlja praktično usposabljanje študentov v domovih za starejše v: a) Domu za starejše Koutkova-Kubešova, Trebic (Češka), b) Domu starejših občanov v Čmomlju (Slovenija) in c) Pflegewerk Senioren Centrum-u, v Berlinu (Nemčija). Med prakso v tujini so študenti srednje in višje šole zdravstvene nege v Trebicu, pridobili zelo pomembne izkušnje. Opredelili in primerjali so sisteme socialnega varstva in storitev za starejše, ponujenih s strani socialnih in zdravstvenih služb, in sicer skozi naslednje parametre: upravljanje s storitvami, osebje, oprema, gradbene zaslove objektov, pomočki za nego starejših, strukture naprav, umiki dela (dnevni), dokumentacija, itd. Študenti na mednarodni praksi so vadili in izboljšali sporazumevanje v tujem jeziku (angleščina, nemščina), razvili praktično znanje, vzpostavili nova poznanstva, se naučili o kulturi tujih držav in odkrivali možnost dela v tujini po diplomi.

Ključne besede: oskrba starejših, delovne izkušnje, študentska praksa

Ispitivanje stavova studenata o utjecaju medija na religioznost

Živimo u svijetu razvijene tehnologije koja osim što omogućuje ubrzani i bogatiju proizvodnju, pospješuje preradu i prenošenje informacija putem različitih medijskih oblika poput televizije, radija, interneta te drugih oblika informacijskih i komunikacijskih sistema. Mediji u kontekstu slobode izražavanja mogu imati dvostruku ulogu. S jedne strane mogu omogućiti slobodu izražavanja ili je pak mogu kršiti. Tako na primjer, mediji mogu izvještavati o globalnim problemima pri čemu jača solidarnost na globalnoj razini ali isto tako mogu biti instrumentima političke, državne i privatne propagande. Instrument istraživanja je upitnik izrađen na temelju teoretskih znanja i pregleda literature. U istraživanje su uključeni studenti Sveučilišta Sjever u Varaždinu s Odjela za biomedicinske znanosti te studenti Katoličko bogoslovnog fakulteta u Zagrebu. Ukupno je sudjelovalo 148 ispitanika. Rezultati su pokazali da važnost religije u životu studenata ne utječe na njihov negativan stav o medijima. Također, testiranjem radnih hipoteza utvrdilo se da nema bitne razlike u stavovima o utjecaju medija na društvo među studentima navedenih fakulteta. Zaključno možemo reći kako mediji osim što imaju veliku moć izyeštavanja javnosti imaju i veliku odgovornost koja se temelji na istinitosti medijskog govora ali i medijskoj slobodi koja po cijenu informiranja ne smije ugrožavati slobodu drugoga.

Ključne riječi: mediji, vjerske zajednice, etičnost, istina, studenti, stavovi, komunikacija

Student's Attitudes Towards the Impact of Media on Religiosity

We live in a world of enhanced technology that, besides the rapid and rich production, enhances the processing and transmission of information through different forms of media such as television, radio, Internet and other forms of information and communication systems. In the sense of freedom of expression, the media can have a double role - they can either provide the freedom of expression or disable it. For instance, the media can broadcast about global issues while strengthening solidarity on a global scale, but they can, at the same time, be an instrument of political, state and private propaganda. The instrument of the survey is a questionnaire, based on theoretical knowledge and literature review. The participants are students from the University North Varaždin, department of biomedical sciences and students of the Catholic Faculty of Theology in Zagreb, altogether 148 respondents. The results showed that the importance of religion in a life of a student does not influence his/her negative attitude towards the media. In addition, by testing work hypotheses, it has been established that there is no significant difference in the attitudes among students of the mentioned faculties when it comes to media influencing society. In conclusion, we can state that the media, besides having an immense power of informing, have a major responsibility based on the veracity of media speech, but also media freedom that may, under no circumstances, jeopardise the freedom of the other.

Key words: media, religious communities, ethics, truth, students, attitude, communication

Vpliv razsodnosti na zavestno in voljno človekovo pravno dejavnost

Prebivalstvo Evrope se stara. S staranjem se pojavljajo biološke in osebnostne spremembe posameznika. Govorimo o zmanjšanju stopnje razsodnosti posameznika, ki je lahko tako veliko, da se starostnik več ne zaveda pomena svojih dejanj. V takšnem stanju izvedena pravna dejanja lahko privedejo do ogrožanja že tako običajno slabšega premoženjskega stanja starostnika. Naloga prava je, da z vsemi svojimi funkcijami poskrbi za ustrezno pravno varstvo in sistemsko zaščiti posameznika (starostnika), ki je v takšnem biološkem stanju, da ogroža samega sebe, oziroma svoje socialno in pogosto tudi zdravstveno stanje. Poenostavljeni bi to lahko povzeli, da mora »sistem zaščititi posameznika (starostnika) pred samim seboj«. »Zaščita« lahko pomeni velik poseg v človekove pravice, zato morajo biti v sistem izvajanja »zaščite« vgrajene ustrezne varovalke. Zdravstveni delavci so del tega sistema, ki so pogosto celo v časovno daljšem stiku s starostnikom kot njegovi najožji svojci. Glede na ugotovljena dejstva se lahko vprašamo, kakšna je pravzaprav vloga oziroma kakšna bi morala biti vloga zdravstvenega delavca, ko strokovno ugotovi tako biološko/duševno stanje starostnika, pri katerem utemeljeno domneva, da le-ta ne razume več pomena svojih dejanj.

Ključne besede: starostniki, duševno stanje, razsodnost, človekove pravice, zaščita

Influence of Sound Judgement on a Person's Conscious and Wilful Legal Activity

Europe's population is aging, and age brings about certain physiological and personality changes in an individual. We are, of course, talking about the reduced levels of sound judgement in older individuals. The loss of judgement can be in some cases so detrimental that the affected individuals no longer have any awareness of the importance and consequences of their own actions. This may further endanger the already relatively poor economic situation of the elderly. The raison d'être of Law is to provide adequate regulations and legal protection to individuals who are in a state posing a risk to their own medical, social and economic well-being. Simply put, the system is expected to protect people (in this case the elderly) from themselves. "Protection" in such cases can mean a major violation of human rights, which is why there should be appropriate safeguards implemented into the legal system. Health professionals are also part of this system and in many cases it is them who spend most of the time with elderly people, often even more than their closest relatives. After seeing the established facts, the following question appears: "What is and what should be the role of a health professional/worker in cases where elderly people suffer from diminished judgement to an extent, where they no longer understand the meaning of their own actions?"

Key words: the old age, mental state, sound judgement, human rights, protection

Stališča starostnikov do usposabljanja iz prve pomoči

Trend staranja prebivalstva v Evropi prinaša tudi izzive na področju usposabljanja iz prve pomoči. Aktualnost tematike poudarja svetovni dan prve pomoči, ki je bil leta 2015 posvečen starejšim generacijam. Evalvacije tečajev prve pomoči med mlajšimi v Sloveniji kažejo na pozitivno naravnost udeležencev, stališča starostnikov so neraziskana. Namen te raziskave je ugotoviti, ali starostniki v Sloveniji menijo, da je obnovitev znanja iz prve pomoči v starosti potrebna in kakšna so njihova stališča do tečaja prve pomoči kot ene od možnosti za pridobitev/obnovitev znanja. Podatki so bili pridobljeni z izvedbo treh fokusnih skupin, ki so potekale po vnaprej izdelanem protokolu in kjer je sodelovalo 19 oseb, starih od 62 do 87 let. Na podlagi video in avdio posnetkov so bili narejeni prepisi pogоворov, ti pa so bili po vnaprej določenih ključih obdelani s programom Nvivo. Udeleženci fokusnih skupin so večinoma pozitivno naravnani do obnavljanja znanja iz prve pomoči. V ospredje postavljajo praktično ponovitev znanja iz prve pomoči pred druge ponujene možnosti (literatura, internet, mediji). Z zdravstvenega vidika so starostniki ranljiva skupina prebivalstva za nastanek poškodb in nenadnih obolenj, ob katerih je lahko prva pomoč kot prvi ukrep ključnega pomena, kar izpostavljajo tudi udeleženci fokusnih skupin. Ugotovitve naše raziskave kažejo, da moramo v slovenskem prostoru narediti korak naprej in izdelati prilagojene učne načrte usposabljanj iz prve pomoči za določene starostne skupine. Hkrati so starejši neizčrpen vir življenjskih izkušenj tudi s področja prve pomoči.

Ključne besede: prva pomoč, starostniki, obnovitev znanja

Opinion of Elderly about the First Aid Training

The trend of ageing population in Europe poses challenges in the field of first aid training. This topic was also highlighted by the International First Aid Day in 2015, where it was pointed out that age is not a limit. The evaluations of first aid courses among younger generations show us a positive stance; the views of the elderly have not yet been researched. The aim of the study is to determine if elderly people in Slovenia think that renewing knowledge of first aid is necessary at their age and how they see the first aid courses as one of the options for acquiring/renewing the knowledge. Data has been gathered during realisation of three focus groups, among 19 people, between 62 and 87 years of age. Transcriptions of interviews were made on the basis of video and audio recordings; these were analysed by predetermined keys in the NVIVO Programme. Most of the focus groups of participants are positively oriented to renewing the first aid knowledge. Practical courses would be preferred among several options (literature, internet, and media). In the aspect of health, senior citizens are the vulnerable members of the society, especially when it comes to injuries and sudden disorders. In these events, first aid can be the crucial factor; this was also pointed out by the participants of focus groups. Our findings indicate that there are needs for adjusted curriculums of first aid for different age groups. We also have to keep in mind that the seniors are an endless source of experience, including the first aid.

Key words: first aid, senior citizens, renewing knowledge

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Dokumentiranje zdravstvene obravnave v bolnišnici

V zdravstveni negi nas želja, da bi dosegli rezultate izboljšanja njene kakovosti in preglednosti učinkovitosti zdravstvene nege, vodi do spoznanja, da je to v zdravstveni obravnavi pomembno tudi na področju dokumentiranja podatkov v bolnišnici. Izboljšave v zdravstveni negi je mogoče dosegči z uvedbo sprememb in novih znanj z računalniškim dokumentiranjem (računalniško podprt klinično informacijski sistem). Cilj raziskave je bil proučiti obstoječi način dokumentiranja zdravstvene obravnave pacientov, zlasti razmerje med papirno dokumentacijo in računalniškim dokumentiranjem. V raziskavo smo vključili medicinske sestre in druge delavce v zdravstvu. Z vprašalnikom smo želeli raziskati zadovoljstvo medicinskih sester z obstoječim načinom dokumentiranja zdravstvene obravnave bolnikov na način papirne dokumentacije oziroma računalniške dokumentacije. V rezultatih predstavimo želje/mnenja medicinskih sester po uvajanju sprememb v obstoječem načinu dokumentiranja zdravstvene obravnave pacientov.

Ključne besede: dokumentiranje, zdravstvena obravnava, medicinska sestra, bolnišnica, pacient

Documentation of Medical Treatment in a Hospital

To improve quality and effectiveness of healthcare, as well as its transparency, one of the important aspects is the documentation of data obtained during treatment of the patient in a hospital. Improvements in healthcare can be achieved through the introduction of changes and new skills with computer documentation (computerised clinical information system). The aim of this study was to investigate the existing method of documenting medical treatments of patients, in particular, the ratio between the documentation on paper and computer documentation. The study included nurses and other healthcare workers. Using a questionnaire, we investigated the nurses' satisfaction with the current way of documenting the nursing procedures and medical treatments of patients, i.e. by using paper documents or computer records. The research thus presents the nurses' attitude towards introducing changes in the existing mode of documenting (computerisation of documenting system).

Key words: documentation, medical treatment, nurse, hospital, patient

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Odnos med medicinskimi sestrami in starejšimi pacienti na njihovem domu

V zadnjih letih se je povečalo število starostnikov, ki imajo zdravstveno nego na svojem domu. Ta trend je posledica številnih med seboj povezanih dejavnikov, kot so staranje prebivalstva, spremenjene vloge na področju varstva starejših in premik od akutnih k bolj kroničnim boleznim. Ker se nega na domu izvaja izven tradicionalnih institucionalnih okolij in je največkrat skrita pred javnimi in profesionalnimi pogledi, sproža vprašanja o družbenih dimenzijah zdravstvene nege ter spremenjenih vlogah medicinske sestre in pacienta v domači situaciji. Na področju preučevanja narave odnosa med medicinskimi sestrami in starejšimi pacienti v njihovem domu je bilo izvedenih malo raziskav. Cilj študije je ugotoviti, kakšen je odnos med medicinskimi sestrami in starejšimi pacienti v njihovem domu ter kakšna je kakovost zdravstvene nege v tem okolju. Študija raziskuje kompleksno naravo odnosa med medicinskimi sestrami in starejšimi pacienti. Medicinske sestre, ki izvajajo nego na domu, izražajo potrebo po jasni določitvi svoje vloge, narave odnosa in drugih zadevah, povezanih z določitvijo profesionalne meje v patientovem domu.

Ključne besede: odnosi, medicinske sestre, bolniki, nega na domu, starejši pacienti, zdravstvena nega

Relationship between Nurses and Elderly Patients at Their Home

In recent years, elderly people are increasingly receiving nursing care at their home. This trend is the result of a number of interconnected factors, such as aging of the population, changes in the caring roles, and a shift from acute illnesses to chronic conditions. Since nursing care at home is performed outside the traditional institutional settings, largely hidden from public and professional views, it raises questions regarding the social dimension of such nursing care and changed roles in the patient's home situation. Little research has been performed on the nature of the relationships between patients and nurses at patients' homes. The aim of this study is to find out the nature of the relationships between nurses and elderly patients at their homes and the quality of nursing care within this setting. The study defines the complex nature of relations between nurses and elderly patients. Nurses working at the patients' homes express the need for a clear definition of their role, the nature of relationships, and other issues surrounding the professional boundaries' construction within the mentioned setting.

Key words: relationships, nurses, patients, home care, elderly patients, nursing care

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Izobraževanje za medpoklicno sodelovanje kot del celostne obravnave pacienta

Celostna obravnava pacienta v zdravstvenem varstvu temelji na timski obravnavi različnih zdravstvenih in drugih strokovnjakov, slednje je še posebej očitno pri starostnikih, za katere je značilna multimorbidnost, ki predstavlja še dodaten iziv za celostno obravnavo. Na Zdravstveni fakulteti Univerze v Ljubljani smo, z namenom priprave bodočih zdravstvenih delavcev na izive dela v timih, razvili predmet medpoklicno sodelovanje v zdravstvenem timu. Pri predmetu sodelujejo učitelji in študenti štirih fakultet in devetih različnih študijskih programov: babištva, delovne terapije, fizioterapije, medicine, psihologije, radiološke tehnologije, sanitarnega inženirstva, socialnega dela in zdravstvene nege. V majhnih skupinah in ob sodelovanju učiteljskega tima spoznavajo kompetence drugih poklicev, se učijo timskih veščin in delujejo kot tim. Od leta 2013 delajo na primerih »živih pacientov« in na koncu svoje ugotovitve združijo v poročilo. Rezultati raziskave, ki jo izvajamo od leta 2011, ko smo pričeli z izvedbo predmeta, kažejo, da obstajajo potrebe po medpoklicnem izobraževanju in da smo s predmetom uspeli statistično značilno vplivati na nekatera stališča študentov o medpoklicnem sodelovanju.

Ključne besede: izobraževanje, medpoklicno sodelovanje, timsko delo, evalvacija

Interprofessional Education for a Holistic Approach in Healthcare

Holistic approach in healthcare is based on interprofessional interventions of various health and other professionals. This is increasingly important in elderly people where multimorbidity represents an additional challenge for holistic approach in healthcare. At the Faculty of Health Studies at the University of Ljubljana we developed the course named Interprofessional collaboration in healthcare teams with the aim of preparing future healthcare professionals for the challenges of team work. The course brings together teachers and students of 4 faculties and 9 different departments: midwifery, occupational therapy, physiotherapy, medicine, psychology, radiography, sanitary engineering, social work and nursing. Together with the teachers they work in small groups, learn about competences of other professions, train team work skills and, finally, work as a team. Since 2013, they meet and work with real patients and in the end present their final report. The results of the study, which started in 2011, confirm the need for interprofessional education as well as some statistically significant changes of student opinions on interprofessional collaboration.

Key words: interprofessional education, team work, evaluation

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Samopodoba in samospoštovanje starejših

Staranje populacije je svetovni fenomen, s katerim naraščajo družbena, ekonomska in politična skrb. Danes živimo dlje kot kdajkoli prej, zato v ospredje prihaja pomen kakovosti življenja starejših. Kakovost življenja je subjektivni, večaspektni konstrukt, ki ga definiramo in ocenujemo na več načinov. Nanaša se na vrednote, pomen in smisel življenja, življenjske cilje, pričakovanja, interes, zadovoljstvo, samospoštovanje in samopodobo posameznika. Kakovost življenja postaja osrednja družbena vrednota in zelo kompleksno področje preučevanja. Edino, pri čemer so si strokovnjaki enotni, je, da ne obstaja univerzalna definicija kakovosti življenja. Pomembna elementa kakovosti življenja sta tudi samopodoba in samospoštovanje. Samopodoba je celota predstav, stališč, potez, lastnosti, mnenj in drugih psihičnih vsebin, ki jih človek pripisuje samemu sebi, samospoštovanje, kot del samopodobe, pa splošna ocena vrednosti samega sebe oziroma način, kako ljudje splošno čutijo o sebi. Avtorja sta izvedla anketo med starejšimi (65+). Pri tem sta uporabila Rosenbergov vprašalnik za ocenjevanje samospoštovanja in prilagojen Marshov vprašalnik Multidimensional self – concept scale za ocenjevanje samopodobe. Rezultate raziskave bosta avtorja predstavila na simpoziju.

Ključne besede: samopodoba, samospoštovanje, starejši, demografski faktorji

Self Image and Self-Esteem of the Elderly

The aging population is a global phenomenon which is causing an increased social, economic and political concern. Today, we are living longer than ever before; the importance of the quality of life of elderly people is therefore coming to the forefront. Quality of life is a subjective, multi-aspect construct that is defined and assessed in several ways. It refers to the values and meaning of life, life goals, expectations, interests, satisfaction, self-esteem and self-image of oneself. Quality of life is becoming a central social value and a very complex research area. The only aspect about which the professionals have uniform understanding is that there is no universal definition of the quality of life. Important elements of the quality of life are also self-esteem and self-image. Self-image is a set of performances, attitudes, traits, characteristics, opinions and other psychological contents, which a man attaches to himself; self-respect as part of the self –image is an overall valuation of oneself, or the way how people generally feel about themselves. The authors performed a survey among the elderly population (65+). They used the Rosenberg questionnaire for evaluating self-respect and an adjusted Multidimensional self – concept scale questionnaire by Marsh for evaluating self-image. Results of the survey will be presented at the symposium.

Key words: self-image, self-esteem, elderly, demographic factors

Vloga zdravstvene nege pri umirajočem pacientu

Prebivalstvo se stara, hkrati pa strmo narašča število pacientov z neozdravljivo kronično boleznijo, kar veča potrebe po izvajanju paliativne oskrbe kot celostne pomoči pacientom z napredovalo kronično neozdravljivo boleznijo in njihovim svojcem tudi kasneje, v času žalovanja. Z napredovanjem bolezni nastopi terminalno obdobje, ki je za pacienta in njegove svojce pogosto zelo težko. Pri pacientih se izvaja terminalna paliativna oskrba, ki je naravnana na izvajanje aktivnosti v zadnjem obdobju človekovega življenja. Izvajanje celostne paliativne zdravstvene nege je pomemben del paliativne oskrbe pacienta. V prispevku želimo na podlagi pregleda strokovne in znanstvene literature predstaviti pomen zdravstvene nege in ob tem vlogo medicinske sestre pri umirajočem pacientu.

Ključne besede: zdravstvena nega, pacienti, umiranje, medicinske sestre

The Role of Nursing Care with Dying Patients

The population is ageing, and the number of patients with incurable chronic disease is sharply on the rise, also increasing the demand for implementation of palliative care. Palliative care means a comprehensive support to patients with an advanced chronic incurable disease and their relatives, who are offered the support during the time of mourning as well. With the advancement of the disease a terminal period occurs, which is often a very difficult time for both, the patient and their relatives. The terminal palliative care, oriented towards the activities of palliative care in the last period of human life, is being implemented. At this point, the comprehensive palliative nursing care is of immense importance, since it is an important part of the palliative care. In this contribution we want to introduce the importance of nursing care with dying patients, based on the review of scientific literature, and to highlight the role of nurses.

Key words: nursing care, patient, dying, nurse

Diabetična retinopatija in diabetični makularni edem

Sladkorna bolezen prizadene številne organe, med njimi tudi oko. Prizadete so vse očesne strukture, vendar se zaradi najusodnejših posledic za bolnika najpogosteje govorji o diabetični retinopatiji. Ob odsotnosti pravočasnega zdravljenja, tako sistemskoga kot lokalnega, postane najpogostejši vzrok slepote med 20-im in 64-im letom starosti. Pri diabetični retinopatiji pride zaradi hiperglikemije sčasoma do okvare stene drobnih žilic, ki prehranjujejo mrežnico, kar vodi do nastanka edema mrežnice in krvavitev. Žilice pa se lahko tudi zaprejo, kar vodi do nastanka večjih področij brez žilic oziroma kapilar, kar pa je lahko razlog za nove zaplete, med njimi tudi za krvavitve v steklovino ali pa celo za odstop mrežnice. Za zdravljenje diabetične retinopatije se še naprej, kot desetletja doslej, uporablja laserska fotokoagulacija mrežnice z argonovim laserjem. Kadar je diabetična retinopatija močno napredovala, ali kadar se krvavitev v steklovino ne resorbira spontano, se opravi tudi vitrectomija, ki pa je kirurški poseg. V zadnjem času se po svetu in tudi pri nas za zdravljenje diabetičnega makulamega edema uporablja predvsem t. i. anti-VEGF terapija, ki je od leta 2010 na voljo tudi v SBNM. Uvedba tovrstne terapije je pomemben mejnik pri zdravljenju DME, saj vida ne le ohranja, temveč ga tudi izboljša.

Ključne besede: diabetična retinopatija, makularni edem, laserska fotokoagulacija, anti-VEGF

Diabetic Retinopathy and Diabetic Macular Oedema

Diabetes causes damage to different organs in the body, including eyes. All the structures of the eye are usually affected, but diabetic retinopathy has mostly been discussed, mainly due to its consequences for the patient's quality of life. Without any treatment, local or systemic, it is the main cause of blindness in population between 20 and 64 years. Hyperglycaemia as a result of diabetes eventually causes the damage of the small retinal feeding vessels, which in turn leads to an oedema and retinal haemorrhages. As a consequence, the small vessels may also obliterate with ischemic areas, which may lead to further complications such as haematovitreous or even retinal ablation. For several decades, the Argon laser photocoagulation has mostly been used in treating diabetic retinopathy. In very severe cases of diabetic retinopathy, or when the haematovitreous persists for several weeks or more, vitrectomy as a surgical approach of treatment is mostly indicated. For the last few years a so called anti-VEGF therapy has been used worldwide for treating the diabetic macular oedema. Since 2010, it is also available at the General hospital Novo mesto. The availability of such therapy is an important milestone for the DME treatment, mainly because it does not only maintain but also improves the visual acuity.

Key words: diabetic retinopathy, diabetic macular oedema, anti-VEGF, laser photocoagulation

Nataša Gimpelj

Splošna bolnišnica Novo mesto

Predstavitev Splošne bolnišnice Novo mesto s statističnimi podatki

Povprečna življenjska doba v Sloveniji je 80,3 leta in se je v zadnjih desetih letih povečala za dobre 4 leta. Povečanje povprečne življenjske dobe se odraža tudi pri obravnavi pacientov v bolnišnicah. Daljša življenjska doba vpliva na stopnjo hospitalizacije. Raziskovalci ugotavljajo, da kar 78 % prebivalstva, starega nad 60 let, potrebuje zdravstveno oskrbo v bolnišnicah, kar vsekakor vpliva na sistem zdravstvenega varstva in zahteva vse več sredstev za zdravstveno oskrbo prebivalstva. Starost sama po sebi sicer ni bolezen, je pa pogosto z njo tesno povezana, saj se s povečanjem deleža starejših oseb povečuje tudi število kroničnih bolezni in stanj, s tem pa tudi potrebe in zahteve po njihovi ustrezni obravnavi na vseh ravneh zdravstvene službe. V Sloveniji je 23 % prebivalstva starih nad 60 let (IVZ, statistični letopis, 2012), v Splošni bolnišnici NM pa je bilo v letu 2014 kar 40 % vseh zdravljenih bolnikov, starih nad 60 let, če odštejemo pediatrični in porodniški oddelek, pa je obravnavi pacientov, starih nad 60 let, pomenila kar 50 % vseh hospitalizacij.

Ključne besede: bolniki, starost, starostne skupine, ležalna doba

Presentation of the General Hospital Novo mesto in Terms of Statistics

The average life expectancy in Slovenia is 80.3 years and has increased by more than 4 years in the last decade. The increase in average life expectancy is also reflected in the treatment of inpatients in hospitals. Longer lifetime impacts the rate of hospitalisation. The researchers have determined that 78% of the population, aged above 60 years, requires medical care in hospitals, which certainly affects the healthcare system and requires more funds for healthcare of the population. Age itself is not actually a disease, but it is often closely associated with diseases, because with the increase in the proportion of elderly people, the number of chronic diseases and conditions is on the increase as well, and consequently, the needs and requirements of the respective treatment at all levels of the healthcare services is growing. In Slovenia, 23% of the population is over 60 years old (Institute of Public Health, Statistical Yearbook, 2012). In the General Hospital Novo mesto, 40% of all treated inpatients were over 60 years old in 2014, if the paediatric and maternity department is not considered, the treatment of patients, over 60 years old, constitutes 50% of all hospital admissions.

Key words: patients, age, age groups, length of stay

Celostna obravnava starostnika z nevrološkimi obolenji v Splošni bolnišnici Novo mesto

V prispevku želimo prikazati celostno obravnavo starostnika pri možganskem obolenju od sprejema do odpusta. Poudarek je na obravnavi starostnika po procesu zdravstvene nege (PZN) kot sistematične in fleksibilne metode, ki zagotavlja kontinuirano in kakovostno zdravstveno nego. V podporo pri izvajanju PZN nam je teoretični model Virginie Henderson in 14 temeljnih življenjskih aktivnosti. Pri naših pacientih je najbolj izpostavljena življenjska aktivnost prehranjevanje oz. motnje požiranja. K celoviti obravnavi pripomore tudi sodelovanje s svojci, ki jih poučimo o načinu prehranjevanja starostnika. Obravnava pacienta z nevrološkimi obolenji je zelo zahtevna in raznolika, zato pri zdravljenju in rehabilitaciji sodeluje skupina strokovnjakov, ki jo sestavljajo zdravnik, medicinska sestra/zdravstveni tehnik, dipl. med. sestra/magister, fizioterapevt, klinični psiholog, socialni delavec, po potrebi pa se vključijo tudi drugi strokovnjaki (psihiater, internist, kirurg). Zdravstvena nega je pomemben in nepogrešljiv člen pri zdravljenju in rehabilitaciji pacientov z možganskim obolenjem.

Ključne besede: zdravstvena nega, celostna obravnava, starostniki, možganska obolenja

A Comprehensive Approach to the Elderly Suffering from Neurological Disease in the General Hospital Novo mesto

In the article we would like to present a comprehensive approach to the elderly suffering from neurological diseases, from their admission to hospital to their release. The emphasis is on the treatment of the elderly after the nursing care process, which is a systematic and flexible method, ensuring continuous and high quality nursing care. The theoretical model of Virginia Henderson and 14 basic life activities represent a support of this nursing process. The most affected life activity of our patients is the eating activity- swallowing disorder. If a relative of an elderly participates in education of eating, this may well help to a comprehensive approach to the elderly. Certain statistic data of particular neurological diseases of the elderly, registered in the year 2014, will also be presented. A suitable approach to patients with neurological disease is very demanding and various, therefore the treatment and rehabilitation involve a group of experts; at the neurological department these are: a doctor, a nurse, a senior staff nurse, a physiotherapist, a clinical psychologist, a social worker, and if necessary other experts take part in the process (a psychiatrist, an internist, a surgeon). Nursing care is a very important and indispensable part of the treatment and rehabilitation of patients with neurological disease.

Key words: nursing care, comprehensive approach, the elderly, brain disease

Obravnava starostnika s srčnim popuščanjem

Glede na statistične podatke se število obolelih s srčno-žilnimi boleznimi veča, zato se povečuje tudi potreba po kvalitetni zdravstveni obravnavi. Naloga medicinskih sester je usmerjena v preventivo s pomočjo izobraževanja posameznikov in v kurativo, ko posameznik že potrebuje obširnejšo zdravstveno obravnavo. V prispevku bomo predstavili srčno popuščanje s pomočjo metaparadigem in prikazali dejavnike, ki vplivajo na nastanek srčno-žilnih bolezni. Pri delu bomo uporabili deskriptivno metodo dela s pregledom literature. Ustrezno literaturo bomo sistematično iskali v knjižnici in s pomočjo sistema COBISS. V empiričnem delu prispevka bomo predstavili proces zdravstvene nege pri pacientu s srčnim popuščanjem glede na štirinajst temeljnih aktivnosti teoretičnega modela Virginije Henderson. Oblikovane bodo aktualne in potencialne negovalne diagnoze pri pacientu s srčnim popuščanjem ob njegovem prihodu na oddelek. Celovita in kontinuirana zdravstvena obravnava je zelo pomembna za doseganje ustrezne kvalitete in varnosti pacienta.

Ključne besede: srčno popuščanje, zdravstvena nega, metaparadigma

Treatment of an Elderly Person with Cardiac Failure

According to statistics, the number of people suffering from cardio vascular diseases is increasing, and the need for quality medical treatment is accordingly on the rise as well. The task of nurses is focused on prevention through education of individuals and curative when an individual already requires extensive medical treatment. In our paper we will present the cardiac failure through metaparadigm and highlight factors that influence the occurrence of cardiovascular disease. We will use the descriptive method with literature review. The relevant literature will be systematically found in the library and with the help of the COBISS system. In the empirical part of the paper we will present the nursing care process in a patient with cardiac failure, according to the fourteen basic activities of the theoretical model of Virginia Henderson. Current and potential nursing diagnoses will be performed in a patient with cardiac failure upon arrival at the department. The comprehensive and continuous treatment of the patient is important to achieve the high-quality medical treatment. With the help of current and potential diagnosis can help to secure the hearing of the patient.

Key words: cardiac failure, nursing care, metaparadigm

Vpliv institucionalnega bivanja na družbeni status in avtonomijo starostnika

Vse več starih ljudi je prisiljenih zamenjati svoje dotedanje bivalno okolje z vključtvijo v različne oblike institucionalnega varstva. Avtorica se osredotoča na specifično obliko institucionalnega varstva starih ljudi, domove za starostnike. V moderni družbi so v domovih prevladovali medicinski pristopi, ki so z instrumentalnim načinom dela največkrat odločali o življenju stanovalcev. Izguba avtonomije, znižanje samopodobe in socialnih stikov ter morebitni hitrejši upad intelektualnih sposobnosti so bili spremeljevalci takih organizacijskih pristopov. Čeprav je struktura današnjih domov socialno obarvana, obstaja bojazen, da nekatere elemente instrumentalizacije ohranja, saj način življenja starostnikov in norme vedenja še vedno določajo dokaj togi administrativni pristopi. Socialna opora in celotna struktura mreženja znotraj institucije utegne biti v tem segmentu minimalna, kar postavlja pod vprašaj kakovost bivanja. Ob tem je avtorico zanimalo: Ali in (če je) koliko je bivanje v instituciji resnično naklonjeno posamezniku? Ali so domovi za starejše nemočni pri zadovoljevanju višjih sekundarnih potreb starostnikov? Je resnično v interesu družbe, da starostnike integrira v družbo in kolikšen vpliv imajo na to institucije? Ali lahko te institucije s svojim delovanjem povmejo starostnikom družben status, ki so ga zasedali nekoč? Dobljene empirične podatke je avtorica pridobila z individualnimi intervjuji med štiriindvajsetimi stanovalci domov, starih od 65 do 90 let.

Ključne besede: starostniki, institucije, varstvo, potrebe, družbeni status

The Impact of Institutional Living of the Elderly on their Social Status and Autonomy

An increasing number of elderly people is forced to replace their previous living environment with the incorporation into the various forms of institutional care. The author focuses on the specific form of institutional care of elderly people, homes for the elderly. The medical approaches with the instrument mode of work methods were dominating in the elderly homes' environment, which defined the lives of residents. The loss of autonomy, lower self-image and fewer social contacts and eventual faster decline of intellectual abilities were results of such organisational approaches. Although the structure of today's homes for the elderly is more socially highlighted, there is a risk that some of the instrumentalisation elements are present, since the roles and norms of behaviour are still set by fairly rigid administrative approaches. In this segment the social support and the whole structure of networking within an institution might be deactivated to a minimum, which affects the quality of living. The author wanted to know the following: Whether and, if so, to what extent is living in an institution really in favour of the individual? Are homes for the elderly powerless in satisfying higher secondary needs of the elderly? Is it truly in the interest of the society to integrate the elderly into society and what impact do the institutions have? Can these institutions reestablish the social status that the elderly occupied before? The empirical data were obtained by the author by individual interviews of twenty-four residents of the homes, at the age of 65 to 90 years.

Key words: the elderly, institutional care, elderly needs, social status

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Motivation to Participate in Prevention Programs in Poland

Colon cancer is the development of cancer cells in the colon or rectum. Slowly and often latently growing is typical for this type of the cancer. It can be finally identified by obtaining a sample of the colon during a sigmoidoscopy or colonoscopy which are the primary methods for early detection of the lesion, as well as the detection and removal of polyps. In Poland since 2000 a „Program of screening tests for early detection of colorectal cancer“ was conducted. The program is an effective form of primary and secondary prophylaxis. The aim of the study was to identify the factors motivating patients to perform colonoscopy as a part of the prevention program. The research method of diagnostic survey was conducted on a group of 264 patients in the Endoscopy Laboratory of the Department of Gastroenterology in Independent Public Provincial Hospital in Szczecin. The technique of questionnaires was used for complementing the data by using the author's tool. Occurrence of colorectal cancer among relatives has a little effect on deciding for the examination. Patients are the most often encouraged for preventive colonoscopy by medical personnel during their direct contacts. Good tolerance of the procedure, professionalism of the staff and a positive atmosphere during the test convince patients to encourage family and friends to perform preventive colonoscopy.

Key words: colorectal cancer, colonoscopy, screening test

Motivacija za sodelovanje v preventivnih programih na Poljskem

Rak debelega črevesa pomeni razvoj rakavih celic v debelem črevesu in dinki. Raste počasi in prikrito, kar je značilno za to vrsto raka. Končno se lahko identificira s pridobitvijo vzorca debelega črevesa s sigmoidoskopijo ali kolonoskopijo, ki sta primarni metodi za zgodnje odkrivanje lezij, kakor tudi odkrivanje in odstranitev polipov. Na Poljskem je od leta 2000 potekal program, pod imenom „Program presejalnih testov za zgodnje odkrivanje kolorektalnega raka“. Program je zelo učinkovita oblika primarne in sekundarne preventive. Namen naše raziskave je bil ugotoviti motivacijo bolnikov za opravljanje kolonoskopije kot del preventivnega programa. Uporabljena je bila raziskovalna metoda diagnostične ankete, ki je bila izvedena na skupini 264 bolnikov v Endoskopskem laboratoriju oddelka za gastroenterologijo v javni bolnišnici v Szczecinu. Tehnika vprašalnikov je bila uporabljena za dopolnitve podatkov z uporabo orodja avtorja. Pojav kolorektalnega raka med sorodniki ima majhen vpliv na motivacijo za pregled. Bolniki so najbolj pogosto spodbujeni za preventivno kolonoskopijo s strani zdravstvenega osebja. Dobro sprejetje postopka, strokovnost osebja in pozitivno vzdušje med pregledom, prepričajo bolnike, da spodbudijo družino in prijatelje za opravljanje preventivne kolonoskopije.

Ključne besede: kolorektalni rak, kolonoskopija, presejalni test

Starostnik in oglaševanje zdravil

Svetovno gospodarstvo se iz leta v leto sooča z novimi izzivi, med katerimi so nekateri začasne narave, spet drugi pa so stalni. Med slednje prav gotovo sodijo spremenjene demografske razmere, ki postavljajo socialni in zdravstveni sistem ter družbo kot celoto pred izziv povečanih potreb, kjer pa ne gre samo za problem premajhnih kapacitet in ponudbe, ampak tudi za problem financiranja. Študije kažejo, da se poleg življenjske dobe podaljšuje tudi čas zdravega življenja. Ne glede na to, pa se tveganje za razvoj kroničnih bolezenskih stanj, akutnih bolezenskih zapletov in multimorbidnosti s staranjem povečuje. Posledica tega pa so višji izdatki za zdravila in zdravstvo na splošno. Podatki kažejo, da so zdravstveni izdatki za populacijo nad 65 let 4,5-krat višji kot za povprečnega prebivalca. Izdatki za zdravila za to populacijo predstavljajo 1/3 vseh nacionalnih izdatkov za zdravila. Zato je sodelovanje bolnika pri zdravljenju zelo pomembno. Raziskave kažejo, da približno 60 % starostnikov ne jemlje zdravil po navodilih zdravnika. K temu pa lahko prispeva več dejavnikov, od zmanjševanja psihofizičnih sposobnosti posameznika do vplivov okolja, kamor lahko uvrstimo tudi oglaševanje. V prispevku tako predstavimo rezultate raziskave o vplivu (potencialnega) oglaševanja zdravil v Sloveniji na posameznika z vidika skrbi za lastno zdravje.

Ključne besede: demografske spremembe, starostniki, izdatki za zdravila, oglaševanje zdravil, Slovenija

The Elderly and Advertising of Medication

The global economy is facing new challenges each year, some of them are temporary while others are permanent. The latter is undoubtedly the aging of the population. Demographic changes impact the social and healthcare systems and society as a whole, to face the challenge of modified and increasing demands, where the lack of capacities and services stand next to the problem of financing. The fact is, that studies show the prolongation of general life expectancy, as well as of the period of being healthy in life. However, regardless of that, the risk of developing chronic disease conditions, acute complications and multimorbidity actually increases with age. The increased risk, of course, results in greater expenditure on medications and healthcare in general. Data show that healthcare expenditures for the population aged 65 and over, are 4.5 times higher than for an average person. At the same time, experience shows that expenditure on medications for the elderly population represents 1/3 of the total national expenditure on medications. Therefore, the cooperation of a patient during treatment is very important. Studies show that approximately 60% of elderly people do not take their medications as prescribed by the doctor. This may due to several factors, from the reduction of mental and physical condition of the individual, up to the influence of environment, which also includes advertising. The paper therefore presents the research results regarding the impact of (potential) advertising of medications on the individual in Slovenia, in terms of caring for one's own health.

Key words: demographic changes, the elderly, expenditure on medications, advertising of medications, Slovenia

Starejši ljudje v domačem okolju

V zadnjem desetletju se je število starejših povečalo. Soočamo se z novimi vprašanji in izvivi, kako najti učinkovite in trajnostne rešitve. Samo 5 % starejših, starih 65 let in več, živi v institucionalnih okoljih, vsi ostali pa živijo doma. Na kvaliteto življenja starejših, ki živijo v domačem okolju, vpliva več dejavnikov. Najbolj pogosti dejavniki so demografski, socio-ekonomski in dejavniki, povezani s funkcionalnim stanjem. Delovni terapevti lahko s svojim znanjem veliko prispevajo h kvalitetnejšemu življenju starejših. Usmerijo se na ocenjevanje stopnje samostojnosti pri izvajanju dnevnih aktivnosti in v nadaljevanju s terapeutskimi strategijami vplivajo na zvišanje te stopnje. Na podlagi analize domačega okolja lahko posamezniku tudi svetujejo glede potrebnih in smiselnih prilagoditev. Med starejšimi, ki živijo doma ($N = 450$), smo izvedli kvantitativno študijo urejenosti domačega okolja. Ugotavliali smo stopnjo samostojnosti pri opravljanju aktivnosti v vsakdanjem življenju. Z raziskavo smo želeli preveriti, ali obstajajo statistično pomembne razlike v stopnji samostojnosti glede na oceno posameznih okoljskih vidikov v domačem okolju. Rezultati so pokazali statistično pomembne razlike med spoloma v samostojnosti pri opravljanju dnevnih aktivnosti in da so starejši, ki živijo v domačem okolju z manj ovirami, bolj samostojni.

Ključne besede: starejši ljudje, okolje, dnevne aktivnosti, samostojnost, varnost

Elderly People in the Home Environment

The growth of the elderly people population in the last decade has caused many changes. A little known fact is, that just 5% of the elderly, aged 65 and above, lives in institutional settings, all others live at home. The quality of living in the home environment is influenced by many factors. The most frequently pointed out factors are demographic, socio-economic and factors associated with functional status. Equipped with a broad range of strategies, occupational therapists can participate in several areas of addressing this issue. They can focus on evaluating the elderly people's ability to perform daily activities and, furthermore, influence the increase of the ability by therapeutic strategies. In the home environment, occupational therapists can help the elderly maximise their independence in carrying out daily activities. Among the elderly living at home ($N=450$), we performed a quantitative study on the arrangement of the home environment. We investigated the level of independence in performing activities of daily living. With this research, we wanted to check whether there are statistically significant differences in degrees of independence, according to the evaluations of the certain environmental aspects in the home environment. The results showed statistically significant differences between the genders in independence in carrying out daily activities, and that the elderly, living in unmodified home environments, are less independent.

Key words: elderly people, environmental factors, daily activities, independence, safety

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Akreditirani izobraževalni programi s področja demence: primer sedmih evropskih držav

Demografsko staranje je svetovni trend, s katerim je povezano tudi naglo naraščanje števila oseb z demenco. Izobraževanje usposobljene delovne sile s področja demence je ena od prioritet WHO in eno od strateških področij EU. Kljub temu so raziskave s tega področja maloštevilne. V nedavnem uvodniku revije Nurse Education Today je zapisano, da "trenutno malo vemo o količini in vsebinah s področja demence v visokošolskih zdravstvenih izobraževalnih programih". Naša raziskava se ukvarja s problematiko visokošolskih programov ali vsebin s področja demence v sedmih evropskih državah (Češki, Finski, Portugalski, Sloveniji, Švedski, Španiji in Škotski). Uporabili smo kvantitativno raziskovalno metodo s strukturiranimi vprašanji, s katerimi smo pridobili informacije o sestavi kvalificirane delovne sile na področju demence in o vključenih vsebinah s področja demence v obstoječih akreditiranih zdravstvenih in socialnih izobraževalnih programih. Analiza obstoječih izobraževalnih programov je pokazala na velik primanjkljaj vsebin s področja demence. Ti programi pogosto ne nudijo ustreznega znanja in spretnosti s področja oskrbe dementnih oseb. Raziskava je bila izvedena v okviru mednarodnega projekta Palliare, ki ga financira EU.

Ključne besede: demenca, visokošolski programi, raziskave, Evropa, Palliare

Accredited Dementia Education - the Case of 7 European Countries

Demographic ageing is a worldwide process with the associated incidence of dementia, expected to increase globally to over 80 million by 2040. Dementia workforce training is the WHO's priority. Education for care staff is recognised at both, strategic and policy level across Europe, however, the research and training on dementia is scarce. In the recent editorial of the Nurse Education Today journal, it is emphasised that, "little is currently known about the quantity or content of dementia education provision within existing health programmes provided by HEIs." Our study addresses the question on dementia education provision in 7 European countries (Czech Republic, Finland, Portugal, Slovenia, Spain, Sweden, Scotland). The quantitative study method with structured questions was used to map the composition of dementia workforce and to identify existing accredited education on dementia. The focus of the research were health and social care programmes. The analysis of existing educational programmes showed large deficits in the field of education on dementia. Educational programs frequently do not offer adequate knowledge and skills required by the qualified health and social care workforce. Study was prepared within the EU funded project Palliare.

Key words: dementia, accredited education on dementia, quantitative study, Europe, Palliare

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Ravnanje z odpadki v zdravstvu – primer terenske krvodajalske akcije

Zdravstveni delavci, ki delajo na terenski krvodajalski akciji, so poleg dela odgovorni tudi za ločevanje odpadkov. Po končani krvodajalski akciji morajo poskrbeti za infektivne odpadke, ki jih jih odpeljejo nazaj na Zavod za transfuzijsko medicino. Za vse ostale odpadke pa je zadolžen Rdeči križ v sodelovanju z ustanovo, v kateri je potekala terenska krvodajalska akcija. Namen raziskave je bil ugotoviti obstoječe stanje ravnanja z odpadki na terenskih krvodajalskih akcijah in ga primerjati z veljavnimi predpisi ter pridobiti mnenje in stališča vodje terenske krvodajalske akcije. Raziskava je izvedena na treh terenskih krvodajalskih akcijah. S pomočjo strukturiranega obrazca smo beležili podatke o vrsti in količini posameznih vrst odpadkov, načinu shranjevanja, označevanja in odstranjevanja odpadkov, o številu članov terenske akcije in o pravilnem ločevanju odpadkov. Dodatno je bil izveden polstrukturirani intervju z vodjo terenske krvodajalske akcije. Analiza rezultatov je pokazala, da je bilo ravnanje z odpadki na terenskih krvodajalskih akcijah večinoma ustrezno. Vseeno so se pokazale določene pomanjkljivosti oziroma možnosti izboljšav.

Ključne besede: odpadki, Zavod Republike Slovenije za transfuzijsko medicino Ljubljana, medicinske sestre

Waste Management in Healthcare – a Case Study of Blood Donations Camps

Health professionals working at blood donation camps are, in addition to their work, also responsible for separating waste. After the blood donation campaign ends, the health professionals are responsible for infectious waste, which they take back to the Institute for Transfusion Medicine. The Red Cross, in cooperation with the institution where the blood donation was held, are responsible for disposal of other waste. The purpose of the study was to determine the current state of waste management in the field of donation blood camps, and compare it with current regulations, as well as to obtain opinions and views of the head of the blood donation camp. The survey was conducted at three donation blood camps. Using a structured form, we recorded data on types and amounts of certain waste, on the methods of storage, labeling and disposal, on the number of members of the field campaign, and about the proper waste separation. Furthermore, we conducted a semi-structured interview with the head of the blood donation campaign. Analysis of the results showed that the waste management at donation blood camps is mostly adequate. However, some weaknesses and opportunities for improvement have also been found.

Key words: waste, Blood Transfusion Centre of Slovenia, nurse

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Fizioterapija kod trudnice s tetraparezom i urogenitalnom disfunkcijom

Urogenitalna disfunkcija kod trudnica s tetraparezom prisutna je kod 20 % trudnica. U radu je prikazan fizioterapijski pristup kod trudnice s tetraparezom i urogenitalnom disfunkcijom. U procjeni korištena je PERFECT skala, Upitnik samoprocjene utjecaja inkontinencije na kvalitetu života, Dnevnik mokrenja i Numerička skala mjerjenja dispneje i NYHA klasa. U intervenciji je proveden respiratorni i trening mišića zdjeličnog dna. Nakon provedene fizioterapijske intervencije došlo je do poboljšanja obrasca disanja i smanjenja dispneje te povećanja snage i funkcije mišića zdjeličnog dna i smanjenja simptoma urogenitalne disfunkcije te poboljšanja kvalitete života trudnice. Trudnice s invaliditetom zaokupljaju posebnu pozornost fizioterapeuta. Uloga fizioterapeuta je iznimno važna u procjeni funkcionalnog statusa trudnice, detekciji poteškoća i ograničenja u izvođenju aktivnosti svakodnevnog života te specifičnoj intervenciji s ciljem poboljšanja kvalitete života. Rezultati ovog rada upućuju na nužnost specifičnog fizioterapijskog pristupa kod trudnice s tetraparezom i urogenitalnom disfunkcijom.

Ključne riječi: trudnoća, urogenitalna disfunkcija, fizioterapijski pristup

Physiotherapy in Pregnant Women with Tetraparesis and Urogenital Dysfunction

Urogenital dysfunction in pregnant women with tetraparesis is present in 20% of pregnant women. In this work a physiotherapeutic approach in women with tetraparesis and urogenital dysfunction is presented. The PERFECT Scale was used for assessment, including the self-assessment questionnaire on the Impact of incontinence on the quality of life, Urinary diary and Numerical scale measuring dyspnoea, and NYHA class assessment. In the intervention the respiratory training and pelvic floor muscles training were implemented. After the physiotherapeutic intervention there was an improvement in the form of breathing, the dyspnoea was reduced, there was an increase of the strength and function of pelvic floor muscles, and reduced symptoms of urogenital dysfunctions, all improving the quality of life of pregnant women. Pregnant women with disabilities need a special attention of their physiotherapist. The role of a physiotherapist is important in assessing the functional status of pregnant women, detection of problems and limitations in performing activities of daily living, as well as specific interventions to improve the quality of life. The results of this work indicate the need for specific physiotherapeutic approach in women with tetraparesis and urogenital dysfunction.

Key words: pregnancy, urogenital dysfunction, physiotherapeutic approach

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Suradljivost s higijenom ruku u domu za starije i nemoćne osobe

Broj populacije iznad 65 godina je u porastu, te se povećava broj starijih osoba smještenih u domovima za starije i nemoćne osobe. Kod ove populacije povećan je rizik za nastanak infekcija povezanih sa zdravstvenom skrbi uslijed pridruženih kroničnih bolesti. Cilj istraživanja bio je utvrditi suradljivosti pri higijeni ruku u osoblja koje provodi zdravstvenu njegu u domu za starije i nemoćne osobe prije i nakon edukacije. Metode. Opservirani su postupci higijene ruku prije i poslije edukacije o mjerama pravilne higijene ruku. Za utvrđivanje razlika među proporcijama između dvaju nezavisnih uzoraka rabio se Fisherov egzaktni test. Rezultati. Prije edukacije higijena ruku je provedena u 50 (19,5 %) indikacija dok je nakon edukacije higijena ruku provedena u 300 (53,1 %) indikacija ($p < 0,001$). Zaključak. Suradljivost s higijenom ruku u domu za starije i nemoćne osobe je izrazito niska, no nakon provedenih intervencija dolazi do značajnog poboljšanja.

Ključne riječi: Suradljivost, higijena ruku, dom za starije nemoćne osobe

Hand Hygiene Compliance in a Nursing Home

The number of population over 65 years of age is increasing, which results in the increase of elderly persons in nursing homes. In this population an increased risk of healthcare-associated infections arises due to associated chronic diseases, and the specifics of institutional accommodation. The aim of this study was to determine the differences in hand hygiene compliance among healthcare staff before and after the education sessions. Methods. Proper hand hygiene procedures observed before and after the education. To determine differences among the proportions between the two independent samples, the Fisher's exact test was used. Results. Before the training, hand hygiene was performed in 50 (19.5%) indications, whereas after the training, hand hygiene was performed in 300 (53.1%) indications ($p < 0.001$). Conclusion. Adherence to hand hygiene in the nursing home was extremely low, but after the education intervention, a significant improvement was observed.

Key words: compliance, hand hygiene, education, nursing home

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Multidisciplinarni pristup oboljelima od raka pluća

Brojni razlozi mogu doprinjeti razvoju maligne bolesti. Rak pluća je kompleksna bolest, zahtijeva multidisciplinarni pristup kako bi povećali stopu preživljivanja uz očuvanje kvalitete života. Temelj zdravstvene skrbi oboljelih od raka pluća su rana dijagnoza, pravovremeno liječenje, zdravstvena njega, rehabilitacija, psihološka potpora i informiran i motiviran pacijent, članovi njegove obitelji i suradnja s civilnim udruženjima. Maligne bolesti svrstavamo u kronične nezarazne bolesti prema WHO. WHO pokrenula je dva modela: Model kronične njege i Okvir inovativne skrbi. Oba modela u fokus stavljuju informirane, motivirane pacijente, obitelj i zajednicu kojima podršku pružaju informirani i motivirani timovi u praksi. Oboljeli od raka pluća suočeni su s brojnim simptomima i popratnim pojavama. Gubitak težine predstavlja loš prognostički znak! Nutritivni status bolesnika pokazao se važnim čimbenikom koji utječe na ishod i oporavak od bolesti. Za praćenje općeg i nutritivnog stanja onkoloških bolesnika osmišljena je Sastavnica sestrinske liste i uvedena na Kliniku Jordanovac kao obvezna dokumentacija.

Ključne riječi: rak pluća, zdravstvena njega, nutritivni status

Multidisciplinary Approach to Patients Suffering from Lung Cancer

Numerous reasons may contribute to the development of malignant disease. Lung cancer is a complex disease which requires a multidisciplinary approach to increase survival rates while preserving patients' quality of life. The foundation of the healthcare for patients with lung cancer are early diagnosis, timely treatment, medical care, rehabilitation, psychological support, as well as an informed and motivated patient, family members, and co-operation with civil society organizations. Malignant diseases are classified as the chronic non-communicable diseases, according to WHO. WHO has launched two models: Model of Chronic Care and Innovative Care Framework. Both models focus on an informed and motivated patients, their families and the community supported by informed and motivated teams in practice. Patients with lung cancer are confronted with many symptoms and side effects. Weight loss is a poor prognostic sign! Nutritional status of patients has proven to be an important factor that influences the outcome and recovery from illness. To monitor the general and nutritional status of oncology patients in the Jordanovac Clinic, the "Component sister list" has been designed and introduced as one of the obligatory documentation.

Key words: lung cancer, healthcare, nutritional status

Socialno delo s starostniki v Splošni bolnišnici Novo mesto

Temeljna naloga socialnega dela v bolnišnici je strokovno pomagati ljudem, ki so se znašli v psihosocialni stiski zaradi zdravstvenih težav. Socialna delavka s specifičnim znanjem, veščinami in strokovnimi pristopi, prispeva k celostni obravnavi starostnika v bolnišnici. V času bolnišničnega zdravljenja zagotavlja podporo pacientom in njihovim bližnjim pri prilaganju na nove življenske razmere, pri njihovem vključevanju v proces zdravljenja, rehabilitacije ali umiranja. Pri delu sledi cilju, da skupaj s pacientom in njegovo socialno mrežo, v sodelovanju s strokovnjaki znotraj Splošne bolnišnice Novo mesto in drugih institucij, išče najboljše možne rešitve za konkretno socialno težavo. Institucionalno varstvo je ena izmed oblik skrbi za starejše, katere namen je, da maksimalno zadovoljuje potrebe, ki si jih posameznik več ne more individualno zagotoviti v svojem bivalnem okolju. Socialna delavka starostniku in njegovim svojcem posreduje informacije, pomaga pri administrativnih opravilih in pri stikih z izbranim domom.

Ključne besede: starostniki, socialno delo, celostna obravnava, institucionalno varstvo

Social Work with Elderly People in the General Hospital Novo mesto

The main objective of the social work in hospitals is to provide professional help to people who have found themselves in psychosocial distress due to health problems. A social worker with specific knowledge, skills and professional approach contributes towards a comprehensive treatment of elderly people in a hospital. During the hospital care, the social worker provides support for patients and their relatives to make adjustments to the new living conditions and to include them in the treatment process, rehabilitation or the process of dying. The social worker's aim is to look for the best possible solution to a specific problem together with the patient and their social network, in association with the experts from the General Hospital Novo mesto and other institutions. Institutional care is one of the forms of care of elderly people. Its purpose is to fully satisfy the patients' needs, which cannot be provided by themselves anymore in their living environment. The social worker gives information to the elderly person and their relatives, helps them communicate with their chosen nursing home, as well as with the administrative tasks.

Key words: elderly people, social work, comprehensive treatment, institutional care

Potrebe in vrednote starostnikov kot ogledalo postmoderne družbe

Prispevek obravnava vrednote kot temeljni mehanizem funkcioniranja družbe in kot skupek idej, kaj je v družbi zaželeno, dobro, koristno. Vrednote so temeljni del našega vsakdana. Predstavljajo tudi enega izmed osnovnih elementov vsake družbe. Za zagotavljanje funkcioniranja vrednot in ohranjanja le-teh v konceptu družbe, je treba zagotoviti sistem vrednot in njihov pomen. Proses ponotranjenja vrednot pomeni tudi kolektivno zavest. Vsaka družba nedvomno teži k najvišemu zavedanju »dobrega«. V prispevku se bomo osredotočili na Maslowovo teorijo o hierarhiji vrednot in hkrati predstavili problem starostnikov kot pomembne vrednote postmoderne družbe. Število starostnikov v družbi narašča, povečuje pa se hkrati tudi potreba po varnosti in kvaliteti življenja. Starejše prebivalstvo predstavlja neprecenljiv vir prenosa vrednot na mlajše generacije. V primerjalni analizi vsebine se bomo osredotočili na podatke, pridobljene na Statističnem Uradu RS, ter podatke v poročilu Varuha človekovih pravic RS (2011), v katerem so bile predstavljene ugotovitve problematike starostnikov v slovenski družbi, in jih primerjali z raziskavo Living in Old Age in Europe - Current Developments and Challenges (Stula, 2012).

Ključne besede: vrednote, hierarhija vrednot, družba, starostniki, potrebe

Needs and Values of the Elderly as a Reflection of the Post-Modern Society

The article discusses values as a basic society functioning mechanism and as a group of ideas of what is wished, good and useful in the society . Values are a main part of everyday's life. They also present one of the fundamental elements of each society. In order to provide the functioning of values and preserving them in the concept of society, it is necessary to assure a system of values and their meaning. The process of interiorising values also represents the collective awareness. Each society undoubtedly focuses on the highest awareness of »the good«. In the article we will focus on the Maslow theory about the hierarchy of values and simultaneously present the problem of the elderly as an important value of the post-modern society. The number of elderly people is increasing and so is the need for security and life quality. The elderly population represents a priceless source of transferring values on younger generations. The comparing analysis of the content focuses on the data obtained at the Statistic Office of the Republic of Slovenia as well as the data in the Ombudsman of the Republic of Slovenia report 2011) which presents the results of problems of the elderly in the Slovene society and compares them with the Living in Old Age in Europe - Current Developments and Challenges research (Stula, 2012).

Key words: values, hierarchy of values, society, the elderly, needs

Spomin v starosti in povezava s telesno dejavnostjo

Starostne spremembe vplivajo tudi na centralni živčni sistem in kognitivne sposobnosti, predvsem na pozornost, kratkoročni in dolgoročni spomin in centralnega izvršitelja. Upad je mogoče zmanjšati in vzpodbuditi možgane k nevrogenezi. Pri tem nam pomaga telesna dejavnost, saj so zaznane višje koncentracije nevrotrofičnega dejavnika možganskega izvora (Brain-derived neurotrophic faktor - BDNF), inzulinskega serumca (IGF-1) in normaliziranje N-acetylaspartata (NAA) v povezavi s telesno dejavnostjo. Starostniki ohranijo boljši implicitni (znanje o izvajaju procesov) kot eksplisitni spomin (vedenje o stvareh), ki je predvsem v hipokampusu. Upad kognitivnih funkcij, sicer normalen proces, pri nekaterih starostnikih nekoliko odstopa od pričakovanega, obenem pa taki posamezniki pogosteje razvijejo demenco ali ostanejo v fazi blagega upada kognitivnih sposobnosti, imajo manjšo neodvisnost in slabše socialno vključevanje. Telesna vadba vpliva na povečanje volumena sive možganovine v prefrontalnem korteksu in hipokampusu, kar izboljšuje pozornost in spomin. Zato je treba za dvig kakovosti življenja starostnikov, ob sodelovanju različnih strokovnjakov, preučiti, kakšna in kako intenzivna telesna dejavnost je najprimernejša.

Ključne besede: spomin, starostniki, telesna dejavnost

Memory in the Old Age and Connection with Physical Activity

Ageing changes also affect the central nervous system and cognitive abilities, especially attention, short-term and long-term memory, and the central executive. The decline can be reduced and the brain stimulated to neurogenesis. The physical activity (PA) can be very helpful, as higher concentrations of Brain-Derived neurotrophic factor (BDFN), insulin serum (IGF-1) and normalizing of the N-acetylaspartat (NAA) in connection with PA have been found. Elderly maintain better implicit memory (knowledge about the execution of processes), than explicit memory (knowledge of things), which is primarily in the hippocampus. The decline in cognitive functions, although a normal process, slightly deviates from the expected one with some elderly individuals, at the same time, however, they are more likely to develop dementia or remain at the stage of slight cognitive decline, have less independence and less social inclusion. PA affects the increase in the volume of gray brain in the prefrontal cortex and hippocampus, improving concentration and memory. It is therefore necessary to examine, with participation of various experts, which and how intense PA is most suitable in order to improve the quality of life of elderly.

Key words: memory, the elderly, physical activity

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Smrt u jedinici intenzivnog liječenja (JIL) – poraz ili pobjeda

Neki pacijenti u JIL-u se oporave brzo i bez posljedica, neki sporo ili djelomično, a neki nikada. Pacijenti s upitnim oporavkom su često ovisni o mehaničkoj i medikamentoznoj potpori. U njihovo liječenje i njegu uključen je niz zdravstvenih djelatnika koji su educirani za održavanje života, a ne i za kvalitetnu brigu o umirućem pacijentu. Neki imaju osjećaj da je smrt pacijenta njihov osobni neuspjeh. Cilj zdravstvene njegе umirućeg pacijenta nije ubrzati ili odgoditi smrt već smanjiti patnju i bol, omogućiti najveću moguću kvalitetu umiranja i očuvati osobni dignitet. Mirnu i dostojanstvenu smrt često zdravstveni djelatnici shvaćaju različito od bolesnika pa to može biti razlog manjkave skrbi. U anketi provedenoj među djelatnicima u JIL-u, koji su se s prвom smrti pacijenta susreli s u prosjeku 21 godinom, oko 50 % njih smatra da bolesnici nemaju ili rijetko imaju dostojanstvenu smrt. Prema njima dostojanstveno umiranje je bez боли i patnje, ne u samoći, uz ispunjenje želja i bez nepotrebног produžavanja agonije. Pacijenti su im u trenutku smrti najčešće nesvesni. U svim JIL-ovima postoje protokoli za održavanje života, ali ne postoje protokoli o dostojanstvenom umiranju.

Ključne riječi: umiranje, jedinica intenzivnog liječenja, dostojanstvo

Death in the Intensive Care Unit (ICU) – Defeat or Victory

Some patients in the ICU recover quickly and without consequences, some slowly or partially, and some, unfortunately, never. Patients with doubtful recovery are often dependent on mechanical and drug support. Their treatment and care include a number of healthcare professionals trained to support life, but not for quality care of the dying patient. Some feel that the patient's death is their personal failure. The aim of the dying patient's healthcare is not to hasten or postpone death, but to reduce the suffering and pain, enable the highest possible quality of dying and preserve personal dignity. Healthcare workers often understand peaceful and dignified death differently from patients and this may be the reason for the deficient care. In a survey conducted among the ICU staff, who first met with the death of a patient at an average of 21 years, about 50% of them believe that patients never or rarely have a dignified death. Accordingly, a dignified death should be without pain and suffering, not in solitude, with their wishes fulfilled and without unnecessary prolonging of the agony. Their patients are most often unconscious at the moment of death. In all ICUs there are certain protocols to support life, but there are no protocols for a dignified death.

Key words: dying, intensive care unit, dignity

Praktično usposabljanje z delom v zdravstvenem in socialnem varstvu

Gospodarsko in šolsko bolj razvite države so spoznale, da kakovostnega poklicnega izobraževanja ni mogoče organizirati brez soudeležbe in soodgovornosti delodajalcev ter njihovih združenj. Za poklicno in strokovno izobraževanje je najpomembnejše razvito socialno partnerstvo. To je temeljni pogoj za načrtovanje izobraževanja, pripravo izobraževalnih programov in izvajanje praktičnega izobraževanja v podjetjih. Izraz praktično usposabljanje z delom uporabljamo torej samo za tisti del praktičnega izobraževanja, ki ga opravljajo dijaki srednjih šol pri delodajalcih v zdravstvenih in socialnih ustanovah. Dijaki triletnega poklicnega izobraževanja in štiriletnega programa smeri zdravstvena nega na Srednji zdravstveni šoli Celje opravljajo praktično usposabljanje z delom v dvaintridesetih ustanovah po Sloveniji in v eni ustanovi v Nemčiji. Zelo pomembno je ugotavljanje zadovoljstva dijakov, delodajalcev in predvsem pacientov v času opravljanja praktičnega usposabljanja z delom. Naš namen je ugotoviti, ali ta oblika izobraževanja pripomore k boljši usposobljenosti bodočih zdravstvenih delavcev za celostno obravnavo pacienta.

Ključne besede: izobraževanje, usposabljanje, Srednja zdravstvena šola Celje, praktično usposabljanje z delom

Practical Training with Work in the Field of Healthcare and Social Care

Countries with a highly developed economy and school system have recognised that high-quality vocational education cannot be organised without the participation and co-responsibility of employers and their associations. A well developed social partnership is essential for vocational education and training. Social partnership is fundamental for educational planning, curriculum development and implementation of practical training in companies. The term practical training is used only for the part of training performed by students of secondary schools at institutions in the field of healthcare and social institutions. Students of three and four-year vocational education programme of nursing at the Secondary School of Nursing in Celje undergo practical training at thirty-two institutions in Slovenia and an institution in Germany. The satisfaction of students, employers and especially patients, when doing practical training and work, is of great importance. Our purpose is to determine whether this form of education helps to improve the quality of future health professionals in the comprehensive treatment of patients.

Key words: education, training, Secondary School of Nursing Celje, practical training through work

Uporabnost regenerativne medicine pri starostnikih

Cilj regenerativne medicine je obnova tkiv in organov ter njihove funkcije; s tem tudi zmanjšanje uporabe zdravil za zdravljenje kroničnih bolezni in obvladovanje bolečine. Tako dosežemo povečanje kakovosti življenja obolelega, ki je z vidika starostnika enako pomembna vrednota kot dolžina življenja. Številne raziskave kažejo, da pri mlajših bolnikih z regenerativno medicino lahko dosežemo boljšo regeneracijo tkiva. Zato se v mnogih kliničnih preskušanjih uporaba regenerativnega zdravljenja omejuje na bolnike, mlajše od 65 let. Številne aplikacije tovrstnega zdravljenja pa so primerne tudi na starejšo populacijo, zlasti za zdravljenje kostno-mišičnih obolenj, kroničnih bolezni itd. Normalno obnovo tkiv človeškega telesa omogočajo matične celice, ki so vse življenje prisotne v številnih tkivih, kjer nadomeščajo celice, odmrle zaradi poškodb in bolezni. Sposobnost regeneracije telesa s starostjo upada, saj se z leti v tkivih manjša tudi število matičnih celic. Možnost shranjevanja lastnih matičnih celic ponuja biobančništvo, s pomočjo katerega lahko matične celice iz mladosti ohranimo za potencialno zdravljenje v starosti.

Ključne besede: matične celice, starostniki, staranje, klinične študije, biobančništvo

Potentials of Regenerative Medicine for the Elderly Population

Regenerative medicine aims to restore tissues and organs and their function; this results also in a reduced use of medications for treatment of chronic diseases and pain management. The goal is to increase the quality of life, which is, from the perspective of the elderly, equally important value as the longevity. Several researches indicate, that a better tissue regeneration can be achieved in younger patients. For this reason, several clinical trials limit the testing of such applications to patients under 65 years of age. However, specific regenerative treatments can be in many cases beneficial for the elderly population as well, especially in terms of treating musculoskeletal disorders, chronic diseases, etc. Stem cells persist throughout life in numerous tissues, replacing cells lost to homeostatic turnover, injury and disease. In general, regenerative potential declines with age, which is related with a fact that the stem cell potential is also affected by ageing. Therefore, biobanking offers a possibility to store one's own stem cells from youth, and preserve them for potential treatments in older age.

Key words: stem cells, the elderly, ageing, clinical trials, biobanking

Obravnava starostnika z zlomom kolka v nujni medicinski pomoči

Kolčni sklep je sklep med glavo stegnenice in skleplno ponvico (acetabulum) kolčnice, ki ju povezuje hrustančni labrum acetabulare. Pod pojmom zlom kolka razumemo zlome proksimalnega dela stegnenice, ki jih delimo na znotrajsklepne in izvensklepne. Med poškodbami starejše najbolj ogrožajo padci in s starostjo se povečuje tudi njihova verjetnost. Poglavitni vzrok zlomov pri starejši populaciji je zmanjšana trdnost kosti. Pri starostniku zlom kolka pomeni hudo poškodbo, ki ga življensko ogroža, saj je splošna umrljivost v prvem letu po poškodbi kolka med 15 in 36 %. Zadnjih nekaj let število poškodovanih starejših oseb narašča tudi zaradi daljšanja življenske dobe. Že ob prvem stiku z ekipo nujne medicinske pomoči na verjetni zlom kolka opozori bolečina v predelu medenice, kolka ali kolena. Poškodovana noga je pogosto, vendar ne vedno, zavita navzven ter krajša od nepoškodovane. Ekipe nujne medicinske pomoči pri svojem delu s poškodovano osebo uporabljajo celovit pristop po sodobnih algoritmih. Delo je usmerjeno v uporabo sodobnih in pravilno izbranih imobilizacijskih pripomočkov, ki poškodovani osebi zmanjšajo bolečine že na mestu dogodka in med prevozom v bolnišnico.

Ključne besede: starostniki, zlomi, kolk, imobilizacija, nujna medicinska pomoč

Emergency Medical Treatment of the Elderly with a Hip Fracture

Hip joint is the joint between the femoral head and the cup-shaped socket (acetabulum), connected by the cartilage labrum acetabulare. The concept of hip fracture is understood as a fracture of the proximal part of the femur, divided into intracapsular, intertrochanteric and sub trochanteric fracture. Among the common injuries of the elderly, the most threatening events are falls, the probability of which is increasing with age. The main cause of fractures in the elderly population is a reduced bone strength. The hip fracture of an elderly person is considered a serious life-threatening injury, because the overall mortality during the first year after the fracture is between 15-36%. In the last few years, however, the number of injuries of the elderly is also rising because of their longer life expectancy. In the first contact with the emergency medical team, the probable fracture is indicated by a pain in the pelvic area, hip or knee. The injured leg is often, but not always rotated outwards and shorter than the intact leg. The emergency medical teams are using modern algorithms - approaches to the damaged person, allowing a comprehensive approach. The focus is on the use of modern and correct immobilisation devices which facilitate the pain of the injured at the accident site and during transportation to the appropriate hospital.

Key words: elderly, hip fracture, immobilisation, emergency medical service

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Upoštevanje priporočil o varni pripravi hrane med starejšimi

Črevesne nalezljive bolezni so pogost vzrok obolenosti in umrljivosti. Najbolj nevarne so za starejše osebe, kronične bolnike, dojenčke, otroke in nosečnice. Človek se lahko s povzročitelji okuži tudi preko hrane, zato je pomembno, da se pri ravnjanju z živili upošteva priporočila o varnem shranjevanju in pripravi hrane. Namen raziskave je bil ugotoviti, kako se upoštevajo priporočila o varni hrani. Podatki so bili zbrani s pomočjo namensko razvitega anketnega vprašalnika. Anketiranje je potekalo na sedmih točkah v Novem mestu v aprilu 2015. Analiziranih je bilo 197 pravilno izpolnjenih vprašalnikov (starost do vključno 24 let - 48 % anketirancev, 25-49 let - 30 %, 50 ali več let - 22 %). Anketiranci upoštevajo priporočila zelo različno (med 15 % in 99 %). Najmanj upoštevajo priporočila v zvezi z odtaljevanjem živil, prenašanjem hitro pokvarljivih živil do doma ter z vrstnim redom priprave živil z večjim tveganjem. Upoštevanje priporočil je najvišje pri uporabi čiste posode za pripravo hrane ter pri umivanju rok in umazane posode. Starejši anketiranci se v nekaterih primerih vedejo bolj samozaščitno. Rezultati so pokazali potrebo po dodatnem izobraževanju vseh starostnih skupin prebivalstva.

Ključne besede: varna hrana, plesniva hrana, higiena živil

Considering the Recommendations on the Safe Preparation of Food among the Elderly

Intestinal infectious diseases are a common cause of morbidity and mortality. They present the most dangerous threat for the elderly, the chronically ill, babies, children and pregnant women. A person may also get infected with pathogens through food, so it is important that when handling foodstuff, the recommendations on safe storage and preparation of food have to be followed. The purpose of the study was to determine the consideration of recommendations on safe food. Data were collected using a specially developed questionnaire. Interviewing took place on 7 locations in Novo mesto in April 2015. 197 correctly completed questionnaires were analysed (age structure: up to 24 years - 48% of respondents, 25-49 years - 30%, 50 years or more - 22%). The amount of respondents' taking recommendation into account varies widely (between 15% and 99%). The least they follow the recommendations related to the thawing of food, transporting perishable food products to home and preparation of food with a higher risk. The highest recommendations' consideration was in the use of clean containers for food preparation and in washing hands and dirty dishes. Elderly respondents, however, behave more self-protective in some cases. The results showed the need for further education of all age groups in the population.

Key words: food safety, mouldy food, food hygiene

Ali je varna starost pravica ali privilegij?

V prispevku je predstavljena problematika preprečevanja nasilja nad starejšimi. V zadnjih desetletjih se je starostna struktura prebivalstva v svetu precej spremenila. Povečan delež starejše populacije povzroča številne spremembe, ki terjajo čimprejšnje ustrezne rešitve na več področjih: socialno varstvo, politika zaposlovanja, stanovanjska problematika idr. Prispevek predstavlja pregled, statistiko nasilja in kaznivih dejanj nad starejšimi (populacija nad 65 let) za obdobje od 2000 do 2010 z analizo literature. Nasilje nad starejšimi v Sloveniji se je v letih med 2000 in 2010 skoraj podvojilo. Najpogostejša skupina kaznivih dejanj, izvedenih nad starostniki, so premoženjski delikti (dobrih 80 %), sledijo kazniva dejanja zoper človekove pravice in svoboščine (dobrih 5 %), gospodarska kriminaliteta (skoraj 5 %) in kazniva dejanja zoper življenje in telo (skoraj 3 %). Omejitve raziskave so vezane na težko dostopne podatke o tem, kakšne so težave starejših pri prijavi kaznivih dejanj (ali da do tega sploh pride) in kakšne vrste pomoč jim je pri tem nudena (če sploh). S pregledom značilnosti obravnavanega obdobja v zvezi z nasiljem nad starejšimi smo spoznali dejavnike tveganja, na podlagi katerih je mogoče oblikovati različne preventivne programe usposabljanja za delavce institucij, ki so v stiku s starejšimi žrtvami kaznivih dejanj, in pripraviti ustrezne programe psihosocialne in medicinske pomoči žrtvam.

Ključne besede: stari ljudje, zagotavljanje varnosti, nasilje, preprečevanje nasilja

Is Safe Ageing a Right or a Privilege?

The article overviews the problems of prevention of violence towards the elderly. The age structure of the population in the world has changed a lot within the last decades. An increased share of the elderly population is causing numerous changes, which demand suitable solutions in several fields as soon as possible: social security, employment policy, housing problems, etc. The paper presents an overview of statistics of violence and criminal offences towards the elderly (population over 65 years of age) for the period from 2000 to 2010, using the literature analysis. Violence towards the elderly in Slovenia almost doubled during the mentioned 10 years. The most common forms of crime towards the elderly are property offences as the most frequent (good 80%), criminal offences against human rights and liberties as the second and (good 5%), economic crime (almost 5%) as next, and crime against body and life (almost 3%) as last. Limitations of the research are connected with hardly accessible data about the problems of elderly in reporting the criminal offences (whether it occurs at all), and about the type of help they get in need (if any). With the overview we have established the risk factors, on the basis of which it is possible to organise different preventive programme trainings for people, working with the elderly victims of violence and crime, and, what is more, to prepare programmes for psychosocial and medical help of the victims.

Key words: elderly people, ensuring safety, violence, prevention

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Utjecaj edukacije na higijenu ruku u Općoj županijskoj bolnici Požega

Infekcije povezane sa zdravstvenom skrbi predstavljaju problem za sigurnost bolesnika. Čiste ruke su najznačajniji činitelj koji može smanjiti pojavnost infekcija povezanih sa zdravstvenom skrbi. Cilj istraživanja bio je utvrditi postoji li razlika u suradljivosti pri higijeni ruku zdravstvenih djelatnika prije i nakon edukacije. Istraživanjem su obuhvaćene medicinske sestre, fizioterapeuti i laboranti. Opservirani su postupci higijene ruku prema mjerama pravilne higijene ruku Svjetske zdravstvene organizacije. Za utvrđivanje razlika među proporcijama između dvaju nezavisnih uzoraka rabio se Fisherov egzaktni test. Nakon edukacije značajno je viša ($P < 0.001$) suradljivost u higijeni ruku. Značajno više laboranata provodi higijenu ruku ($P = 0.046$) nakon edukacije. Provedena edukacija je značajno utjecala na povećanje suradljivosti u higijeni ruku.

Ključne riječi: suradljivost, higijena ruku, edukacija, medicinska sestra

Impact of Education on Hand Hygiene in the General Hospital Požega

Healthcare associated infections are a problem for the patients' safety. Clean hands are the most important factor that can reduce the incidence of healthcare associated infections. The aim of this study was to determine any possible differences in hand hygiene compliance of health professionals before and after the education sessions. The study included nurses, physiotherapists and laboratory technicians. We collected data on hand hygiene carried out according to World Health Organisation's criteria. To determine differences among the proportions between the two independent samples, the Fisher's exact test was used. Adherence to hand hygiene has been significantly higher ($P < 0.001$) after the training. After the training, laboratory technicians significantly ($p=0.046$) improved their hand hygiene compliance. The education on hand hygiene highly influenced the healthcare workers' hand hygiene.

Key words: compliance, hand hygiene, education, nurse

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Attitude of Senior Diabetic Patients Towards their Disease

Education of diabetic patients is an integral part of their effective treatment. In the presented work, we have compared the level of knowledge in the area of the diabetic self-care of two groups of type 2 diabetic insulin-treated senior patients in relation to education concerning their disease and treatment provided by professionals. The studied group consisted of 289 patients with the type 2 diabetes treated with insulin, from Eastern Slovakia. We used the standardised Diabetes Care Profile questionnaire for the survey of the diabetic attitudes. The attitudes towards the diabetes of two compared groups of patients differed significantly in the area of the diabetic self-care; patients with provided professional self-care education were scoring higher. Correct educational process influences the knowledge and consequently the management and attitudes of diabetic patients towards their disease. Therefore, it is necessary to integrate a structured educational process in the treatment of every diabetic patient.

Key words: education, diabetes mellitus, senior, diabetic patient, Diabetes Care Profile

Odnos starejših diabetičnih bolnikov do svoje bolezni

Izobraževanje sladkornih bolnikov je sestavni del učinkovitega zdravljenja. V predstavljenem prispevku smo primerjali raven znanja na področju samopomoči diabetikov v dveh skupinah starejših bolnikov diabetesa tipa 2, zdravljenih z insulinom, v zvezi z njihovo boleznijo in zdravljenjem, ki ga vodijo strokovnjaki. Skupino je sestavljalo 289 bolnikov z diabetesom tipa 2, ki se zdravijo z insulinom, iz vzhodne Slovaške. Uporabili smo standardizirane Diabetes Care profil vprašalnike za raziskavo o odnosu do diabetesa. Odnos do diabetesa se je med obema skupinama pomembno razlikoval na področju diabetične samopomoči; bolniki z zagotovljenim strokovnim izobraževanjem so dosegli več točk. Tako lahko trdimo, da s pravilnim izobraževanjem vplivamo na znanje in posledično na upravljanje in odnos sladkornih bolnikih do svoje bolezni. Zato je potrebno integrirati strukturirano izobraževanje v proces zdravljenja pri vseh diabetičnih bolnikih.

Ključne besede: izobraževanje, diabetes mellitus, starejši, diabetični bolnik, Diabetes Care profil

Vloga vodilnega kadra pri poklicnem izgorevanju zaposlenih

V teoretičnem delu so definirana ključna izhodišča poklicnega izgorevanja zaposlenih ter povezanost slednjega z vodilnimi kadri. V empiričnem delu pa ugotavljamo vlogo vodilnega kadra pri prepoznavanju, preprečevanju in sanaciji poklicnega izgorevanja njih samih in drugih zaposlenih v organizaciji ter analizirano obstoječe stanje in potrebne ukrepe vodilnega kadra v zvezi s problematiko poklicnega izgorevanja. Za pridobitev in obdelavo podatkov je uporabljena kvantitativna metoda družboslovnega raziskovanja, in sicer anketiranje. Na osnovi pridobljenih empiričnih podatkov je sklenjeno, da je ugotavljanje nastanka in reševanje posledic poklicnega izgorevanja odvisno od znanja in ozaveščenosti ter stališč vodilnega kadra do poklicnega izgorevanja, zato so predvidevanja potrjena. Ključna priporočila vodilnemu kadru zajemajo izbiro ukrepov glede na analizo stanja in ugotovitev prevladujočih vzrokov za poklicno izgorevanje zaposlenih.

Ključne besede: poklicno izgorevanje, vodje, zaposleni, delovno okolje

Role of the Head Staff in the Occupational Burnout of Employees

In the theoretical part, the key points of the occupational burnout of employees, and its connection with the head staff are identified,. In the empirical part, however, the role of the head staff in recognition, prevention and improvement of their own and the burnout of other employees in the organisation was established, along with the analysis of the actual situation and needed measures of the head staff in connection with the occupational burnout problem. For acquiring and processing of the data, the quantitative method of sociological research, d a questionnaire, was used. On the basis of the empirical data we concluded that finding the origin and dealing with the consequences depends on the head staff's knowledge, consciousness and positions regarding the burnout, so our predictions were confirmed. The key recommendations for the head staff include the choice of measures according to the conditions analysis, and detection of the prevailing reasons for the occupational burnout of their employees.

Key words: occupational burnout, head staff, employees, working environment

Posušeni krvni madeži za terapevtsko spremljanje koncentracij učinkovin

Terapevtsko spremljanje koncentracij (TDM) je multidisciplinarna klinična dejavnost, ki se uporablja za optimizacijo in individualizacijo zdravljenja v splošni populaciji in v posameznih ciljnih skupinah. Običajno se TDM izvaja v plazmi ali serumu, ki sta pridobljena z venepunkcijo. V zadnjih letih je postala metoda s posušenimi krvnimi madeži (DBS) primerna alternativa za tradicionalne metode vzorčenja, saj je TDM smiselno izvajati na najbolj stroškovno ekonomičen, racionalen, bolniku prijazen in klinično uporaben način. DBS je relativno enostavna in manj invazivna metoda vzorčenja, pri kateri se manjši volumen kapilarne krvi, ki je pridobljena z vbodom iz prsta ali pete bolnika, nanese na posebno papirnatou kartico. To omogoča bolj pogosto zbiranje krvnih vzorcev, kar je še posebej pomembno v posebnih kliničnih situacijah pri občutljivih skupinah, kot so novorojenčki, starostniki, nosečnice ali bolniki v paliativni negi, pri katerih se tudi z etičnega vidika priporočajo čim manjši volumni odvzetih vzorcev. Na Katedri za biofarmacijo in farmakokinetiko, Fakultete za farmacijo, smo do sedaj poročali o uspešnem merjenju nekaterih antiepileptikov, analgetikov, antihipertenzivov, antipsihotikov in protirakovih zdravil v vzorcih DBS.

Ključne besede: kri, posušeni krvni madeži, TDM, vzorčenje

Dried Blood Spots Sampling Method for Therapeutic Drug Monitoring

Therapeutic drug monitoring (TDM) is multi-disciplinary clinical specialty used for optimisation and individualisation of drug therapy in general populations and individual target groups. Traditionally, TDM is performed by using plasma or serum samples obtained by venipuncture. Recently, the dried blood spots (DBS) sampling technique is recognised as an appropriate alternative for conventional sampling methods, since TDM should be applied in the most cost-effective, rational, patient-friendly and clinically useful manner. The DBS method is relatively simple and minimally invasive sampling method, where a small volume of capillary blood obtained by finger or heel prick is applied on a special paper card. This allows more frequent collection of blood samples and is especially valuable in specific clinical situations involving sensitive populations such as new-borns, pregnant women, elderly or critically ill patients, where from the ethical view point small volume blood samples are recommended. At the Department of Biopharmacy and Pharmacokinetics, Faculty of Pharmacy, so far the quantification of drugs in DBS has already been reported for some antiepileptic, analgesic, antihypertensive, antipsychotic and anticancer drugs.

Key words: blood, dried blood spots, TDM, sampling

Periferna arterijska bolezen pri bolnikih s prebolelim infarktom miokarda

Srčno-žilne bolezni so vodilni vzrok obolenosti in umrljivosti pri moških in ženskah pri nas in v razvitem svetu. Ugotovljeno je, da klinično izražena ishemična bolezen srca predstavlja dejavnik tveganja za nastanek arteriosklerotičnih zapletov na drugih predelih arterijskega sistema. Cilj naše raziskave je bil ugotoviti prevalenco periferne arterijske bolezni in krčnih žil pri osebah s prebolelim infarktom miokarda. V testni skupini je bilo 68 oseb s prebolelim infarktom med 38. in 78. letom starosti, od tega 42 moških in 26 žensk. Kontrolna skupina, ki je imela 68 preiskovancev brez ishemične bolezni srca, je bila primerljiva s testno po starosti, spolu in kraju bivanja. Periferno arterijsko bolezen na spodnjih udih smo diagnosticirali s pomočjo ultrazvočnega dopplerskega detektorja, medtem ko smo krčne žile ugotavljali s kliničnim pregledom. Periferno arterijsko bolezen smo diagnosticirali pri 47,1 % bolnikov s prebolelim infarktom miokarda in pri 22,1 % preiskovancev kontrolne skupine ($p < 0,05$). 67,7 % preiskovancev iz testne in 70,6 % iz kontrolne skupine ima krčne žile na spodnjih udih. Razlika ni statistično pomembna. Zdravniki družinske medicine in preventivno usmerjeni zdravstveni delavci morajo najti ravnotežje med preventivo, zdravljenjem in rehabilitacijo pacientov.

Ključne besede: akutni miokardni infarkt, periferna arterijska bolezen, dejavniki tveganja, preventiva, referenčne ambulante

Peripheral Arterial Disease in Patients after an Acute Myocardial Infarction

Cardiovascular diseases are the leading cause of morbidity and mortality for men and women in Slovenia and worldwide. It is found that clinically evident ischemic heart disease represents a risk factor for atherosclerotic complications in other parts of the arterial system. The aim of this study was to determine the frequency of peripheral arterial disease and varicose veins in patients after an acute myocardial infarction, aged between 38 and 78 years, of which 42 participants were men and 26 women. The control group consisted of 68 subjects without ischemic heart disease, who were comparable to the test group by age, gender and place of residence. Peripheral arterial disease in the lower limbs was diagnosed by means of Doppler ultrasound, whereas varicose veins were diagnosed clinically. Peripheral arterial disease was diagnosed in 47.1 percent of patients after a myocardial infarction and in 22.1 percent of the control group. The difference is statistically significant ($p < 0.05$). 67.7 percent of patients in the test group and 70.6 percent of patients in the control group had varicose veins of the lower limbs. The difference is not statistically significant. GP specialists and prevention-oriented health professionals should strike a balance between prevention, treatment and rehabilitation.

Key words: acute myocardial infarction, peripheral arterial disease, risk factors, prevention, reference clinics

Procjena kvalitete života starijih osoba

Umirovljenje ima različito značenje za ljudе s obzirom na promjene koje izaziva u životu osobe i obitelji. Neke od uobičajenih pozitivnih promjena su: više vremena se provodi kod kuće, nema određenog rasporeda obveza, više slobodnog vremena za susrete s članovima obitelji i prijateljima. Uobičajeni negativni aspekti umirovljenja su: smanjenje razine prihoda u odnosu dok je pojedinac bio zaposlen, gubitak samopoštovanja uslijed gubitka radne socijalne uloge, gubitak identiteta kao pripadnika profesije, gubitak profesionalnih socijalnih kontakata, eventualni gubitak zdravlja te promjene u obiteljskim odnosima. Kao metoda korištena je deskriptivna statistika na osnovu prikupljenih podataka iz standardiziranog upitnika sastavljenog od 17 sklopova koji su se odnisi na kvalitetu života starijih osoba. Ukupno je anketirano 30 ispitanika, pri čemu je 12 bilo ženskog, a 18 muškog spola. Za prvu rednu hipotezu koristili smo usporedbu mjesečnog dohotka s obzirom na spol. Rezultati dobiveni putem Hi-kvadrat testa pokazali su da starije osobe muškog spola ipak imaju nešto veća mjesečna primanja u odnosu na žene starije životne dobi. Za drugu hipotezu koristeći računalni program SPSS izračunali smo Cramerov F_i - koeficijent možemo zaključiti da se hipoteza prihvata, naime osobe ženskog spola nešto su sklonije osjećaju osamljenosti od onih muškog spola. Također rezultati iz testiranja treće hipoteze pokazali su da porastom godina starosti smanjuje se pozitivan stav o starosti. Stare osobe relativno mlađe dobi imaju nešto pozitivnije mišljenje o starosti, od onih u poodmakloj dobi.

Ključne riječi: kvaliteta života, starije osobe, dohodak, umirovljenje

Assessment of Quality of Life in the Elderly

Retirement has different meanings for people according to the changes it causes in the individual and family's life. Some of the usual positive changes are: more time spent at home, none of the usual mandatory schedules, more leisure time for meeting family members and friends. The usual negative aspects: low income compared to the one before retiring, loss of self-esteem due to losing the social working role, loss of identity as a member of a certain profession, loss of professional social contacts, possible loss of health, and changes in family relationships. Descriptive statistics was used based on the obtained data through a standardised survey made out of 17 frames that were related to the quality of life of elderly people. A total of 30 examinees undertook the survey, among which there were 12 women and 18 men. The first hypothesis used the comparison of monthly incomes with respect to gender. The results obtained through CHI-square test showed that elderly men have slightly bigger incomes than the women. The other hypothesis used the SPSS computer programme which helped obtain the Cramer F_i coefficient and prove the hypothesis, that women are slightly more prone to the feeling of loneliness than men. In addition, the results of the third hypothesis showed that higher age is associated with lower attitude towards aging. Elderly people of relatively young age have a more positive opinion about aging than elderly people of a more progressive age.

Key words: quality of life, the elderly, income, retirement

Starostnik s kronično rano

Na infekcijskem oddelku Splošne bolnišnice Novo mesto se večinoma srečujemo s kroničnimi ranami, izjemoma tudi s kirurškimi. Najpogosteje obravnavamo bolnike z razjedami zaradi pritiska, golenjimi razjedami, razjedami na diabetičnem stopalu, redkeje operativne rane s komplikacijami in onkološke rane. Pri vsakem ležečem pacientu skušamo preprečiti nastanek preležanju z ustreznimi postopki in ukrepi. Ko je rana že prisotna, ugotovimo stopnjo rane in naredimo oceno rane ter jo pravilno oskrbimo. Vse kronične rane so kontaminirane ali kolonizirane z različnimi bakterijami, kar pa običajno ne vpliva na njihovo celjenje, če ne pride do okužbe. Bolniki s kroničnimi ranami imajo pogosto predpisano sistemsko in/ali lokalno protimikrobnno zdravljenje. Za dobro oskrbo rane je potreben multidisciplinarni pristop k bolniku. Obravnava kroničnih ran je povezana z visokimi stroški zdravljenja, poleg tega pa bolnikom zmanjšujejo kakovost življenja.

Ključne besede: kronične rane, rane zaradi pritiska, razjede, diabetično stopalo, golenje razjede, obloge

Elderly Person with a Chronic Wound

In the Department of Infectious Diseases, General Hospital Novo mesto, we are mainly confronted with chronic wounds, whereas surgical wounds are treated rarely. Most commonly we treat patients with ulcers caused by pressure, tibia ulcer, ulcers in diabetic foot, on rare occasions also patients with post-operative wounds with complications, and patients with oncological wounds. With every long-term inpatient, we are trying to prevent decubitus by applying the appropriate procedures. In case of an already developed pressure sore, we define the stage of the pressure sore and we treat it accordingly. All chronic wounds are contaminated with different bacteria which usually does not impact healing of the wound, unless it comes to their infection. Patients with chronic wounds are usually prescribed either systemic or local antimicrobial therapy. To assure proper treatment of the wound, it is necessary to implement the multidisciplinary treatment approach. Chronic wounds in patients reduce the quality of life, and they are producing high treatment costs.

Key words: chronic wounds, pressure sore, ulcers in diabetic foot, tibia ulcer, modern coverings

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Quality of Life in Women with Breast Cancer

The aim of this cross-sectional study was to investigate the quality of life (QoL) in women with breast cancer, who are members of support groups - civil society. For purposes of assessing QoL of women with breast cancer, it was used the standardised instrument WHOQOL-BREF. The sample was composed of 90 women with malignant breast disease. Results of study were compared to a population norm. Empirical data collection was performed in a period from January to March 2014. Results of the statistical analysis pointed to the lowest quality of life in all aspects of the physical dimensions (physical health) compared to the population norm. The worst were evaluated items dependence on medical care (2.30), pain and discomfort (2.90) in the domain of "psychological health", the item was negative feelings (2.74). In contrast to the above results the highest quality of life in women have been reported in the domain of "social relations" and "environment" that were almost identical, in certain items QoL was better with the values of a population norms. Women evaluated QoL worse after radical mastectomy and without a life partner (single, divorced, widows). Breast cancer is a serious disease that reduces the quality of life, particularly in physical domain and in the emotional area. Oncological disease is becoming a disease for a lifetime. It is connected with the constant fear of recurrence of cancer and the consequences of treatment.

Key words: breast cancer, quality of life, WHOQOL-BREF

Kakovost življenja žensk z rakom dojke

Cilj te presečne študije je bil raziskati kakovosti življenja (QoL) pri ženskah z rakom dojke, ki so članice podpornih skupin za podporo - civilnih društev. Za namene ocenjevanja QoL žensk z rakom dojke, je bil uporabljen standardiziran inštrument WHOQOL-BREF. Vzorec je zajemal 90 žensk z maligno boleznijo dojke. Rezultati študije so bili primerjani s populacijsko normo. Zbiranje empiričnih podatkov je bilo izvedeno v obdobju od januarja do marca 2014. Rezultati statistične analize opozarjajo na najnižjo kakovost življenja v vseh vidikih fizične dimenzije (telesno zdravje), v primerjavi s populacijsko normo. Najslabše so bili ocenjeni elementi: odvisnost od zdravstvene oskrbe (2,30), bolečine in nelagodje (2,90), v domeni „duševno zdravje“ pa negativna čustva (2,74). V nasprotju z omenjenimi rezultati, je najvišja kakovost življenja pri ženskah v domenah „družbeni odnosi“ in „okolje“, v nekaterih elementih pa je QoL je bil celo boljši od vrednosti populacijskih norm. Ženske so QoL slabše ocenile po radikalni mastektomiji in v situaciji brez življenjskega partnerja (samska, ločena, vdova). Rak dojke je resna bolezen, ki zmanjšuje kakovost življenja, zlasti v fizični domeni in na čustvenem področju. Onkološka bolezen postaja bolezen za vse življenje. Je povezana s konstantnim strahom pred ponovitvijo raka in posledicami zdravljenja.

Ključne besede: rak dojke; kakovost življenja, WHOQOL-BREF

Presentizem med študenti zdravstvene nege

Številne znanstvene študije opozarjajo na prisotnost prezentizma na delovnem mestu med izvajalci zdravstvene nege. Ugotovitve implicirajo, da je s prezentizmom povezano oknjeno izvajanje kakovostnih storitev in dobro počutje izvajalcev zdravstvene nege. Pri delu s študenti smo večkrat zaznali, da so bili prisotni na obveznem kliničnem usposabljanju tudi takrat, ko bi sicer zaradi težav v drugih okoliščinah ostali doma; zato smo želeli raziskati pojav prezentizma v izbrani populaciji. Raziskava temelji na kvantitativni paradigm, izvedena je bila presečna študija na vzorcu 162 študentov zdravstvene nege Zdravstvene fakultete Univerze v Ljubljani. Raziskava je temeljila na metodi samoporočanja. Podatke smo zbrali s pomočjo vprašalnika SPS-6 in vprašanj odprtrega tipa. Študenti zaradi različnih fizičnih in psihosocialnih dejavnikov teže obvladujejo stresne situacije oz. določeni dejavniki vplivajo na intenziteto in kakovost njihovega sodelovanja na kliničnem usposabljanju. Ugotovitve kažejo na prisotnost prezentizma in njegov negativni vpliv na zadovoljstvo študentov. Prezentizem je moč zaznati že med študenti zdravstvene nege. Na osnovi celovitega posnetka stanja bi bilo možno oblikovati specifično strategijo za preprečitev oz. vsaj omilitev tega že med študijem.

Ključne besede: zdravstvena nega, prezentizem, klinično usposabljanje, študenti

Presenteeism among Nursing Students

Several studies have pointed to the phenomenon of presenteeism at work among the nursing care professionals. The findings of these studies imply that presenteeism is associated with the provision of low quality or potential unsafe nursing care, and furthermore, it has been implied that it has impact on the well being of the nursing care professionals. When working with nursing students, we often noticed that they had been present on the mandatory clinical training, even in cases when they would have otherwise stayed at home, because of the difficulties or certain circumstances. Due to this reason we wanted to explore the phenomenon of presenteeism in the selected population. The study is based on the quantitative paradigm. A cross-sectional survey was carried out on a sample of 162 nursing students of the Faculty of Health Sciences, University of Ljubljana. The survey was based on a method of self-reporting. The data were collected using the SPS-6 questionnaire and open-ended questions. It has been noted, that students experience different physical and psychosocial factors, which might relate to more difficult coping with stress or factors, which affect their ability and quality of their participation or performance in the clinical training. The findings suggest the presence of presenteeism and its negative impact on the students' satisfaction. This study has shown that the phenomenon of presenteeism is already present among nursing students. It is suggested that a broader study of the phenomenon could lead to the development of specific strategies for preventing or at least alleviating the phenomenon manifestations during the studies and later on.

Key words: nursing care, presenteeism, clinical training, students

Kolonizacija z ESBL in demenca: izzivi in težave v domskem varstvu

Starostniki, oboleli za demenco, so zaradi zmanjšane odpornosti večkrat bolj dojemljivi za okužbe. Zaskrbljujoč je podatek o naraščanju števila okužb z enterobakterijami, ki izločajo ESBL, tako v domačem okolju, bolnišnicah in tudi v domovih starejših občanov. Glede na izsledke epidemioloških raziskav so v vseh okoljih najpogosteje okužbe dihal, sečil, kože in razjed zaradi pritiska. Od okužb prebavil pa so najpogosteje driske, ki povzročajo daljšo ležalno dobo v bolnišnicah, visoke stroške zdravljenja, lahko pa vodijo tudi v invalidnost in smrt. Za preprečevanje širjenja okužbe je pomembno sistematično preprečevanje in zgodnje odkrivanje nosilcev, koloniziranih z ESBL. Poudarek je predvsem na dobri osebni higieni in higieni rok, s poudarkom na razkuževanju, ter ukrepnih kontaktne izolacije, kar pa v domovih starejših občanov zaradi fizičnega in kognitivnega deficitu starostnika večkrat predstavlja problem. Namenski prispevki je osvetliti težave, ki se pojavljajo v domovih starejših občanov na področju preprečevanja širjenja ESBL pri oskrbovancih z demenco, in sicer z zdravstvenega in socialnega vidika.

Ključne besede: ESBL, preprečevanje, DSO, starostniki, demenca

ESBL Colonisation and Dementia: The Challenges and Problems in Residential Settings

Elderly patients suffering from dementia are, due to reduced immunity, often more prone to infections. The data on the increasing number of infections caused by extended-spectrum beta-lactamase (ESBL) producing Enterobacteriaceae in domestic environments, hospitals, and in residential settings, is worrying. According to the epidemiological studies in all environments, the most common infections caused by ESBL are respiratory infection, skin and urinary tract infections, and pressure sores. Regarding gastrointestinal infections, the most common is diarrhoea which extends the length of the hospital stay, increases the treatment costs, and can lead to disability and death. To prevent the spreading of ESBL infection, a systematic prevention and early detection of the ESBL carriers is necessary. A good personal hygiene and hand hygiene, with the emphasis on hand disinfection and measures of contact isolation is the most important; however, in nursing homes, due to physical and cognitive deficit of the elderly, this action often poses a problem. The purpose of this paper is to point out the problems that occur in management of nursing home residents with dementia, colonised with ESBL from the healthcare and social aspect.

Key words: ESBL, prevention, residential setting, the elderly, dementia

Standard zdravstvene nege kot člen med izobraževanjem in delom medicinske sestre

V prispevku smo obravnavali standarde zdravstvene nege in korelacijo med izobraževanjem dijakov Srednje zdravstvene šole Celje ter praktičnim delom v šoli in v Splošni bolnišnici Celje. Namen je bil ugotoviti, kakšna je seznanjenost dijakov in medicinskih sester s standardi zdravstvene nege ter njihov vpliv na izobraževanje in delo v praksi. S pomočjo anketnega vprašalnika smo izpeljali raziskavo na vzorcu medicinskih sester in dijakov v šolskem letu 2011/12. Izvedli smo intervj učiteljico stroke Srednje zdravstvene šole Celje in z glavno medicinsko sestro oddelka Splošne bolnišnice Celje. Iz raziskave smo ugotovili, da jim standardi zdravstvene nege pomagajo pri praktičnem delu v šoli in v bolnišnici. Medicinske sestre v povprečju ocenjujejo svoje znanje o standardih zdravstvene nege više kot dijaki. Z enakovrednejšim sodelovanjem učiteljev in mentorjev bi lahko stanje še izboljšali v dobro dijakov, medicinskih sester in bolnikov.

Ključne besede: zdravstvena nega, standardi, izobraževanje, dijaki, medicinske sestre

The Standard of Nursing Care Linking Education and the Work of a Nurse

In the paper we discussed the standards of nursing care and the correlation between the education of students of the Secondary School of Nursing in Celje and their practical work at school and in the General hospital Celje. The purpose was to determine the awareness of students and nurses with the nursing standards and their impact on education and work in practice. Through the questionnaire we carried out a survey on a sample of nurses and students, during the 2011/12 school year. We carried out an interview with the teacher of professional subjects at school and the head nurse of the General hospital Celje. With the survey we found out the standards of nursing care serve as an assistance in the practical work in school and in the hospital. On the average, the nurses rated their knowledge about standards of nursing care higher than the students. With a greater emphasis on the equivalent participation of teachers and mentors, the situation can be improved to be better for all, the students, nurses and patients.

Key words: nursing care, standards, education, students, nurses

Miha Papež

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Kultурне značilnosti v prostočasnih aktivnostih v domovih starejših občanov

Prebivalstvo Slovenije se stara. Ker starost ljudem prinaša tudi različne težave, se veliko starostnikov odloči za bivanje v domovih za starejše. Kakovostno preživljanje prostega časa je pomemben dejavnik kvalitete bivanja v domovih. Ugotavliali smo, ali delovni terapeuti v domovih, kjer bivajo občani Občine Žužemberk, med aktivnosti delovne terapije v prostem času vključujejo kulturne značilnosti Suhe krajine in katere najpogosteje. Podatke smo zbirali z anonimnim anketnim vprašalnikom, na katerega je odgovorilo 13 delovnih terapeutov. Starostniki se radi vključujejo v prostočasne aktivnosti. V kar 12 domovih anketirane delovne terapeutke v aktivnosti delovne terapije vključujejo kulturne značilnosti, najpogosteje v prostočasne aktivnosti. Med njimi so tudi suhokranjske, kot so npr. izdelovanje butaric, priprava suhokranjskih jedi, ličkanje, izdelovanje predmetov iz ličkanja, kresovanje, petje ljudskih pesmi. Prostočasne aktivnosti so pomemben del življenja starostnika, saj pripomorejo k psihofizični kondiciji, zadovoljstvu in dobremu počutju ter tako izboljšajo kakovost njegovega življenja, kulturne značilnosti pa ohranjajo starostnikovo identiteto.

Ključne besede: starostniki, dom za starejše, kulturne značilnosti, Suha krajina, delovna terapija, prostočasne aktivnosti

Cultural Characteristics of Leisure Activities in Homes for the Elderly

Slovenia's population is aging. Because of the various health and other age-related issues many older people decide to reside in homes for the elderly. An important factor of the quality of life in homes is quality leisure time. The aim of the study was to explore to what extent the occupational therapists incorporate regional culture and tradition of Dry Carniola (Suha Krajina) into the free time activities of the elderly in homes of the Žužemberk region. The data were collected through the anonymous survey questionnaire which was completed by 13 occupational therapists. Results of the study show that the elderly residents willingly participate in the programme of leisure time activities. The most common activities related to the regional culture and tradition in the 12 institutions surveyed include: making bundles, preparation of typical Dry Carniola dishes, corn husking, corn husk crafts, lighting fireworks and singing folk songs. Leisure time activities present an important part of the daily life of the elderly, and positively impact the residents' psychophysical condition and well-being, and the overall quality of life. Inclusion of the regional culture and tradition also helps to preserve their community identity.

Key words: elderly, home for the elderly, cultural tradition, Dry Carniola, occupational therapy, leisure activities

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Revmatične bolezni pri starostnikih

Kronična vnetna revmatična bolezen je skupno ime za različne bolezni, ki prizadenejo mišično-skeletni sistem. Poznamo okoli 200 vrst kroničnih vnetnih revmatičnih bolezni. Lahko prizadenejo kosti, skelepe, mehka tkiva in mišice. S starostjo se pogostost določenih revmatičnih bolezni povečuje. Posameznika bolezen ne prizadene le fizično, ampak tudi psihično. Bolečina, zmanjšanje mobilnosti in zmožnosti za izvajanje vsakodnevnih aktivnosti in utrujenost predstavljajo velik stres za starostnika, ki zaradi opešanih telesnih funkcij še težje upravlja s svojim življenjem ter zaide v začarani krog odvisnosti od tuje pomoči. Poleg farmakološke terapije, ki jo predpiše specialist revmatolog, potrebujemo revmatični bolniki pomoč medicinske sestre, fizioterapevta, pogosto tudi nasvete delovnega terapevta. Da bi lažje sprejeli bolezen, potrebujemo predvsem ustrezne informacije za vsakdanje življenje. Izobraževanje in promocija zdravja med starostniki znatno izboljšuja funkcionalne sposobnosti, zmanjšata bolečino in izboljšata psihično stanje, povezano z revmatično boleznijo. Pomembno je, da jih poučimo o zdravilih, in sicer o njihovi učinkovitosti, neželenih učinkih, načinih in pogostosti jemanja in shranjevanju zdravil.

Ključne besede: starostniki, revmatične bolezni, informacije, nasveti

Rheumatic Disease in Elderly Population

Chronic inflammatory rheumatic disease is the common name for various diseases affecting the musculoskeletal system. There are about 200 types of chronic inflammatory rheumatic diseases. They can affect the bones, joints, soft tissues and muscles. With age, the incidence of certain rheumatic diseases increases. Diseases affect the individual physically and also mentally. Pain, reduced mobility, ability to perform daily activities and fatigue represent a great amount of stress for the elderly, therefore they hardly manage their life and frequently become dependent on the help of others. In addition to the pharmacological therapy, prescribed by specialist rheumatologist, patients with rheumatic diseases need help of a nurse, a physical therapist, often also advice from occupational therapists. For a better life, they need relevant information for everyday life. Education and health promotion for elderly people significantly improve functional capacity, reduce pain and improve their psychological condition. They need to get important information about medications, their efficacy, side effects and storage.

Key words: elderly people, rheumatic diseases, education, advice

Preprečevanje padcev hospitaliziranih starostnikov

Padci pacienta v bolnišničnem okolju so najpogosteje zabeleženi neželeni dogodki. Preventivni programi za preprečevanje padcev priporočajo k učinkovitemu upadu števila padcev, vendar morajo vsebovati multifaktorske intervencije. Pri zagotavljanju varnosti v zdravstveni negi je za medicinsko sestro najpomembnejše ugotavljanje pacientovih potreb, natančna ocena dejavnikov tveganja za padce in določitev aktivnosti zdravstvene negi, ki priporoča k preprečevanju padcev. Raziskava v članku temelji na kvantitativni metodologiji. Z raziskavo smo izpostavili problem padcev pri starostnikih na infekcijski kliniki. Posledica padcev so lahko poškodbe, ki povzročijo bolečino, trpljenje, spremenjen potek zdravljenja, povečano odvisnost od negovalnega osebja in ogrozojo pacientovo življenje. Zato so vsa prizadevanja usmerjena v varnost pacientov in preprečevanje padcev, saj je tudi od tega odvisna kakovost zdravstvene oskrbe.

Ključne besede: kakovost, dejavniki tveganja, padci, preventiva

Preventing Falls of the Hospitalised Elderly

Patient falls in hospitals are the most frequently reported adverse events. Although prevention programmes help to prevent falls effectively, they must include multintervention. For safety in nursing care, it is essential for a nurse to detect the patient's needs, evaluate exact risk factors for falls and determine the activities of nursing care for their prevention. The survey highlighted the problem of falls of the elderly patients at our Clinic of Infectious Diseases. The consequences of the falls may be injuries that cause pain, suffering, changed course of treatment, increasing dependence on nursing staff, and may jeopardise the patient's life. Therefore every effort is directed towards improving the patients' safety and preventing the incidence of falls, since it also reflects in the quality of the treatment and care.

Key words: quality, risk factors, falls, preventive approach

Vloga vodilnih medicinskih sester pri razvoju zdravstvene nege

Na področju zdravstvene nege strmo narašča število in kakovost objavljenih znanstvenih del, znanstvenih dognanj in novega znanja, vendar je njihova implementacija v stroko veliko počasnejši proces. Sprašujemo se, kateri delavniki vplivajo na implementacijo novega znanja v stroko. Pregledali in analizirani smo znanstvene članke v bazi podatkov EBSCOhost, Wiley, PubMed in BioMed Central, ki so bili objavljeni po letu 2010. Uporabili smo naslednje ključne besede: zdravstvena nega, raziskovanje, implementacija (translacija, prenos) znanja, vodenje. Izследki raziskave kažejo, da se z implementacijo znanja v stroko zdravstvene nege ukvarjajo številni raziskovalci. Prvi članki so se začeli pojavljati po letu 2005, nato je število strmo naraščalo. V številnih kvalitativnih in kvantitativnih raziskavah so raziskovalci identificirali dejavnike, ki vplivajo na uspešnost implementacije novega znanja v izobraževanje in prakso zdravstvene nege. Izstopajo članki, ki iščejo povezavo med uspehom prenosa znanja v prakso zdravstvene nege ter dejavniki, kot so stopnja pooblastil vodilnih medicinskih sester, obremenjenost medicinskih sester, povezave med raziskovanjem, izobraževanjem in klinično prakso. Zaradi izzivov, ki jih demografski trendi, finančne razmere in politične odločitve postavljajo pred stroko zdravstvene nege, je pomembno, da se preverjeno novo znanje organizirano in kontrolirano implementira v stroko.

Ključne besede: zdravstvena nega, raziskovanje, implementacija znanja, vodenje

The Role of Leader-nurses in the Development of Nursing Practice

In the field of nursing care, the number and quality of scientific publications and their scientific knowledge is increasing, but their implementation in nursing practice and education is a much slower process. The question, which factors influence the process of implementation of the new knowledge into the expertise, arises. We reviewed and analysed scientific papers in the databases EBSCOhost, Wiley and PubMed, BioMed Central, published after 2010. We used the following key words: nursing care, research, implementation (translation, transfer) of knowledge, management. The findings point out that numerous researches have been dealing with the problem of implementation of new knowledge in the nursing practice. The first articles began to appear after 2005, and then the number increased sharply. We found numerus qualitative and quantitative researches where they identified the factors influencing the implementation of new knowledge in the nursing education and practice. Many articles were studying a link between the empowerment of the leader-nurses and the following factors: the levels of nurses' authorisations, the workload of nurses, the connection between research, education and clinical practice. Demographic trends, financial situation and the political decisions impose new challenges for the nursing profession, therefore it is important, that the new knowledge is implemented into the expertise in an organised and controlled way.

Key words: nursing care, research, knowledge implementation (translation or transfer), leadership

Nefiziološki položaji starejših oseb pri izvajanju hišnih opravil

Izvajanje hišnih opravil pri starejših predstavlja njihovo okupacijsko identiteto, prinaša jim smisel, vlogo in zadovoljstvo z življenjem. Fiziološki položaji, ustrezeni vzorci gibanja in ergonomsko okolje omogočajo varno izvedbo aktivnosti. V študiji smo ugotavljali, katere aktivnosti se izvajajo v nefizioloških položajih in predstavljajo nevarnost/tveganje za nastanek poškodbe. V raziskavi je sodelovalo 196 oseb, starih 65 in več let, pri izvajanju enajstih hišnih opravil v njihovem domačem okolju. Uporabljeni sta bili modificirana metoda OVACO Working Postures Analysing System in opisna ocenjevalna lestvica od 1 do 5. Ugotovili smo, da večina starejših oseb največkrat izvaja hišna opravila neergonomsko in pogosto nevarno. Obešanje perila je bilo najslabše ocenjeno, kar pomeni, da se izvaja v nefizioloških položajih v več telesnih segmentih. Varnost in kakovost življenja starejših lahko ohranjamo s poučevanjem in prikazom pravilne izvedbe aktivnosti. S tem prispevamo k samostojnosti starejših v njihovem domačem okolju.

Ključne besede: hišna opravila, starostniki, nefiziološki položaji, metoda OWAS

Non-Physiological Positions among the Elderly on Engagement in Housework

Elderly people's engagement in housework represents their occupational identity, meaning, roles and life satisfaction. Physiological positions, corresponding movement patterns and ergonomic environment enable safe performance of activities. The aim of the study was to determine which activities are performed in the non-physiological positions and represent a risk for injuries. The study involved 196 people aged 65 years and over, engaged in eleven housework activities in their home environment. The method of OVACO Working Postures Analysing System was used together with the descriptive grading scale from 1 to 5. The results showed that elderly people often carry out housework activities in a non-ergonomical and unsafe way. 'Hanging the laundry' activity had the lowest score which means it is being performed by using non-physiological positions in several body segments. Elderly people's safety and quality of life can be maintained by educating them about how to perform activities in a correct and safe manner. This can contribute to their independence in their home environment.

Key words: housework, elderly people, non-physiological positions, modified OWAS method

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Mladi in poznavanje tveganja pri rokovovanju s hrano

Varna hrana in lokalno pridelana hrana sta dve od strateških usmeritev Slovenije na področju prehrane. Okužbe in zastrupitve z živili namreč še vedno predstavljajo velik javnozdravstveni problem tudi v Sloveniji. Poznavanje in upoštevanje preventivnih ukrepov pri ravnanju z živili je eden od ključnih dejavnikov njihovega preprečevanja. Namen raziskave je bil ugotoviti, koliko srednješolci upoštevajo načela varnega rokovanja z živili in ali kupujejo lokalno pridelana/predelana živila. Kot instrument je bil uporabljen namensko razvit vprašalnik. Anketiranih je bilo 305 srednješolcev (starost od 13 do 24 let). Rezultati raziskave so pokazali, da mladi slabo upoštevajo priporočila za varno ravnanje z živili, čeprav so v času srednješolskega izobraževanja seznanjeni s tveganji. Predlagamo več izobraževanja na to temo, informiranje preko medijev in učnih delavnic. Več vsebin s tega področja bi morali vključiti tudi v redni učni proces. Stanje na področju uporabe lokalno pridelane hrane je spodbudno, saj večina srednješolcev uživa lokalno pridelana živila (doma pridelana in/ali kupljena).

Ključne besede: varna hrana, srednješolci, higiena, živila, lokalna pridelava, hrana, plesni

Awareness of Risks of Food Handling among Young People

Safe food and locally produced food are two of the strategic directions of Slovenia in the field of food and nutrition. Infections and poisoning with foodstuff represents a large public health problem. One of the key factors of their prevention is knowledge of and adherence to preventive measures when handling food. The purpose of research was to establish the extent to which the high school students consider the principles of safe food handling and whether they purchase locally produced/processed food. The instrument has been a specially developed questionnaire. 305 high school students were surveyed (from 13 to 24 years of age). The results of our research indicated that young people follow the recommendations for safe handling of food poorly, despite the fact that they are familiar with risks during their high-school education. To improve the awareness of risks of food handling, we propose more education concerning the subject, obtaining information through the media, workshops, perhaps even education within a regular teaching process. However, the situation in the area of consuming locally grown food is encouraging, since the high school students mostly eat locally produced (homegrown or bought) food.

Key words: food safety, high school students, food hygiene, locally produced food, handling mouldy food items

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Proizvodnja kapi za oči iz autolognog serumra

Kapi za oči proizvedene iz autolognog serumra koriste se kod liječenja bolesti rožnice i reepitelizacije u situacijama suhog oka koja je najčešće povezana s reumatoidnim artritom ili kod prisutnosti epitelnih defekata rožnice nakon ozljeda, zračenja i teških upala, uz razvoj ulkusa na rožnici koji ne reagiraju na konvencionalnu terapiju. Pacijentu se uzima 200 ml puno krvi u trostruku vrećicu bez antikoagulansa. Čuva se 2 sata na temperature od 22°C i ostavlja preko noći na + 40°C. Sljedeći dan krv se centrifugira. Serum se odvaja u transfer vrećicu i razrjeđuje u omjeru 1:4 s fiziološkom otopinom. Tako razrjeđen rastoji se u 3 ml boćice i stavi u zamrzivač. Ova metoda pripreme kapi za oči iz autolognog serumra predstavlja zatvoren sustav u svim fazama proizvodnje. Mikrobiološka kontrola radi se za svaki pripravak. Mikrobiološka kontaminacija u procesu proizvodnje je moguća. Medicinska sestra ima važnu ulogu u identifikaciji pacijenta, uzimanju krvi i svim fazama proizvodnje.

Ključne riječi: autologni serum, kapi za oči, transfuzijska medicina, medicinska sestra

Production of Autologous Serum Eye Drops

Autologous serum in the form of eye drops (ASEs) may be used to promote corneal re-epithelialisation in cases of severe dry eye, most commonly associated with rheumatoid arthritis or persistent corneal epithelial defects after injury, burn, radiation and severe inflammation with the development of ulcers on the cornea that are unresponsive to conventional therapy. Blood was collected into sterile system of triple blood bags without anticoagulant. Blood was stored on +22°C for 2 hours and left overnight on +4°C. The next day, the blood was centrifuged. Serum was discharged into a sterile blood bag and diluted in a ratio of 1:4 with normal saline. Then the serum was appropriately labelled and then frozen. This method of preparation allows that the closed system is maintained during all phases of production. Microbiological tests were sterile in all cases during the validation process. Microbiological contamination is possible during ASEs preparation. A nurse has an important role in the production process, in the identification of the patient, dosing of blood, and the whole production process.

Key words: autologous serum, eye drops, transfusion medicine, nurse

Potreba po neakutni bolnišnični obravnavi pacientov v SB Novo mesto

Neakutna bolnišnična obravnavna (NBO) predstavlja obliko bolnišničnega zdravljenja po končani akutni bolnišnični obravnavi (ABO), ko zaradi zdravstvenih razlogov ni možen odpust zavarovane osebe v domače okolje. NBO obsegajo podaljšano bolnišnično zdravljenje, zdravstveno nego in paliativno oskrbo. Tovrstna obravnavna se izvaja tudi v Splošni bolnišnici Novo mesto. Paciente obravnavajo na različnih oddelkih, kjer izvajajo nadaljevanje rehabilitacije, zdravljenja in zdravstvene nege. Premestitve na NBO potekajo znotraj bolnišnice, bolnišnica pa ne sprejema pacientov iz drugih ustanov ali bolnišnic. V članku bo predstavljena NBO in ciljna skupina pacientov, ki so upravičeni do nje, kriteriji za sprejem, pobuda za sprejem, prednost tovrstne obravnave, razvoj in prednosti paliativne oskrbe. V zaključku bodo opisane prednosti NBO kot samostojnega oddelka in potreba po izobrazbi paliativnega tima, ki bi bil v podporo pacientom, njihovim svojcem in zdravstvenim delavcem, ki smo velikokrat nemočni pri delu s paliativnimi pacienti.

Ključne besede: neakutna bolnišnična obravnavna, zdravstvena nega, pacienti

The Need for Non-Acute Hospital Treatment of Patients in GH Novo Mesto

Non-acute hospital treatment (NHT) represents the form of hospital treatment after completion of the acute hospital treatment (AHT) when, because of the health reasons, it is not possible to dismiss the insured person in the home environment. NTH covers extended hospitalisation, nursing care and palliative care. Such treatment is also performed in the General Hospital Novo mesto, where the patients are treated in different departments that implement continued rehabilitation, treatment and implementation of healthcare. At NTH the transfer is performed intra-hospital, because the hospital does not accept patients from other institutions or hospitals. The article presents NTH and target groups of patients who are eligible for accommodation in NTH, the admission criteria, the initiative for admission, the advantage of such treatment, and development and benefits of palliative care. The conclusion includes the description of the advantages of NTH as an independent department and the need for educating the palliative team for supporting patients, their families and medical professionals, who are often powerless when dealing with palliative patients.

Key words: non-acute hospital treatment, nursing care, patients

Think!Med Clinical - Elektronska zdravstvena dokumentacija v domovih za starejše občane

Dokumentacija zdravstvene nege je pomemben del celotne zdravstvene dokumentacije pacienta. Predstavlja dokumentacijo posameznih faz procesa obravnave starostnika. Vpliva na zagotavljanje kontinuirane in kvalitetne zdravstvene nege, komunikacijo med člani zdravstvenega tima, lahko pa je tudi osnova raziskovanju. Da bi zmanjšali napake in delovno preobremenitev medicinskih sester se v zadnjem času, v dobi »eksplozije« tehnologije v medicinski stroki, vse več informacijske tehnologije uporablja tudi na področju zdravstvene nege v domovih za starejše občane. Te tehnologije vključujejo elektronsko dokumentiranje stanja starostnika in aktivnosti zdravstvene nege, odčitavanje črtne kode, sisteme za prepoznavanje govora, uporabo tabličnih računalnikov in uporabo medicinsko informacijskih standardov, vključno z openEHR, IHE in HL7/CDA, kar zagotavlja hitro in popolno integracijo zdravstvenih informacijskih sistemov in medicinskih naprav.

Ključne besede: zdravstvena nega, starostniki, domovi za starejše, dokumentacija, elektronska dokumentacija

Think!Med Clinical – Electronic Nursing Documentation in Homes for the Elderly

Documentation of nursing care is an important part of overall patient health records. It represents various stages of documentation of the elderly person's treatment. It has an impact on the provision of continuous and quality healthcare, communication between the medical team members, and can serve as a basis for research. In the era of the technology "explosion" in the medical profession, nurses use more and more information technology with nursing care in homes for the elderly, in order to reduce errors and work overload. These technologies include electronic documentation of patient status and nursing activities, reading bar codes, speech recognition systems, the use of tablet PCs and use of medical information standards, including the openEHR, IHE and HL7/CDA, which ensures a rapid and complete integration of healthcare information systems and medical devices.

Key words: nursing care, documentation, nursing care process, electronic documentation

Odnos medicinskih sester do paliativne sedacije

Medicinske sestre izvajajo zdravstveno nego pacienta, ki privoli v zdravljenje s paliativno sedacijo, aplicirajo zdravila, nadzorujejo in ocenjujejo stopnjo sedacije vse do smrti. Namen raziskave je pregled dokazov o odnosu medicinskih sester do paliativne sedacije in izvajanja v praksi. Uporabljena je opisna metoda dela s pregledom literature. Pridobljenih je bilo 72 člankov, od teh s pomočjo kriterijev izbranih 5. Podatki so pridobljeni od 4012 medicinskih sester, starih od 33 do 47 let, z izkušnjami v paliativni oskrbi od 0 do 19 let. Pet raziskav je bilo izvedenih na paliativnih oddelkih v državah s poskusi uzakonjenja evtanazije. Medicinske sestre sprejemajo paliativno sedacijo kot alternativno zdravljenje za lajšanje simptomov, ko je smrt neizogibna, ko se za to odločijo pacienti. V nasprotnem primeru se jim zdi to dejanje neetično, ob tem pa se počutijo čustveno izčrpane. Raziskav o tej temi je malo. Še vedno ni enotne definicije za paliativno sedacijo ob koncu življenja, izvajanja se razlikujejo, medicinske sestre pa razvijejo svoje občutke ob zdravstveni negi umirajočih, kar je za njih čustveno obremenjujoče.

Ključne besede: trpljenje, pacienti, neozdravljive bolezni, paliativna sedacija

Nurses' Attitude to Palliative Sedation

Nurses perform the nursing care for patients who consent to being treated with palliative sedation, administer medications, monitor and evaluate the degree of sedation until death. The purpose of the study is to review the evidence of nurses' attitude towards palliative sedation and its practical implementation. A descriptive method was used and the literature review. 72 articles were obtained, of which 5 were chosen with the help of the criteria. The data were obtained from 4012 nurses aged from 33 to 47 years, with 0 to 19 years of experience in palliative care. Five studies were carried out at palliative departments in countries attempting to legalise euthanasia. The nurses accept palliative sedation as an alternative treatment to alleviate symptoms when death is inevitable, when the patient decides to do so. Otherwise, they find it to be unethical, and leads to them feeling emotionally drained. Only a few studies exist on this topic. The definition for the palliative sedation at the end of life still does not exist, its implementation differs from institution to institution, and furthermore, nurses develop their own feeling towards the general nursing care of the dying, which is emotionally challenging for them.

Key words: patients, suffering, incurable disease, palliative sedation

Prevencija okluzije centralnih venskih katetera na odjelu intenzivne skrbi

Okluzija centralnog venskog katetera je začepljenje koje sprječava propiranje centralnih linija katetera ili aspiraciju krvi. Na odjelima intenzivne skrbi velik broj pacijenata ima potrebu za postavljenjem centralnog venskog katetera. Jedan od značajnih problema u radu je i pojava okluzije katetera. Cilj istraživanja bio je utvrditi da li mijere prevencije okluzije CVK-a (edukacija osoblja, primjena beziglenih pripoja te propiranje unaprijed napunjениh štrcaljki s 0,9 % NaCl), utječu na smanjenje okluzije CVK-a na odjelu intenzivne skrbi. Pratili smo sve pacijente kojima je postavljen CVK u periodu od kolovoza 2013. do kolovoza 2015. na odjelu intenzivne skrbi. Planirane postupke koji su uključivali prevenciju okluzije provodili smo po planu zdravstvene njegе i bilježili u sestrinskoj dokumentaciji. Tijekom 2 godine praćenja imali smo 121 pacijenta kojemu je bio postavljen centralni venski kateter. Ukupno smo analizirali 1 381 kateter dan. Kod 5 pacijenata došlo je do okluzije katetera. Praćenje centralnih venskih katetera je pokazalo kako su provedene mjere prevencije uz uporabu prozirnih split septum pripoja i unaprijed napunjenih štrcaljki s 0,9 % NaCl-om doprinjeli značajnom smanjenju okluzije centralnih venskih katetera.

Ključne riječi: okluzija, centralni venski kateter, edukacija, medicinske sestre

Central Venous Catheter Occlusion Prevention in the ICU

The occlusion of the central venous catheter is a blockage that prevents the flushing of central catheter lines or the aspiration of blood. A lot of patients in the ICU need the insertion of the central venous catheter. One of the most significant problems connected to central venous catheters is the presence of an occlusion. It was the goal of this research to determine whether the CVC occlusion prevention measures have an influence on the reduction of CVC occlusions. We followed all patients with an installed CVC treated in the ICU from August 2013 until August 2015. The planned procedures, including occlusion prevention, were registered in the nursing documentation. During the two years of tracking, there were 121 patients with a central venous catheter insertion. Altogether we analysed 1381 catheter days. The occlusions were noticed with 5 patients. The tracking of the central venous catheters showed that the prevention measures, using translucent split septum connectors and pre-filled syringes with 0.9% NaCl, contributed to a significant reduction in central venous catheter occlusions.

Key words: central venous catheter, occlusion, prevention, nursing

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Kvalitativno raziskovanje in vidik zdravstvene obravnave starostnika z demenco

V razvitem svetu delež starejših oseb nenehno narašča in tudi za Slovenijo je značilno, da postaja vse bolj »stara družba«, kjer se veča delež obolelih z različnimi s starostjo povezanimi boleznimi. V prispevku poudarimo, da se veča število obolelih starostnikov z demenco, ki pa naj bi se zaradi staranja prebivalstva v prihodnjih dveh desetletjih celo podvojilo. Ker se vidik zdravstvene nege obolelih starostnikov z demenco vedno bolj dotika vseh medicinskih sester, morajo te pridobiti znanje in veščine na tem področju, in jih nato prenesti v praks, s ciljem zagotavljati kakovostno zdravstveno obravnavo in oskrbo. Namen članka je raziskati vidik povezovanja praktičnih izkušenj v zdravstveni negi z znanstvenim raziskovanjem na področju zdravstvene nege ter predstaviti rezultate nekaterih kvalitativnih raziskav. V prispevku predstavimo nekatere ugotovitve raziskovalcev, njihove znanstvene dokaze in dobre izkušnje, ki temeljijo na kvalitativni obravnavi starostnikov, obolelih z demenco.

Ključne besede: raziskovanje, kvalitativno raziskovanje, demenca, zdravstvena obravnava, starostniki

Qualitative Research and the Aspect of Medical Treatment of the Elderly with Dementia

In the developed world, the proportion of elderly citizens is growing constantly, and Slovenia is also characterised by becoming gradually more "old society", where there is an increasing number of people with a variety of age-related diseases. In the article, we emphasize the increase in the proportion of the elderly with dementia, which is, due to the ageing of the population, even supposed to double over the next two decades. The aspect of nursing care of the elderly with dementia is progressively becoming the concern of all nurses, therefore they must acquire the knowledge and skills in this area and transfer the acquired into practice, with the aim of providing high-quality nursing treatment and care. The purpose of the article is to explore the connection between practical experience in nursing care and the scientific research in the field of health sciences, and to present some qualitative research results. Furthermore, in the article we present some of the findings of the researchers, their scientific evidence and good practices, which are based on quality treatment of the elderly with dementia.

Key words: research, qualitative research, dementia, medical treatment of the elderly

Integriteta starostnikov med zdravstveno obravnavo – vloga medicinske sestre

Celostna obravnava v zdravstveni negi in oskrbi zajema izkušnje posameznikov, ki se pogosto nanašajo na osebno psihično, fizično in socialno integriteto. Psihična integriteta je povezana s pravico do informiranosti in pravico do samoodločbe, slednji pa sta v tesnem stiku s spoštovanjem avtonomije in dostojanstva. Avtonomija posameznika predstavlja uresničitev njegove samostojnosti in se nanaša na odločitve in aktivnosti v zvezi z varovanjem celovitosti vseh dimenij osebne integritete. Vprašanja v zvezi s tem so ključna pri obravnavi starostnika, ker so neupravičeno spregledana zaradi starosti, funkcionalnih sprememb, okvar in motenj organskih sistemov. Namen prispevka je poglobitev spoznanj o integriteti in avtonomiji posameznika v procesu zdravstvene obravnave in oskrbe.

Ključne besede: starostniki, osebna celovitost, avtonomija, zdravstvena obravnava

Integrity of Elderly Patients during Healthcare Treatment – the Role of a Nurse

An overall treatment of patients in nursing care and treatment very often embraces the experience of the individuals, which are connected with psychological, personal, physical and social integrity. Psychological integrity is closely connected with the right to be informed and the right to self-determination. These rights are again closely connected to respect of the autonomy and dignity. Autonomy represents a key to the individual's own independency and follows a decision-making processes and activities regarding personal integrity in all possible dimensions. These issues are crucial in an overall treatment of an elderly person. They are too often ignored because of the person's age, functional changes and disorders of organic system. It is the intention of the article to deepen the findings about integrity and autonomy of the individual in connection with the healthcare treatment and nursing care.

Key words: the elderly, personal integrity, autonomy, healthcare treatment

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Utjecaj sociodemografskih obilježja na percepciju боли kod starijih osoba

Bol je vrlo teško definirati posebno u starijoj dobi, a doživljaj boli ovisi o osobnosti pojedinca, odgoju, okoline iz koje potječe i u kojoj se trenutno nalazi te o zdravstvenom stanju. Da bi pravilno procijenili bol zdravstveni radnici trebaju uzeti u obzir cijeli niz sociodemografskih faktora vezanih uz stariju osobu. Istražiti što sve može utjecati na doživljaj boli kod starijih osoba u institucionalnoj i vaninstitucionalnoj skrbi. Kod 83 ispitanika u dobi od 53 do 97 godina starosti od kojih je njih 40 smješteno u dom za starije i nemoćne osobe u kontinentalnoj Hrvatskoj, njih 18 u dom za starije i nemoćne osobe u primorju i njih 25 živi u vlastitom kućanstvu, vođena je standardna lista za procjenu boli na skali od 0 do 10. Pomoću metoda deskriptivne statistike i korelacijskih testova uspoređivana je razina boli sa sociodemografskim podacima o ispitanicima. U istraživanju je utvrđeno da spol i boravište ispitanika ima utjecaja na doživljaj boli, dok prebivalište i dob nemaju utjecaja na doživljaj dobi. Kod osoba koje žive kod svoje kuće zabilježena je akutna bol, a kod onih u ustanovi kronična u većini slučajeva.

Ključne riječi: bol, starije osobe, medicinska sestra, procjena boli

The Effect of Sociodemographic Features on the Perception of Pain in Elderly People

Pain is hard to define, especially in an older age, and the experience of pain depends on the personality of an individual, their education, environment from which the individual originates from and where he or she currently lives, as well as on the person's health. To correctly estimate the pain, healthcare workers must consider a whole line of sociodemographic factors linked to the elderly person. To research everything that can affect the experience of pain by elderly people in and out of the institutional care. By 83 examinees in the age from 53 to 97 years, out of which 40 reside in a nursing home in continental Croatia, 18 in a nursing home by the seaside and 25 in their own home, a standard list for the estimation of pain has been designed on the scale from 0 to 10. With the help of descriptive statistics methods and correlation tests, the level of pain has been compared with the sociodemographic information about the examinees. The research has determined that the gender and the whereabouts of the examinee have an impact on the experience of pain, while the residence and the age do not have any impact on the experience of pain. In people living in their own home, an acute pain has been recorded, and in people living in an institution, the pain is mostly chronic.

Key words: pain, elderly people, nurse, estimation of pain

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Vpliv bolezni na kakovostno staranje

Dandanes se prebivalstvo stara. Starost sama po sebi ni bolezen, vendar z leti narašča obolenjnost za kroničnimi boleznimi, te pa starostniku zmanjšujejo kakovost življenja. Za kakovostno starost so pomembni dobri medčloveški odnosi, preprečevanje osamljenosti, premagovanje predsodkov pred starostjo, pripomore pa tudi materialna preskrbljenost in krepitev mentalnih sposobnosti. V starosti se telo spremeni, starejši so bolj dovtetni za razvoj številnih bolezni, spremeni se resorbca zdravil, spremeni se tudi delovanje čutil. Uporaba pripomočkov (slušni aparat, hojica idr.) izboljša kakovost življenja. Z zdravim življenjskim slogom, pravilnim jemanjem zdravil ter v primerem socialno-ekonomskem okolju je številne bolezni možno zdraviti in nadzirati. Problem predstavljajo tudi duševne bolezni, demenca in depresija. Zaradi številnih bolezni je pogosto potrebna hospitalizacija, pogosteješi so zapleti po operacijah in boleznih, pogosteješi so tudi stranski učinki zdravil. Številni starostniki vsakodnevno trpijo bolečine, ki zmanjšujejo njihovo kakovost življenja in lahko vodijo v nastanek duševnih motenj.

Ključne besede: starostniki, kakovost življenja, bolezni

The Impact of Disease on the Aging Quality

Nowadays, the population is growing older. the old age in itself is not a disease, however, the prevalence of chronic diseases increases with age, which in turn reduces the quality of life of the elderly. For a high-quality life in the old age, a good interpersonal relationships, preventing loneliness and overcoming prejudices against the old age are especially important, but it also helps to be financially secure and to strengthen one's own mental capacities. In the old age the body changes, the elderly are more susceptible to the development of many diseases, the absorption of drugs is altered, and so is the functioning of the senses. Using devices (hearing aids, walking aids, etc.) improves the quality of life. With a healthy lifestyle, proper intake of medications and an appropriate socio-economic environment, many diseases can be treated and controlled. Another problem is represented by mental disease, dementia and depression. Due to many diseases hospitalisation is often required, there is a higher incidence of complications after surgery and diseases, and side effects of medications are also more common. Many elderly people suffer from daily pain that diminishes their quality of life and can lead to the emergence of mental disorders.

Key words: elderly, quality of life, disease

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Pregled razvoja kulturnih kompetenc zdravstvenega osebja v slovenskih bolnišnicah

Večina slovenskih bolnišnic je vključenih v različne mednarodne akreditacijske presoje, ki pa niso vedno medsebojno primerljive. Izbera posameznega izvajalca akreditacijske presoje je v domeni vodstva bolnišnice in ni predpisana s strani Ministrstva za zdravje Republike Slovenije. V okviru akreditacijskih presoj so z namenom zagotavljanja kakovosti procesov in storitev postavljene določene zahteve, ki jih bolnišnice morajo upoštevati in udejanjiti v svojih organizacijskih postopkih. V zahtevah je obravnavano tudi področje zagotavljanja enakosti zdravstvene oskrbe za različne skupine prebivalstva, pri čemer je eden od ključnih elementov vzpostavitev in razvoj kulturnih kompetenc zdravstvenega osebja.

Ključne besede: bolnišnice, akreditacije, zdravstvena oskrba, kulturne kompetence

Overview of Cultural Competencies Development among Medical Staff in Slovenian Hospitals

The majority of Slovenian hospitals are involved in various international accreditation programmes, which, however, are not always comparable. The selection of an individual accreditation programme provider is in the domain of the hospital's management and not assigned by the Ministry of Health of the Republic of Slovenia. Within the framework of accreditation programmes, certain requirements are imposed with the purpose of ensuring quality processes and services. The hospitals are obliged to take these requirements into consideration and materialise them in its organisational procedures. The requirements also deal with the provision of equal medical care for different population groups. In this regard, one of the crucial elements is the establishment and development of cultural competencies among medical staff.

Key words: hospitals, accreditation, medical care, cultural competencies

Dugotrajna zaštita starih lica u Republici Srbiji

Analiza demografskih trendova u R.Srbiji poslednjih decenija pokazuje značajno smanjenje stope nataliteta i fertiliteta, uz istovremeno konstantno povećanje broja lica starijih od 65 godina. Osim demografskih posledica, ovakav trend negativan uticaj pokazuje i u oblastima socijalne i zdravstvene zaštite, jer se starost pojavljuje kao značajan faktor ulaska pojedinca u stanje socijalne potrebe. Metod rada je deskriptivno-analitički. Rad predstavlja kritički osvrt na tri najznačajnija dokumenta koja regulišu socijalni položaj starih lica u R.Srbiji - Nacionalnu strategiju o starenju, Strategiju za smanjenje siromaštva i Strategiju reforme sistema socijalne zaštite; prikazujući istovremeno socioekonomski status starih lica i problematiku usklađivanja rastućih zahteva za uslugama i ograničenih finansijskih mogućnosti zemlje. Predstavljena su i postojeća zakonska rešenja dugotrajne zaštite starih u oblasti zdravstvene i socijalne zaštite. Usvajanje nacionalnih strateških dokumenata indicira da je u Srbiji prepoznata potreba za reorganizacijom društvenog odgovora na izražene probleme starenja stanovništva. Pravac daljeg razvoja kreće se prema integraciji zdravstvenih i usluga socijalne zaštite, kao i deinstitucionalizaciji društvene brige o starima.

Ključne reči: stariji, dugotrajna zaštita, društvene strategije

Long-Term Protection of Elderly People in the Republic of Serbia

Analysis of demographic trends in the Republic of Serbia during the last decades shows a significant reduction in the birth rate and fertility, while the number of persons older than 65 years is constantly increasing. Except the demographic consequences, this trend shows a negative impact in the areas of social and healthcare, because age appears as a significant factor of an individual entering the state of social needs. The method of research was descriptive-analytical. The paper presents a critical review of the three most important documents which regulate the social position of elderly people in the Republic of Serbia – National Strategy on Ageing, Poverty Reduction Strategy and the Strategy of Social Protection Systems Reform; showing both the socioeconomic status of the elderly and the issue of harmonising the growing demand for services and limited financial possibilities of the country. The current statutory solutions of long-term protection of the elderly in the area of health and social protection were presented. Adopting national strategic documents indicates that Serbia recognised the need for reorganisation of the social response to the expressed problems of the population aging. The direction of further development moves towards integrating health and social care services, as well as the deinstitutionalisation of social care for the elderly.

Key words: elderly people, long-term protection, social strategies

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Vloga lokalne skupnosti pri spodbujanju zdravega staranja

Staranje prebivalstva je postal izzik sodobnega časa, ki se mu morajo prilagoditi vsi segmenti družbe. Za kakovostno starost je pomemben način življenja skozi vse življenjsko obdobje. Vsak posameznik ima namreč svoj življenjski slog, od katerega je odvisno njegovo zdravje in dobro počutje v starosti. Skrb za zdravje postaja ne samo vrednota posameznika, temveč vrednota celotne družbe. Pri obvladovanju javnozdravstvenih problemov, povezanih z naraščanjem kroničnih obolenj in staranjem prebivalstva, ima posamezna regija, in znotraj nje lokalna skupnost, pomembno vlogo. Lokalna skupnost lahko spodbudi prebivalce k sodelovanju v programih, namenjenih spodbujanju zdravja, vpliva na njihovo znanje in posledično zmanjšuje razvoj bolezni sodobnega časa. V spodbujanje zdravja se morajo vključevati vse strukture lokalne skupnosti: od lokalne uprave, prek zdravstvenega doma, lekarn, šol, vrtcev, lokalnih društev in združenj, gostinstva, trgovine, cerkve do lokalnih koordinatorjev in drugih pomembnih soudeležencev lokalnega okolja.

Ključne besede: staranje, lokalne skupnosti, zdravje, staranje

The Role of a Local Community in Supporting Different Strategies to Ensure Healthy Ageing

The rapid growth of the ageing population has become a challenge for contemporary times, which demand a certain degree of involvement on all parts of the society. Undoubtedly, health-related well-being is the result of leading different lifestyles, which have an impact on an individual's health when growing old. Healthcare is therefore of the utmost importance not only for an individual, but also for the whole society. Regional and local communities can have an important role in dealing with public health problems, connected to the increase of chronic diseases and ageing of the population. What is more, local communities are to encourage their population to participate in different programmes ensuring the improvement of people's healthcare, as well as raising their awareness, which consequently contributes to the decline of the above-mentioned diseases. To be more specific, from the local community, its administration, through health centres, pharmacies, schools at all levels, local societies and clubs, catering businesses, trade and commerce, clerical institutions, to coordinators and other important individuals.

Key words: ageing, local communities, health, ageing

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Ergonomsko okolje starostnika in vzpodbudne senzorične stimulacije

Skrb za starejše in zagotavljanje kakovosti v zdravstvenem in socialnem varstvu predvideva celostno obravnavo starostnika. Ergonomsko okolje starostnika pokriva celostne potrebe za sprejemanje, obdelavo zunanjih informacij in procesiranje ter izvedbo reakcije na okolje. Za vzdrževanje kognitivnih, motoričnih funkcij in za ohranjanje občutka kvalitete življenja mora biti starostnik tesno povezan z okoljem. Zanj je senzorična informacija poglaviten stimulus, ki vzpodbuja dojemanje in reakcijo na okolje. Informacije, ki jih starostnik sprejema iz okolja, morajo biti prilagojene glede na stopnjo njegovega senzoričnega zaznavanja in kognitivnega dojemanja. Motorični odziv starostnika pa mora biti ob zmanjšanih gibalnih sposobnostih ustrezno olajšan s pomočjo drugih oseb in MTP. Upadanje vseh sposobnosti (senzoričnih, kognitivnih in motoričnih) je treba aktivno detektirati in izvesti vse ergonomiske ukrepe za podporo starostniku. Tega namreč že blažji občutek zmanjšane zmožnosti vključevanja v okolje lahko psihično obremenjuje, postavi v pasivno stanje in ga izolira, da občuti slabšanje kvalitete svojega življenja. Vsestranska ergomska prilagoditev okolja pa mu lahko te negativne občutke bistveno zmanjša.

Ključne besede: starostniki, senzorna stimulacija, ergonomija, kvaliteta življenja

Ergonomic Environment of Elderly People and Encouraging Sensory Stimulation

Caring for the elderly and the provision of quality health and social care provides holistic treatment of the elderly. Ergonomic environment of the elderly covers their needs for the reception and processing of external information and carrying out the reaction to the environment. It is very important for preserving cognitive and motor functions and for keeping the sense of quality of life that the elderly is closely linked to the environment. Namely, the sensory information is a key stimulus that encourages the perception and reaction to the environment. Information that the elderly receives from the environment must be adjusted according to the degree of his/her sensory and cognitive perception. Motor response of the elderly must be appropriately facilitated with the assistance of other persons and the MTP at reduced motor skills. The decline of all abilities (sensory, cognitive and motor) must be actively detected, and all the ergonomic support measures for the elderly must be implemented. Even a milder sense of reducing the opportunities to engage in the environment puts a mental strain on elderly people and puts them in a passive state, isolation and into a sense of reduced quality of life. Versatile ergonomic adjustment of the environment may significantly reduce such negative feelings.

Key words: the elderly, sensory stimulation, ergonomics, quality of life

Ivica Ščurić

Specijalna bolnica za medicinsku rehabilitaciju Krapinske Toplice

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Specijalna bolnica za medicinsku rehabilitaciju Krapinske Toplice

Clostridium difficile enterokolitis među bolesnicima na rehabilitaciji

Clostridium difficile je sve češći uzročnik dijareje povezane sa zdravstvenom skrbi u hospitaliziranih bolesnika. Analizom medicinske dokumentacije od 2010. godine do 9.-tog mjeseca 2015. godine, izdvojeni su bolesnici koji su imali enterokolitis s dokazanim Cl. difficile toksinom (prva pojava ili relaps). Zabilježen je značajan trend porast broja oboljelih. Dok ih je 2010. bilo svega 3 uz jedan relaps, 2014. je bilo 27 bolesnika uz 4 relapsa. Najugroženiji su oboljeli od neuroloških bolesti dok se tek sporadično pojavljuje među bolesnicima na drugim tipovima rehabilitacije. Većina bolesnika je direktno premještena na rehabilitaciju iz drugih ustanova, a kod 15% bolesnika dijareja bila prisutna već kod primitka na rehabilitaciju. Kod više od polovice oboljelih se infekcija javila tijekom ili nakon provedene antibiotičke terapije radi nekog drugog infekta. Oko 60 % bolesnika bilo je starije od 60 godina, 40 % bile su žene. Sve je češća neučinkovitost terapije metronidazolom. Kod svih bolesnika bile su primijenjene mjere kontaktne izolacije što povećava troškove rehabilitacije i liječenja, a bolesnike ograničava u provođenju nekih rehabilitacijskih postupaka, a neki su prekinuli rehabilitaciju i bili premješteni na infektivne odjele.

Ključne riječi: rehabilitacija, enterokolitis, Clostridium difficile, kontaktna izolacija

Clostridium Difficile Enterocolitis among Rehabilitation Patients

Clostridium difficile is becoming increasingly common cause of healthcare associated diarrhoea in hospitalised patients. Analysing medical records from 2010 to September 2015, we separated the patients who had enterocolitis with proven Cl. difficile toxin (first appearance or relapse). There was a significant trend of increase in their number. While in 2010 there were only 3 patients and one relapse, in 2014 there were 27 patients with 4 relapses. The most vulnerable are patients suffering from neurological conditions while it only sporadically occurred among patients at other types of rehabilitation. Most patients were directly transferred to rehabilitation from other institutions, and in 15% of patients diarrhoea was present at admission. In more than a half of the patients the infection occurred during or after the antibiotic therapy indicated for some other infection. Approximately 60% of patients were older than 60 years, 40% were women. There is a growing resistance to metronidazole therapy. Contact isolation was implemented for all infected patients ,which has increased the costs of rehabilitation and treatment and limited the patients in carrying out some rehabilitation procedures, and what is more, in some patients the rehabilitation has even had to be stopped and they were transferred to the infectious wards.

Key words: rehabilitation, enterocolitis, Clostridium difficile, contact isolation

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Timsko sodelovanje institucij za kakovostno obravnavo starostnika

Center starejših Zimzelen izvaja institucionalno varstvo starejših od 65 let. Uporabniki tovrstnih institucij največkrat potrebujejo poleg osnovne oskrbe (hrana, bivanje ...) tudi zdravstveno nego. Pri celotni obravnavi uporabnika je pomembno medinstirutonalno sodelovanje doma, bolnišnice in drugih zdravstvenih ustanov. Domovi starejših se prilagajajo vedno novim zahtevam potencialnih uporabnikov. Zadovoljstvo stanovalcev in njihovih sorodnikov je merilo kakovosti institucije, samozadostnost vodstva in osebja ob sicer visokem strokovnem znanju pa je premalo, da bi lahko zadostili njihovim pričakovanjem. Timska obravnavna in medinstirutonalno povezovanje ne zagotavlja le kakovostne oskrbe, temveč prispevata tudi k strokovnemu razvoju zaposlenih in institucije. Timsko sodelovanje prispeva k pridobivanju specifičnega znanja skozi primere iz prakse in tako vodi k pridobivanju kompetenc zaposlenih. S povezovanjem se strokovno znanje plemeniti. Dinamika komuniciranja daje prostor za vsa dodatna vprašanja, pojasnila in s tem za nabor neprecenljive količine podatkov, ki so za kakovostno obravnavo stanovalca/pacienta tako pomembni. Uporabniku in svojcu nudijo občutek varnosti. Z ekonomskega vidika pomeni timski pristop prihranke, saj ne prihaja do podvajanja aktivnosti.

Ključne besede: domovi za starejše, strokovni razvoj, medinstirutonalno sodelovanje

Multi-Institutional Team Approach for Quality Senior Care

The Elderly Care Centre Zimzelen offers institutional care for seniors over the age of 65. In addition to caring for their basic needs (food, housing, etc.), the majority of our residents also require healthcare. This is why an interinstitutional cooperation between the centre, hospitals and other healthcare institutions is important for an overall treatment of the residents. Elderly care centres adapt to everchanging requirements of their potential residents. The happiness of residents and their families marks the quality of an institution; however, in spite of the self-sufficiency and high-quality professional knowledge of the management and personnel, they cannot meet all expectations of their patients. A team approach and interinstitutional cooperation ensure high quality care, as well as help the institution and its employees to develop professionally. Through practice, the team approach helps to gain specific knowledge and consequently leads to more competent employees. Professional knowledge is enriched through the process of collaboration. The dynamics of communication gives way to any additional questions or explanations and therefore provides a vast quantity of valuable information, important for high quality patient or resident care. Economically, the team approach reduces costs, since there is no duplication of activities.

Key words: elderly homes, professional development, interinstitutional cooperation

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Prepoznavanje dementnega bolnika in komunikacija z njim

Demenca je kronična napredajoča možganska bolezen, ki prizadene više možganske funkcije. Komunikacija z dementnim bolnikom je zahteven proces. Od nas zahteva veliko potrežljivosti, strpnosti, verbalne in neverbalne komunikacije ter toplih medčloveških odnosov. Je tudi edina pot, ki ohranja bolnikovo kakovost bivanja. Njena najpogostejsa oblika je Alzheimerjeva bolezen, ki predstavlja več kot 80 odstotkov vseh demenc. Izvajanje življenjskih aktivnosti je pri pacientu z demenco zaradi narave obolenja pogosto okrnjeno. Pri obravnavi pacientov z demenco moramo upoštevati različne vidike njihovega življenja in interdisciplinarno sodelovanje strokovnjakov. Pomembna je vključitev svojcev in njihova ustrezna poučenost, ki prepreči marsikateri nesporazum v odnosu do pacienta z demenco. Pravilna komunikacija je za osebe z demenco izredno pomembna, da se počutijo sprejete in da niso odrinjene na rob družbe. To lahko dosežemo s pravilno verbalno in neverbalno komunikacijo. Da bi zagotovili bolnikom kakovostno in strokovno zdravstveno nego, moramo takega bolnika prepoznati in poznati osnove komunikacije z njim.

Ključne besede: demenca, starostniki, komunikacija

Identifying Patients with Dementia and Communicating with Them

Dementia is a chronic progressive brain disease that affects higher brain functions. Communication with dementia patients is a complex process. It requires much patience, tolerance, verbal and non-verbal communication, and warm human relations. It is also the only way that preserves the patient's quality of life. Its most common form is Alzheimer's disease, which represents more than 80 per cent of all dementia forms. Patient with dementia has often inadequate daily life. For the treatment of patients with dementia, we must consider various aspects of their lives and interdisciplinary cooperation of experts. It is important to integrate their relatives and provide them a proper education, which prevents many misunderstandings in relation to the patient with dementia. The most important for the person with dementia is a proper communication which allows them to feel accepted and not marginalised. This can be achieved with proper verbal and non-verbal communication. To provide professional care for patients with dementia, we need to recognise the symptoms and we need to have the basic knowledge on communication with the patients.

Key words: dementia, elderly, communication

Razvojno-nevrološka obravnava oseb po možganski kapi v domačem okolju

Možganska kap kar v 80 % povzroči težave na gibalnem področju, kar privede do zmanjšane samostojnosti pri opravljanju vsakodnevnih aktivnosti, predvsem pri skrbi zase. Delovni terapevti se poslužujejo razvojno-nevrološke obravnave po konceptu Bobath, ki s specifičnimi načeli stremi k izboljšanju oz. povrnitvi gibanja na okvarjeni strani telesa. V raziskavo smo vključili 4 preiskovance, stare med 65 in 87 let, ki so utrpeli možgansko kap. Uporabili smo dva ocenjevalna instrumenta: kanadsko oceno izvedbe aktivnosti - COPM in oceno motoričnih in procesnih spretnosti – AMPS. Pettedenska obravnava je potekala v maju in juniju 2014, trikrat na teden po dve uri. Po končani obravnavi je test COPM za tri preiskovance pokazal napredek v izvedbi izbranih aktivnosti za 9,5 % in za zadovoljstvo z izvedbo aktivnosti za 8,4 %. Največji napredek je ugotovljen pri preiskovancu 2. Napredek, ugotovljen s testom AMPS je za vse preiskovance na motoričnem delu izvedbe aktivnosti 1,01 logits-a, na procesnem delu izvedbe aktivnosti pa 0,67 logits-a. Tudi AMPS je pokazal največji napredek pri preiskovancu 2. T-test je pokazal statistično pomembno razliko tako za motorični ($0,09, p < 0,05$) kot procesni ($0,05, p < 0,05$) del izvedbe aktivnosti. Razvojno nevrološka obravnava se je izkazala kot učinkovita in je vplivala na izboljšanje spretnosti, potrebne za izvajanje aktivnosti.

Ključne besede: možganska kap, domače okolje, gibalne zmožnosti, študija primera

Neurodevelopmental Treatment of Persons after Stroke in the Home Environment

In 80% of cases, a brain stroke causes mobility limitations, increased dependence in the performance of daily living activities and especially in self-care. Occupational therapists follow the Bobath concept or neurodevelopmental treatment which, with its specific principles, aims for improvement and recovery of movement to the impaired side of the body. The study included 4 people aged between 65 and 87 years who had suffered a stroke. Two evaluation instruments were used: COMP and AMPS. The therapy lasted for five weeks in May and June 2014. It was performed three times a week for two hours. According to re-evaluation of COMP evaluation instrument, three subjects reported improvement after the treatment. The progress of 9.5% was observed in the execution of selected activities and 8.4% of progress was assessed in self-perceived performance and satisfaction with the activity execution. The biggest progress was observed in the subject number 2. The re-evaluation of AMPS evaluation instrument showed substantial progress of all the subjects in the execution of the activity, that is, 1.01 logits in the field of motor ability and 0.67 logits for process skills. The most remarkable progress was again reported by subject number 2. T-test showed a statistically significant difference in the activity execution in the field of motor ability ($0.09, p < 0.05$) as well in process skills ($0.05, p < 0.05$). Neurodevelopmental treatment has proved effective and resulted in improvement in skills necessary to implement the activities.

Key words: stroke, home environment, mobility, case report

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Timski rad kao faktor uspešnosti nastave sestrinstva

U Republici Srbiji u okviru srednjih medicinskih škola, nastava iz predmeta Zdravstvena nega, kao fundamentalnog predmeta u školovanju sestara, organizuje se kao teorijska i praktična. Vežbe se sprovode u kabinetima zdravstvene nege, u školi, gde se učenici upoznaju sa osnovnim stručnim znanjem, veštinama i navikama. Deo vežbi se realizuje u bolnici, kao nastavnoj bazi, gde učenici ta znanja i veštine uvežбавају у realnim situacijama, kroz stalni kontakt sa ljudima. Nastavnik zdravstvene nege u bazi sprovodi obrazovno vaspitni rad, po planu i programu. Da bi kvalitet praktične nastave bio dobar, da bi učenici mogli da vide, urade i uvežbaju različite dijagnostičko terapijske procedure, sprovedu negu i posmatranje bolesnika, dobar odnos i komunikacija između nastavnika i osoblja je neophodna. Cilj istraživanja koje je sprovedeno u srednjim medicinskim školama u RS i u njihovim zdravstvenim bazama bio je da se utvrdi nivo timskog rada i važnost istog za uspešnu realizaciju nastave sestrinstva. Rezultati koji će detaljnije biti predstavljeni u ovom radu pokazuju da je timski rad apsolutno presudan kako bi se postigao i održao kvalitet nastave sestrinstva.

Ključне reči: timski rad, rukovođenje, nega, nastava

Team Work as Success Factor for Teaching in Nursing

In the Republic of Serbia, within the scope of the secondary medical schools, classes for the course Nursing Care, as an essential course in education of nurses, are organised as theoretical and practical classes. Exercises are conducted in nursing care classrooms, at schools, where students become familiar with vocational knowledge, skills and habits. Part of the exercises is conducted at the hospital, the teaching base, where students practice the acquired knowledge and skills in real life situations, through continuous interactions with people. The nursing care teacher performs educational work at the base, according to the curriculum and programme. In order to have this achieved, full cooperation with the medical staff is needed at the ward where exercises are conducted. Good relationship and communication among teachers and staff are necessary to get good quality of practical classes, to enable students to see, do and practice various diagnostic and therapeutic procedures, to carry out care and observation of patients. The aim of the research which was carried out in secondary medical schools in Serbia and their healthcare bases was to determine the level of team work and its importance for successful realisation of the teaching in nursing. The results, which shall be presented in more detail within the paper, show that team work is absolutely crucial in order to achieve and maintain the quality of teaching in nursing.

Key words: team work, leadership, nursing care, teaching

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Poznavanje smjernica osnovnog održavanja života uz uporabu AVD-a kod studenata

Kardiovaskularne bolesti među najčešćim su uzroци smrtnosti u svijetu osoba starijih od 40 godina. Pravovremena i pravovaljana reakcija laika u pružanju pomoći žrtvama kod kojih je nastupila iznenadna srčana smrt od izuzetne je važnosti i povećava šanse za preživljavanje do dolaska tima hitne medicinske službe. Poznavanje smjernica osnovnog održavanja života uz korištenje automatskog vanjskog defibrilatora (AVD), ako je isti dostupan, trebalo bi biti na visokoj razini. Cilj istraživanja bio je utvrditi znanja studenata o poznavanju i spremnosti korištenja smjernica osnovnog održavanja života uz uporabu automatskog vanjskog defibrilatora. Istraživanje je provedeno unutar studentske populacije Sveučilišta Sjever različitih studijskih smjerova. Instrument provedbe istraživanja bio je on-line upitnik. Dobiveni rezultati pokazali su nisku razinu znanja o smjernicama osnovnog održavanja života i uporabi AVD-a u slučaju da se ukaže potreba za njihovim korištenjem. Rezultati istraživanja trebali bi usmjeriti na poboljšanje provođenja edukacije javnosti o navedenim postupcima što bi zasigurno povećalo stopu preživljjenja u situacijama iznenadne srčane smrti te smanjilo sam strah od situacije.

Ključne riječi: kardiopulmonalna reanimacija, osnovne mjere održavanja života, automatski vanjski defibrilator

Knowledge of the Guidelines of Basic Life Support when Using the AED by Students

Cardiovascular diseases are among the most often causes of death in the world of people over 40 years of age. A timely and legitimate reaction of lay persons in helping victims who suffered a sudden cardiac arrest is of exceptional importance and increases the chances of survival until the arrival of the emergency medical team. Knowledge of the guidelines of basic life support when using the Automated external defibrillator (AED), if it is available, should be on a high level. The goal of the research was to determine the knowledge of students about knowledge and capability of implementing guidelines of basic life support when using the Automated external defibrillator. The research has been performed within the student population of University North at different study programmes. The instrument of the pursuit of the research was an on-line questionnaire. The obtained results have shown a low level of knowledge about the guidelines of basic life support when using the AED, if there is a necessity for its use. The results of the research should direct to the improvement of education about the mentioned methods, which would definitely increase the rate of survival in the situations of sudden cardiac arrest and decrease the fear from the situation itself.

Key words: cardiopulmonary resuscitation, basic life support, automated external defibrillator

Zgodnja mobilizacija in preprečevanje zapletov hospitalizacije

Najpogostejsa posledica hospitalizacije starostnikov je upad funkcionalnih zmožnosti za izvajanje dnevnih aktivnosti. Izguba samostojnosti se ne pojavi samo zaradi akutne bolezni, temveč tudi zaradi omejenih možnosti opravljanja konkretnje funkcije v bolnišničnem okolju. Raziskave kažejo, da načrtovan program celovite zdravstvene oskrbe pomembno vpliva na ohranitev stopnje funkcionalne samostojnosti. Zdravljenje v bolnišnici ne predstavlja le zdravljenja osnovne bolezni, temveč tudi skrb za ohranjanje mobilnosti, kot kazalec kvalitete življenja. Upad gibalnih zmožnosti se kaže v slabšem ravnotežju in večjem številu padcev, pomembno vpliva na pojav delirija in zapletov na dihalih, srčno-žilnem sistemu, mišično-skeletnem sistemu in koži. Rehabilitacija starostnikov je dolgotrajen proces, ki se ne konča z obravnavo fizioterapevta, temveč jo je treba izvajati preko celega dne. Vloga vseh članov bolnišničnega tima je ohranjanje, vzpodbujanje in vključevanje funkcionalnih zmožnosti v dnevne aktivnosti in negovalne postopke.

Ključne besede: mobilizacija, hospitalizacija, starostniki, funkcionalni upad

Early Mobilisation and Prevention of Hospital Related Complications

Most common consequence of hospitalisation of elderly patients is a decline of ability to perform daily activities. Loss of functional independence results not only from the effects of the acute illness, but also from the limited ability to maintain this function in the hospital environment. The research has demonstrated that comprehensive hospital care has a significant influence on functional independence. Hospital care therefore represents the treatment of the underlying disease, as well as enhances the level of mobility, which is an indicator of the quality of life. Functional decline is reflected as impaired balance, increased number of falls, and it has a significant impact on the incidence of delirium, respiratory, cardiovascular, musculo-skeletal and skin complications. Rehabilitation of elderly patients is a long-lasting process and it should be carried out throughout the whole day. The role of the hospital team members is preservation, promotion and integration of functional capabilities in daily activities and care procedures.

Key words: mobilisation, hospitalisation, the elderly, functional decline

Uspešna komunikacija in vodenje v zdravstveni negi

Uspešno vodenje v zdravstveni negi je izjemno pomembno. Uspešnost organizacije se ne kaže samo v delu posamezne skupine, ampak tudi v medsebojnem sodelovanju med vsemi člani tima. Uspešnost narekuje tudi način komunikacije in kako se soočati z ovirami, ki se pojavljajo na poti k uspešnosti. Empirični rezultati ankete so pokazali velik razkorak med vodenimi in vodilnimi medicinskim sestrami, saj večina vodenih ocenjuje, da vodilne medicinske sestre dajejo manj, kot so le-te prepričane. Vodene pa si želijo od vodij več posluha za njihove želje, več skupnega odločanja, predvsem pa pogostejo komunikacijo med vsemi zaposlenimi. Predlagamo, da bi morali vlagati v človeške vire z izobraževanjem in se zavedati, da je to velika naložba za prihodnost organizacije. Treba pa bo sprejeti tudi delitev dela glede na hierarhično usmeritev zdravstvenih delavcev.

Ključne besede: vodenje, menedžment, komunikacija, zdravstvena nega, medicinske sestre

Effective Communication and Leadership in Nursing Care

Effective management in nursing care is very important. The efficiency of the organisation is not shown in the work of a separate group, but in the mutual cooperation with all team members on how to carry out the communication and how to confront the obstacles on the way to efficiency. Empirical results of the questionnaire showed a great discrepancy between the guided and leading nurses. The majority of the guided nurses estimated that the leading nurses give less support than they think. The guided nurses would like more attention for their demands, more collective decision-making and, nevertheless, more frequent communication with all employees. Our suggestion is to make investment in human resources by education, being aware that it will be of value for the whole organisation in the future. It is also necessary to accept the distribution of work according to the hierachic directions of the nursing care professionals.

Key words: managing, management, communication, nursing care, nurses

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Kvaliteta življenja slovenskih in hrvaških bolnikov z disfagijo po možganski kapi

Namen raziskave je oceniti kvaliteto življenja bolnikov z disfagijo po možganski kapi v Sloveniji in na Hrvaškem. Izvedli smo prvo pilotno študijo o povezavi med funkcionalno zmožnostjo hranjenja skozi usta v 24 urah po možganski kapi in parametri kvalitete življenja v post-akutnem obdobju in mednarodno primerjalno poročilo testirane ocene kvalitete življenja bolnikov z disfagijo po možganski kapi. V raziskavi je sodelovalo 12 slovenskih in 10 hrvaških bolnikov. Uporabili smo vprašalnik SWALL-QOL, ki smo ga prilagodili slovenskemu in hrvaškemu okolju. Za oceno zmožnosti hranjenja skozi usta je bila ob možganski kapi uporabljena lestvica FOIS. Pri pregledu rezultatov je razvidno, da je bil negativen vpliv disfagijske na kvaliteto življenja izrazitejši pri hrvaških anketirancih. V obeh vključenih državah se je vprašalnik SWALL-QOL izkazal kot primerno orodje za oceno kvalitete življenja disfagičnih bolnikov po možganski kapi. Ob prilagoditvi izvirnega vprašalnika večji popravki niso bili potrebni. Glede na velike razlike v kvaliteti življenja anketiranih bolnikov se kaže potreba po sledljivosti še po odpustu.

Ključne besede: disfagija, možganska kap, kvaliteta življenja

Quality of Life in Post-Stroke Patients with Dysphagia in Slovenia and Croatia

The objective of the present study is to assess the quality of life of patients with dysphagia after a stroke in Slovenia and Croatia. Until today, there are no studies describing the relationship between functional eating ability estimated in 24 hours after the stroke and quality of life in the post-acute setting. We prepared an international control test report on the quality of life of post-stroke patients with dysphagia. 12 Slovenian and 10 Croatian patients were participating in the study. The quality of life was measured using SWAL-QOL questionnaire and cross-cultural translation and adaptation to Slovenia and Croatia was carried out. The functional eating ability was estimated using FOIS scale. The results indicated that negative impact of dysphagia on the quality of life was greater in Croatian participants. In both participating countries the SWAL-QOL questionnaire was proved to be a suitable tool for assessing the quality of life in post-stroke patients with dysphagia. No major modifications were required to the original questionnaire. According to large differences in the quality of life of participants in this survey, there is a need for traceability after a discharge.

Key words: dysphagia, ischemic stroke, quality of life

Pitje čaja kot dopolnilno zdravljenje: etične dileme

Opisana je situacija uporabe dopolnilne in alternativne terapije za namene (samo)zdravljenja. Zbrane so ugotovitve in dileme o etični odgovornosti zdravstvenih delavcev s perspektive značilnosti integrativne medicine in varnosti uporabe dopolnilnega zdravljenja pri starejših. Kot dopolnilno zdravljenje je aktualno tudi pitje čajev iz lokalno rastočih zdravilnih rastlin. Namen je bil preveriti, kako je s pitem čaja za namene zdravljenja v Sloveniji. V pilotski študiji je bila uporabljena kvantitativna metoda dela. Anketiranje je po priložnostnem vzorčenju potekalo od aprila do junija 2015. V raziskavo se je prostovoljno vključilo 508 oseb. Izražena je prisotnost navade pitja čaja za preprečevanje poslabšanja zdravja, izboljšanje počutja in za namene zdravljenja. V primeru zdravstvenih težav najprej poskusimo z dopolnilnim zdravljenjem, šele nato obiščemo zdravnika. Pitje čaja za namene zdravljenja je pogost pojav, s katerim se morajo odkrito soočiti vsi zdravstveni delavci. Nujno je povečanje znanstveno preverjenega znanja izvajalcev zdravstvene nege in ostalih zdravstvenih delavcev o kulturi pitja čaja za namene zdravljenja ter o možnih nevarnostih pri tem.

Ključne besede: integrativna medicina, holistična obravnava, pacienti, starejši, čaj, etika skrbi

Drinking Tea as a Complementary Treatment: Ethical Dilemmas

The article describes the situation of the use of complementary and alternative therapies for the purposes of (self-)treatment. We have gathered the findings and dilemmas about the ethical responsibility of healthcare workers from the perspective of the characteristics of integrative medicine and safety of use of supplementary therapy in elderly people. Drinking tea made from locally growing medicinal plants has recently become popular as a complementary treatment. The intention was to check how common is drinking tea for the purposes of medical treatment in Slovenia. The quantitative research method has been used in the pilot study. A random sampling survey was conducted from April to June 2015, with 508 voluntary respondents. There was an emphasis on the habit of drinking tea for preventive purposes, to improve the well-being, as well as for the purposes of medical treatment. In the case of health problems, respondents primarily try a complementary therapy, and after that they visit a doctor. Drinking tea for the purposes of medical treatment is a common phenomenon, which must be openly approached by all healthcare providers. It is essential to increase the scientifically-proved knowledge of healthcare providers on drinking tea for the purposes of treatment, as well as on the possible disadvantages.

Key words: integrative medicine, holistic treatment of the patient, elderly, tea, ethics of care

Poškodbe in težave z zdravjem pri upokojenih vrhunskih gimnastičarkah

Šport in gibalne aktivnosti imajo dokazano pomemben vpliv na telesno in duševno zdravje. Športno okolje, zlasti na ravni tekmovalnega športa, pa lahko predstavlja okolje tveganja. Med športnimi aktivnostmi gimnastike je okolje tveganja intenzivna vključenost in težavnost elementov v zgodnjih otroških letih ter pritisk oz. želja po doseganju vrhunskih rezultatov. Postavlja se vprašanje, kakšne so zdravstvene posledice za športnice. V ta namen smo zasnovali empirično kvalitativno raziskavo s fenomenološkim pristopom. Na vzorcu 11 upokojenih vrhunskih gimnastičark, članic državne reprezentance med leti 1969 in 2012, smo ugotavljali njihov pogled na prisotnost poškodb in težav s telesnim in duševnim zdravjem med in po koncu tekmovalne poti. Telesne poškodbe nog in rok, ki se pojavijo pred desetim letom starosti, ter strah pred že usvojenimi gimnastičnimi elementi predstavljajo največje negativne posledice v želji po ustvarjanju vrhunskega dosežka na telesno in duševno zdravje športnika. Razumevanje ustaljenih postopkov pri ustvarjanju vrhunskih dosežkov pripisujemo družbenemu in nacionalnemu interesu. Pomembna je optimizacija obstoječega modela za razvoj talentiranih otrok v gimnastiki.

Ključne besede: športna gimnastika, fenomenološka študija, športne poškodbe, duševno zdravje, medicina športa

Injuries and Health Problems among Retired Top-Class Female Gymnasts

Sports and physical activity have proven important effect on physical and mental health. However athletic setting, especially the competitive sports, may represent a risky environment. When it comes to gymnastic activities and the risky environment, it is important to point out the intense participation and the difficulty of elements implemented from the early childhood, as well as the pressure to achieve top athletic results as early as possible in the field of female gymnastics. Therefore, a question, what are the health consequences for the athletes, arises. For his purpose we designed the empirical qualitative study based on the phenomenological approach. On the sample of 11 retired top-class female gymnasts, who were the members of a national gymnastics team between 1969 and 2012, we observed their views on the injuries prevalence and other problems with physical and mental health during and after their sports career. Injuries of legs and arms, emerging after the age of 10, and fear before the already known and performed gymnastics elements when striving for the outstanding sports achievements, presented the most serious negative consequences on physical and mental health of the athletes. The understanding of high-performance sports practise could be attributed to the national and society interest. For the future, it is important to optimise the existing model of talent development in artistic gymnastics.

Key words: artistic gymnastics, phenomenological study, sports injuries, mental health, sports medicine

Komunikacijske ovire oseb z okvaro sluha pri uporabi storitev zdravstvenega varstva

Osebe z okvaro sluha so lahko v zdravstvu zaradi svoje ranljivosti prikrajšane. Slab sluh povzroča težave pri sporazumevanju, socialno odrinjenost, depresivnost, funkcionalni upad, več je tudi padcev. S podaljšanjem življenjske dobe se je povečal delež ljudi s starostno izgubo sluha, torej se med uporabniki zdravstvenega varstva število oseb z okvaro sluha povečuje. Zdravstveni delavci pogosto pozabljojo, kako pomembna je ustrezna komunikacija z osebo, ki ima okvaro sluha. Zaradi premajhne ozaveščenosti ne poznajo ustreznih načinov komunikacije. Namen prispevka je ugotoviti specifične komunikacijske ovire gluhih in naglušnih uporabnikov zdravstvenega varstva, njihove izkušnje z zdravstvenim varstvom in predstaviti možne načine, kako bi stroka zdravstvene nege lahko izboljšala dostopnost zdravstvenega varstva ter pomagala zagotoviti njihovo enakopravnost in bolj kakovostno obravnavo. Uporabljena je deskriptivna metoda dela. Izvedena je presečna študija. V raziskavi so sodelovali polnoletni gluhi in naglušni uporabniki storitev zdravstvenega varstva – člani društev gluhih in naglušnih po Sloveniji. V raziskavi je sodelovalo 90 anketirancev ($N = 90$). Anketiranci menijo, da so informacije s strani zdravstvenih delavcev v povprečju razumljene le delno. Le 17,5 % anketirancev meni, da zdravstveni delavci govorijo dovolj razločno in primerno hitro.

Ključne besede: gluhi in naglušni, zdravstveno varstvo, komunikacijske ovire

Communication Barriers of Healthcare Users with Hearing Impairment

The deaf and hearing impaired people are sensorily disabled persons, who daily face communication barriers, which may result in insufficient healthcare services, troubles in communication, being socially pushed away, depressed, suffering from functional decline and larger amount of falls. Along with ageing of the population, the percentage of elderly people with hearing impairment is increasing, and consequently, the number of hearing impaired healthcare users is increasing as well. The purpose of the paper is to obtain an insight into the communication barriers of deaf and hearing impaired healthcare users, their experience with healthcare, and to present the possible ways, how could the expertise improve the accessibility of healthcare treatment and its quality for these people. We used the descriptive method of work for the research and a cross-sectional study. The population chosen for this the study were the adult deaf and hearing impaired healthcare users, members of different societies of the deaf and hearing impaired across Slovenia. There were 90 participants. The results show that on the average, the amount of information given by health professionals to the respondents, is only partially comprehended. Just 17.5% of respondents think that healthcare professionals speak clearly and evidently enough. The majority of respondents is moderately satisfied.

Key words: deaf and hearing impaired, healthcare, communication barriers

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