



Univerza v Novem mestu
University of Novo mesto

Fakulteta za zdravstvene vede
Faculty of Health Sciences

Zbornik povzetkov

CELOSTNA OBRAVNAVA PACIENTA

*Mednarodna znanstvena konferenca
Novo mesto, 14. november 2019*

**HOLISTIC APPROACH
TO THE PATIENT**

*International scientific conference
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ZBORNİK POVZETKOV
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Pomen rehabilitacije po vstavitvi umetnega sklepa palca

Hallux Rigidus je boleče stanje, ki prizadene palec v metatarzo-falangealnem (osnovnem) sklepu. Posledično se razvijejo osteofiti ali kostni izrastki na hrbtni površini prizadetih kosti, ki omejujejo gibanje in povzročajo bolečino. Zgodovinsko gledano in še dandanes je artrodeza (zatrditev) osnovnega sklepa palca zlati standard oskrbe za obravnavo bolnikov s tovrstnimi težavami. Kot alternativa artrodezi palca je danes na voljo tudi implantacija umetnega sklepa palca. Operacija je namenjena predvsem pacientom, ki si po operaciji želijo aktivnega športnega življenja, kot je tek, gimnastika, golf ... Letos smo kot prvi v jugovzhodni Evropi v Splošni bolnici Novo mesto opravili implantacijo umetnega sklepa palca. Po implantaciji umetnega sklepa je rehabilitacija ključnega pomena. Po operaciji mora pacient takoj pričeti s hojo, ki pa je pred operacijo napačna. Pri rehabilitaciji je torej poseben poudarek na ponovnem učenju pravilnega vzorca hoje. Ker pa je osnovni sklep palca po operaciji otečen in posledično omejeno gibljiv, je drugi poudarek na razgibavanju osnovnega sklepa palca. Potrebno je takojšnje pasivno in aktivno razgibavanje. Vstavev umetnega sklepa palca predstavlja danes dobro alternativo za paciente, ki si želijo ohraniti športen slog življenja. Znani 10-letni rezultati so dobri, kaj pa bo z dolgoročnimi rezultati, bo pokazal čas.

Ključne besede: Hallux Rigidus, implantacija umetnega sklepa palca, rehabilitacija

The Importance of Rehabilitation after Toe Arthroplasty

Hallux Rigidus is a painful condition that affects the thumb in the metatarsal-phalangeal (base) joint. Consequently osteophytes or bone growths on the dorsal surface of the affected bones develop, limiting movement to actual pain. Historically, and still today, arthrodesis (stiffening) of the thumb joint is the gold standard of care to treat patients with this type of problem. As an alternative to thumb arthrodesis, implantation of an artificial thumb joint is also available today. The surgery is intended for patients who, after surgery, want an active sports life, such as running, gymnastics, golf, etc. This year we were the first in Southeastern Europe in General Hospital Novo mesto to implant an artificial joint of the thumb. After the implantation of the artificial joint, rehabilitation is crucial. After surgery, the patient should immediately start walking correctly, because the gait is incorrect before surgery. Thus, in the process of rehabilitation, particular emphasis is placed on re-learning the correct walking pattern. Since the basic joint of the thumb is swollen and difficult to move after the surgery, the second emphasis is on the motion of the basic joint of the thumb. Immediate passive and active exercise is required. Today, implanting an artificial thumb joint is a good alternative for patients who want to maintain a sporty lifestyle. 10-year results are good, but we do not know what long term results will show.

Key words: Hallux Rigidus, implantation of artificial thumb joint, rehabilitation

Uporaba RehaGait® sistema za ocenjevanje hoje pri osebi po difuzni aksonski okvari

Hoja je pri človeku ena izmed najkompleksnejših področij lokomocije, za katero je potrebno nemoteno delovanje vseh telesnih sistemov. Pri osebah po nezgodni možganski poškodbi, katere posledica so okvare telesnih struktur in telesnih funkcij, se nedvomno spremeni tudi vzorec hoje. Ključnega pomena za nevrorehabilitacijo je podrobna analiza hoje, ki nam omogoča pridobitev funkcionalne ocene za načrtovanje in vrednotenje rehabilitacije. S pomočjo senzorjev z RehaGait® napravo smo analizirali hojo pri 31-letnem preiskovancu, z nezgodno poškodbo možganov, ki je posledica prometne nesreče pred tremi leti. Hoja je bila analizirana trikrat v obdobju treh mesecev. Druga analiza hoje je bila izvedena dva meseca po prvi, tretja analiza pa en mesec po drugem ocenjevanju. Hojo smo testirali na povprečni razdalji 11,9 metrov, na ravni površini z 0 % naklonom tal. Izboljšanje vzorca hoje se je pokazalo tako med prvo in drugo, kot tudi med drugo in tretjo analizo. Izrazit trend izboljšanja v kvaliteti hoje pa je zaznati med prvim in tretjim ocenjevanjem.

Ključne besede: analiza hoje, kvaliteta hoje, RehaGait®, nezgodna poškodba možganov, nevrorehabilitacija

Use of the RehaGait® System to Assess Gait in a Person after Diffuse Axonal Injury

A person's gait, for which all body systems have to function without disturbance, is one of the most complex areas of locomotion. Gait characteristics of patients after traumatic brain injury change, due to the consequences left on the body. A detailed gait analysis is essential for neurorehabilitation, as the functional assessment for planning and evaluating the rehabilitation results from it. With the help of RehaGait® sensors we analyzed the gait of a 31-year-old patient with traumatic brain injury caused by a car accident three years ago. His gait was analyzed three times over a period of three months. The second assessment was undertaken two months after the first, and the third one a month later. The gait was analyzed on an average distance of 11.9 meters, on a flat surface at a 0% incline. Gait improvement was noticed between each assessment. Between the first and the last assessment, the gait improved noticeably.

Key words: gait analysis, gait quality, RehaGait®, traumatic brain injury, neurorehabilitation

Vpliv funkcionalne vadbe in vadbenega svetovanja pri hemodializnih bolnikih

Najrazširjena metoda vadbe za hemodializne (HD) bolnike je kolesarjenje med dializo. Cilj naše raziskave je bil ugotoviti učinek dodatka funkcionalne vadbe in vadbenega svetovanja k osnovnemu programu kolesarjenja med dializo. 40 HD bolnikov je bilo naključno razporejenih v eksperimentalno skupino ($n = 20$) in v kontrolno skupino ($n = 20$). V 1. fazi (8 tednov) je eksperimentalna skupina pred dializo izvajala funkcionalno vadbo in nadaljevala s kolesarjenjem med dializo. V 2. fazi (8 tednov) je eksperimentalna skupina samostojno izvajala vadbo v domačem okolju z ohranjenim kolesarjenjem med dializo. Kontrolna skupina je kolesarila med dializo vseh 16 tednov. Po 8 tednih je eksperimentalna skupina izboljšala svoj rezultat pri testu 10 ponovitev vstajanja s stola ($P = 0,021$) in ga ohranila do 16. tedna ($P = 0,037$). Eksperimentalna skupina je dosegla bistveno boljše rezultate v primerjavi s kontrolno skupino v moči stiska dlani ($P = 0,004$), predklonu sede ($P < 0,001$), testu ravnotežja ($P < 0,001$) in v gibljivosti ramenskega obroča v zunanji in notranji rotaciji ($P = 0,003$). V 16. tednu je eksperimentalna skupina ohranila pridobljeno zmogljivost v moči stiska dlani in pri testih ravnotežja in gibljivosti. Funkcionalna vadba je praktična, izvedljiva in učinkovita pri izboljšanju telesne zmogljivosti HD bolnikov, katere lahko uspešno pripravimo na samostojno vadbo v domačem okolju.

Ključne besede: funkcionalna vadba, hemodializa, vadbeno svetovanje, telesna zmogljivost

Effects of Functional Exercise and Exercise Counseling in Hemodialysis Patients

The most widely used exercise program for HD patients is cycling during dialysis. The aim of this study was to determine the effect of adding functional exercise and counseling to the basic exercise program of cycling during dialysis. Patients were randomized into an experimental group ($n = 20$) and an intradialytic cycling control group ($n = 20$). In the first phase (8 weeks) the experimental group attended a guided functional exercise before the dialysis and continued with a cycling session during dialysis. In the second phase (8 weeks) the experimental group was instructed to exercise at home and continued with the program of intradialytic cycling as did the control group. After 8 weeks, the experimental group showed a significant advancement in 10-repetition-sit-to-stand test ($P = 0.021$), and maintained it until week 16 ($P = 0.037$). The experimental group demonstrated significantly better outcomes compared to control group at handgrip strength test ($P = 0.004$), sit-and-reach test ($P < 0.001$), Stork balance test ($P < 0.001$), and at back scratch test ($P = 0.003$). In week 16, the experimental group retained the performance gains in handgrip strength, balance and flexibility tests. Our research showed that functional training is practical, feasible and effective in improving the physical function of HD patients and can successfully prepare patients for independent exercise in the home environment.

Key words: functional training, hemodialysis, exercise counseling, physical performance

Tjelesna aktivnost i sedentarno ponašanje djece od 4 do 7 godina

Količina tjelesne aktivnosti djece je nedostatna i u Hrvatskoj i u svijetu. Cilj ovog istraživanja je provjeriti koliko su djeca između 4 i 7 godina tjelesno aktivna i koliko vremena provedu pred zaslonom, te provjeriti izabrane čimbenike koji utječu na navedeno. Prema izvješću roditelja 40 % djece je svakodnevno umjereno do intenzivno tjelesno aktivno u trajanju 60 do 90 minuta. Prosječno vrijeme provedeno pred zaslonom iznosi 100 minuta. Ne postoji razlika u količini tjelesne aktivnosti i sedentarnog ponašanje prema spolu djece i prema tome je li dijete jedinac ($p > 0,05$). Djeca koja su krenula u školu više vremena provode pred zaslonom ($p = 0,004$). Tjelesna aktivnost utječe na rast i razvoj djece. Sedentarno ponašanje je povezano s pretilošću i razvojem bolesti. Potrebno je utvrditi različite čimbenike koji utječu na bavljenje tjelesnom aktivnošću kako bi se tjelesna aktivnost uspješno implementirala u životni stil.

Glavne riječi: djeca, tjelesna aktivnost, sedentarno ponašanje

Physical Activity and Sedentary Behavior of Children from 4 to 7 Years

The amount of physical activity of children is insufficient in Croatia and in the world. The aim of this study is to check how many children between 4 and 7 years are physically active and how much time they spend in front of the screen, and to check the selected factors that influence the above. According to the parents' report, 40% of the children were moderately to intense physically active for 60 to 90 minutes every day. The average time spent in front of the screen is 100 minutes. There is no difference in the amount of physical activity and sedentary behavior according to gender of the children and whether the child is an only child ($p > 0.05$). Children who go to school spend more time in front of the screen ($p = 0.004$). Physical activity affects the growth and development of children. Sedentary behavior is associated with obesity and disease development. Various factors that influence physical activity need to be identified so that physical activity can be successfully implemented in the lifestyle.

Key words: children, physical activity, sedentary behavior

Utjecaj hospitalizacije na autonomiju i samopoštovanje bolesnika

Pod samopoštovanjem podrazumijevamo subjektivno vrednovanje ili evaluaciju sebe bilo na pozitivan ili na negativan način. Hospitalizacija bolesnika može dovesti do gubitka autonomije i opadanja samopoštovanja, stoga je bolesnikovo doživljavanje bolesti kao i njegovog ponašanja koje iz toga proizlazi ukazalo na značaj uvažavanja bolesnika kao ravnopravnog partnera u donošenju odluka u procesu skrbi. Cilj istraživanja bio je ispitati kako bolesnici doživljavaju sebe, koliko samopoštovanja imaju unutar provođenja sestrinske skrbi u kliničkoj praksi, te postoje li razlike u zadovoljstvu bolesnika provođenjem sestrinske skrbi u kliničkoj praksi obzirom na broj dana hospitalizacije. Upitnik se sastojao se od dva dijela, 8 općih sociodemografskih pitanja, te 10 pitanja unutar Rosenbergove skale samopoštovanja (RSS). U provedenom istraživanju sudjelovalo je ukupno 50 sudionika od kojih je kronološka dob najmlađeg 30 godina, a najstarijeg 83 godine. Od ukupnog broja sudionika njih 46 % muškog spola i 54 % ženskog spola. S obzirom na mjesto stanovanja utvrđeno je da 72 % sudionika živi u seoskoj sredini, a 28 % ispitanika živi u gradu. Zaključno možemo reći kako utjecaj hospitalizacije uvelike utječe na samopoštovanje bolesnika, a u očuvanju samopoštovanja veliku ulogu ima upravo medicinska sestra koja najviše vremena provodi sa bolesnikom.

Ključne riječi: samopoštovanje, bolesnik, hospitalizacija, medicinska sestra

The Influence of Hospitalization on Autonomy and Patients' Self-Esteem

Self-esteem is an individual's subjective evaluation of their own worth which can be positive or negative. Hospitalization can lead to loss of autonomy and decreased self-esteem of patients, therefore the patient's experience of the disease and its resulting behavior indicate the importance of respecting the patient as an equal partner in decision-making in the nursing care process. The aim of the study was to examine how patients perceive themselves, how much self-esteem they have while pursuing nursing care in clinical practice, and whether there are differences in patients' satisfaction with provoking nursing care in clinical practice due to the number of hospitalization days. The questionnaire consisted of two sections, 8 general sociodemographic questions and 10 questions within the Rosenberg Self-Esteem Scale (RSS). A total of 50 subjects participated in the study, of which the chronologically youngest was 30 years old and the oldest was 83 years old. Out of the total number of respondents, 46% are male and 54% are female. Considering the place of residence, it was found that 72% of the respondents live in rural areas and 28% of the respondents live in city. The impact of hospitalization greatly affects the self-esteem of patients, and the nurse who spends the most time with them plays a major role in maintaining self-esteem.

Key words: self-esteem, patient, hospitalization, nurse

Z zdravim življenjskim slogom do kakovostnega življenja v domu starostnikov

Na Srednji zdravstveni šoli Celje se zavedamo, da na pomen kakovosti življenja starostnikov vpliva medgeneracijsko povezovanje. Kot organizatorica prakse za program kozmetični tehnik sem podala idejno možnost izvajanja storitev kozmetične nege starostnikom. Dijakinje so dobile vpogled v delo s starostniki. Ugotavljale so, kako pomembna je spodbuda k vključevanju v aktivnosti in ohranjanju neodvisnosti, saj tako starostniki najdejo smisel življenja.

Ključne besede: starostniki, dijaki, nega

With a Healthy Lifestyle to Quality Living in the Nursing Home for Older People

At the Secondary School of Nursing Celje we are aware that the quality of life of older people is influenced by intergenerational integration. As an organizer of the practical training for the cosmetic technician program, I suggested the conceptual opportunity to perform cosmetic care to older people. The students gained insight into working with older people. They noted the importance of encouraging residents to engage in activities, and to maintain their independence, thus find meaning in life.

Key words: older people, students, care

Čimbenici okoliša i križobolja

Križobolja spada u najučestalije razloge odlaska na bolovanje. Do pojave simptoma dovode različiti čimbenici okoliša (biološki, biomehanički, psihološki i socioekonomski). Većina ispitanika s križoboljom (N = 56) su žene (71,4 %), osobe srednje životne dobi (57,1 %), s duljim radnim vijekom (50 %), srednjeg obrazovanja (44,6 %), osobe koje rade na poslovima koji zahtijevaju kombinaciju položaja tijela (60,7 %), osobe s povećanom tjelesnom masom (58,0 %), osobe koje dnevno piju manje od 2 litre vode (69,6 %), osobe koje smatraju da stres ima utjecaja na pojavu križobolje (55,4 %). Križobolja utječe na kvalitetu života 96,4 % ispitanika. Svi ispitanici navode da imaju recidive križobolje. U fizioterapiji je neophodno pacijenta s križoboljom promatrati holistički, te voditi računa o čimbenicima okoliša koji utječu na pojavnost križobolje. S obzirom na zdravstvene komplikacije i ekonomske gubitke koje križobolja uzrokuje potrebno je identificirati što veći broj čimbenika okoliša koji ju uzrokuju, te tražiti i prihvatiti učinkovitije metode fizioterapije za liječenje križobolje.

Ključne riječi: križobolja, čimbenici okoliša, fizioterapija

Environmental Factors and Lumbago

Lumbago belongs to the most frequently reasons for going on sick leave. A variety of environmental factors cause the symptoms, such as: biological, biomechanical, psychological and socioeconomic factors. The most of the examinees with lumbago (N = 56) are women (71.4%), middle-aged persons (57.1%), with longer working time (50%), of secondary-school education (44.6%), persons with jobs which demand a combination of the body position (60.7%), overweight persons (58,0%), persons who drink less than 2 litres of water daily (69.6%), persons who think that stress causes lumbago (55.4%). Lumbago has an influence on the quality of life of 96.4% of the examinees. All the examinees say that they have a relapse of lumbago. In physiotherapy, it is necessary to look at the patient with lumbago holistically, and to consider environmental factors that affect the incidence of lumbago. Considering the health complications and economic losses caused by lumbago, it is necessary to identify as many environmental factors as possible and seek and adopt more effective physiotherapy methods for the treatment of lumbago.

Key words: lumbago, environmental factors, physiotherapy

Intercultural, Holistic Nursing Care - Concept, Expectations and Reality

Bearing in mind the multidimensional character of the human person (biological, social, psychological and spiritual) and its resulting multidimensional concept of health, as defined by the World Health Organisation, it is obvious that medical and nursing care should be "the whole person care", relating to each of indicated aspects of every human being. Holistic approach to nursing care also includes the cultural safety of each patient, considering his/her cultural heritage and identity. Elements of holistic nursing care were present in nursing conceptualisation from its very beginnings, in the first studies prepared by Florence Nightingale, as well as broadly analysed during last decades, e.g. in the philosophy of caring by Jean Watson. To provide the "whole person care", nurses need specific set of competencies that should be the key element of development during undergraduate and postgraduate education. The aim of the presentation is threefold: (a) to analyse the concept of intercultural, holistic nursing care, considering patients' and societal needs and expectations, (b) to provide the brief description of challenges and barriers that limit nurses in realization of intercultural, holistic nursing care, and (c) to formulate recommendations how to deal with such barriers.

Key words: intercultural nursing, holistic nursing, cultural safety, cultural identity, competences of nurses

Medkulturna, celostna zdravstvena nega - koncept, pričakovanja in realnost

Glede na večdimenzionalni značaj človeka (biološki, socialni, psihološki in duhovni) in iz nje izhajajočega večdimenzionalnega koncepta zdravja, kot ga je opredelila Svetovna zdravstvena organizacija, je očitno, da bi morala biti zdravstvena oskrba »celostna oskrba oseb«, ki se nanaša na vsak navedeni vidik posameznika. Celostni pristop k zdravstveni negi vključuje tudi kulturno varnost vsakega pacienta glede na njegovo kulturno dediščino in identiteto. Elementi celostne zdravstvene nege so bili v konceptualizaciji zdravstvene nege prisotni že od njenih začetkov, v prvih študijah, ki jih je pripravila Florence Nightingale, pa tudi na široko analizirani v zadnjih desetletjih, npr. v filozofiji skrbi Jean Watson. Da bi medicinske sestre zagotovile »celostno nego«, potrebujejo posebne kompetence, ki bi morale biti ključni element njihovega profesionalnega razvoja med dodiplomskim in podiplomskim izobraževanjem. Cilj predstavitve je trojen: (a) analizirati koncept medkulturne, celostne zdravstvene nege ob upoštevanju potreb in pričakovanj pacientov in družbe, (b) podati kratek opis izzivov in ovir, ki medicinske sestre omejujejo pri uresničevanju medkulturne, celostne zdravstvene nege in (c) oblikovanje priporočil, kako se spoprijeti s takšnimi ovirami.

Ključne besede: medkulturna zdravstvena nega, celostna obravnava, kulturna varnost, kulturna identiteta, kompetence medicinskih sester

Potrebe starejših v občini Metlika

Zaradi staranja prebivalstva in čedalje vse večje starostne skupine prebivalstva se že pojavljajo povečane potrebe po storitvah, po pomoči, tako formalni kot neformalni, ki bodo omogočale starejšim življenje na lastnem domu. Namen prispevka je bil ugotoviti dejansko stanje o potrebah po pomoči starejših v občini Metlika. Člani projektne skupine Promocija prostovoljstva med mladimi za pomoč starejšim na domu smo na podlagi pregleda tuje in domače literature izdelali vprašalnik. Raziskava je bila izvedena med 66 občani Metlike od meseca marca do maja 2019. Ugotovili smo, da starejši največ pomoči potrebujejo pri čiščenju bivalnih prostorov, odnašanju smeti, manjših hišnih opravilih, prevozi, nakupovanju živil, kuhanju in pripravi obrokov. 30 % starejših si želi prejemati socialno varstveno storitev pomoč na domu, vendar je zanje sprejemljiva cena storitve do 4 eur/h ob upoštevanju, da večini anketiranih starejših prihodek ne zadošča za preživetje, zato si želijo večje dostopnosti pomoči na domu in s tem nižjih cen storitev pomoči na domu, vsekakor pa vzpostavitev mreže prostovoljcev za pomoč starejšim, ki je ena od oblik neformalne pomoči in seveda brezplačna.

Ključne besede: starejši, potrebe po pomoči, oskrba

The Needs of Older Adults in the Municipality of Metlika

Due to aging of the population and rising age groups of the population, there is an increasing need for services, both formal and informal, which will enable older adults to live in their own homes. The purpose of the paper was to determine the actual situation of the need for assistance of the older adults in the municipality of Metlika. The members of the project group for promoting volunteering among young people to help the older adults at home have prepared a questionnaire based on a review of foreign and domestic literature. The survey was conducted among 66 residents of Metlika from March to May 2019. We found out that older adults needed the most help in cleaning their living quarters, taking out trash, smaller household chores, transportation, shopping for food, cooking and preparing meals. 30% of the older adults want to receive social care services at home, however, for them the acceptable price of the service is up to 4 euros per hour. Considering the majority of the surveyed older adults does not have enough income to survive and consequently wish for more accessible help at home and thus lower prices of home care, as well as establishing a network of volunteers to help the older adults, which is a form of informal help and, of course, free of charge.

Key words: older adults, needs for help, care

Ocena primernosti uporabe elderspeaka med študenti zdravstvene nege

Medicinske sestre promovirajo zdravje in uspešno staranje naraščajoče populacije starih. Starejšim lahko sporočajo o odvisnosti, nesposobnosti in nadzoru nad njimi z uporabo »elderspeaka«, tj. pokroviteljskega sloga govora, podobnega otroškemu pogovoru, ki ne sporoča ustreznega spoštovanja. Študenti zdravstvene nege, ki delajo v ustanovah za dolgotrajno oskrbo, so še posebej nagnjeni k uporabi takšnega načina govora, ker pogosto komunicirajo z ranljivimi in krhkimi starejšimi, ki potrebujejo pomoč pri vsakodnevnih dejavnostih. Namen študije je bil oceniti kontekstualne spremenljivke, ki lahko spodbudijo uporabo tega govora pri študentih. Šestnajst študentov je odgovarjalo na vprašanja, da bi ugotovili njihove ocene primernosti uporabe elderspeaka v različnih kontekstih. Rezultati so pokazali, da so specifične spremenljivke, npr. starost, kognitivne motnje, odsotnost drugih med interakcijo s starejšimi, povezane z višjimi ocenami primernosti uporabe tega govora. Te ugotovitve lahko vplivajo na izboljšanje komunikacijskega izobraževanja za študente.

Ključne besede: starejši, komuniciranje, elderspeak

Evaluation of Appropriateness of Elderspeak by Nursing Students

Nurses promote health and successful ageing for a growing population of older adults. They may communicate messages of dependence, incompetence, and control to older persons by using elderspeak, a patronizing speech style similar to baby talk, that fails to communicate the appropriate respect. Nursing students who work in long-term care facilities may be particularly prone to using elderspeak because they frequently interact with vulnerable and frail older adults who require assistance with activities of daily living. The purpose of the study was to assess contextual variables that may prompt the use of elderspeak by those students. Sixteen students completed a questionnaire intended to determine their evaluations of the appropriateness of elderspeak in a variety of contexts. The results indicated that specific variables, e.g. age, cognitive impairment, the absence of others during an interaction were associated with higher ratings of the appropriateness of elderspeak. These findings may have implications for improving communication training for students.

Key words: older adults, communication, elderspeak

Učinki mobilizacije in manipulacije fascij pri osebah z bolečino v spodnjem delu hrbta

Večina ljudi se v svojem življenju vsaj enkrat spopade z določeno vrsto bolečine v spodnjem delu hrbta. Sklepa se, da je lahko za bolečino vzrok tudi fascija. Fascija je vezivno tkivo, ki ovija in povezuje vse mišice, kosti, organe neprekinjeno skozi celo telo. Je bogato oživčena in vsebuje veliko prostih živčnih končičev. Obstajajo različni fizioterapevtski pristopi za obravnavo fascij. Osredotočajo se na odpravljanje sprememb v fasciji, zaradi katerih naj bi prišlo do bolečine in zmanjšanja njene premečnosti. Namen prispevka je na podlagi pregleda literature predstaviti učinke mobilizacije in manipulacije fascij pri osebah z bolečino v spodnjem delu hrbta. Pregled literature je potekal po podatkovnih zbirkah PubMed, PEDro in MEDLINE. Za analizo so bile uporabljene raziskave v angleškem jeziku, objavljene po letu 2010, s ključnimi besedami low back pain [Title/Abstract] AND fascial manipulation OR mobilization. V analizo smo vključili devet raziskav. V vseh raziskavah so ob uporabi mobilizacije in manipulacije fascij ugotovili zmanjšanje bolečine in stopnje nezmožnosti kot tudi zmanjšanje izogibanja aktivnostim zaradi bolečine, izboljšanje kakovosti življenja in povečanje obsega gibljivosti v ledvenem delu hrbtenice pri osebah z bolečino v spodnjem delu hrbta. Če sta tehniki dodani k standardni terapiji, pomembno izboljšata njene izide. Pozitivni učinki so vidni še nekaj časa po koncu terapij. Potrebne bi bile nadaljnje raziskave z večjim številom preiskovancev, da bi potrdile dobljene rezultate.

Ključne besede: fascija, sprostitvev mišičnih fascij, bolečina, fizioterapija

The Effects of Fascial Mobilization and Manipulation in Subjects with Low Back Pain

Most people will experience some type of low back pain during their lifetime. It has been suggested that fascia might be the cause of pain. Fascia is the connective tissue that surrounds and connects all muscles, bones, organs and nerve fibres, and runs continuously throughout the body. It is highly innervated and contains abundant free nerve endings. The purpose of the paper is to determine the effects of fascial mobilization and manipulation in subjects with low back pain, based on the literature review. We limited the search to articles published after the year 2010 and available in full text by keywords low back pain [Title/Abstract] AND fascial manipulation OR mobilization. Eight articles were included in the analysis. The results of all studies, using a fascial mobilization and manipulation technique resulted in a decrease in pain and functional disability, as well as decrease in pain avoidance, improvement of the quality of life, and improvement of the flexibility in subjects with low back pain. When techniques are added to standard therapy, they significantly improve its outcomes. Positive effects can also be observed for some time after the end of therapies. Further research with a larger number of subjects is required to confirm the obtained results.

Key words: fascia, myofascial release, pain, physiotherapy

Evropski vodič upravljanja krhkosti na ravni posameznika

V okviru 3 zdravstvenega programa Evropske unije je v letih 2017 – 2019 potekal projekt Joint action ADVANTAGE, ki je obravnaval obvladovanje krhkosti v državah članicah Evropske unije. Prispevek predstavlja končni dokument delovnega paketa 6, »Evropski vodič upravljanja krhkosti na ravni posameznika«. Evropski vodič je koristen za vse, ki se srečujejo s krhkostjo na ravni populacije, predvsem odločevalci ter zdravstveni in socialni delavci, predvsem zato, ker so v položaju, da lahko vplivajo na življenjske okoliščine, ki omogočajo podaljšanje samostojnega bivanja za vse, ki so že krhko ali v stadiju predkrhkosti. Evropski vodič je pripravljen na sistematičen in transparenten način, ki bo uporabnikom v veliko pomoč. Vodič ravno tako ponuja standarde ukrepov, ki so pomembni pri obravnavi novih aktivnosti.

Ključne besede: krhkost, upravljanje, staranje

European Guide on the Management of Frailty at Individual Level

In the frame of the 3rd European health programme, the project Joint action ADVANTAGE took place from 2017 to 2019 and has focused on the management of frailty in the European member states. Our paper presents the main and final document of the work package 6 "European guide on the management of frailty at individual level". The European guide is useful to everyone dealing with frailty at the population level, especially policy makers and health and social care professionals, since they are in the position to positively influence the life circumstances that enable prolonged independent living of people whose frailty has already been expressed or in those persons who are at increased risk of frailty. The European guide is prepared in a systematic and transparent manner that will greatly assist users in their work. Last but not least, the guide also offers standards of action that are important when considering new activities.

Key words: frailty, management, ageing

Vloga delovnega terapevta pri oskrbi uporabnika po zlomu kolka

V Sloveniji so med zunanjimi vzroki poškodb pri starejših ljudeh padci daleč največji problem, saj so vzrok za 75 % vseh hospitalizacij zaradi poškodb. Zlom kolka je najpogostejša poškodba starih ljudi zaradi padca. V celotni Sloveniji operirajo okoli 3500 zlomov kolkov na leto. Kakovost življenja je bistvenega pomena za zdravo in produktivno življenje tudi v starosti. Delovni terapevt je zdravstveni delavec, ki s svojimi strokovnimi kompetencami pripomore h dvigu kakovosti življenja starostnikov. Pregled literature smo izvedli s pomočjo različnih podatkovnih baz Dikul, Google Učenjak ter s pomočjo kataloške baze podatkov Cobiss. Spletno iskanje v podatkovnih bazah je potekalo pod naslednjimi ključnimi besedami: zlom kolka, rehabilitacija, pripomočki za mobilnost, prilagoditve in delovna terapija. V pregled smo vključili 16 člankov med leti 2001 in 2017, katerih vsebina je bila v celoti dostopna. S pregledom literature smo ugotovili, da vloga delovnega terapevta pri oskrbi uporabnika po zlomu kolka vključuje delo na področju svetovanja glede uporabe medicinskih pripomočkov, rehabilitacije v procesu zdravljenja za samostojno izvajanje vsakodnevnih aktivnosti in preventive na področju urejanja bivalnega okolja.

Ključne besede: delovna terapija, starostniki, področja delovanja, samostojno bivanje

The Role of Occupational Therapist after Hip Fracture

In Slovenia, among the external causes of injuries in older people, falls are by far the biggest problem, as they account for 75% of all hospitalizations. Hip fracture is the most common injury to older people who fall. There are around 3500 hip fractures a year in Slovenia. Quality of life is essential to being healthy in a productive life even in the old age. Occupational therapist is a healthcare professional who, with their professional competences, helps to raise the quality of life of older people. Literature review was conducted through databases Dikul, Google Scholar and Cobiss catalogue database. Key words for searching were: "hip fracture, rehabilitation, mobility aids, adjustments, occupational therapy". The search criteria returned 16 articles published from 2001 to 2017, available in full text. The literature review revealed that the role of occupational therapist in the care of the user after hip fracture includes work in the field of counseling on the use of medical devices, rehabilitation in the treatment process for independent daily activities, and prevention in the field of living environment.

Key words: occupational therapy, older people, areas of activity, independent living

Zaposlitev v zdravstveni negi – delo Slovence v tujini in delo tujca v Sloveniji

Slovenija ni izjema v evropskem, tudi svetovnem spektru nezadostnega števila delavcev v zdravstvu in se poleg splošne kadrovske podhranjenosti na eni strani sooča s pojavom odhoda kvalificiranega kadra na dela zunaj zdravstva in v tujino, na drugi strani pa z izzivi zaposlovanja tujcev v zdravstvu. V prispevku se bomo osredotočili na ožji delovnopравни vidik dela v zdravstveni negi ter bomo obravnavali element tujine v delovnem razmerju, tako z vidika odhoda Slovence v tujino kot z vidika prihoda tujca v Slovenijo in za oba primera predstavili vire informacij, pogoje in postopke ter pravice in obveznosti iz tovrstnih delovnih razmerij – delavcev migrantov. Slovenci smo bili pregovorno vezani na domačo grudo, vse več pa jih vendarle odhaja na delo v tujino, bodisi v obliki dnevnih migracij bodisi kot trajnejša ali celo trajna migracija, obe pa zahtevata ureditev npr. položaja bivališča, družine in socialnih zavarovanj. Začetne informacije o delu v tujini najdemo na uradnih spletnih straneh institucij, konkretne informacije pa moramo pridobiti v državi dela. Prav tako velja za tujce, ki prihajajo na delo v Slovenijo, ki konkretne informacije pridobijo npr. na Zavodu za zaposlovanje.

Ključne besede: delo, tujina, tujci

Employment in Nursing Care – Work of a Slovene Abroad and Work of a Foreigner in Slovenia

Slovenia is no exception in the European and global spectrum of insufficient number of health workers. On the one hand, the country faces the emergence of skilled staff to work outside health care and abroad, and on the other, it faces challenges of employing foreigners in health care. The paper will focus on the narrower employment aspect of nursing care work and will address the element of the foreign in the employment relationship, both from the aspect of departure of a Slovene abroad and arrival of a foreigner to Slovenia. For both cases we will present sources of information, conditions, procedures and rights and obligations arising from such employment relationships - migrant workers. Slovenian people used to be bound to their homeland, but that has changed in the past decades and more and more Slovene workers work abroad either as daily migrants or residential migrants. The latter is also related to organization of residence, family and social security. General information can be obtained on internet sites of different authorities, however, information on specific legal position of specific person must be obtained in the country of work. The same goes for foreigners in Slovenia, who may find relevant information at the Employment Service of Slovenia.

Key words: work, foreign country, foreigners

Turist kot pacient

Turizem je ključni sektor evropskega gospodarstva, ki ustvari več kot 5 % BDP EU, približno 1,8 milijona organizacij pa zaposluje 5,2 % celotne svetovne delovne sile. Turizem obsega široko paleto izdelkov, storitev in destinacij, ki vključujejo številne različne zainteresirane strani, javne in zasebne. Več podsektorjev je ustrezno vključenih v turistični sektor, kot je na primer javni sektor (izobraževanje in bolnišnice), zato je turistična industrija kot del družboslovja ena najbolj multidisciplinarnih. Splošni cilj tega prispevka je predstaviti dobro opredeljen model ekonometrične analize za modeliranje in napovedovanje v menedžmentu. Podatke časovnih vrst zbiramo iz obstoječih virov Nacionalnega inštituta za javno zdravje (NIJZ) in Statističnega urada Republike Slovenije (SURS). Novost prispevka je prepoznati prekinitev v časovni seriji z analizo sekundarnih podatkov. Ti rezultati so podlaga za odločanje in načrtovanje poslovnih strategij za podsektorje povezanih turističnih organizacij. Pri tem izpostavljamo dejavnost zdravstva v vlogi oskrbovanja turista kot pacienta saj turisti na svojih potovanjih lahko zbolijo. Ustrezna oskrba teh ljudi ima poseben pomen. Rezultati analize so dvosmerni. Prvič, predstavljamo ustrezen empirični model. Drugič, opredelimo analizo stanja pacientov s pomočjo podatkov iz NIJZ.

Ključne besede: turist-pacient, Metoda najmanjših kvadratov, Nacionalni inštitut za javno zdravje

Tourist as a Patient

Tourism is a key sector of the European economy, accounting for more than 5% of the EU GDP, with around 1.8 million organizations employing 5.2% of the world's total workforce. Tourism encompasses a wide range of products, services and destinations, involving many different stakeholders, public and private. Several sub-sectors are adequately integrated into the tourism sector, such as the public sector (education and hospitals), therefore, as a part of the social sciences, the tourism industry is one of the most multidisciplinary. The overall objective of this paper is to present a well-defined econometric analysis model for modelling and forecasting in management. Time series data are collected from the existing sources of the National Institute of Public Health (NHS) and the Statistical Office of the Republic of Slovenia (SORS). The novelty of the paper is to identify structural breaks in the time series by analysing secondary data. These results form the basis for decision-making and planning of business strategies for the sub-sectors of affiliated tourist organizations. In doing so, we emphasize the activity of health care in the role of providing care to tourists as patients, since tourists may become ill on their travels. Proper care of these people is of particular importance. The results of the analysis are two-fold. Firstly, we present an appropriate empirical model. Secondly, we define the patient status using data from the NHS.

Key words: tourist-patient, Ordinary least squares, National Institute of Public Health

Ekonomski položaj starejših

Demografske spremembe so danes dejstvo. Nedvomno lahko rečemo, da postajamo t. i. dolgoživeča družba, saj se življenjska doba povečuje, s tem pa se povečuje v populaciji delež starejših. V Sloveniji starejši od 65 let predstavljajo petino prebivalstva. Kljub neizpodbitnemu dejstvu o staranju prebivalstva pa se tej problematiki posveča premalo pozornosti, kar ima za posledico slabši ekonomski položaj starejših. Tako se večja stopnja tveganja revščine oz. delež revnih med starejšimi, povečuje pa se tudi socialna izključenost. Tega pa bi bilo manj, če ne bi starejši z neprecenljivim znanjem in izkušnjami prezgodaj zapuščali trga dela, kar ima posledice za družbo kot celoto. Zavedati se namreč moramo, da je doseganje razvojnih ciljev mogoče le ob enakopravni vključenosti prebivalcev vseh starosti, torej tudi starejših. Ti danes pogosto predstavljajo neizkoriščen potencial družbe. V prispevku na podlagi statističnih podatkov predstavimo socialno-ekonomsko strukturo prebivalstva v Sloveniji, s posebnim poudarkom na populaciji starejših. Tako analiziramo dohodkovni položaj starejših, materialno in stanovanjsko prikrajšanost. Analiziramo pa tudi izdatke za socialno zaščito za področje starost po letih.

Ključne besede: starejši, ekonomski položaj, socialna izključenost, materialna prikrajšanost, Slovenija

The Economic Situation of Older Adults

Demographic change is a fact today. Undoubtedly, we can say that we are becoming a long-lived society, since the life expectancy is increasing and consequently, the proportion of older adults in the population is growing as well. In Slovenia, people over the age of 65 represent one-fifth of the population. Despite the fact about population ageing, too little attention has been paid to this issue, resulting in a worse economic situation for older people. Thus, the at-risk-of-poverty rate increases and share of the poor among older adults, which leads to their expanding social exclusion. However, if older people with invaluable knowledge and experience didn't leave the labour market prematurely, causing consequences for society as a whole, the situation would be different. We must be aware that the attainment of development goals is only possible with equal participation of all ages, including older adults. These often represent the untapped potential of society today. In the paper we present the socio-economic structure of the population in Slovenia, with particular emphasis on the population of older adults. Accordingly, we analyze the income situation of older adults, material and housing disadvantages. We also analyze social protection expenditures by the age group.

Key words: older adults, economic status, social exclusion, material deprivation, Slovenia

Razlike u sestrinskoj skrbi nakon ugradnje totalne endoproteze kuka s obzirom na operacijski pristup

Uz smanjenu pokretljivost zgloba kuka, bol je glavni razlog zbog kojeg se pacijenti odlučuju za operaciju ugradnje totalne endoproteze kuka. Operacijskim postupkom želi se postići što bolja pokretljivost u zglobu kuka i nestanak boli. Za uspjeh operacijskog liječenja izuzetno je važna rana poslijeoperacijska sestrinska skrb. Cilj istraživanja je istražiti i utvrditi postojanje razlika u sestrinskoj skrbi u poslijeoperacijskoj fazi s obzirom na operacijski pristup. U istraživanju je sudjelovalo 80 ispitanika (po 40 ispitanika u svakoj grupi), koji su od veljače do lipnja 2016. hospitalizirani na Odjelu za ortopediju i traumatologiju Opće bolnice Varaždin, radi ugradnje totalne endoproteze kuka. Rezultati pokazuju da je jednak broj muškaraca i žena (40:40) u ispitivanju i da je najviše ispitanika u dobi od 60 do 70 godina, njih 51. Intenzitet boli je najjači odmah nakon operacije i tijekom prvog dana u obje skupine. Značajno je veći intenzitet boli u svim danima mjerenja kod ispitanika s Watson - Jones pristupom. Ispitanici s minimalno invazivnim pristupom postižu znatno bolje rezultate po pitanju samostalnosti i potrebe za sestrinskom skrbi, kao i značajno manju potrošnju analgetika i manjem broju dana hospitalizacije.

Ključne besede: operacijski pristup, razlike, sestrinska skrb, totalna endoproteza kuka

Differences in Nursing Care after Implantation of Total Hip Endoprosthesis Concerning the Operative Approach

With reduced mobility of the hip joint, pain is the main reason why patients decide for surgery of implantation of the total hip endoprosthesis. With the surgical procedure, the desired achievement is the best possible mobility in the hip joint and the elimination of pain. Early postoperative nursing care is extremely important for the success of surgical treatment. The research aims are to explore and define the existence of differences in nursing care in an early postoperative phase concerning the operative approach. 80 respondents took part in the research (40 in each group), who were hospitalized at the Orthopaedics and Trauma Department of General Hospital Varaždin, for the total hip endoprosthesis. An equal number of men and women (40:40) took part in the survey and the majority were aged between 60 and 70, 51 of them. The pain intensity is the highest in the period immediately following the operation and on the first day in both groups. In patients with Watson - Jones approach, the intensity of pain in all the days of measuring was much higher. Respondents with a minimally invasive approach achieve significantly better results regarding their independence and the need for nursing care, as well as significantly lower analgesic consumption and a smaller number of hospitalization days.

Key words: operative approach, differences, nursing care, total hip endoprosthesis

Kaznovalne odškodnine v zdravstveni dejavnosti

Kaznovalna odškodnina predstavlja enega kontroverznejših civilnopравnih institutov katerega cilj je poleg restitucije in satisfakcije, kot primarnih ciljev odškodninskega prava tudi kaznovanje povzročitelja škode. S kaznovanjem povzročitelja škode želi preventivno delovati tako nanj, kakor tudi na vse ostale potencialne povzročitelje škode, kar pomeni, da zasleduje specialno – preventivni in generalno – preventivni namen. V raziskavi smo želeli ugotoviti, pomanjkljivosti varne in kakovostne oskrbe pacienta v Zdravstvenem domu jugovzhodne Slovenije, ki lahko pripeljejo do škode storjene pacientu, odškodninske tožbe ali celo kazenske ovadbe. V empiričnem delu je uporabljena kvantitativna metoda raziskovanja s tehniko anketiranja. V raziskavo so bili vključeni vsi zdravstveni delavci, zaposleni v Zdravstvenem domu jugovzhodne Slovenije. Podatke zbrane z anketnimi vprašalniki smo obdelali s statističnim programom SPSS 23.0 in Excelom 10. Raziskava je pokazala, da je pot Zdravstvenega doma, k vzpostavitvi celovitega sistema varnosti pacienta še dolga. Vodstvo Zdravstvenega doma bo, z odpravo inhibicij in ovir pri sporočanju varnostnih zapletov, kontinuiranim izobraževanjem in usposabljanjem zaposlenih, sistematičnim preverjanjem kompetenc ter zunanjimi in notranjimi presojami, na dobri poti k vzpostavitvi sistema pravične kulture z urejenim sistemom odgovornosti.

Ključne besede: škoda, protipravno, odškodninska odgovornost

Punitive Damages in Health Care

Punitive damages represent one of the more controversial institutions of the civil law, the objective of which, along with restitution and satisfaction as primary objectives of the tort law, is also imposing a penalty on the tortfeasor. In view of imposing a penalty on the tortfeasor, punitive damages take preventive action towards the latter as well as all potential tortfeasors, pursuing especially preventive and generally preventive purposes. The research was aimed to determine the deficiencies of safe and good quality care of patients at the Southeast Slovenia Health Centre which could lead to damage caused to patients, action for damages, or even criminal charges. The empirical part employs a quantitative method of research with a survey questionnaire. The research encompassed all healthcare professionals employed at the Southeast Slovenia Health Centre. Data collected with survey questionnaires were processed with the SPSS 23.0 statistical program and Excel 10. The research showed that there is still a long way to go on the path to establishing a comprehensive patient safety system. With the elimination of inhibitions and obstacles in reporting adverse events, continuous education and training of employees, systematic verification of competences and external and internal assessments, the Health Centre management is to be well on its way towards establishing a system of just culture and regulated system of responsibility.

Key words: damage, illegitimate, compensation liability

Koristi projekta iPAAC za slovenske in evropske prebivalce ter paciente z rakom

Rak predstavlja enega izmed ključnih problemov, s katerim se sooča starajoče se evropsko prebivalstvo. Evropska komisija je s problematiko soočena; sofinancirala je tri velike projekte, katerih rezultati naj bi pripomogli k izboljšanju stanja na področju raka. Predstavljamo aktualni, tretji evropski projekt skupnega ukrepanja o inovativnem partnerstvu za boj proti raku (angl. Joint Action Innovative Partnership for the Action Against Cancer-JA iPAAC), katerega glavni cilj je razvoj inovativnih pristopov, usmerjenih v napredek na področju obvladovanja raka. Na podlagi ugotovitev projekta, ki se je pričel lani bodo pripravljene smernice za politične odločevalce, ki bodo zajete v končnem dokumentu, poimenovanem Implementacija trajnostnih ukrepov na področju obvladovanja raka (angl. Roadmap on Implementation and Sustainability of Cancer Control Actions). Projektno delo je razdeljeno v deset delovnih sklopov, od katerih je šest vsebinskih: trajnostna integracija onkološkega zdravstvenega varstva v nacionalne programe, preventiva in presejalni programi, genomika, informacije in podatki s področja raka, zdravstvena oskrba, inovativni pristopi na področju obvladovanja raka in nacionalni programi za obvladovanje raka. Tako kot predhodna dva projekta (JA EPAAC in JA CANCON) tudi ta projekt, ki združuje 44 partnerskih organizacij iz 24 evropskih držav ter številne strokovnjake iz celega sveta koordinira Slovenija oz. Nacionalni inštitut za javno zdravje.

Ključne besede: rak, napredek, trajnostni ukrepi

Benefits of the iPAAC Project for European Residents and Cancer Patients

Cancer is one of the key problems that the aging European population is facing. The European Commission is faced with the problem; it has co-financed three major projects, the results of which are expected to help to improve the cancer situation in Europe. We are presenting the current, third European Joint Action project - Innovative Partnership for the Action Against Cancer (JA iPAAC) whose main objective is to develop innovative approaches aimed at advancing cancer management. Based on the findings of the project, which started last year, guidance will be drawn up for policy makers, which will be covered in a final document called Roadmap on Implementation and Sustainability of Cancer Control Actions. The project work is divided into ten work packages, six of which are substantive: sustainable integration of oncology health care into national programmes, prevention and screening programmes, genomics, cancer information and data, health care, innovative approaches to cancer management and national cancer control programmes. Like the previous two projects (JA EPAAC and JACANCON), the project which brings together many partners (44 partner organizations from 24 European countries and different experts from around the world) is co-ordinated by Slovenian National Institute of Public Health.

Key words: cancer, progress, sustainable actions

Izazovi i teškoće roditeljstva djece s teškoćama u razvoju

Roditeljstvo u obiteljima djece s teškoćama u razvoju predstavlja poseban specifikum koji utječe, kako na odnose u obitelji, tako i na mentalno zdravlje roditelja. Cilj rada je detektirati najveće stresore i teškoće kod roditelja djece s teškoćama u razvoju. U radu je primijenjen kvalitativni istraživački pristup. Proveden je strukturirani intervju od 10 pitanja s 4 majke koje imaju dijete s teškoćama u razvoju o kvaliteti i dostupnosti zdravstvenog sustava, mogućnosti participacije u zdravstvenom procesu, financijskim barijerama, procjeni vlastitih sposobnosti u zahtjevima odgoja, pomoći mikro i makro sredine, izvorima informacija te detekciji najvećih izazova. Sve ispitanice smatraju sljedeće: da je zdravstveni sustav inertan, da ne dobivaju podršku stručnjaka, da su izložene velikim financijskim izdacima i velikom psihičkom opterećenju, te da se susreću s problemima handlinga i transfera djeteta u svakodnevnom životu. Ispitanice su konzistentne u odgovorima, odnosno u detekciji najvećih izazova roditeljstva djece s teškoćama u razvoju.

Cljučne riječi: psihoterapija, mentalno zdravlje majke, dijete s teškoćama u razvoju

Challenges and Difficulties of Parenting Children with Disabilities

Parenting in the families of children with special needs is a specificity that affects both family relations and the mental health of parents. The aim of this paper is to detect the greatest stressors and difficulties in the parents of children with developmental disabilities. A qualitative research approach has been applied. A structured interview of 10 questions has been used with 4 mothers who have a child with developmental disabilities about the quality and availability of the health system, possible participation in the health process, financial barriers, assessment of their own spouses in the demands of upbringing, micro and macro environment support, sources of information and detection of the biggest challenges. All participants consider the following: the health system is inert, there is a lack of support from experts, they are exposed to great financial costs and great psychological stress and facing handling/transfer problems with their child in everyday life. Participants are consistent in responses, that is, in detecting the major challenges of parenting children with developing disabilities.

Key words: psychotherapy, maternal mental health, child with disabilities

Tihomir Jovanović

Opća županijska bolnica Pakrac i bolnica hrvatskih veterana, Pakrac

Miroslava Kičić

Srednja škola za medicinske sestre Vinogradska, Zagreb

Motivi odlaska medicinskih sestara iz hrvatske nakon završetka srednjoškolskog obrazovanja

Ulaskom Republike Hrvatske u Europsku uniju povećao se udio migracija medicinskih sestara. Cilj istraživanja bio je utvrditi postoje li razlike u motivaciji odlazaka medicinskih sestara s obzirom na regiju Hrvatske u kojoj pohađaju školu. U istraživanju je sudjelovalo 165 ispitanika srednjih medicinskih škola, od toga značajno više ispitanica (N = 112) od ispitanika (N = 52) ($p < 0,001$). Ispitanici pohađaju SŠ Pakrac (N = 83) i SŠ Vinogradska (N = 82), te značajno ih više ostvaruju vrlo dobar uspjeh (N = 103), ($p = 0,001$). Pokazalo se kako su odabirom svoga zanimanja zadovoljniji ispitanici iz SŠ Pakrac od ispitanika iz SŠ Vinogradska ($p = 0,001$), dok ispitanici iz SŠ Vinogradska imaju pozitivniji stav o odlasku u inozemstvo ($p = 0,001$), te smatraju kako će lakše pronaći posao od ispitanika iz SŠ Pakrac ($p < 0,001$). Za ispitanike iz SŠ Vinogradska je za eventualni odlazak iz RH značajno važniji, osjećaj nepoticajne okoline ($p = 0,004$), te percepcija da će njihovoj djeci u budućnosti će biti lakše u životu ukoliko odrastaju u inozemstvu ($p = 0,033$). Motivi za odlazak medicinskih sestara iz SS Pakrac i SS Vinogradska značajno se razlikuju što možemo objasniti regionalnim razlikama te društvenim i ekonomskim nejednakostima.

Ključne riječi: medicinska škola, migracije, odlazak medicinskih sestara

Motives of Nurses Leaving Croatia after Completing Secondary Education

Since Croatia entered the European Union, the portion of nurses' migration has increased. The aim of the research is to determine if there are any differences regarding the motivation of the nurses' departures regarding the region of the Republic of Croatia in which they attend their schools. In this research 165 examinees who attend nursing high schools have participated. Significantly higher number are female examinees (N = 112) compared to male examinees (N = 52) ($p < 0.001$). Examinees attend High school Pakrac (N = 83) and High school Vinogradska (N = 82). Significant majority achieves very good grades, regarding the school achievement scale. It turned out that examinees from High school Pakrac feel more satisfied with their professional career choice than the examinees from High school Vinogradska ($p = 0.001$). On the other hand, examinees from High school Vinogradska have more positive attitude when it comes to moving abroad ($p = 0.001$). They also consider that they will find a job more easily, compared to the opinion of High school Pakrac examinees. Examinees from High school Vinogradska consider as more important reason for possible leaving the Republic of Croatia, significantly stronger feeling of discouraging environment ($p = 0.004$), as well as the perception that their children in the future will have a better life if they were raised abroad ($p = 0.033$). Motives for leaving significantly differ between the nurses from High school Pakrac and nurses from High school Vinogradska, which can be explained due to regional differences, as well as social and economic differences.

Key words: nursing school, migrations, nurses' emigration

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Pogostost sindroma bolnih stavb pri zdravstvenih delavcih v bolnišnici

Epidemiološke raziskave po svetu navajajo 30 % pogostost sindroma bolnih stavb (SBS) v novih, obnovljenih javnih in stanovanjskih stavbah, medtem ko znaša razširjenost SBS v bolnišničnem okolju med 21 in 80 %. S prispevkom prikazujemo pogostost SBS med zdravstvenimi delavci v eni izmed slovenskih bolnišnic. Izvedli smo presečno analitično raziskavo na vzorcu 258 zdravstvenih delavcev. Raziskava je potekala od februarja do aprila 2019. Uporabili smo standardiziran vprašalnik za oceno kakovosti notranje klime MM 040 NA 2007. Za ocenjevanje pogostosti SBS je bil uporabljen χ^2 test. Za statistično pomembne podatke so bile upoštevane razlike, kjer je bila stopnja statistične pomembnosti $p < 0.05$. Stopnja odziva je bila 51 %. 38.4 % zdravstvenih delavcev navaja 6 ali več simptomov SBS, 31 % pa 2-3 simptoma SBS. V pogostosti simptomov SBS se med zdravstvenimi delavci po posameznih bolniških oddelkih ne pojavlja statistično pomembna razlika ($\chi^2 = 27.325$; $p = 0.160$). Klasifikacija in identifikacija dejavnikov tveganja za pojav SBS je bila v epidemioloških raziskavah izvedena predvsem v javnih stavbah različnih tipov. Izvedena raziskava predstavlja prvo raziskavo v slovenskem prostoru, ki je ugotovila pogostost simptomov SBS med zdravstvenimi delavci.

Ključne besede: zdravstveni delavci, bolnišnica, sindrom bolnih stavb

Prevalence of the Sick Building Syndrome among Hospital Healthcare Workers

Epidemiological research in the world quote 30% frequency of Sick Building Syndrome (SBS) in the new, renovated public and residential buildings, whereas the extent of SBS in hospital environment is calculated to be approximately between 21% and 80%. Frequency of SBS among healthcare workers in one of the Slovenian hospitals is represented with this article. Cross-sectional analytical study on the sample of 258 healthcare workers has been carried out. The study was performed between February and April 2019. Standardized questionnaire for evaluation of indoor climate MM 040 NA 2007 has been used. To evaluate the frequency of SBS χ^2 test has been applied. For statistically significant data the differences, in which p-value is $p < 0.05$, have been taken into account. The degree of response was 51%. 38.4% of healthcare workers have reported 6 or more symptoms of SBS and 31% of them 2-3 symptoms of SBS. In the frequency of SBS among healthcare workers from different wards there is no statistically significant difference ($\chi^2 = 27.325$; $p = 0.160$). Classification and identification of factors of risk for occurrence of the SBS has been in the epidemiological study carried out mostly in public buildings of multiple types. This study presents the first research, which has evaluated the frequency of SBS among health workers in Slovenian environment.

Key words: healthcare workers, hospital, sick building syndrome

Paliativni bolnik na primarnem nivoju - učenje s simulacijami v zdravstvu

Simulacije v zdravstvu so uspešen način usposabljanja za vse člane zdravstvenega tima, da trenirajo spretnosti in veščine v varnem okolju. Udeleženci na tak način pridobijo izkušnje za obravnavo intervencij, ki se redko izvajajo v kliničnem okolju. V ta namen smo v Zdravstvenem domu Ljubljana v Simulacijskem centru pripravili program usposabljanja »Paliativni bolnik na primarnem nivoju - učenje s simulacijami v zdravstvu«. Ocenjujemo, da je bistvenega pomena, da se zdravstveni timi na primarnem nivoju nenehno izobražujejo tudi iz vsebin paliative, saj s tem pridobijo zaupanje v svoje znanje in sposobnosti, ter tako zmanjšajo stres, ki nastane ob intervencijah, ki jih moramo izvesti ob bolniku. Obravnava pacienta tako postane tudi bistveno varnejša, kajti s tem zmanjšujemo nastanek napak v klinični praksi.

Ključne besede: paliativa, usposabljanje, simulacije v zdravstvu

Palliative Patient at the Primary Level – Learning with Simulations in Health Care

Simulations in health care are a great way for all healthcare workers to train their skills in a safe environment. Participants get experience in managing difficult interventions with simulations that do not happen regularly in clinical environment. In this purpose we have prepared a training program in CHC Ljubljana, Simulation Centre. The program is called "Palliative patient at the primary level – learning with simulations in health care". We think that it is very important for the healthcare teams in primary healthcare level to regularly train in the field of palliative care. With training they raise their skill level and reduce stress so they have more confidence in their field of expertise. This also prevents unwanted mistakes in clinical environment and thus raises safety level of our patients.

Key words: palliative care, training, simulation in health care

Učne navade študentov prvega letnika Fakultete za zdravstvene vede Univerze v Novem mestu

Za uspešno učenje so poleg sposobnosti, motiviranosti in drugih dejavnikov potrebne tudi učinkovite učne navade, ki so utrjeni postopki pri učenju, ki omogočajo lažje in uspešnejše učenje. Mednje spadajo tako imenovane navade prostora in časa, od katerih je odvisno kdaj, koliko in kje se učenec uči, ter učne metode, tehnike ali strategije, od katerih je odvisno, kako se učenec uči. Namen raziskave je preučiti učne navade treh generacij študentov I. letnika rednega študija visokošolskega strokovnega študijskega programa Zdravstvena nega Univerze v Novem mestu Fakultete za zdravstvene vede. Raziskava temelji na kvantitativni metodi dela. Za zbiranje podatkov je bilo uporabljeno spletno anketiranje, ki je potekalo v mesecu februarju 2017, 2018 in 2019 v računalniški učilnici fakultete. Zanimalo nas je, kakšne učne navade imajo študenti ter kakšne so razlike v učnih navadah glede na spol. Anketo je izpolnilo skupno 147 študentov, od tega 17 % študentov in 83 % študentk. Večina študentov (46,90 %) se pogosto uči le nekaj dni pred izpitom, 30,60 % jih ocenjuje, da so najbolj produktivni, ko jim zmanjkuje časa. Po vsakem predavanju si doma vedno snov ponovi in na ta način utrdi samo 0,70 % študentov. Za preverbo hipoteze o razlikah v učnih navadah glede na spol, je statistična analiza pri nekaterih trditvah pokazala statistično pomembne razlike med študenti in študentkami UNM FZV.

Ključne besede: uspešno učenje, učne navade, študenti

Research on the Learning Habits of the First Year Students of the University of Novo mesto Faculty of Health Sciences

In addition to ability, motivation and other factors, successful learning demands effective learning habits, which are consolidated learning procedures that make learning easier and more successful. These include the so-called habits of space and time, on which depends when, how much, and where the student learns, as well as the teaching methods, techniques, or strategies of which depends how the student learns. The purpose of the research is to study the learning habits of three generations of first year full-time students of the higher education professional study programme Nursing Care at the University of Novo mesto Faculty of Health Sciences. The research is based on a quantitative method of work. To collect the data we conducted an online survey in February 2017, 2018 and 2019, using the faculty computer room. We were interested in students' learning habits and possible gender differences. A total of 147 students completed the survey, of which 17% were male students and 83% were female students. Most students (46.90%) often study only a few days before the exam, and 30.60% consider themselves to be most productive when they are running out of time. Only 0.70% of students review and consolidate the subject matter at home after each lecture. On testing the hypothesis of differences in learning habits by gender, the statistical analysis revealed statistically significant differences between male and female students of UNM FHS.

Key words: successful learning, learning habits, students

Rodna nenormativnost

Razni kulturalni i vremenski čimbenici, također kao i razvoj znanosti utjecali su na istraživanje i bavljenje pitanjem transpolnosti, transrodnosti i rodne nenormativnosti. Svaka ljudska jedinka se može poistovjetiti sa drugom popitanju okvirnog nezadovoljstva određenih dijelova tijela. U ovom većinski stereotipnom svijetu često se usudimoreći kako žene puno više brinu o svojem izgledu, te su nezadovoljnije po pitanju određenih detalja i sitnica nasvome tijelu, iako to definitivno nije istina. Većina muškaraca u današnje vrijeme otvoreno priznaje kako o svome izgledu i brizi o istome provodi gotovo jednako vremena kao i prosječna žena. Neovisno o tome, velika je razlika između općeg nezadovoljstva ili negodovanja zbog nekog detalja koji nas čini onime što jesmo i rodne disforije. Rodna disforija je stanje trajnog nezadovoljstva. Bez stručnosti i empatičnosti u pristupu, osoba može dugo tragatiza odgovorima i doslovno ih nikada ne pronaći. Cilj ovog rada je prikazati razliku između roda i spola, razjasniti pojam rodne disforije, iznijeti činjenice i aspekte prilagodbe spola (neovisno o tome radilo se o feminizaciji ili maskulinizaciji tijela), te predočiti količinu problematike sa kojom se suočavaju i nose pacijenti s dijagnozom rodne disforije. Rad je osmišljen u nadi da će sa svim prikupljenim podacima uraditi bar mali pomak i dati informacije o prisutnosti transrodnosti, transpolnosti i rodne nenormativnosti u današnjem društvu.

Ključne riječi: transrodnost, transpolnost, rodna nenormativnost

Gender Identity Disorder

Various cultural and temporal factors, as well as development in science have affected the exploration and engaging in transgender, transsexual and gender identity. Every human individual can relate to another in terms of dissatisfaction by some parts of their body. Since living in mostly stereotypical world, we dare to say that women care for their appearance much more than men, and are not satisfied regarding certain details on their bodies, although it is definitely not true. Most men nowadays openly admit that they spend as much time as women when it comes to taking care of their appearance. Nevertheless, there is a big difference between being generally unsatisfied by our looks or by some detail on ourselves that makes us who we are, and having gender dysphoria. Gender dysphoria is a state of permanent dissatisfaction. Without professional and adequate medical staff, a person can search for answers for a long time and still never find them. The aim of this paper is to show the difference between gender and sex, clarify the concept of gender dysphoria, present facts and aspects of gender adaptation (regardless of feminisation or masculinization of the body), and to present (illustrate) the amount of issues faced and carried by patients with a diagnosis of gender dysphoria. This paper is designed in hope of making even a slight step forward in informing scientific community as well as the rest of the population about the presence of transgender, transsexual, and gender nonconformism in today's society, by exposing all of collected information.

Key words: transgender, transsexual, gender identity

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Trendi predpisovanja opioidov v Sloveniji

Po priporočilih Svetovne zdravstvene organizacije se opioidi uporabljajo za lajšanje zmerne do hude bolečine in se predpisujejo na recept in pri z agonisti podprtem zdravljenju opioidne odvisnosti (AOT), kjer se na naročilnico predpisujejo metadon, buprenorfin in sr-morfin. Namen retrospektivne, opazovalne raziskave je bil analizirati ambulantno predpisane opioide (N02A) kot tudi zdravila za AOT med leti 2007 in 2018. Podatke o predpisanih zdravilih smo analizirali po anatomsko-terapevtsko-kemijski klasifikaciji (ATC metodologiji) v definiranih dnevni odmerkih na 1000 prebivalcev na dan (DDD). V letu 2018 je bilo izdanih preko 3,4 milijonov receptov za zdravila z delovanjem na živčevje, največji odstotni deleži so pripadali analgetikom (N02), predpisali so 1,4 milijone receptov. Opioidi (N02A) so predstavljali 28,5 % delež v številu receptov med analgetiki. Skupaj je bilo predpisanih 11,8 DDD na 1000 prebivalcev na dan. Vsaj en recept z opioidi je prejelo 6,5 % populacije. Kombinacija tramadola s paracetamolom je zajemala 73,1 % vseh receptov za opioide, v AOT programe pa je bilo vključenih letno do 4500 ljudi. Na podlagi rezultatov študije o predpisovanju različnih vrst analgetikov je mogoče sklepati, da se je poraba analgetikov (N02), vključno z opioidi, postopoma povečevala. Pri predpisovanju zdravil za zdravljenje odvisnosti pa se kaže trend zmanjšanja predpisovanja metadona in trend porasta predpisovanja buprenorfina.

Ključne besede: analgetiki, opioidi, definirani dnevni odmerki, z agonisti podprto zdravljenje opioidne odvisnosti

Trends in Opioid Prescription in Slovenia

According to the recommendations of the World Health Organization, opioids are used for the management of moderate to severe pain and are available on prescription, and for opioid agonist therapy (OAT), where methadone, buprenorphine and SR-morphine are prescribed on the order form. Methods: the purpose of this retrospective observational study was to analyse primary care opioid prescriptions (N02A) as well as OAT medications between 2007 and 2018. The data on the prescribed medications were analysed according to the anatomical therapeutic chemical classification (ATC methodology) in defined daily doses (DDD) per 1,000 inhabitants per day. In 2018, over 3.4 million prescriptions for medications acting on the nervous system were issued, with the highest proportion for analgesics (N02), amounting to 1.4 million prescriptions. Opioids (N02A) accounted for 28.5% of prescriptions among analgesics. A total of 11.8 DDD per 1,000 inhabitants per day were prescribed. 6.5% of the population received at least one opioid prescription. The tramadol/paracetamol combination accounted for 73.1% of all opioid prescriptions, while up to 4,500 people were included in the OAT programmes each year. The results of the study on prescribing different types of analgesics show a gradual increase in the use of analgesics (N02), including opioids. Regarding dependence treatment medications, a trend of decreased methadone prescriptions and increased buprenorphine prescriptions can be observed.

Key words: analgesics, opioids, defined daily dose, opioid agonist therapy

Vzajemno delovanje kognitivnih sposobnosti in motoričnega nadzora

Usklajeno delovanje kognitivnih sposobnosti (KS) in motoričnega nadzora (MN) gibanja oseb zagotavlja kakovost pri izvajanju dnevnih aktivnosti in je lahko okrnjeno pri bolnih in starajočih osebah. Zato je pomembno v procesu rehabilitacije spodbujati koordinirano delovanje KS in MN. Slednje je pomembno za načrtovanje, nadzor in izvedbo aktivnosti za doseganja končnega giba ali položaja ter za zagotavljanje senzomotorične predstave in nadzora. Pozornost, ki omogoča izbiro informacij za nadaljnje procesiranje in prilagoditev gibov v novih in/ali nepričakovanih situacijah, sodi med ranljivejše kognitivne komponente. Posvečanje (pre)več pozornosti izvajanju MN lahko zmanjša spretnosti že usvojenih veščin, hkrati je povečanje pozornosti pozitivno pri usvajanju novih veščin. MN predstavlja delovanje živčno-mišične in senzome sinergije ter mišično-kostnega sistema brez usmerjanja pozornosti na izvajanje gibov. Tekom let in ob pojavu bolezni je MN slabši zaradi upada funkcije živčnih receptorjev v osrednjem živčnem sistemu, mišic in perifernih živcev. Sledi slabša koordinacija, spremenjeno in upočasnjeno gibanje, hoja in ravnotežje. Gibanje preide iz avtomatičnega MN na MN s pozornostjo. Spremenjene sposobnosti negativno vplivajo na posameznikovo sposobnost prilagajanja okolju. Ustrezna telesna in umska aktivnost izboljša koordinirano delovanje obeh sistemov.

Ključne besede: kognitivne sposobnosti, motorični nadzor, pozornost, vzajemnost

Reciprocal Functioning of Cognitive Abilities and Motor Control

Reciprocal functioning of cognitive abilities and motor control of movement is ensuring quality in performing daily life activities and is compromised in ill and elderly people. Therefore the coordination of both should be facilitated in rehabilitation process. The latter is important for planning, controlling and implementation of activity in order to achieve the movement or position enabling sensorimotor performance and control. Attention that allows the selection of information to continue performance or adaptation in new or unexpected situations is among more vulnerable cognitive components. Paying (too)much attention to motor skills performing can decrease already learned skills, but attentive movement can also increase learning new skills. With proper motor control neuromuscular, sensory synergy, musculoskeletal system and learning abilities act without attention to the movement. During years and within illness the motor control decline in function of nerve receptors in central nerve system, muscles, and peripheral nerves. Changes occur in coordination, slower and changed movement, walking and balance. Movement changes from automatic one to movement with attention. The corresponding changes negatively correlate with one ability to adapt to environment. The corresponding physical and brain activity acts beneficial on coordination of both systems.

Key words: cognitive abilities, motor control, attention, reciprocity

Interdisciplinarnost raziskav v zdravstveni negi

Interdisciplinarnost in medprofesionalno povezovanje sta pomembna podlaga za uspešno, prepoznavno in inovativno raziskovanje. Demografski trendi v razvitih državah zahtevajo zlasti povezovanje zdravstvenih in socialnih storitev, vse pomembnejše pa je tudi povezovanje z različnimi vedami o življenju in družboslovnimi vedami. Da bi preučili trend interdisciplinarnega pristopa na področju raziskav v zdravstveni negi v povezavi s klinično medicino, družboslovnimi in biomedicinskimi vedami, smo analizirali znanstvene publikacije v bazi PubMed v obdobju 1998–2018. Analiza je pokazala, da število znanstvenih publikacij na področju zdravstvene nege narašča podobno kot število referenc, ki se nanašajo na področje klinične medicine, vendar je bil porast referenc na področju zdravstvene nege izrazitejši zlasti v zadnjih 5 letih. Med članki, ki se nanašajo na zdravstveno nego, se zmanjšuje delež tistih, ki so povezani s klinično medicino, medtem ko se delež referenc, ki upoštevajo vidik sociale in delež referenc, ki povezujejo zdravstveno nego s področjem biomedicine izrazito povečuje, z najvišjo stopnjo v zadnjih petih letih. Podatki, pridobljeni iz baze PubMed odražajo trenutne trende povezovanja zdravstvenih in socialnih storitev ter povečanega vpliva drugih družboslovnih in biomedicinskih ved na zdravstveno nego in raziskave na tem področju. Interdisciplinarni študijski programi, ki sledijo potrebam prakse po interdisciplinarnosti zdravstvene nege in raziskav prispevajo k zagotavljanju kadra z ustreznimi kompetencami.

Gljučne besede: raziskave v zdravstveni negi, interdisciplinarnost, sociala, biomedicina, študijski programi

Interdisciplinarity of Research in Nursing Care

Interdisciplinarity and interprofessional networking are important basis for a successful, recognizable and innovative research. Demographic trends in developed countries require especially integration of health and social services; however, interaction with different life sciences is also becoming more and more important. To examine the trend of interdisciplinary approach in terms of addressing nursing care in connection with medicine, social care and biomedical sciences, we analysed scientific publications in this field over the period 1998-2018 in the PubMed database. The analysis showed that the number of scientific publications in nursing care is growing similarly than the number of reference referring to medical treatment, however, the greatest increase of references was in the last five years. Within the publications on nursing care, the share of those, connected to clinical medicine is decreasing, while share of the references considering social aspect as well as share of the references considering biomedical aspect is increasing, with the highest rate in the last five years. The obtained publication data are reflecting the current trends of integration of health and social care services as well as increasing impact of biomedical sciences on nursing practice and research. Interdisciplinary study programmes that follow the needs for interdisciplinarity of nursing practice and research are important for the efficient and quality development of care services.

Key words: nursing research, interdisciplinarity, social, biomedicine, study programmes

Epidemija norovirusnog gastroenteritisa - iskustvo rehabilitacijskog centra

Norovirus je jedan od najčešćih uzroka epidemija akutnog gastroenteritisa (AG). Vrlo je zarazan, stabilan u okolišu, prenosi se najčešće feko-oralnim putem, a epidemija se brzo širi. Inkubacija je 15-50h, simptomi su proljev i povraćanje koji traju od 12 do 60h. Epidemija u Specijalnoj bolnici za medicinsku rehabilitaciju (SBKT) počela je 8/9. 3. 19. i trajala do 25. 3. 2019. godine, oboljelo je ukupno 210 osoba, 129 pacijenata i 81 djelatnik. Po primitku dojave Tim za bolničke infekcije i epidemiolog su dali naputke o postupanju s osobama koje imaju AG. Uzeti su uzorci stolice na bakteriološku (negativni) i virološku (pozitivni na norovirus) analizu. Najvažnije mjere koje su odmah provedene: kohortiranje i kontaktna izolacija simptomatskih bolesnika, nadzor nad higijenom ruku, odgoda novih prijema, djelatnici s AG ostaju kod kuće min. 48h od zadnje dijareje, pojačano čišćenje i dezinfekcija odjela bolnice, uključujući kuhinju i restoran, čišćenje soba za izolaciju sa sanitarnim čvorom min. 3x dnevno, svi sanitarni čvorovi i često dodirivane horizontalne površine bolnice čiste se min. 3x dnevno, rublje simptomatskih bolesnika tretira se prema protokolu za infektivno rublje, po završetku mjera kontaktne izolacije pacijenti se tuširaju u klorheksidinskom preparatu, a soba se generalno čisti i dezinficira završno aerosolnom dezinfekcijom.

Ključne riječi: norovirus, epidemija, akutni gastroenteritis, rehabilitacija, bolnička infekcija

Outbreak of Norovirus Gastroenteritis - Rehabilitation Center Experience

Norovirus is one of the most common causes of acute gastroenteritis (AG) outbreaks. It is highly contagious, stable in the environment, transmitted mostly by feco-oral route, and the epidemic is spreading rapidly. The incubation is 15-50h, the symptoms are diarrhea and vomiting lasting from 12 to 60h. The outbreak at the Special Hospital for Medical Rehabilitation (SBKT) began on 8/9 March 2019 and lasted until 25 March 2019; a total of 210 people, 129 patients and 81 employees got infected. Upon notification, Hospital Infectious Control Team and the epidemiologist provided guidance on the treatment of persons with AG. Stool samples were taken for bacteriological (negative) and virological (norovirus positive) analysis. The most important immediately implemented measures were: cohorting and contact isolation of symptomatic patients, monitoring of hand hygiene, delaying new admissions, employees with AG staying at home min. 48h since the last diarrhea, enhanced cleaning and disinfection of hospital wards, including kitchen and restaurant, cleaning of isolation rooms with sanitary facilities min. 3 times daily, all toilets and often touched horizontal surfaces cleaned min. 3x daily, symptomatic patients' laundry treated according to infectious laundry protocol, after completion of contact isolation measures, patients had chlorhexidine showers, and the room was generally cleaned and disinfected with aerosol disinfection.

Key words: norovirus, epidemic, acute gastroenteritis, rehabilitation, hospital infection

Prava pacijenata u svetlu zakonskih rešenja država sa prostora bivše Jugoslavije

Oblast medicinskog prava, posmatrana kroz prizmu zakonskih propisa, se u prethodnih nekoliko decenija intezivno bavi kvalitetom i sigurnošću zdravstvene zaštite, u okviru koje prava pacijenata figuriraju kao centralni kriterijum koji generiše veliki broj obaveza zdravstvenih radnika. Autori u radu analiziraju podudarnosti zakonskih rešenja u oblasti prava pacijenata, koja su prihvaćena u državama bivše Jugoslavije. Zakonodavci u pomenutim pravnim sistemima prihvataju koncept zaštite prava pacijenata, sa mogućnošću pacijenta da odustane od nekog svog prava. Uočene su brojne podudarnosti pojedinih prava koja propisuje većina pravnih sistema, kao što su pravo na informisanost, pravo na uvid u medicinsku dokumentaciju, pravo na poverljivost, pravo na prigovor ili pravo na naknadnu štete. Takođe, uočene su i neke posebnosti ili specifičnosti kao i neka prava koja nisu taksativno navedena u svim analiziranim regulativama. Autori zaključuju da u zakonskim regulativama država sa prostora bivše Jugoslavije postoji primereno visok nivo podudarnosti u strukturi korpusa prava pacijenata, odnosno pojedinih pacijentovih prava.

Ključne riječi: prava pacijenta, zakonodavstvo, zdravstveni radnici

Patients' Rights in the Light of Legal Regulations of the Former Yugoslavian Countries

In the past few decades, the field of medical law, viewed through the prism of legal regulations, has been intensively concerned with the quality and safety of health care, within which patients' rights have been identified as a central criterion that generates a large number of healthcare professionals' obligations. In this paper, authors analyze the similarities of legal solutions in the field of patients' rights, which have been accepted in the former Yugoslavian countries. Legislators in the aforementioned legal systems accept the concept of protecting patients' rights, with the patient's ability to relinquish some of their rights. There have been numerous similarities of individual rights prescribed by most legal systems, such as the right to information, the right to access medical records, the right to confidentiality, the right to complain, or the right to compensation. Also, some peculiarities or specificities were noted, as well as some rights, which were not specifically stated in all analyzed regulations. The authors conclude that there is an appropriately high level of similarities in the legislation of countries of former Yugoslavia in the structure of the corpus of patients' rights, that is, individual patient's rights.

Key words: patients' rights, legislation, healthcare professionals

Profesionalno sagorijevanje fizioterapeuta – značajan problem

Cilj ovog istraživanja je ispitati izvore profesionalnog stresa, razinu sagorijevanja na poslu te istražiti odnos profesionalnog stresa i sagorijevanja povezano sa spolom i dobi sudionika. Istraživanje je provedeno na prigodnom uzorku od 95 radno aktivnih fizioterapeuta na području Varaždinske županije, Hrvatska. Od 95 sudionika 54 (56,8 %) su žene, a 41 (43,2 %) muškarci. Prosječna dob uzorka je 39.74 godina (SD = 10.68), a prosječna dužina radnog staža 19.86 godina (SD = 11.14). U svrhu istraživanja korišteni su: opći upitnik koji se odnosi na socio-demografska obilježja, upitnik o stresorima na radnom mjestu bolničkih zdravstvenih djelatnika i Maslach Burnout Inventory (MBI). Kao najizrazitije izvore profesionalnog stresa fizioterapeuti navode vezano za organizaciju i financije, a to su: nedovoljan broj djelatnika (48,4 %), preopterećenost poslom (43,2 %) i neadekvatna osobna primanja (36,8 %), i to najizraženije kod fizioterapeuta od 41-51 godine. Među fizioterapeutima zabilježena je i visoka emocionalna iscrpljenost (31,6 %), izraženija kod fizioterapeuta muškog spola, visoka razina depersonalizacije (41,1 %), izraženija kod fizioterapeuta od 41-51 godine i niska razina osobnog postignuća (17,9 %) što je mogući pokazatelj sagorijevanja. Analiza ovog istraživanja upućuje na potrebu za boljom organizacijom posla kao i izradom programa prevencije sindroma sagorijevanja.

Ključne riječi: profesionalni stres, fizioterapeut, sindrom sagorijevanja

Professional Burnout Syndrome among Physiotherapists – a Significant Problem

The aim of this study is to examine the sources of professional stress and burnout in the workplace, as well as to explore the relationship of professional stress and burnout associated with gender and age of participants. The study was conducted on a sample of 95 economically active physiotherapists in Varaždin County, Croatia. From the processed 95 participants 54 (56.8%) were women and 41 (43.2%) men. The average age of the participants was 39.74 years (SD = 10.68), and the average seniority 19.86 years (SD = 14.11). For the research purposes we used: a general questionnaire which refers to the socio-demographic characteristics, the questionnaire on stress in the workplace for hospital healthcare workers, and the Maslach Burnout Inventory (MBI). As the most prominent sources of professional stress physiotherapists name organization and finance which are: an insufficient number of employees (48.4%), work overload (43.2%) and inadequate income (36.8%); the most common in physiotherapists aged 41-51 years. Among physiotherapists we also recorded high emotional exhaustion (31.6%), emphasized by male physiotherapists, high levels of depersonalization (41.1%), emphasized by physiotherapists from 41 to 51 years, and low levels of personal achievement (17.9%) as a possible indicator of burnout syndrome. The analysis of this study indicates the need for better organization of work as well as creating programs to prevent burnout syndrome.

Key words: professional stress, physiotherapist, burnout syndrome

Ethical Issues in School-Based Health Promotion Interventions

School-based health promotion interventions are commonly implemented but ethical perspectives of the interventions are rarely reported. The aim of this research is to describe ethical issues reported in articles describing effectiveness of school-based health promotion interventions. The literature search was performed in 2016 in PubMed and CINAHL databases to find articles describing effectiveness of school-based interventions. The search resulted in $n = 178$ abstracts that were separately read by two researchers. Based on the inclusion criteria finally $N = 31$ articles were selected. A matrix data analysis was selected for data extracting and data analysis. The research is currently in the phase of data extraction and the final results will be published later. At this stage one may report that the selected matrix data analysis is a suitable tool for extracting data regarding ethical issues described in the articles. Backgrounds and preliminary results will be presented in November at the international conference organized by the University of Novo mesto.

Key words: health promotion, primary schools, ethical issues

Etična vprašanja pri aktivnostih promocije zdravja v osnovni šoli

Ukrepi za promocijo zdravja v osnovni šoli se redno izvajajo, vendar se o etičnih vidikih ukrepov redko poroča. Cilj te raziskave je opisati etična vprašanja, opisana v člankih, ki opisujejo učinkovitost ukrepov za promocijo zdravja v šolah. Iskanje literature je bilo izvedeno v bazah PubMed in CINAHL v letu 2016, da bi našli članke, ki opisujejo učinkovitost šolskih intervencij. Rezultat iskanja je bil $n = 178$ povzetkov, ki sta jih ločeno analizirala dva raziskovalca. Na podlagi meril za vključitev je bilo končno izbranih $N = 31$ člankov. Za pridobivanje in analizo podatkov je bila uporabljena metoda matrix data analysis. Raziskava je v fazi analize podatkov, končni rezultati pa bodo objavljeni. Dosedanji rezultati kažejo, da je izbrana metoda za analizo podatkov 'matrix data analysis' primerno orodje za pridobivanje podatkov o etičnih vprašanjih, opisanih v člankih. Ozadja in predhodni rezultati bodo predstavljeni novembra na mednarodni konferenci, ki jo organizira Univerza v Novem mestu.

Ključne besede: promocija zdravja, osnovne šole, etična vprašanja

Gorazd Laznik

Fakulteta za zdravstvene vede Univerze v Novem mestu

Urška Kovač

Splošna bolnišnica Novo mesto

Vloga diplomirane medicinske sestre pri obravnavi pacienta s centralnim venskim katetrom

Namen prispevka je predstaviti vlogo medicinske sestre v enoti za intenzivno terapijo pri obravnavi pacienta s centralnim venskim katetrom, ter poiskati najpogostejše dejavnike tveganja za okužbe in podati priporočili oziroma ukrepe, ki bodo pripeljali do znižanja števila okužb pri pacientu. Z deskriptivno metodo dela in s kvantitativnim zbiranjem podatkov smo v dveh intenzivnih terapijah Splošne bolnišnice Novo mesto ugotavljali pogostosti vstavitve, način oskrbe in pogostost okužbe centralnega venskega kanala CVK. Rezultati raziskave so pokazali, da je vstavljanje CVK v obeh intenzivnih terapijah pogost poseg in da je incidenca okužb v intenzivnih enotah SB Novo mesto sorazmerno visoka. Kljub temu, da so rezultati pokazali nizko udeležbo medicinskih sester na strokovnih izobraževanjih, imajo te veliko znanja za pravilno rokovanje s CVK. Izkazalo se je, da stalni nadzor in poznavanje sodobnih smernic omogoča manj zapletov pri zdravljenju pacientov, zato v prihodnje svetujemo, da se izobraževanju in usposabljanju medicinskih sester na področju CVK posveti več pozornosti.

Ključne besede: centralni venski kateter, okužbe CVK, prepoznavanje zapletov, zdravstvena nega

The Role of a Graduate Nurse in the Treatment of a Patient with Central Venous Catheter

The purpose of the paper is to present the role of a nurse in the intensive care unit in the treatment of a patient with central venous catheter, to find the most common risk factors for infections, and to provide recommendations or measures that will lead to a reduction in the number of infections. The descriptive method of work and quantitative data collection were used to determine the frequency of insertion, the model of care and the frequency of central venous catheter CVC infection in two intensive therapies at the Novo mesto General Hospital. The results of the study showed that CVC insertion in both intensive therapies was a frequent intervention and that the incidence of infections in intensive care units of Novo mesto General Hospital was relatively high. Although the results showed low participation of nurses in professional trainings, they have a great deal of knowledge to handle CVC properly. Continuous monitoring and knowledge of modern guidelines have proven to be less complicated in the treatment of patients, and we, therefore, recommend that more attention is paid to CVC nurses' education and training.

Key words: central venous catheter, CVC infections, identifying complications, nursing care

Uvajanje multidisciplinarne obravnave oseb s fibromialgijo v Zdravstvenem domu Nova Gorica

Fibromialgija je kronična bolezen, ki prizadene veliko število oseb največkrat v obdobju življenja, ko se od njih pričakuje visoka stopnja delovne učinkovitosti in ustvarjalnosti. Vzroki in patofiziološki mehanizmi bolezenskega stanja niso pojasnjeni, zato tudi učinkovitih zdravil ni. Pri zmanjšanju težav ter obvladovanju simptomov in posledic fibromialgije se velik pomen pripisuje biopsihosocialnem pristopu k zdravljenju in rehabilitaciji. V Centru za krepitev zdravja Nova Gorica smo oblikovali paket srečanj za osebe s fibromialgijo, ki obsega več delavnic za izboljšanje gibalnih zmogljivosti, spoprijemanja s stresom in učenje sprostitvenih tehnik. V enem letu je bilo v program vključenih 60 bolnikov s fibromialgijo. Prvi rezultati so po ocenah bolnikov vzpodbudni, saj so skoraj vsi udeleženci, ki so v programu sodelovali do konca, izboljšali svojo telesno pripravljenost in v anketnih vprašalnikih ocenili, da so delavnice izpolnile njihova pričakovanja. Po prvem letu smo zaznali tudi povečano število napotitev v program s strani družinskih zdravnikov in specialistov.

Ključne besede: fibromialgija, gibanje, stres, tehnike sproščanja, preventivni programi

Introducing Multidisciplinary Treatment of Fibromyalgia Patients at the Nova Gorica Health Centre

Fibromyalgia is a chronic disease, affecting a large number of people, most often during the course of life when they are expected to be highly efficient and creative at work. The causes and pathophysiological mechanisms of the disease state have not yet been explained, thus there is still lack of effective medical treatment. Biopsychosocial approach to treatment and rehabilitation is considered a crucial factor in reducing problems and coping with the symptoms and consequences of fibromyalgia. At the Centre for Health Promotion (CKZ) Nova Gorica, we have designed a program of meetings for people with fibromyalgia, which includes several workshops aiming to improve exercise capacity, coping with stress mechanisms, and learn relaxation techniques training. In the past year, 60 patients with fibromyalgia have participated in the program. The first preliminary results are very promising as almost all participants improved their physical fitness. In the evaluation questionnaires, they reported that the workshops met their expectations. After the first year, we have also noticed that family doctors and specialists increasingly refer patients to the program.

Key words: fibromyalgia, exercise, stress, relaxation techniques, prevention programs

Sodobni pristopi pri obravnavi kroničnih ran

Kronično rano opredeljujejo kot rano, ki se ne prične celiti v štirih tednih in se dokončno ne zaceli v osmih tednih. Preprečevanje pojava kroničnih ran je bolj humano in cenejše od zdravljenja. Namen naše raziskave je bil ugotoviti uspešnost oskrbe kroničnih ran z uporabo sodobnih oblog pri starejši populaciji v domskem varstvu. Raziskava je potekala v enem od dolenjskih domov za starejše občane (DSO) od 15. 5. 2018 do 31. 8. 2018. V opazovanje je bilo vključenih 10 starostnikov. Od tega je bilo šest žensk in štirje moški. Povprečna starost vključenih starostnikov je bila 78,1 let. Opazovanci so imeli ena do štiri rane, skupno je bilo obravnavanih 19 ran, lokaliziranih na različnih delih telesa. Povprečna velikost ran je znašala 12,82 cm². Za oceno ogroženosti pacienta za pojav razjede zaradi pritiska (RZP) smo uporabili Nortonovo lestvico. Devet udeležencev raziskave je imelo oceno ogroženosti za pojav RZP (najbolj ogrožen pacient), eden je bil z doseženimi 12 točkami uvrščen v kategorijo bolj ogrožen pacient. Po trimesečni obravnavi je bilo izboljšanje opazno pri devetih ranah, povprečna površina vseh ran pa je bila 11,04 cm². Rezultati so pokazali, da bi dosledna uporaba sodobnih oblog za oskrbo kroničnih ran pri starostnikih z visoko stopnjo ogroženosti za nastanek RZP pripomogla k preprečevanju in hitrejšemu celjenju ran. Ključna ugotovitev je bila, da imajo slovenski domovi starejših občanov premalo finančnih in kadrovske resursov za zagotavljanje ustrezne oskrbe kroničnih ran.

Ključne besede: sodobni pristopi, oskrba kroničnih ran, domovi za starejše

Contemporary Approaches in the Treatment of Chronic Wounds

A chronic wound is defined as a wound that does not begin to heal within four weeks and does not heal completely within eight weeks. Prevention of chronic wounds is more humane and less expensive than treatment. The purpose of our study was to determine the success of care of pressure ulcers (PU) using contemporary wound dressings in older population of a nursing home. The research was conducted in one of the nursing homes in Dolenjska from May 15, 2018 to August 31, 2018. Ten people (mean age 78,1 years) were included in the study, six women and four men. All together, they had 19 wounds localized on different parts of the body. The surface of wounds was in average 12,82 cm². The Norton scale was used to assess the patient's risk of developing PU. Nine research participants had a risk assessment for the occurrence of PU (the most at risk patient), one with 12 points was placed in the category of more at risk patient. After three months of treatment, significant improval was observed in nine wounds, the average wound surface was 11,04 cm². The results showed that a consistent use of contemporary wound dressings for older people at high risk of developing PU would help to prevent and heal wounds faster. The key finding was that Slovenian nursing homes lack financial and human resources to be able to provide adequate chronic wound care.

Key words: contemporary approaches, chronic wound care, nursing homes

Vpliv petja na celostno zdravje

Glasba je univerzalna govorica, ki kljub svoji fizikalni naravi in zakonitostim seže v srce. Muzikoterapija je v zdravljenju duševnih bolnikov že dolgo pomemben terapevtski dejavnik. Posebno mesto ima petje, ki zaradi svojih fizikalnih prvin ob ustvarjanju zvoka sodeluje s fiziologijo dihanja in mišično aktivacijo. Vokalna tehnika, dobra dikcija, umirjanje, dihalne vaje, jasna artikulacija, koncentracija, so pogoji, da pevec skozi petje ustvarja prostor, v katerega ne vstopajo drugi dražljaji. To mu omogoča stik s seboj, povezovanje logike z intuicijo ter leve in desne hemisfere. Vse to so aktivnosti, ki vzpostavljajo boljše psihofizično ravnovesje in omogočajo osebno rast pevca. Kot glasbena pedagoginja in profesorica solopetja se ob poučevanju petja srečujem z različnimi »kliničnimi« primeri. Učenci z dobrimi glasbenimi dispozicijami in hkrati s psihološkimi vrzeli mi predstavljajo izziv v poučevanju. V svoji kvalitativni raziskavi prikazujem dve osebi, ki sta preko petja dosegli boljše psihofizično zdravje, se rešili tesnobe, nizke samopodobe ter strahu pred javnim nastopanjem.

Ključne besede: petje, samopodoba, nastopanje

The Impact of Singing on General Health

Music is a universal language, reaching into the heart despite its physical nature and laws. Music therapy has long been a significant therapeutic tool in mental health treatment. Singing is of special significance, connecting its physical nature during the production of sounds with the physiology of breathing and muscle activation. Vocal techniques, good diction, breathing exercises, relaxation, clear articulation and concentration are all needed for a singer to create a space through singing that other stimulants can not enter. This enables them to connect with their inner self, to connect logic and intuition as well as right and left brain hemisphere. These are all activities that facilitate better psychophysical balance and enable the singer's personal growth. In my position of a music and solo singing professor I have encountered different clinical cases. Students with good musical dispositions and also psychological issues are a challenge in my teaching career. My qualitative research presents two persons who attained better psychophysical health, resolved general anxiety issues, low self-image and stage fright through singing.

Key words: singing, self-image, performance

Telesna dejavnost odraslih Slovencev ter zdravstvena vzgoja

V sodobnem času je telesna dejavnost pomemben element zdravega življenjskega sloga za ohranjanje in izboljšanje zdravja vsakega odraslega. Človek je včasih potreboval veliko telesnega gibanja, da je prišel domov, na delovno mesto ali v šolo. Danes mu tehnološki razvoj omogoča, da z manj gibanja ravno tako pride do cilja. Telesno nedejavnost vse bolj povečujeta hiter tempo življenja in pretežno sedeč življenjski slog. Analizirali smo raziskavo Z zdravjem povezan vedenjski slog za leto 2016 po protokolu CINDI. Rezultati so pokazali, da je polovica (56 %) prebivalcev Slovenije primerno telesno dejavnih v skladu s priporočili SZO. Z zmerno telesno dejavnostjo se je ukvarjalo 31 % prebivalcev, redno hojo pa je izvajalo malo manj kot polovica (48 %). Višji delež primerno telesno dejavnih je bil prisoten pri moških (60 %) kot pri ženskah (52 %). Najpogosteje so bili telesno dejavni prebivalci starostnih skupin od 25 – 39 let (56 %) ter 40 – 54 let (56 %) z višjo ali večjo stopnjo izobrazbe (58 %). Raziskava je pokazala, da odrasli v povprečju presedijo ob delavnikih pet ur, za vikend pa štiri ure. Kot transportno sredstvo najpogosteje uporabljajo pasivne oz. motorizirane oblike prevoza (82 %). Delež primerno telesno dejavnih prebivalcev je bil v letu 2016 najvišji v gorenjski (60 %) in posavski regiji (58 %) in najnižji v primorsko – notranjski regiji (52 %).

Ključne besede: telesna dejavnost, zdravstvena vzgoja, gibanje, promocija zdravja, hoja

Physical Activity of Slovenian Adults and Health Education

Today, physical activity is a very important element of healthy lifestyle for keeping and improving health of every adult. A man used to need a lot of physical activity to get home, to get to work or school. Nowadays technology improvement enables a man to go everywhere with less movement. Fast pace of life and mostly sitting lifestyle are causes of a higher physical inactivity. We analyzed the 2016 Health-related behavioural style study under the CINDI protocol. The results showed that 56% of Slovenian population is appropriately physically active in accordance with the WHO credentials. 31% of the population was engaged in moderate physical activity, a little less than a half of population (48%) did a regular walk. Men (60%) had a bigger part of appropriate physical activity than women (52%). People aged 25 – 39 (56%), and people aged 40 – 45 (56%) with higher education, were the most physically active. The research also showed that on average adults sit five hours on workdays and four hours at weekends. They often use passive or motorized forms of transport (82%). The highest level of appropriately physically active people in 2016 was in Gorenjska region (60%) and Posavska region (58%) and the lowest level was in Primorsko – Notranjska region (52%).

Key words: physical activity, health education, movement, health promotion, walk

Zdravstvena vzgoja onkoloških pacientov z motnjami v duševnem zdravju

Rak je bolezen sodobnega sveta, ki nepričakovano vstopi v življenje posameznika. Negativno vpliva tako na posameznika kot tudi na njegove svojce. Pri polovici pacientov z rakom pa se poleg že omenjene bolezni razvije vsaj ena duševna motnja, kar še bolj vpliva na kakovost življenja posameznika. Zato ima medicinska sestra pomembno vlogo pri obravnavi takega pacienta, saj ga mora učiti, informirati in mu svetovati. Znati mora pravočasno opaziti spremembe na področju duševnega zdravja in skozi terapevtski odnos ves čas delovati zdravstveno-vzgojno do pacienta s tem, da ga izobražuje. Medicinske sestre so zelo pomembne v procesu zdravstvene nege, še posebej pri prepoznavanju duševnih motenj in pravočasnem reagiranju. Medicinske sestre opravljajo s pacienti zdravstveno-vzgojno delo, najpogostejša oblika je pogovor s pacientom. Pri obravnavi pacienta je pomembno zaupanje, empatija, razumevanje in čas, ki ga namenijo pacientu ter spoštovanje.

Ključne besede: duševno zdravje, onkologija, zdravstvena vzgoja

Health Education of Oncology Patients with Mental Health Disorders

Cancer is a disease of the modern world that unexpectedly enters the life of an individual. It has a negative impact on both individuals and their relatives. Half of cancer patients develop at least one mental disorder, which further affects their life quality. Therefore, nurses have an important role in the treatment of such patients, because they have to teach, inform and advise them. Nurses have to recognize the changes in the field of mental health in time. They also have to work in accordance with health education by establishing a therapeutic relationship. Nurses are very important in the process of health care, especially in recognizing mental disorders and taking timely measures. Nurses carry out health education work with patients, most often in the form of talking to patients. In treatment of patients, nurses put a high value on trust, empathy, understanding, respect and time that they devote to patients.

Key words: mental health, oncology, health education

Primer modela sistematično zasnovanih video-telovadb za preventivo in zdrav življenjski slog

Namen prispevka je bil predstaviti primer modela sistematično zasnovanih video-telovadb za otroke in mladostnike. Po nekaterih podatkih je njihova prekomerna telesna masa povezana predvsem z neustreznim dnevnim energijskim vnosom na račun različnih nezdravih prigrizkov ter sladkih in nezdravih pijač, ki imajo veliko energijsko vrednost. To dejstvo nas je vodilo, da smo najprej analizirali, katera so ta živila, ki jih mladi največ uživajo in kakšna je njihova energijska vrednost. Nato pa smo po izbranih živilih poimenovali video-telovadbe, ki se glede na energijsko vrednost živila stopnjujejo po intenzivnosti, trajanju in zahtevnosti gibalnih vzorcev. Tako je nastalo deset sistematično zasnovanih video-telovadb, katerih intenzivnost je izračunana na podlagi metaboličnega ekvivalenta dejavnosti (MET, metabolic equivalent of task). Ta ekvivalent je splošno sprejeta vrednost za določanje intenzivnosti telesnega napora. Prva, druga in tretja stopnja video-telovadb je nizko intenzivna (do 3 MET), četrta, peta in šesta je zmerno (3 do 6 MET), sedma in osma visoko (6 do 9 MET), deveta in deseta pa zelo visoko intenzivna (nad 9 MET). Pripravljen model sistematično zasnovanih video-telovadb mladim tako predstavi, kako intenzivna, dolga in zahtevna mora biti telesna dejavnost, da oseba porabi količino energije, kot jo vnese z različnimi nezdravimi prigrizki ter sladkimi in nezdravimi pijačami.

Ključne besede: model, sistematične video-telovadbe, preventiva, zdrav življenjski slog, otroci, mladostniki

An Example of a Systematically Designed Video Workout Model for Prevention and a Healthy Lifestyle

The purpose of the paper was to present an example of a systematically designed video workout model for children and adolescents. According to some data, their overweight is mainly associated with inadequate daily energy intake at the expense of various unhealthy snacks and sugary drinks that have high-energy value. This fact led us first to analyse which foods are most consumed by young people and what is their energy value. Secondly, we prepared workouts, which in intensity and duration corresponded to the energy value of the food. This resulted in ten systematically designed video workouts. Their intensity was calculated on the basis of the metabolic equivalent of task (MET). This equivalent is the generally accepted value for determining the intensity of physical activity. The first, second and third levels of video workout are low-intensity (up to 3 METs), the fourth, fifth and sixth are moderate (3 to 6 METs), seventh and eighth are high (6 to 9 METs), and the ninth and tenth are very high (above 9 METs). The model of systematically designed video workouts gives young people an idea, how intense and long physical activity should be for a person to consume the amount of energy that he or she intakes with unhealthy snacks and sugary drinks.

Key words: model, systematic video exercise, prevention, healthy lifestyle, children, adolescents

Korištenje mjera zaštite od infekcije hepatitisom B kod zdravstvenih radnika Požeško - slavonske županije

Prema podacima SZO 2015. godine 257 milijuna ljudi živi sa kroničnom Hepatitis B infekcijom, od toga umire 890.000 ljudi godišnje. Kako su zdravstveni djelatnici tijekom obavljanja svojih profesionalnih dužnosti u povećanom riziku od zaraze hepatitis B virusom potrebno je pridržavanje protokola o radu i korištenje mjera zaštite. U istraživanju je sudjelovalo 540 zdravstvenih djelatnika s područja Požeško- slavonske županije. Utvrđeno je kako postoji niska ali značajna negativna povezanost između dobi ispitanika i korištenja maske ($p = 0,005$), dobi i korištenja naočala pri intervencijama u kojima je moguć kontakt s krvi i tjelesnim tekućinama pacijenta ($p = 0,008$), dobi i percepcije individualnog rizika zaraze hepatitisom B ($p = 0,006$). Učenici srednje medicinske škole rijetko nose masku ili samo kada znaju daje pacijent zaražen ($p < 0,001$), dok ju rijetko nose u bolnici i domu za starije i nemoćne osobe. Zdravstveni djelatnici specijalne bolnice Lipik statistički značajno nikada ne nose masku pri intervencijama pri kojima postoji rizik zaraze hepatitisom B ($p < 0,001$). Pokazalo se kako se zdravstveni radnici ne pridržavaju mjera zaštite od Hepatitisa B u svome radu, stoga je potrebno ulagati dodatne napore u daljnju edukaciju o važnosti korištenja zaštitnih sredstava i pridržavanja protokola o radu.

Ključne riječi: hepatitis B, prevencija, mjere zaštite, zdravstveni radnici

Use of Hepatitis B Infection Measures in Healthcare Professionals in Požega - Slavonia County

According to the WHO data from 2015, 257 million people is infected by Hepatitis B and 890 000 people die from it every year. In order to protect healthcare workers, who are in high risk of infection, it is necessary to comply to set of safeguards and protocols. 540 healthcare workers from Požega-Slavonia county participated in this research. It was found that there is a low but important connection between the age of examinee and usage of mask ($p = 0.005$), age and usage of glasses in intervention where possibility of getting in contact with blood and body fluids exists ($p = 0.008$), age and perception of individual risk of infection ($p = 0.006$). Students in medical high school are using mask rarely or only when they know that patient is infected ($p < 0.001$), they are using it rarely in the hospital or retirement home. Healthcare workers in the Lipik hospital are not using masks in interventions where risk of being infected by hepatitis B exists ($p < 0.001$). The results show that healthcare workers are not complying to the safeguards against infection in their daily work, so additional effort is needed to educate them about the importance of using safeguards and complying to the safety protocols.

Key words: hepatitis B, prevention, safety measures, healthcare workers

Razlogi za neješčnost hospitaliziranih bolnikov

Z raziskavo smo želeli oceniti problematiko neješčnosti bolnikov zaradi katere nastajajo završki hrane v bolnišnici, ugotoviti kakšni so razlogi za ne v celoti zaužit obrok ter določiti prioritete ukrepe za izboljšanje ješčnosti. V raziskavo je bilo vključenih 99 bolnikov iz šestih oddelkov Splošne bolnišnice Novo mesto. Izbrani so bili oddelki kirurškega sektorja (ortopedski, travmatološki, visceralni, urološki), kjer smo v preteklosti zabeležili več pritožb in oddelki medicinskega sektorja (nefrološki, gastroenterološki), kateri so v študiji Nutrition day worldwide poročali o manjši količini zaužite hrane. Povprečna starost bolnikov je bila 76,6 let. Uporabili smo voden anketni vprašalnik. Pridobljene podatke smo statistično analizirali s programom SPSS. Več kot polovico (53 %) glavnih obrokov je bilo zaužitih polovično ali manj. Pri bolnikih kirurškega sektorja 56 % in pri bolnikih medicinskega sektorja 45 %. Bolniki so kot glavne razloge za ne zaužitje hrane navedli »Nisem lačen« (35 %), »Ni mi všeč okus hrane« (12 %) in »Želel sem manjšo porcijo« (10 %). Oba sektorja, tako kirurški kot medicinski sektor, sta imela več bolezenskih razlogov za ne v celoti zaužit obrok (71 % proti 74 %). Poznavanje razlogov za neješčnost bolnikov je ključno za izbiro ustreznih ukrepov. Ukrepi morajo biti prilagojeni tipu bolnikov. Pri večini vključenih bolnikov izstopajo bolezenski razlogi, zato se kot prioriteten ukrep nakazuje potreba po individualiziranih prehranskih obravnavah.

Ključne besede: ostanki hrane na krožnikih, neješčnost, razlogi, bolnišnica, bolniki

Reasons for the Low Food Intake of Hospitalized Patients

This study aimed to evaluate the problems of patients' low food intake, which contribute to high amount of food waste, to identify the reasons for it and to define priority actions to increase patient meal consumption and reduce food waste. Ninety-nine hospitalized patients from six wards of General hospital Novo mesto were included in the study. The chosen wards were divided into 2 groups, a) departments of the surgical sector (orthopedics, traumatology, abdominal surgery, urology), where several complains were noted in the past, and b) departments of medical sector (nephrology, gastroenterology), where lower food intake was reported in the study Nutrition day worldwide. The average age of the patients was 76.6 years. The guided survey questionnaire was used. Statistical analysis was performed using SPSS. Low food intake, defined as the consumption of $\leq 50\%$ of meals, was found in 53% of patients, 56% from the surgical sector and 45% from the medical sector. As main reasons they reported "Not hungry" (35%), "I don't like the taste of food" (12%) and "I wanted a smaller portion" (10%). Both sectors, the surgical and the medical, had more disease-related reasons for low food intake (71% vs. 74%). Knowing the reasons for inadequate food intake is crucial for choosing the appropriate actions. The actions should be personalized and patient-oriented. In the majority of patients disease-related reasons are recognized as main reasons for low food intake, which indicates that individualized nutrition therapy should be a priority.

Key words: plate waste, low food intake, reasons, hospital, patients

Celostna obravnava bolnikov s periferno arterijsko boleznijo

Cilj naše raziskave je bil ugotoviti dejavnike tveganja za srčno-žilne bolezni v skupini bolnikov s periferno arterijsko boleznijo (PAB), ter oceniti koristnost in potrebo celovitega zdravljenja kroničnih bolnikov. Raziskali smo dve skupini preiskovancev. V testni skupini je bilo 86 bolnikov s PAB med 43. in 82. letom starosti, od tega 52 moških in 34 žensk. Kontrolna skupina, ki je imela tudi 86 preiskovancev brez PAB, je bila primerljiva s testno po starosti, spolu in kraju bivanja. PAB na spodnjih udih, gleženjski indeks je bil 0,9 ali manj, smo ugotavljali z merjenjem sistoličnega krvnega tlaka z ultrazvočnim dopplerskim detektorjem, medtem ko smo dejavnike tveganja za aterosklerozo ugotavljali po uveljavljenih priporočilih. V skupini bolnikov s PAB smo ugotovili pomembno večje število kadičev ($p < 0,05$), preiskovancev s hiperholesterolemijo ($p < 0,01$), sladkomo boleznijo ($p < 0,001$), hipertenzijo in pozitivno družinsko anamnezo ($p < 0,01$). Na dejavnike tveganja je možno vplivati s splošnimi in usmerjenimi ukrepi. Splošni so namenjeni celotnemu prebivalstvu in temeljijo na sprejemanju načel zdravega načina življenja: pravilni prehrani, nekajenju in redni telesni dejavnosti. Med usmerjene ukrepe, ki sodijo v področje dela zdravnika družinske medicine, navajamo iskanje ogroženih posameznikov, ocena stopnje ogroženosti in odstranjevanje prisotnih dejavnikov tveganja.

Ključne besede: ateroskleroza, dejavniki tveganja, celostno zdravljenje, družinski zdravnik

Holistic Treatment of Patients with Peripheral Arterial Disease

The aim of our study was to determine the risk factors for cardiovascular diseases in the group of patients with peripheral arterial disease (PAD) and the control group, as well as to estimate the usefulness of and need for holistic treatment of patients with chronic diseases. Two groups of patients registered in the local health centre were studied. The test group included 86 patients with peripheral arterial disease aged between 43 and 82: there were 52 men and 34 women. The control group consisted of 86 subjects without PAD, who were comparable to the test group by age, gender and place of residence. PAD was diagnosed in the lower extremities by means of Doppler ultrasound. The risk factors for atherosclerosis were determined in accordance with established recommendations. In the test group (PAD group) there was in comparison with control group a significantly greater number of smokers ($p < 0.05$), persons with hypercholesterolemia ($p < 0.01$), diabetes ($p < 0.001$), hypertension and positive family history ($p < 0.01$). The measures to change risk profile of the group with PAD are therefore possible. General measures are designed for the entire population and aimed at teaching the principles of a healthy lifestyle including balanced diet, non-smoking and regular exercise. Specific preventive measures, which include screening for high risk individuals, assessment of risk, elimination of risk factors, and proper treatment are the responsibility of the primary healthcare team.

Key words: atherosclerosis, risk factors, holistic treatment, family doctor

Preprečevanje okužb sečil pri vstavljenem urinskem katetru

Okužbe sečil so najpogostejše infekcijske bolezni, ki običajno prizadenejo spodnja sečila, lahko pa tudi zgornja sečila. Z zdravstvom povezane okužbe sečil, predvsem pri vstavljenem urinskem katetru, pa velja še posebno poudariti, da imajo veliko vlogo zdravstveni delavci predvsem pri tem kako se držijo standardov zdravstvene nege pri pacientu z vstavljenim urinskim katetrom. Raziskava temelji na rezultatih opravljene raziskave med 136 zdravstvenimi delavci, kjer nas je predvsem zanimalo ali zdravstveni delavci dobro poznajo standarde zdravstvene nege pri pacientu z vstavljenim urinskim katetrom in kaj povzroča okužbo le teh. V raziskavi smo ugotovili kaj vpliva na okužbe sečil pri vstavljenem urinskem katetru saj so se anketiranci v večini strinjali, da na to vpliva neupoštevanje standardov uvajanja urinskega katetra, tik za tem nezadostna higiena urinskega katetra ter nedosledno narejena anogenitalna nega, nato nepravilna menjava urinske vrečke in vračanje seča, če urinska vrečka nima nepovratne valvule, kot zadnje pa nepravilen odvzem vzorca. Iz naše raziskave je razvidno, da se zdravstveni delavci zavedajo pomembnosti okužb pri vstavljenem urinskem katetru in da se v večini držijo predpisanih standardov rokovanja z urinskim katetrom.

Ključne besede: urinski kateter, sečila, zdravstvena nega, okužbe

Prevention of Urinary Tract Infections with an Inserted Urinary Catheter

Urinary tract infections are the most common infectious diseases, which are usually confined to the lower urinary tract, but upper urinary tract is also often involved. Healthcare associated urinary tract infections, especially in patients with urinary catheter, are also related to the healthcare workers' praxis of standards of health care of such patients. The research was performed among 136 healthcare workers. Primarily, we gathered the data on the knowledge of healthcare workers regarding the standards of health care of patients with urinary catheter and what are the causes for infection. Most of the respondents agreed that the main cause for infection is not using the standards of care with these patients, inadequate hygiene of urinary catheter and scarce anogenital nursing, improper change of urinary reservoir, return flow of the urine, and improper taking of the urine sample. The conclusion of our research is that healthcare workers are aware of the importance of urinary tract infections in patients with urinary catheter and that majority of them do follow the recommended standards for handling the urinary catheter.

Key words: urinary catheter, urinary tract, nursing care, infections

Jesmo li sigurni u zdravstvenom sustavu? - Sigurnost pacijenta iz perspektive studenata sestrinstva

Jedan od vodećih izazova u zdravstvenom sustavu današnjice jest osiguranje sigurnosti pacijenata. Unatoč znanstvenim dostignućima iz područja biomedicine i tehnologije i dalje postoji potreba za stalnim unapređenjem zdravstvene zaštite. Naime, procjenjuje se kako je 8 – 12 % hospitaliziranih pacijenata u EU-u žrtva štetnih događaja povezanih s pruženom skrbi. Prema Svjetskoj zdravstvenoj organizaciji, sigurnost pacijenata podrazumijeva prevenciju štetnih događaja tijekom pružanja zdravstvene skrbi te smanjenje rizika od neželjenih događaja na minimalnu razinu. U osiguranju i poboljšanju sigurnosti pacijenata, od iznimne je važnosti edukacija zdravstvenih djelatnika, ne samo u smislu poboljšanja njihovog znanja i vještina u profesionalnom radu s pacijentima, već i edukacija o mogućim rizicima, neželjenim događajima, načinima prevencije, poznavanje sustava osiguranja sigurnosti pacijenata u vlastitim ustanovama te poznavanje alata za unaprjeđenje kulture sigurnosti na pojedinim organizacijskim jedinicama. U svrhu ispitivanja znanja studenata studija sestrinstva o sigurnosti pacijenata provedeno je istraživanje pomoću anketnog upitnika. Rezultati pokazuju razinu svjesnosti studenata studija sestrinstva o pitanjima sigurnosti pacijenata, mišljenje o vlastitom utjecaju na sigurnost pacijenata te mišljenje o osiguranju sigurnosti pacijenata na vlastitim radnim mjestima.

Glavne riječi: sigurnost pacijenata, neželjeni događaji, studenti sestrinstva

Are We Safe in the Healthcare System? - Patient Safety from the Nursing Students' Perspective

One of the leading challenges in today's healthcare system is ensuring patient safety. Despite scientific advances in biomedicine and technology, there is still a need for continuous improvement in health care. Namely, an estimated 8 - 12% of hospitalized patients in the EU are victims of adverse events related to provided care. According to the World Health Organization, patient safety involves the prevention of adverse events while providing health care and minimizing the risk of adverse events. In ensuring and improving patient safety, it is of utmost importance to educate healthcare professionals, not only in terms of improving their knowledge and skills in professional work with patients, but also in educating them about the possible risks, adverse events, ways of prevention, knowledge of the patient safety system in their own institutions, and knowledge of tools to enhance the culture of safety within individual organizational units. To examine nursing students' knowledge on patient safety, a questionnaire survey was conducted. The results show nursing students' awareness in patient safety issues, an opinion about their impact on patient safety, and opinion about ensuring patient safety in their workplaces.

Key words: patient safety, adverse events, nursing students

Mjere zaštite osobnih zdravstvenih podataka

Podatci o zdravstvenom stanju pacijenata su osjetljivi i njihovo neovlašteno dijeljenje može narušiti odnos povjerenja između pacijenta i zdravstvenih djelatnika. Ti podatci se štite u svrhu zaštite prava na privatnost te se ne smiju dijeliti. Iznimka su osobe koje sudjeluju u skrbi. Postoji nekoliko iznimki pravila kao što je suglasnost pacijenta, suradnja s drugim liječnikom ili na zahtjev ovlaštenog tijela. Sukladno propisima o čuvanju profesionalne tajne i zaštiti osobnih podataka, podatci se u elektroničkom zdravstvenom zapisu štite kroz tri dimenzije – dostupnost, povjerljivost i integritet, te na tri načina regulacije – tehnički, pravno i etički. Razvojem kompjuterizacije zdravstvenih podataka i bolničkih informatičkih sustava te sve većeg interesa javnosti za informiranje o zdravstvenom stanju pojedinaca, zaštita osobnih zdravstvenih podataka postaje sve teža. Iako to nije novi problem, razvojem bolničkih informatičkih sustava sve više raste. Podatci postaju dostupniji većem broju zdravstvenih, ali i nezdravstvenih djelatnika te raste rizik narušavanja prava. Unatoč zakonima i etičkim kodeksima koji propisuju da zdravstveno osoblje informacije o pacijentima treba držati povjerljivima, svrsishodno ih koristiti te ih zaštititi od neprimjerenog pokazivanja, istraživanja pokazuju da je još uvijek čuvanje pacijentove privatnosti u domeni vlastite moralnosti.

Ključne riječi: zaštita, privatnost, pacijent

Personal Health Information Protection Measures

Patient health information is sensitive data and unauthorized sharing can impair the relationship of trust between the patient and healthcare personnel. These data are protected due to the protection of the right to privacy and should not be shared. The exception are the people involved in the care. There are a few exceptions to the rule, such as patient consent, cooperation with another doctor, or at the request of an authorized body. Following regulations on professional secrecy and protection of personal data, data in the electronic health record are protected through three dimensions - accessibility, confidentiality and integrity, and in three ways of regulation - technical, legal and ethical. With the computerization of health data and hospital information systems, and the growing public interest in informing individuals about their health status, the protection of personal health information is becoming increasingly difficult. Although it is not a new problem, it grows with the development of hospital information systems. Data are becoming available to more health and non-health personnel who are at risk of violating the rights. Despite laws and codes of ethics that require healthcare personnel to keep patient information confidential, use it purposefully, and protect it from inappropriate disclosure, research shows that maintaining patient privacy is in the domain of their morals.

Key words: protection, privacy, patient

Njega i edukacija bolesnika nakon kardioloških intervencija

Kardiovaskulame bolesti su kronične bolesti koje su vodeći uzrok smrti kod ljudi u Makedoniji. U većini slučajeva ostaju nedijagnosticirani dulje vrijeme, a u vrijeme prvih manifestacija javljaju se u obliku hitne koronarne bolesti srca (srčani udar) ili moždanog udara (cerebrovaskularni moždani udar). Takve se manifestacije neočekivano brzo odvijaju i u mnogim slučajevima završavaju smrtnim ishodom prije primjene bilo kojeg medicinskog tretmana. Uzroci kardiovaskulame bolesti su dobro poznati. Najvažniji uzroci KVD-a su nezdrava prehrana, tjelesna neaktivnost i pušenje. To su tzv. »modificirajući faktori«. Učinci nezdrave prehrane i tjelesne neaktivnosti mogu se očitovati povišenim krvnim tlakom, povećanom razinom šećera u krvi, povećanom masnoćom, prekomjernom težinom i pretilošću. Glavni »modificirajući« faktori odgovorni su za oko 80 % slučajeva koronarne arterijske bolesti i cerebrovaskulame bolesti. Pravovremeno otkrivanje potencijalnih čimbenika rizika i njihova pravovremena promjena mogu značajno spriječiti pojavu tako hitnih kardiovaskularnih manifestacija i time prijevremenu smrt stanovništva. Screening - znači način otkrivanja bolesti ili njenih čimbenika rizika prije nego što se klinički manifestiraju.

Glavne riječi: srce, bolesti, obrazovanje, intervencije, pacijenti

Care and Education of Patients after Cardiological Interventions

Cardiovascular diseases are chronic diseases that are the leading cause of death in people in Macedonia. In most cases they remain undiagnosed for a long time and at the time of the first manifestations they occur in the form of emergency acute coronary heart disease (heart attack) or stroke (cerebrovascular stroke). Such manifestations occur unexpectedly quickly and in many cases end in a fatal outcome before any medical treatment is applied. The causes of cardiovascular disease are well established and well known. The most important causes of KVD are unhealthy diet, physical inactivity and smoking. These are the so-called "modifying factors". The effects of unhealthy diet and physical inactivity can be manifested through elevated blood pressure, increased blood sugar levels, increased fat, overweight and obesity. The main "modifying factors" are responsible for about 80% of cases of coronary artery disease and cerebrovascular disease. Timely detection of potential risk factors and their timely change can significantly prevent the occurrence of such urgent cardiovascular manifestations and thus premature death of the population. Screening - means the way to detect the disease or its risk factors before they become clinically manifest.

Key words: heart, diseases, education, interventions, patients

Starost kot razlog samostigmatizacije med stanovalci doma starejših

Staranje je naraven proces, ki s seboj prinaša različne spremembe in s staranjem povezane težave, zaradi česar se v družbi pojavlja stigmatiziranje starejših. Ugotavljali smo, ali starost predstavlja razlog samostigmatizacije med starostniki in kakšne posledice ima na njihovo življenje. Podatke smo zbirali s pomočjo pripovedovanja starostnikov o doživljanju svoje starosti in staranja, izveden je bil polstrukturirani intervju. Pregledali smo zdravstveno dokumentacijo, karton delovne terapije in vprašalnik *Moje življenje* (inteni vprašalnik o življenju stanovalca) šestih starostnikov, ki bivajo v DSO Ljubljana, Vič – Rudnik, enota Bokalce in so sodelovali v raziskavi. 5 starostnikov se je v preteklosti že srečalo s stigmo, kot posledico starosti oziroma staranja, 2 izmed njih sta se z njo srečala tudi v času bivanja v DSO. S samostigmatizacijo, katere razlog je starost, se je srečala ena starostnica, 2 starostnika pa doživljata samostigmatizacijo, katere razlog je njuna bolezen. Rezultati raziskave so pokazali, da je stigma o starosti in staranju še vedno močno prisotna. Samostigmatizacija, katere razlog je starost je prisotna pri manj starostnikih, kot smo predvidevali, pojavlja pa se pri starejših z različnimi duševnimi boleznimi. V obeh primerih se kaže v občutku manjvrednosti in odrinjenosti iz socialnega okolja.

Ključne besede: starost, starostnik, stigma, samostigmatizacija, dom za starejše

Old Age as a Reason for Self-Stigmatization among Residents of Nursing Homes

Aging is a natural process and is associated with various changes and aging related problems such as stigmatization of people in their third life period. We have examined whether age is the cause of self-stigmatization among older people and what impact it has on their lives. We gathered data by collecting stories and thoughts of older people about their experience of aging and a semi-structured interview was also conducted. We examined medical documentation of six residents living in the nursing home Ljubljana, Vič - Rudnik, unit Bokalce, their work therapy documentation and the questionnaire »My Life« (a questionnaire on the past life of a resident). In the past, 5 residents have already experienced a stigma as a result of age or aging. Two of them were also introduced to stigma during their stay in the nursing home. One woman was confronted with self-stigma associated with age, 2 residents experienced self-stigma associated with their illness. The results of the study showed that the stigma associated with age and aging is still strongly present. Self-stigma associated with age is present in fewer older people, but as we anticipated, there is self-stigma present in the residents with various mental illnesses. In both cases, self-stigma can be recognized by feelings of inferiority and abandonment from the social environment.

Key words: age, older person, stigma, self-stigma, nursing home

Interdisciplinarna obravnava mladostnikov v Mladinskem klimatskem zdravilišču Rakitna

Mladostništvo ali adolescenca že dolgo ni obdobje, ki prinaša le mladostno zaletavost, prešernost in vihravost. Čedalje več mladih se sooča z izzivi na področju duševnega zdravja, stiskami, ki jih prinaša sodoben način življenja. Številne motnje presegajo trmo, muhavost in svojestvo ter značajske pomanjkljivosti. V Mladinskem klimatskem zdravilišču Rakitna se interdisciplinami tim posveča mladim s težavami pri odraščanju. Za doseganje individualno zastavljenih ciljev, opolnomočenju mladostnikov za vrnitev v vsakdanje življenje se uporabljajo številne tehnike in terapije. V prispevku avtorica opiše najpogostejše motnje mladostnikov ter interdisciplinane pristope pri njihovi obravnavi.

Ključne besede: mladostniki, motnje, interdisciplinarna obravnava, Mladinsko klimatsko zdravilišče Rakitna

Interdisciplinary Treatment of Adolescents at the Rakitna Youth Climatic Health Resort

Youth or adolescence is no longer a period that brings only youthfulness, breeziness and youthful vigilance. More and more youth is facing mental health problems and distress due to the consequences of the modern way of life. Numerous disorders go beyond the stubbornness, stiffness, flutter and characteristics deficits. At the Rakitna Youth Climatic Health Resort, the interdisciplinary team is dedicated to providing help to adolescents with difficulties in growing up. In order to return these young people back into active life, they use different techniques to reach individual goals, to empower the youth for a better everyday life. In this article, the author describes the most common disorders and interdisciplinary approaches to manage them.

Key words: adolescent, disorders, interdisciplinary treatment, Rakitna Youth Climatic Health Resort

Vpliv profesionalizacije managementa v zdravstvu na uspešnost vodenja

Za uspešno poslovanje vsake organizacije, tudi javne bolnišnice, je potreben uspešen in profesionalen menedžment. Osrednja naloga managementa zadeva doseganje ciljev organizacije na učinkovit in uspešen način. Poznamo tri ravni managementa: višji management, srednji management ter nižji management. Manager je tista oseba, ki snuje, odloča, planira, organizira, usmerja in nenazadnje nadzoruje delovanje ustanove. Tako je vodenje organizacije eno izmed pomembnejših del managerja. Le uspešen manager lahko naredi organizacijo uspešno. Ta mora dobro opravljati vse funkcije managementa, te pa so: planiranje, organiziranje, vodenje in kontroliranje. Proces vodenja si lahko predstavljamo kot interakcijo interesov med vodjo in vodenimi. Nadrejenim je v interesu, da podrejeni izvedejo nalogo na način, da dosežejo predhodno postavljene cilje. Obenem pa je interes vodij, da podrejeni naloge izvajajo motivirano. V zdravstvu se menedžment ni razvijal tako kot v zasebnem sektorju, gospodarstvu. Posledica tega je premalo usposobljen profesionalen menedžment v javnih zavodih, kar velja za splošen problem. V javnih zavodih se od organizacije do organizacije profesionalnost managementa in uspešnost vodenja razlikuje. Zanimalo nas je, kako profesionalizacija managementa vpliva na uspešnost vodenja v eni izmed SB, kar v prispevku predstavimo z rezultati kvalitativne raziskave.

Ključne besede: manager, management, vodenje

The influence of Professionalization of Management in Health Care on Leadership Success

For a successful business of any organisation, including public hospital, a successful and professional management is needed. The central task of management concerns the achievement of aims of the institution by applying efficient and successful method. There are three levels of management: higher management, middle management and lower management. Manager is a person who does the planning, organising, directing and supervising of the activities in the institution. Therefore, management of the institution is one of the most important jobs of a manager. Only a successful manager can make an institution successful. The manager has to be successful at every aspect of management: planning, organisation, leadership and control. The process of leadership can be imagined as the interaction of interests between leaders and subordinates. Leaders have the aim that the subordinates do the task in a way that enables the achievement of pre-existing aims. Also the interests of leaders are that subordinates are motivated to do the task. In health care, the management has not been developing as in private sector - economy. The consequence is underqualified professional management in public institutions, which is now a general problem. In public sector, professionalism and success of leadership varies from institution to institution. We were interested how professionalism of the management influences the success of leadership in one of the general hospitals, which is presented in the paper with the results of qualitative research.

Key words: manager, management, leadership

Sedenje (še) ni moj problem

Veliko pisarniških delavcev, študentov in tudi dijakov presedi večino dneva. Dolgotrajno sedeče delo ima škodljiv vpliv na mišično-kostni sistem. Številne države so sprejele priporočila za zmanjševanje sedentarnosti. Zanimala nas je količina sedentarnega vedenja in uporaba strategij za zmanjševanje sedentarnosti. Zbiranje podatkov je potekalo oktobra in novembra 2016, 2017 in 2018. Vključenih je bilo 583 preiskovancev delovno aktivne populacije in 219 študentov in dijakov. Uporabljen je bil prirejen vprašalnik o sedentarnem vedenju, ki so ga preiskovanci prek samoporočanja izpolnili enkrat v delovnem dnevu. Povprečen sedentarni čas pri vseh preiskovancih je 9, pri pisarniških delavcih med 10 in 11, pri študentih in dijakih več kot 13 ur. Sedeče delo največkrat prekinajo pisarniški delavci s stojo in hojo ter aktivnim odmorom. Preiskovanci sedentarno vedenje zaznavajo kot problem. Sedentarni čas na delovnem mestu je težko zmanjševati. Strategije zmanjševanja sedentarnosti v svetu so slabo raziskane. Potrebni bi bili ukrepi na nacionalni ravni in na ravni posameznika.

Ključne besede: sedentarno vedenje, sedeče delo, strategije, pisarniški delavci

Sitting is not (yet) my problem

Many working adults and students spend large amounts of time sitting each day. Prolonged sitting has an adverse impact on the muscular-skeletal system, and health. Numerous countries have adopted recommendations to reduce sedentary behaviour. The purpose of the study was to ascertain prolonged sitting and using strategies for reducing sedentary time. Data collection was carried out with an adjusted questionnaire on sedentary behaviour in October and November 2016, 2017 and 2018. 219 high school and college students and 583 adult employees participated in the quantitative study. The average amount of sedentary behaviour of students was more than 13 hours. Results show, that sedentary behaviour among working adults was the highest between 10 and 11 hours for office workers. Active breaks, walking steps at the workplace are the most commonly selected strategies to reduce sedentary behaviour. Participants perceived sedentary time as a problem. Sedentary work time is difficult to reduce. To reduce sedentary time, it is necessary to focus on altering the individual's sedentary behaviour and make national recommendations for reducing sedentary.

Key words: sedentary behaviour, sedentary work, strategies, office workers

Specifičnosti neformalne dugotrajne skrbi za osobu starije životne dobi u općini Bednja

U ovom radu bio je cilj utvrditi prisutne oblike neformalne skrbi i relevantne sociodemografske odrednice neformalne skrbi na području Općine Bednja. Željelo se utvrditi tko su najčešći pružatelji i korisnici neformalne skrbi, koliko su informirani o oblicima zdravstvene i socijalne pomoći, te kako utječe dugotrajno pružanje neformalne skrbi na odnose u obitelji, odnose s prijateljima i na samog pojedinca koji pruža neformalnu skrb. Istraživanje je provedeno na području općine Bednja u Republici Hrvatskoj na uzorku od 215 ispitanika. U istraživanju je sudjelovalo 70 % žena i 30 % muškaraca prosječne životne dobi od 57 godina. Najčešći oblik neformalne skrbi na području općine Bednja predstavlja pomoć u zadovoljavanju osnovnih ljudskih potreba. Potreban je veći obim pomoći i informacija pružatelju skrbi o zdravstvenim i socijalnim uslugama i servisima, potrebna je pomoć i podrška u razvijanju odnosa i razumijevanju problema neformalne skrbi unutar obitelji i s prijateljima. Potrebna je formalizacija neformalnih oblika skrbi u koordinaciji zdravstvenih i socijalnih servisa, te lokalne, županijske i državne razine.

Ključne riječi: neformalna skrb, starije osobe, kvaliteta života, socijalna podrška, općina Bednja

Specifications of Informal Long-Term Care for Older People in Bednja Municipality

The purpose of this paper was to identify the present forms of informal care and relevant socio-demographic determinants of informal care in the area of Bednja Municipality. We wanted to determine who the most frequent providers and informal carers are, how they are informed about forms of health and social assistance, and how the long-term provision of informal care affects family relationships, relationships with friends and the individual who provides informal care. The survey was conducted in the territory of the municipality of Bednja in the Republic of Croatia on a sample of 215 respondents. The study involved 70% of women and 30% of men with an average age of 57 years. The most common form of informal care in the municipality of Bednja is to assist in satisfying the basic human needs. Help and support is needed to develop relationships and understanding the problem of informal care within the family and with friends. A greater amount of help and information is needed for the care provider on health and social services. Formalization of informal forms of care in the coordination of health and social services and local, county and state levels is needed.

Key words: informal care, older people, quality of life, social support, Bednja municipality

Bladder in the Head, Head In The Bladder - Urogynecological Physiotherapy

Studies confirm that around 60% of women will have urinary incontinence at some point in their lives. Women who suffer from urinary incontinence often give up social and professional contacts, ordinary everyday pleasures or cease to be physically active. The reason is constant thinking about the toilet, adequate protection of underwear and clothing or the smell. The introduction of urogynecological physiotherapy as first-line treatment, after performing the necessary diagnostics, is a global standard of management. The results of quality of life research confirm that after using physiotherapy patients often return to their daily activities and enjoy life again. What does the physiotherapist do? Conducting a good interview, diagnostics using ultrasound, sEMG, perineometer, voiding diary and functional tests. Recommendation of adequate physical activity, including pelvic floor muscle exercises under palpation, as well as ultrasound (sonofeedbak) or sEMG (biofeedback). It is also advisable to change your habits regarding diet, voids or defecation. The effects of conservative treatment depend on the complexity of the procedure, they are visible after 6-8 weeks in assessing the quality of life.

Key words: urinary incontinence, urogynecology physiotherapy, quality of life

Mehur v glavi, glava v mehuru - uroginekološka fizioterapija

Raziskave kažejo, da ima približno 60 % žensk v nekem obdobju svojega življenja urinsko inkontinenco. Ženske, ki trpijo zaradi urinske inkontinence, se pogosto odpovedo socialnim in poklicnim stikom, običajnim vsakodnevnim užitek ali prenehajo biti telesno aktivne. Razlog je nenehno razmišljanje o stranišču, ustrezna zaščita spodnjega perila in oblačil in strah pred oddajanjem neprijetnega vonja. Uvedba uroginekološke fizioterapije kot prvega zdravljenja po opravljeni potrebni diagnostiki je v svetu standard za reševanje tovrstnih težav. Rezultati raziskav o kakovosti življenja potrjujejo, da se bolniki po uporabi fizioterapije pogosto vračajo k svojim vsakodnevnim dejavnostim in spet uživajo v življenju. Kaj počne fizioterapevt? Izvedba ustreznega intervjuja ter diagnostika z uporabo ultrazvoka, sEMG, perineometra, dnevnika mokrenja in funkcionalnih testov. Fizioterapevt priporoča ustrezne telesne aktivnosti, vključno z vajami mišic medeničnega dna ob palpaciji, pa tudi z ultrazvokom (sonofeedbak) ali sEMG (biofeedback). Priporočljiva je tudi sprememba pacientovih navad v zvezi s prehrano, mokrenjem ali defekacijo. Učinki konzervativnega zdravljenja so odvisni od stanja in sodelovanja posameznika, s pomočjo ocen kakovosti življenja jih zaznamo po 6-8 tednih.

Ključne besede: urinska inkontinenca, uroginekološka fizioterapija, kvaliteta življenja

Razširjenost prepovedanih drog med študenti Fakultete za zdravstvene vede Novo mesto

Razširjenost drog med mladimi se po statističnih podatkih viša. Zaradi bogate ponudbe na trgu in lahke dostopnosti je vse več njenih uporabnikov. Namen naše raziskave je ugotoviti razširjenost uporabe drog med študenti Fakultete za zdravstvene vede Univerze v Novem mestu. Raziskava je potekala v marcu 2019. Raziskava je temeljila na kvantitativnem raziskovalnem pristopu metodi deskripcije. Uporabili smo priložnostni vzorec, v katerega smo vključili 185 študentov, od tega jih je bilo 82 % predstavnic ženskega spola. Iz rezultatov je razvidno, da je med prepovedanimi drogami vodilna uporaba konoplje. Od 185 sodelujočih v raziskavi jih je 179 odgovorilo na raziskovalno vprašanje ali so v svojem življenju že uporabili konopljo (marihuana in hašiš). Vsaj enkrat (ali večkrat) jo je poskusilo 35 % študentov. 115 (62 %) študentov pa je ni poskusilo. 3 % študentov na to vprašanje ni odgovorilo. 13 % študentov se je srečalo z ostalimi prepovedanimi drogami (kokain, ekstazi in ostale droge), heroina ni poskusil nihče. Po navedbah EMCDDA so leta 2017 v Evropski uniji poročali o več kot 8.200 smrtih, zaradi z ene ali več prepovedanih drog; največja poraba je med mladimi od 15 do 34 let. Uporaba drog lahko vpliva tudi na duševno zdravje, zato bi bilo smiselno raziskavo ponoviti na vseh fakultetah zdravstvenih ved v slovenskem prostoru.

Ključne besede: droge, odvisnost, droge med mladimi

Prevalence of Illicit Drugs among Students of the Faculty of Health Sciences Novo Mesto

According to statistics, the prevalence of drugs among young people is increasing. Due to the rich supply on the market and easy accessibility, there are more and more of its users. The purpose of our study is to determine the prevalence of drug use among students of the University of Novo mesto Faculty of Health Sciences. The research was conducted in March 2019 and it was based on a quantitative research approach, on the descriptive method. We used a non-randomized sample of 185 students, of which 82% were female. The results show that cannabis use is the leading drug use. Of the 185 surveyed participants, 179 answered the research question whether they have used cannabis (marijuana and hashish) in their lives. 35% of students have tried it at least once (or more times). 115 (62%) students have not tried it yet. 3% of students did not answer this question. 13% of students have come across other illicit drugs (cocaine, ecstasy and other drugs), no one has tried heroin. According to EMCDDA, more than 8,200 deaths with one or more illicit drugs were reported in the European Union in 2017, with the highest consumption among young people aged 15-34. Mental health can also be affected by drug use, so it would be wise to repeat the research at all faculties of health sciences in Slovenia.

Key words: drugs, addiction, drugs among young people

Pomen medpoklicnega sodelovanja za celostno obravnavo pacientov v urgentnem centru

Zaradi vsakdanjih dogajanj, katerim smo priča pri svojem delu, v svoji okolici in svetu, napredku medicinske znanosti in drugih strok na področju zdravstva, hitremu in dobremu povečanju dostopa do znanja vsakega posameznika in posledično temu povečanemu pričakovanju pacientov na vseh področjih in ravneh zdravstva, smo priča tudi velikim spremembam na tem področju. Tem spremembam je priča tudi ena od vej medicinske znanosti, to je urgentna medicina. Urgentna medicina je mlada veja medicinske znanosti, ki pa se izredno hitro in uspešno razvija, kar pomeni, da se morajo vsi zaposleni v tej veji – tudi zdravstvena nega, hitro prilagoditi drugačnemu delu, komuniciranju, organizaciji dela, kadrovske strukturi, mišljenju in pristopu do pacientov ter njihovih svojcev. Da to lahko dosežemo, je potrebno dati velik poudarek na medpoklicno sodelovanje in celostno obravnavo pacientov. Namen in cilj članka je predstaviti pomen dobrega medpoklicnega sodelovanja in celostne obravnave pacientov ter njun posledični vpliv na kakovost in varnost obravnave pacientov v urgentnem centru.

Gljučne besede: medpoklicno sodelovanje, pacienti, zdravstvena nega, urgentni center

The Importance of Interprofessional Collaboration for Holistic Patient Care in the Emergency Center

Due to the day-to-day events we witness in our work, in our region and in the world, the advancement of medical science and other health care professions, the rapid and good increase and access to knowledge of each individual and, consequently, the increased expectations of patients in all fields and levels of health, we are also witnessing major changes in this area. One of the branches of medical science, that is, emergency medicine, is witnessing all these changes. Emergency medicine is a young branch of medical science, which is developing very quickly and successfully, which means that all employees in this branch - including nursing care - must quickly adapt to different work, communication, work organization, personnel structure, thinking and approach to patients and their relatives. In order to achieve this, a great deal of emphasis must be placed on interprofessional collaboration and holistic patient care. The purpose of the article is to present the importance of good interprofessional collaboration and holistic patient care and their consequent impact on the quality and safety of patient care in the emergency center.

Key words: interprofessional collaboration, patients, nursing care, emergency center

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Priložnosti in izzivi digitalne transformacije v zdravstvu

Različne nove digitalne tehnologije organizacijam nudijo številne priložnosti za uspešnejše poslovanje v prihodnosti, pri njihovem uvajanju in delovanju pa jih soočajo z velikimi izzivi, katerih ustrezno obvladovanje je za uspešnost nujno. V zadnjem času se je za opis korenitih sprememb obstoječih načinov poslovanja ali vzpostavitve na novih tehnologijah temeljčih poslovnih modelov, uveljavil izraz digitalna transformacija ali digitalna preobrazba. Za njeno uspešnost so poleg obvladovanja tehnoloških vidikov potrebne tudi spremembe organizacijske kulture, načinov vodenja, večja inovativnost, nova znanja, vključevanje in sodelovanje različnih deležnikov (npr. zaposlenih, pacientov) ter druge spremembe. V prispevku predstavimo ključne digitalne tehnologije, ki bodo omogočile razvoj novih ali izboljšave obstoječih zdravstvenih storitev, ter podamo z njihovim uvajanjem povezane izzive, ki jih bodo zdravstvene institucije za doseganje uspešnosti v prihodnosti morale ustrezno nasloviti. Analiziramo tudi trenutno stanje digitalne zrelosti zdravstvenega sektorja v Sloveniji in ga primerjamo s stanjem v tujini.

Ključne besede: digitalne tehnologije, digitalna transformacija, digitalna zrelost, zdravstveni sektor, zdravstvene storitve

Opportunities and Challenges of Digital Technologies in Health Care

Various new digital technologies provide organizations with many opportunities for successful business in the future, but in their deployment and operations they also face major challenges, whose proper management is essential for performance. For some time, the term digital transformation has been used to address the process of radical changes to existing ways of doing business or establishment of new technology-based business models. In addition to mastering technological aspects, its success requires changes in organizational culture, management styles, greater innovation, new knowledge, involvement and collaboration of various stakeholders (e.g. employees, patients) and other changes. In the paper we present the key digital technologies that will enable new or improved healthcare services and relate them with challenges that healthcare institutions should address appropriately to be successful in the future. We also analyze the current state of digital maturity of health care in Slovenia and compare it with the situation abroad.

Key words: digital technologies, digital transformation, digital maturity, healthcare sector, healthcare services

Celostna obravnava pacienta z zahtevnejšo zdravstveno nego

V nedopustnem položaju so predvsem pacienti z zahtevnejšimi negovalnimi potrebami. Oskrba v domačem okolju je za večino teh pacientov praktično neizvedljiva. Hkrati pa domovi za starejše vse pogosteje ne morejo prevzeti odgovornosti za zagotavljanje kakovostne in vame oskrbe pacientov z zahtevnimi negovalnimi potrebami (Skupnost socialnih zavodov Slovenije, 2019). Izbrali smo kvantitativno deskriptivno metodo dela. Podatke za empirični del smo pridobili iz dokumentacije pacientov, ki so bili hospitalizirani na oddelku za zdravstveno nego v letih od 2016 do 2019. Za statistično analizo smo uporabili program Microsoft Excel 2013. Pacienti z zahtevnejšo zdravstveno nego so postali velik problem celotne družbe. Ob zaključku akutnega zdravljenja paciente težko odpustimo, zato se jih namesti na oddelek za zdravstveno nego. Svojci zaradi obveznosti velikokrat ne morejo prevzeti odgovornosti za skrb svojih najbližjih in zaradi vse daljših čakalnih vrst v domovih za starejše, se pacientova pot ustavi na oddelku za zdravstveno nego za nedoločen čas.

Ključne besede: celostna obravnava pacienta, zahtevne negovalne potrebe, neakutna obravnava pacientov

Comprehensive Treatment of a Patient with More Demanding Nursing Care

Patients with more demanding nursing care needs are in an intolerable position. Home care is practically infeasible for most of these patients. At the same time, nursing homes are increasingly unable to take responsibility for providing quality and safe care for patients with complex care needs (Community of Social Institutions of Slovenia, 2019). We chose a quantitative descriptive method of work. Data for the empirical section were obtained from the documentation of patients hospitalized in the nursing department in 2016 to 2019. Statistical analysis of the data was made using Microsoft Excel 2013. Patients with more demanding nursing care needs have become a major problem for the entire society. At the end of the acute treatment, patients are difficult to discharge, so they are referred to the nursing department. Due to obligations, relatives often cannot take responsibility for the care of their loved ones, and because of the long waiting lists in nursing homes, the patient's journey stops at the nursing department for an indefinite period.

Key words: comprehensive patient treatment, demanding care needs, non-acute patient treatment

Primena medicinskih bodovnih sistema u jedinicama intenzivne nege

Savremene tendencije u oblasti medicine insistiraju na objektivnom i naučnom pristupu, ističući indikatore zdravstvene nege i lečenja kao značajne elemente u poboljšanju kvaliteta medicinskog tretmana, osiguranju bezbednosti bolesnika i ekonomskoj održivosti zdravstvenog sistema. U tom cilju u jedinicama intenzivne nege (JIN) primenjuju se različiti sistemi numeričkih izraza, koji služe za procenu težine bolesti i stepena disfunkcije povređenih i obolelih, predviđanje ishoda lečenja bolesnika i donošenje kliničkih odluka, identifikovanje pacijenata sa neočekivanim ishodima, kao i procenu potrebe i obima angažovanosti ljudskih resursa. Namenjeni su kako lekarima, tako i osoblju zdravstvene nege. Metod rada je deskriptivno–analitička. Polazeći od koncepta progresivne nege kao okosnice sestrinske delatnosti, rad ističe prednosti primene bodovnih sistema u sestrinskoj praksi, dajući prikaz najčešće korišćenih sistema, kriterijuma za njihov izbor, neophodnih karakteristika i ističući međusobnu komplementarnost ovih instrumenata. Nega i lečenje bolesnika u JIN podrazumeva obezbeđivanje najvišeg nivoa zdravstvene zaštite, u okviru čega ispravnost i brzina intervencija uslovljavaju ishode lečenja i nege. Iz te činjenice prouzilazi potreba da se standardizuju preduzete aktivnosti i adekvatno normira opterećenje zdravstvenog kadra. Jedan od načina postizanja navedenih ciljeva je uvođenje bodovnih sistema u svakodnevnu kliničku praksu. Primenom navedenih instrumenata procene skraćuje se period hospitalizacije bolesnika i smanjuju ukupni troškovi lečenja i nege.

Ključne reči: medicinski bodovni sistemi, JIN, zdravstvena nega

Application of Medical Scoring Systems in Intensive Care Units

Contemporary tendencies in the field of medicine insist on an objective and scientific approach, emphasizing indicators of nursing care and treatment as significant elements in improving the quality of medical treatment, ensuring patient safety and economic sustainability of the health system. For that cause, different systems of numerical expressions are used in intensive care units to assess the severity of the disease and the degree of dysfunction of the injured and diseased, to predict patient outcomes and make clinical decisions, to identify patients with unexpected outcomes, and to evaluate the need and extent of human involvement resources. They are intended for physicians and nursing staff. The research method was descriptive analytical approach. Starting from the concept of progressive care as the backbone of nursing, the paper highlights the benefits of applying scoring systems in nursing practice, giving an overview of commonly used systems, the criteria for their selection, the necessary characteristics, and emphasizing the complementarity of these instruments. The care and treatment of patients in the intensive care unit involves providing the highest level of health protection, within which the correctness and speed of interventions determine the outcomes of treatment and care. This fact implies the need to standardize the undertaken activities and appropriately norms the load of health personnel. One of the ways to achieve these goals is the introduction of scoring systems into daily clinical practice. The application of these assessment instruments shortens the hospitalization period of the patient and reduces the overall cost of treatment and care.

Key words: medical scoring systems, intensive care unit, nursing care

Pogled študentov zdravstvene nege na timsko delo

Timska oblika organiziranja je ena od možnih poti za doseganje konkurenčne prednosti organizacije. Ob tem je pomembno, da člani tima prispevajo k uspešnosti tima s spoznavanjem medsebojne odvisnosti in vednosti, da so osebni in timski cilji najuspešnejše dosegljivi z vzajemno pomočjo, da z izvirnostjo, znanjem in spodbujanjem združijo svoje moči za doseganje boljših ciljev ter delajo v vzdušju zaupanja. Timsko delo v zdravstveni negi (negovalni timi) je pogosta oblika dela, ki se uporablja v vseh zdravstvenih organizacijah z namenom čim učinkovitejšega in strokovnega izvajanja aktivnosti zdravstvene nege ter lažjega reševanja aktualnih negovalnih problemov pri pacientih. Timsko delo v organizaciji procesa zdravstvene nege je medsebojno sodelovanje medicinskih sester in zdravstvenih tehnikov z namenom doseči cilje procesa zdravstvene nege. V prispevku predstavljamo rezultate raziskave, katere namen je bil pridobiti mnenje študentov zdravstvene nege o timskem delu v zdravstvu.

Ključne besede: timsko delo, negovalni tim, študenti zdravstvene nege

Nursing Students' Perspective on Teamwork

The team form of organization is one of the possible ways to achieve the competitive advantage of the organization. It is important for team members to contribute to team success by learning about interdependence and knowing that personal and team goals are most successfully achieved through mutual assistance, and that they can use originality, knowledge and encouragement to join forces and achieve better goals and work in the atmosphere of trust. Teamwork in nursing care (nursing teams) is a common form of work that is used in all healthcare organizations, to carry out nursing activities as efficiently and professionally as possible, and to facilitate the resolution of current nursing problems with patients. Teamwork in the organization of the nursing care process is the collaboration of nurses and health technicians in order to achieve the goals of the nursing care process. The paper presents the results of a research aimed at obtaining the opinion of nursing students on teamwork in health care.

Key words: teamwork, nursing team, nursing students

Raziskovanje pričakovanega: preplet med melodijo in harmonijo (primer glasbe »X-files«)

V prispevku so predstavljeni splošni mehanizmi pričakovanja, zanimanje psihologov za pričakovanja posameznika in načini kako so pričakovanja pojasnjena na področju pozornosti, učenja, dožemanja, jezika in glasbe. Poudarjeni so mehanizmi, ki sodelujejo pri ustvarjanju glasbenih pričakovanj. Na podlagi dobro znane glasbene teme znanstveno-fantastične televizijske serije »The X files«, ki jo je komponiral ameriški filmski in televizijski kompozitor Mark Snow, je razložen medsebojni vpliv melodije in harmonije ter poslušalčeva pričakovanja prihodnjih dogodkov. V obrazložitvi pričakovanj sta bili uporabljeni dve informacijsko-teoretični meritvi, entropija in informacijska vrednost, ter računalniški model IDyOM (Information Dynamics of Music), ki poudarja dogodke, ki ob poslušanju tega glasbenega dela povzročajo bolj ali manj prijetne izkušnje pri poslušalcu. Pojasnjena je tudi »pričakovana moč« »expectancy strength«, na splošno in v primerjavi z dogodki, ki so v tem glasbenem delu vzbudila močnejša pričakovanja.

Ključne besede: pričakovanje, glasba, melodija, harmonija, entropija in informacijska vrednost

Exploring the Expectation: The Interplay between Melody and Harmony (Example of the X-Files Music)

The paper presents the general mechanisms of expectation, the interest of psychologist for expectancy of the individual and how expectancy has found its way into theories of attention, learning, perception, language processing and music. The mechanisms involved in the generation of music expectation are emphasized. On the basis of the well-known musical theme for the science fiction television series "The X-files", composed by the American film and television composer Mark Snow, the interplay between melody and harmony and the listener's expectation of forthcoming events is explained. Two information-theoretic measures, entropy and information content were used and the computational model IDyOM (Information Dynamics of Music) in the explanation of expectations, pointing out specific events, which are causing more or less enjoyable experiences in listening to this musical piece. Explained is also the "expectancy strength" (in general) and compared to the events to be found to arouse stronger expectations in this musical piece.

Key words: expectation, music, melody, harmony, entropy and information content

Vpliv etično-moralnih načel na celostno obravnavo pacienta

Medicinske sestre morajo imeti za kakovostno in varno opravljanje zdravstvene nege zadosti strokovnega znanja, ki ga morajo neprestano dopolnjevati. Enako pomembna pa je tudi njihova etično-moralna naravnost, katero v določeni meri sooblikuje menedžment organizacije. Za etično ravnanje pri delu je zelo pomembno samozavedanje svojih zmožnosti. Prav tako pomembno za menedžment zdravstvene nege pa je tudi poznavanje sposobnosti zaposlenih. Etika zavzema izredno pomembno področje v zdravstveni negi, tako pri izobraževanju kot v praksi. Zdravstvena nega je z etiko neločljivo povezana, zlasti če izhajamo iz načel »dobro, pravilno in koristno«. Za zadovoljevanje teh načel se morajo medicinske sestre vseskozi izobraževati in usposablјati. Menedžerji v zdravstvu se večkrat znajdejo v težkih situacijah, saj morajo izbrati odločitev, ki je strokovno pravilna in etično ustrezna. S svojimi lastnostmi in ravnanjem v veliki meri pospešujejo ali zavirajo etično odločanje in moralno delovanje v organizaciji. Etika je v sodobnem svetu vedno bolj pomembna in potrebna, zato je smiselno stremeti za temi načeli, saj je to nujno potrebno za doseganje dolgoročnega uspeha organizacije. S kvalitativno raziskavo smo ugotovljali vlogo in pomen etike in morale menedžmenta v eni od slovenskih bolnišnic med odgovornimi in glavnimi sestrami. Ugotovitve so pokazale, da so pri etično-moralnem ravnanju menedžmenta potrebne spremembe v smislu izboljšav. Dejansko stanje pa je lahko posledica izvajanja sprememb v strateškem menedžmentu bolnišnice.

Ključne besede: etika, morala, načela etike, menedžment, medicinska sestra

The Influence of Ethical-Moral Principles on the Comprehensive Patient Treatment

Nurses need to have sufficient expertise to perform nursing care in a quality and safe manner, and their professional knowledge must be constantly updated. Equally important is their ethical and moral orientation, which to some extent co-shapes the organization's management. Self-awareness of one's abilities is very important for ethical conduct at work. For nursing management the knowledge of employees' abilities is also of importance. Ethics occupies an extremely important field in nursing, both in education and in practice. Nursing is inseparable from ethics, especially if we follow the principles of "good, proper and useful". To meet these principles, nurses need to be constantly educated and trained. Healthcare managers often find themselves in difficult situations because they have to make a decision that is professionally correct and ethically sound. Under their qualities and behaviour, they greatly promote or inhibit ethical decision-making and moral action in the organization. Ethics are increasingly important and necessary in the modern world, and it is reasonable to strive for these principles, as this is essential to achieve the long-term success of an organization. The qualitative research method was used to determine the role and importance of ethics and morality of management in one of the Slovenian hospitals between responsible and head nurses. The findings showed that management's ethical and moral behaviour required changes in terms of improvement. However, the actual situation may be the result of changes in the hospital's strategic management.

Key words: ethics, morality, principles of ethics, management, nurse

Studenti sestrinstva i darovitost

Darovitost predstavlja svojevrsan sklop osobina na osnovu kojih je pojedinac sposoban da trajno postiže izrazito visok, nadprosečni učinak (Koren, 1989). Mali procenat veoma darovitih pojedinaca u svakom društvu i epohi bio je zadužen za prosperitet. Postojanje same darovitosti kod neke osobe, na žalost, nije i dovoljno da bi se ona »koristila« u pravom smeru. Ono što je neophodno je identifikacija darovitosti. Na tom mestu nastaje problem. Profesionalci u vaspitanju i obrazovanju vaspitači, učitelji, nastavnici nisu u potpunosti obučeni za proces identifikacije darovitosti. U tom smislu vrlo je važno poznavati osobine darovite dece. Kada je studentska populacija u pitanju darovitost se obično svodi na sagledavanje školskog uspeha, na nagrade i druga priznanja, brzinu studiranja i model procesne identifikacije što svakako nije dovoljno. U ovom radu smo bili motivisani da saznamo stavove studenata sestrinstva o njihovim iskustvima sa darovitošću, identifikacijom darovitosti od strane nastavnika, i značaju iste za dalji razvoj kreativnosti i uspešnosti u radu u oblasti zdravstvene nege. Rezultati do kojih smo došli govore da su nastavnici uglavnom usmereni na nastavu i uspeh u nastavi, a manje na same učenike i njihovu ličnost. S druge strane studenti sestrinstva izveštavaju da nastavnici vole darovite studente i vole da se bave njima što nam daje novu motivaciju za dalja istraživanja u ovom smeru.

Ključne reči: darovitost, studenti, sestrinstvo, zdravstvena nega

Nursing Students and Giftedness

Giftedness is a certain set of traits due to which a person is able to continuously deliver extremely high and above average performance (Koren, 1989). A small percentage of very gifted individuals in every society and in any epoch have been responsible for prosperity. The very existence of giftedness in a person is, unfortunately, not enough for it to be properly "used". What is necessary is the identification of giftedness. And this is where the problem occurs. Upbringing and educational experts: kindergarten teachers, teachers and professors are not completely trained to identify giftedness. This is why knowing the characteristics of gifted children is highly important. Speaking of the student population, giftedness is usually reduced to seeing how successful a student is, their awards and other achievements, how quickly they are passing their exams and the process identification model, which is not enough. In this paper, we were motivated to explore nursing students' attitudes about their experiences with giftedness, about the identification of giftedness by their professors and about the importance of giftedness for further development of creativity as well as for successful work in the healthcare field. The obtained results suggest that professors are mostly oriented towards teaching and less towards the students themselves and their respective personalities. However, nursing students report that professors like the gifted students and that they like to mentor such students, which gives us new motivation for further research in this direction.

Key words: giftedness, students, nursing, nursing care

Izvajanje programov promocije zdravja za zaposlene v zdravstvenih domovih

Promocija zdravja zaposlenim omogoča povečati nadzorovanje in izboljšanje lastnega zdravja tudi na delovnem mestu. Cilj raziskave je bil ugotoviti mnenja, potrebe in seznanjenost zaposlenih s programi promocije zdravja na delovnih mestih v zdravstvenih domovih. Uporabili smo deskriptivno metodo kvantitativnega empiričnega raziskovanja. Podatke smo zbrali z vprašalnikom, ki je vključeval 120 zaposlenih v zdravstvenih domovih na Gorenjskem. Realizacija namenskega vzorca je bila 96,6 %. S programi je zadovoljnih 56,90 % anketiranih. Strinjajo se ($PV = 4,23$), da promocija zdravja pripomore k boljšemu počutju. Statistično pomembne razlike med zdravstvenimi domovi ugotavljamo v zadovoljstvu ($p = 0,003$), seznanjenosti ($p = < 0,001$) ter vplivih programov na počutje ($p = 0,019$). Izstopa potreba po zdravi malici in aktivnem odmoru. Večina zdravstvenih timov je zelo obremenjenih. Za večjo uspešnost programov bi morali zaposlene vključiti v načrtovanje, programi bi morali temeljiti na oceni obremenjenosti in tveganj posameznih delovnih mest ter na potrebah zaposlenih.

Ključne besede: promocija zdravja, zaposleni, obremenjenost, potrebe

The Implementation of Health Promotion Programmes for Health Centre Employees

Health promotion enables healthcare workers to increase the control over their personal health and improve their workplace health. The objective of this research is the examination of the viewpoints, the needs, and the awareness of employees in relation to health promotion programmes in health centres. We employed the quantitative descriptive empirical method. We collected the data with a structured questionnaire which was completed by 120 healthcare workers employed in community health centres in the Gorenjska region. The sample response rate was 96.6%. 56.90% of the respondents are satisfied with the offered health promotion programmes. The respondents agreed ($M = 4.23$) that health promotion contributes to an improved well-being. We identified statistically significant differences between individual community health centres pertaining to the satisfaction with the programmes ($p = 0.003$), the awareness of the programmes ($p < 0.001$), and the influence the programmes have on the workplace well-being ($p = 0.019$). The need for healthy meals and active breaks was emphasized. The majority of healthcare workers are extremely overloaded. In order to ensure a better programme success, employees should be actively involved in the programme planning. Health promotion programmes should be based on an overload assessment and a risk evaluation of different job roles and the staff needs.

Key words: health promotion, employees, overload, needs

Upravljanje bola kod palijativnih bolesnika

Upravljanje bola smatra se važnim dijelom skrbi za bolesnike. Kako bi naglasili značaj bola i povećali svijest zdravstvenih radnika o učinkovitom upravljanju bolom, Američko društvo za bol smatra bol petim vitalnim znakom. Takav pristup naglašava važnost dokumentiranja procjene boli. Cilj rada je ispitati učestalost korištenja skala za procjenu boli, intenzitet i obilježja boli, te utjecaj (ne)farmakoloških metoda na bol kod palijativnih bolesnika. Provedeno je retrospektivno istraživanje medicinske dokumentacije 155 bolesnika hospitaliziranih na Odjelu djelatnosti palijativne skrbi Opće bolnice Nova Gradiška tijekom 2018. godine. Dobiveni rezultati pokazuju da su muškarci značajnije bolesnici s neoplazmama, a žene značajnije više ostali bolesnici (χ^2 test, $P = 0,04$). Prema rezultatima, akutnu bol imala su 24 (26 %) bolesnika, a kroničnu bol 68 (74 %). Jaka bol prisutna je kod 11 (7,1 %) bolesnika. Razina boli bila je podnošljiva kod 18 (11,6 %) bolesnika. Bolesnici s bolestima cirkulacijskog sustava imaju značajno najmanje evidentiranu procjenu boli (Fisherov egzaktni test, $P < 0,001$). Intenzitet boli kod 78 (88 %) bolesnika je smanjen, a kod 3 (3 %) je nepromijenjen. Evaluacija nije provedena kod 8 (9 %) bolesnika. Učestalost procjene boli kod palijativnih bolesnika nije zadovoljavajuća. Nefarmakološke metode najčešće nisu evidentirane.

Ključne riječi: medicinska sestra, palijativni bolesnik, upravljanje boli

Pain Management in Patients Receiving Palliative Care

Pain management is considered to be a crucial part of patient care. In order to emphasize the importance of pain and raise awareness in healthcare workers about the efficient pain management, the American Pain Society regards pain as the fifth vital sign. Such approach highlights the necessity of documenting pain assessment. The aim of this paper is to examine the frequency of the use of pain assessment scales, intensity and pain type, as well as the effect of (non)pharmaceutical methods in dealing with pain in palliative care patients. A retrospective review study of 155 patient records of patients hospitalized in the Palliative Care Unit of General Hospital Nova Gradiška in 2018 was carried out. The results indicate that the majority of patients suffering from neoplastic diseases are men. The majority of patients suffering from other health conditions are women (χ^2 test, $P = 0.04$). The study results revealed that 24 (26%) patients reported feeling acute pain, while 68 (74%) patients suffered from chronic pain. Severe pain was present in 11 (7.1%) patients. Bearable level of pain was reported by 18 (11.6%) patients. Patients suffering from circulatory system diseases reported the lowest intensity of pain (Fisher's exact test, $P < 0.001$). Pain intensity diminished in 78 (88%) patients while it remained unchanged in 3 (3%) patients. The pain assessment was not carried out in 8 (9%) patients. The frequency of pain assessment in palliative care patients is inadequate. The implementation of non-pharmaceutical methods was in most cases undocumented.

Key words: nurse, palliative care patient, pain management

Zgodnja fizioterapevtska obravnava pacientov po artroplastiki kolka in kolena v Splošni bolnišnici Novo mesto

Kirurgija s pospešenim okrevanjem temelji na večdisciplinarnem protokolu s številnimi ukrepi za optimizacijo zdravstvene obravnave pred, med in po operaciji. V Splošni bolnišnici Novo mesto se je uvajanje kirurgije s pospešenim okrevanjem začelo leta 2011 z izvajanjem predoperativne šole za paciente pred operativnim posegom artroplastike kolka in kolena. Koncept kirurgije s pospešenim okrevanjem zajema tudi zgodnjo fizioterapevtsko obravnavo pacienta na dan operacije. Zgodnja mobilizacija na operativni dan vpliva na manjšo pooperativno bolečino, daljšo prehojeno razdaljo in krajšo ležalno dobo. Skladno s strokovnimi smernicami smo v Splošni bolnišnici Novo mesto omogočili fizioterapijo na dan operacije vsem pacientom po artroplastiki kolka in kolena. V članku želimo predstaviti strokovne smernice za zgodnjo fizioterapevtsko obravnavo in izsledke raziskave o vplivu zgodnje obravnave na stopnjo mobilnosti pacientov in ležalno dobo. Podatke smo zbirali dva meseca pred in dva meseca po uvedbi pospešenega protokola rehabilitacije. S statistično analizo smo ugotovili, da je zgodnja obravnava na operativni dan učinkovita z vidika hitrejšega doseganja samostojnosti pri hoji in krajšanja ležalne dobe.

Ključne besede: fizioterapija, zgodnja obravnava, mobilizacija, artroplastika

Early Physiotherapeutic Treatment of Patients with Hip and Knee Arthroplasty at General Hospital Novo mesto

Fast-track hip and knee arthroplasty is based on multidisciplinary protocol with many health optimization measures addressed before, during and after surgery. At the General Hospital Novo mesto, the introduction of surgery with accelerated recovery began in 2011, with the implementation of a preoperative school for patients before hip and knee arthroplasty. The concept of surgery with accelerated recovery also covers early physiotherapeutic treatment of the patient on the day of surgery. Early mobilization correlates to decreased pain, increased walking distance and decrease in length of stay in the hospital. In accordance with the professional guidelines, at the General Hospital Novo mesto we enabled physiotherapy on the day of surgery for all patients after hip and knee arthroplasty. The article aims to present the expert guidelines for early physiotherapeutic treatment and research findings on the impact of early physiotherapeutic treatment on the day of surgery on patient mobility rates and length of stay. Data were collected two months before and two months after the introduction of the accelerated recovery protocol. Statistical analysis has shown that early mobilization on the day of surgery is effective in terms of faster independence, and it reduces the length of stay.

Key words: physiotherapy, early rehabilitation, mobilization, arthroplasty

Zdravje in dobro počutje zaposlenih v pisarni

Delo v pisarni spremlja delo z računalnikom in veliko sedenja, kar posledično povzroča stres in druge neprijetnosti. Te večinoma negativno vplivajo na naše zdravje. Obremenitve, ki na splošno veljajo za nevarne so neaktivnost, večurno delo pred zaslonom, prisilna drža, ponavljajoči se gibi ter neprimerno oblikovana delovna miza in stol. Vseeno pa lahko zaposleni v pisarni zmanjšajo možnost zdravstvenih težav, če poskrbijo za dobro počutje. Zdravje na delovnem mestu v pisarni izboljšamo, če poznamo ključne metode, s katerimi si lahko pomagamo. V prispevku bo uporabljena deskriptivna metoda dela s pregledom domače in tuje literature. Obravnavane bodo tehnike, s katerimi si pomagamo pri zmanjševanju možnosti zdravstvenih težav in posledično povezanost dobrega počutja z delovno uspešnostjo. Dobro fizično počutje je v pisarni tesno povezano s psihičnim, zato je pomembna preventiva. Le tako lahko ohranimo naše telo zdravo in zmožno za delo. Cilj prispevka je opisati čim več metod za dobro počutje in zdravje zaposlenih v pisarni.

Ključne besede: pisarna, zdravje, dobro počutje, zaposleni v pisarni

Well-Being and Health of Office Employees

Working in the office is accompanied by computer work and a lot of sitting which in turn causes stress and other inconvenience. These are mostly negative for our health. Burdens that are generally considered dangerous are inactivity, hours of work in front of the screen, forced posture, repetitive movements, and an inappropriately designed worktable and chair. However, office employees can reduce the risk of health problems if they take care of their well-being. The workplace health in the office can be improved by knowing the key methods that help. A descriptive method of working with a review of domestic and foreign literature will be used in the paper. We will discuss the techniques to help reduce the chances of health problems and, consequently, the correlation of well-being with work performance. Feeling good physically is closely connected to feeling good mentally, therefore prevention is very important. Only in this way we can keep our body healthy and able to work. The aim of the paper is to describe as many methods as possible to help office employees feel well and healthy in their work environment.

Key words: office, health, well-being, office employees

Izobraževalni programi v Fizioterapiji: primer študija na Fakulteti za zdravstvo Angele Boškin Jesenice

V resoluciji o nacionalnem planu visokega šolstva je zapisano, da so osnovni cilji slovenskega visokošolskega prostora do leta 2020 kakovost in odličnost, raznovrstnost ter dostopnost s podpornimi instrumenti internacionalizacije. Kakovost bo omogočala mednarodno primerljivost in priznanje visokošolske izobrazbe ter zaposljivost in mobilnost v evropskem prostoru. Na Fakulteti za zdravstvo Angele Boškin (FZAB) že program Zdravstvena nega (VS) v največji meri vključuje cilje Resolucije, internacionalizacije in diverzifikacije. Na podlagi pozitivnih izkušenj študijskega programa Zdravstvena nega in visokem procentu zaposljivosti diplomantov zdravstvene nege smo se odločili, da vzpostavimo program prve stopnje Fizioterapija (VS). Študijski program je nov in sodoben, kot tak bo diplomante opolnomočil s temeljnimi znanji in spretnostmi za doseganje kompetenc na področju fizioterapije ter vplival na razvoj fizioterapije kot stroke in znanstvene discipline. Študijski program sledi Resoluciji skladno z nacionalnim ogrodjem kvalifikacij ter ključnimi kompetencami, ki temeljijo na inovativnosti, kritičnem razmišljanju, celostnemu pristopu in delovanju v mednarodnem prostoru.

Ključne besede: študijski programi, kompetence, diplomanti fizioterapije, resolucija

Physiotherapy Educational Programmes: The Case of Angela Boškin Faculty of Health Care Study Programme

The resolution on the national plan of higher education states that the basic goals of the Slovenian higher education area by 2020 are quality and excellence, diversity and accessibility through supportive instruments of internationalization. Quality will enable international comparability and recognition of higher education, as well as employability and mobility in the European area. The Nursing Care study programme at the Angela Boškin Faculty of Health Care (ABFHC) already includes the objectives of Resolution, internationalization and diversification. Due to the positive experience of the Nursing Care study programme and the high percentage of employability of nursing graduates, we decided to establish a first-cycle study programme Physiotherapy. The study programme is new and modern; as such it will empower graduates with basic knowledge and skills for achieving physiotherapy competences and it will influence the development of physiotherapy as a profession and science discipline. The study programme follows the Resolution in accordance with the national qualifications framework and key competences based on innovation, critical thinking, integrated approach and acting internationally.

Key words: study programmes, competences, physiotherapy graduates, resolution

Sodobne metode učenja in usposabljanja v zdravstveni negi: mobilna simulacijska enota

Simulacije v zdravstvu so uspešen način usposabljanja za vse medicinske sestre, da trenirajo spretnosti in veščine v varnem okolju. Udeleženci na tak način pridobijo izkušnje za obravnavo vitalno ogroženega pacienta ter ostale intervencije v zdravstveni negi. Vendar glede na izkušnje, učenje s simulacijami v zdravstvu mnogim profesionalcem v zdravstvu še vedno ni dostopno. Dejavniki, ki ovirajo izvajanje simulacijskega usposabljanja so pomanjkanje znanja in opreme za izvajanje simulacij v zdravstvu, visoki stroški izobraževanja in časovna omejitev zdravstvenih timov. V članku bomo predstavili primer mobilne simulacijske enote (»SIM mobil«), ki vsem zdravstvenim timom na primarnem nivoju v Sloveniji in širše omogoča dostop do sodobne simulacijske opreme.

Ključne besede: simulacije v zdravstvu, simulacije v zdravstveni negi, usposabljanje, zdravstvena nega

Modern Methods of Teaching and Training in Nursing Care: Mobile Simulation Unit

Simulations in health care are an excellent way for healthcare teams to train their skills in a safe environment. Simulations are therefore an efficient, ethical and safe method to train theoretical contents and for participants to get experience about managing vital endangered patients. Simulations must also be as real as the clinical environment. However, according to experience, learning from simulations in health care is still not accessible to many healthcare professionals. Factors that hamper the implementation of simulation training are the lack of knowledge and equipment to perform simulations and high cost of education combined with the lack of time in healthcare teams. In the article we will present an example of a mobile simulation unit ("SIM mobile"), which gives all healthcare teams at the primary level in Slovenia and beyond access to modern simulation equipment.

Key words: simulations in health care, simulations in nursing care, training, nursing care

Integrativni pristup pacijentu s autoimunim oboljenjem

Autoimuna bolest je stanje u kojoj imunološki sustav reagira protiv vlastitog tkiva, a može biti potaknuta bakterijskom ili virusnom reakcijom, upalnim stanjem, prehranom, stresom i dr. Najčešće niti uzrok niti patofiziološki slijed kod ovakvih bolesti nisu poznati pa je integrativni pristup pacijentu jedini put ka kontroli bolesti. Osim klasičnih dijagnostičkih metoda te imunosupresivnih lijekova, kao važni alati u terapiji AI bolesti koriste se prehrana, suplementna terapija i psihološka podrška. U posljednje vrijeme istražuje se o utjecaju prehrane na tijek autoimunih bolesti (bezglutenska dijeta, paleo dijeta). Autoimuni protokol (AIP) varijanta je paleo dijeta koja ujedinjuje saznanja o promjenama prehrane kod autoimunih bolesti, uključujući izbacivanje namirnica s proupalnim učinkom. U ovakav prehrambeni protokol uključena je i suplementna terapija koje može obuhvaćati različite suplemente koji djeluju protuupalno (omega-3 masne kiseline, selen, cink, vitamin D i B12, jod). Važnu ulogu u integrativnom pristupu ima i psihološka komponenta, jer poticaj za razvoj bolesti mogu biti različiti disbalansi neurotransmitera potaknuti metaboličkim i psihološkim promjenama. Neki od pristupa koji se koriste su kognitivno-bihevioralni i integrativni bioetički pristup. Ovakvim integrativnim pristupom ne samo da pacijent postaje dio tima koji sudjeluje u njegovom liječenju, nego osvještava svoju ulogu kao ključne osobe koja će dovesti do napretka, kontrole bolesti i ozdravljenja.

Ključne besede: integrativni pristup, autoimuni protokol, psihološki pristup

Integrative Approach to a Patient with Autoimmune Disease

Autoimmune disease is a condition in which the immune system reacts against its own tissue. It can be triggered by a bacterial or viral reaction, inflammatory state, diet, stress, etc. Most often neither the cause nor the pathophysiological sequence in such diseases is known, so integrative approach is the only path to disease control. In addition to classic diagnostic methods and immunosuppressive drugs, nutrition with supplementary therapy and psychological support are important tools in the treatment of autoimmune diseases. Recently, the impact of diet on the course of autoimmune diseases has been investigated (gluten-free diet, paleo diet). The autoimmune protocol (AIP) is a variant of the paleo diet that brings together the knowledge of dietary changes in autoimmune diseases, including the ejection of pro-inflammatory foods. This dietary protocol also includes supplementary therapy, which may include various anti-inflammatory supplements (omega-3 fatty acids, selenium, zinc, vitamin D and B12, iodine). The psychological component also plays an important role in the integrative approach, as the impetus for the development of the disease may be different imbalances of neurotransmitters driven by metabolic and psychological changes. Some of the approaches used are cognitive-behavioural and integrative bioethical approach. With this integrative approach, the patient is becoming a part of the team involved in the treatment and the key person leading to progress, disease control and healing.

Key words: integrative approach, autoimmune protocol, psychological approach

Prepoznavanje in obvladovanje težav pri disfagiji ljudi z demenco

Leta 2004 je bilo več kot 12 % prebivalstva v Evropi starih 65 let ali več. Po pričakovanjih se bo ta odstotek povečal na 20 % prebivalstva do leta 2030. Razširjenost motenj pri požiranju - disfagija je pri starejših posameznikih prisotna med 7 % in 22 % in se dramatično poveča na 40 % do 50 % med starejšimi posamezniki, ki bivajo v centrih za dolgoročno oskrbo. Pri starejših osebah z nevrološko boleznijo ali tistih z demenco, lahko kot posledica disfagije pride do dehidracije, podhranjenosti, izgube telesne teže in aspiracijske pljučnice. Disfagija lahko izhaja iz vedenjskih, čutilnih ali gibalnih težav ali kombinacije le-teh in je pogosta pri posameznikih z nevrološko boleznijo ali demenco. Čeprav je veliko raziskav o pojavih in razširjenosti disfagije med posamezniki z demenco, je ocena, da ima 45 % institucionaliziranih bolnikov z demenco disfagijo. Visoka razširjenost disfagije pri osebah z demenco je verjetno rezultat sprememb, povezanih s starostjo pri čutilnih in gibalnih funkcijah in dodatno tistimi, ki so posledica nevroloških bolezni. Navedeni članek opisuje z dokazi podkrepljene prakse pri skrbi za osebe z demenco in disfagijo z napotki za oceno in obravnavo.

Ključne besede: disfagija, demenca, obravnava, dehidracija, dolgotrajna oskrba

Recognising and Managing Dysphagia Difficulties in People with Dementia

In 2004, more than 12% of the European population was aged 65 years or older. This percentage is expected to increase to 20% of the population by 2030. The prevalence of swallowing disorders or dysphagia in older individuals ranges from 7% to 22% and dramatically increases to 40% to 50 % in older individuals who reside in long-term care facilities. For older individuals, those with neurologic disease, or those with dementia, the consequences of dysphagia may be dehydration, malnutrition, weight loss, and aspiration pneumonia. Dysphagia can be a result of behavioural, sensory, or motor problems (or a combination of these), and is common in individuals with neurologic disease and dementia. Although there are studies of the incidence and prevalence of dysphagia in individuals with dementia, it is estimated that 45% of institutionalized dementia patients have dysphagia. The high prevalence of dysphagia in individuals with dementia is the likely result of age-related changes in sensory and motor function in addition to those caused by neuropathology diseases. The article describes evidence-based practices in caring for individuals with dementia and dysphagia with guidelines for evaluation and management.

Key words: dysphagia, dementia, treatment, dehydration, long-term care

Sistem upravljanja z varnostnimi odkloni in tveganji za varnost in vloga izobraževalnih zavodov

Svetovna zdravstvena organizacija je potrdila 17. september kot svetovni dan varnosti pacientov. Gre za kampanjo za vse deležnike v sistemu zdravstvenega varstva, da skupaj sodelujejo pri izboljšanju varnosti pacientov. Države članice so se zavezale, da bodo varnost pacientov priznale kot ključno zdravstveno prednostno nalogo in se strinjale, da bodo ukrepale za zmanjšanje varnostnih odklonov v zdravstvenih ustanovah. Ključno za delovanje sistema upravljanja z varnostnimi odkloni in tveganji za varnost je zadostna stopnja kulture varnosti, kar ima vpliv na sporočanje varnostnih odklonov v sistem, učenje ter preventivno delovanje. V prispevku je predstavljena vloga izobraževalcev za razvoj kulture varnosti v zdravstvu. Za oceno stanja na področju kulture varnosti je uporabljen kvantitativni pristop. Izvedeno je bilo anketiranje preko spletnega vmesnika I Ka. V vzorec so bili vključeni visokošolski zavodi, ki izobražujejo za poklice v zdravstveni dejavnosti. Rezultati so pokazali, da se situacija glede razvoja kulture varnosti med visokoškolskimi zavodi razlikuje. Ugotovljene so bile tudi številne priložnosti za izboljšanje. Usklajene nacionalne ukrepe za razvoj kulture varnosti je smiselno usmeriti tudi na visokošolske zavode. Pilotno merjenje kulture varnosti bo v visokoškolskih zavodih potekalo v letu 2021.

Ključne besede: varnost pacientov, kultura varnosti, integriran pristop, kakovost

The Patient Safety Incident and Risk Management System and Role of Educational Institutions

September 17 has been recognized by the World Health Organization as World Patient Safety Day. It is a campaign for all stakeholders in the healthcare system to work together to improve patient safety. Member States have committed themselves to recognizing patient safety as a key health priority and agreed to take steps to reduce safety incidents in healthcare facilities. A key level of safety culture is crucial to the operation of the patient safety incidents and risk management system, which has an impact on the communication of safety incidents into the system, learning and preventive action. The paper presents the role of educators in the development of the culture of safety in health care. A quantitative approach is used to assess the state of the culture of safety. Surveys were conducted via the I Ka web interface. The sample included higher education institutions educating for work in health care. The results showed that the situation with regard to the development of the culture of safety differs between higher education institutions. Many opportunities for improvement have also been identified. It is appropriate to target coordinated national measures for the development of the culture of safety to higher education institutions. A pilot assessment of the culture of safety in higher education institutions will be conducted in 2021.

Key words: patient safety, culture of safety, integrated approach, quality

Častni pokrovitelj konference

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