



VISOKOŠOLSKO SREDIŠČE NOVO MESTO
Higher Education Centre Novo mesto
FAKULTETA ZA ZDRAVSTVENE VEDE NOVO MESTO
Faculty of Health Sciences Novo mesto

CELOSTNA OBRAVNAVA PACIENTA
Zbornik povzetkov

HOLISTIC APPROACH TO THE PATIENT
Book of Abstracts

Mednarodna znanstvena konferenca
International Scientific Conference

Novo mesto, 16. november 2017

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Vpliv zakonodaje na obravnavo pacienta v NMP

V prispevku je predstavljena zakonodaja s področja nujne medicinske pomoči. Izhajali smo iz Pravilnika o službi nujne medicinske pomoči, krovnega akta za izvajanje in organizacijo nujne medicinske pomoči. Z raziskavo smo želeli ugotoviti, kako vsebinske razlike med sprejetimi pravilniki vplivajo na obravnavo pacienta. Cilj raziskave je predstaviti predloge za boljše obravnavo pacienta v nujni medicinski pomoči. Podatki so bili zbrani na podlagi literature, dostopne v knjižnicah, na spletnih straneh Uradnega lista Republike Slovenije in v bibliografski bazi COBISS.si. Na podlagi študije vseh izdanih Pravilnikov o službi nujne medicinske pomoči v Sloveniji smo z metodo analitične dedukcije raziskali vsebinske razlike med pravilniki, jih zapisali v obliki tabele in jih primerjali med seboj. Našli smo vsebinske razlike med Pravilniki o službi nujne medicinske pomoči, ki lahko vplivajo na izvajanje nujne medicinske pomoči, hkrati pa vplivajo tudi na obravnavo pacienta.

Ključne besede: nujna medicinska pomoč, zakonodaja, medicinske sestre, pacienti

Impact of Legislation on Patient Care in Emergency Medical Service

The article presents the legislation relating to the emergency medical service. We focused on the Rules on Emergency Medical Service, which serves as the framework act, regulating the organisation and implementation of emergency medical service. The purpose of the research was to ascertain the impact of substantive differences in the adopted rules on patient care in the emergency medical service system, and to provide suggestions on how to improve patient care. The data were compiled by means of literature accessible in libraries, on the Official Gazette of the Republic of Slovenia websites, and in the COBISS.si bibliographic database. Based on our study of all the rules on emergency medical service issued in Slovenia, we used the method of analytical deduction to explore the substantive differences among them, recorded them in tabular form, and compared them. We discovered substantive differences, which may affect the implementation of emergency medical service, as well as patient care.

Key words: emergency medical service, legislation, nurse, patient

Osposobljenost studenata sestrinstva za komunikaciju na engleskom jeziku

U zadnjih nekoliko desetljeća internacionalizacija i mobilnost na tržištu rada zahtijevaju usvajanje dodatnih komunikacijskih vještina, posebice onih na stranim jezicima. U zdravstvu, medicinske sestre i tehničari čine najbrojnije članove timova koji s pacijentima provode najviše vremena, a znanje stranih jezika postaje preduvjet uspostave kontakta i pružanja adekvatne skrbi. Cilj istraživanja bio je utvrditi razinu osposobljenosti studenata preddiplomskog stručnog studija sestrinstva Visoke tehničke škole u Bjelovaru za komunikaciju s pacijentima na engleskom jeziku i to: razumijevanje stručnih pojmova, vještine čitanja i pisanja te uvidjeti razlike u stavovima između redovitih (nezaposlenih) i izvanrednih (zaposlenih) studenata prema značaju učenja stranog jezika. Instrument provedbe istraživanja bio je upitnik koji je sadržavao Likertovu skalu stavova, a popunilo ga je 120 studenata. Iz rezultata istraživanja proizlazi da je gotovo polovica ispitanika izrazila nemogućnost ispravnog prevođenja stručnog pojma s hrvatskog na engleski jezik iako 47 % ispitanika smatra iznimno važnim učiti strani jezik na studiju sestrinstva. Analizom rezultata utvrđeno je kako postoje značajne statističke razlike u stavovima između ispitanika s obzirom na njihov radni status kod parametara koji se odnose na čitanje, pisanje i važnost učenja engleskog jezika.

Ključne riječi: sestrinstvo, komunikacija, engleski jezik, studenti

Competence of Nursing Students to Communicate in English

In the last couple of decades, internationalisation and labour market mobility have resulted in the necessity of acquiring additional communication skills, especially in foreign languages. Within the healthcare system nurses represent the most numerous group of medical staff, who spend the most time with patients, and foreign languages have become a prerequisite for establishing contact and providing adequate care. The objective of this research was to determine the level of competence of students of the undergraduate professional study programme in nursing at the Technical College in Bjelovar to communicate with patients in English. More specifically, it related to the understanding of professional terminology, reading and writing skills, and the difference in attitudes between full-time (unemployed) and part-time (employed) students towards the importance of learning a foreign language. The instrument used was a questionnaire containing a Likert scale, which was completed by 120 students. The results indicate that almost half of all respondents expressed the inability to correctly translate professional terms from Croatian into English, although 47% of them found learning a foreign language in the scope of nursing studies to be exceptionally important. The results analysis proved significant statistical differences in the students' attitudes given their employment status regarding parameters related to reading, writing and the importance of learning a foreign language.

Key words: nursing, communication, English language, students

Posledice padcev starejših oseb v domačem okolju

Posledice padcev starejših ljudi lahko negativno vplivajo na njihovo samostojnost. Z raziskavo smo želeli ugotoviti posledice padcev starejših oseb v domačem okolju. Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije, kompilacije in sinteze. Raziskavo smo izvedli na namenskem vzorcu starejših ljudi ($n = 28$) v Mestni občini Velenje marca 2017. Podatke smo statistično obdelali s statističnim paketom SPSS, verzija 22.0. Raziskava pokaže, da je 21 (75 %) anketiranih starejših ljudi padlo, od tega se jih je 10 (48 %) zaradi padca poškodovalo in zato poiskalo zdravniško pomoč. Starejši se v domačem okolju srečujejo s padci, njihovimi posledicami in z arhitekturnimi ovirami. Na podlagi rezultatov predlagamo, da bi bilo treba padce starejših v domačem okolju evidentirati, saj jih veliko ostane neregistriranih. Za celostno obravnavo starih ljudi bi morali preučiti tudi psihične posledice padcev.

Ključne besede: dejavniki tveganja, padci, posledice padcev, starejši ljudje, staranje

Consequences of Falls among Older People in Home Environment

Consequences of falls among older people can have a negative impact on the autonomy of life. We wanted to find out the consequences of falls among older people in their home environment. We used a quantitative method of research, the methods of description, compilation and synthesis. The study was carried out on a purposeful sampling of elderly people ($n = 28$). The survey was conducted in the Municipality of Velenje in March 2017. The data were statistically processed with the statistical package SPSS, version 22.0. Data show that 21 (75%) of the respondents had already fallen, of which 10 (48%) were injured as a result of a fall, and sought medical help. In their home environment, older people experience falls as well as their consequences, and they need to deal with architectural obstacles. Based on the results, we suggest that falls among older people in the home environment should be accurately recorded, since many falls remain unregistered. For the holistic treatment of older people, the psychological consequences of falls should be studied.

Key words: risk factors, falls, consequences of falls, older people, aging

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Centar integrativne psihijatrije (CIP)

CIP provode multidisciplinarni timovi psihijatara, medicinskih sestara, internista, stomatologa, neurologa, psihologa, liječnika opće i obiteljske medicine, farmaceuta, radnih terapeuta, nutricionista, socijalnih radnika i socijalnih pedagoga. Liječenje se provodi personaliziranom farmakoterapijom, grupnom i individualnom psihoterapijom, transkranijском magnetskom stimulacijom, radnom terapijom, drama i terapijom plesom. Poduzeli smo brojne znanstvenoistraživačke projekte kako bismo unaprijedili naša klinička nastojanja. Naše medicinske sestre i nemedicinsko osoblje koje brine o vrtovima, objektima, prehrani i održavanju aktivno sudjeluje u znanstvenim projektima, bavi se znanstvenim radom i publicira. Svrha program je liječenje ozbiljnih mentalnih poremećaja (OMP) kod kroničnih somatskih bolesti (KSB) i KSB kod OMP. Prije svega u sveobuhvatnoj brizi za kvalitetu života (KŽ) psihijatrijskih bolesnika i njihovih obitelji. KSB u bolesnika s OMP povezani su s ishodima psihijatrijskog liječenja neovisno o drugim sociodemografskim i kliničkim čimbenicima. KSB utječu na KŽ bolesnika i njihovih obitelji. KSB moramo posvetiti aktivnu pažnju ne samo radi njihovih neposrednih posljedica, već i radi učinkovitosti naših psihijatrijskih terapija.

Gljučne riječi: Integrativna psihijatrija, multidisciplinarnost, transkranijска magnetska stimulacija, multimorbiditeti

Center of Integrative Psychiatry (CIP)

CIP is implemented by multidisciplinary teams of psychiatrists, nurses, internal medicine specialists, stomatologists, neurologists, psychologists, primary care physicians, pharmacists, work therapists, nutritionists, social workers, and social pedagogues. Treatment is performed with personalised pharmacotherapy, group and individual psychotherapy, Transcranial Magnetic Stimulation, work, drama, and dance therapies. We have undertaken numerous scientific research projects to advance our clinical endeavours. Our medical nurses and non-medical staff take care of gardening, facilities, food or maintenance, take the active part in scientific projects, and do scientific work and publishing. The aim of the programme is management of serious mental illness (SMI) in chronic physical illness (CPI), and CPI in SMI; most of all, a comprehensive care for patients and their families' quality of life (QoL). CPI in patients diagnosed with SMI are associated with the treatment outcome independently of other clinical and sociodemographic factors. They affect patients and their families' QoL. We have to pay proactive attention to the treatment of CPI not only because of its direct consequences, but also for the effectiveness of our psychiatric therapy.

Ke words: integrative psychiatry, multidisciplinarity, Transcranial Magnetic Stimulation, multimorbidity

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Stališča reševalcev do uporabe mehanskih naprav za zunanjo masažo srca

Zavedanje o vplivu kakovostne zunanje masaže srca na preživetje pacienta s srčnim zastojem je privedlo do razvoja mehanskih naprav za zunanjo masažo srca, ki se vedno bolj uveljavljajo v kliničnem okolju. Z raziskavo smo želeli ugotoviti, kakšna so stališča reševalcev do uporabe omenjenih naprav v predbolnišničnem okolju. V raziskavi je sodelovalo 75 reševalcev iz štirih zdravstvenih domov. Za zbiranje podatkov smo uporabili vprašalnik, ki je vseboval 14 trditev, na katere so anketiranci odgovarjali s pomočjo 3-stopenjske lestvice. Za analizo podatkov smo, poleg deskriptivne statistike, uporabili Mann-Whitneyjev U-test neodvisnih vzorcev. Kot pomembno prednost uporabe mehanskih naprav reševalci izpostavljajo lažje vzdrževanje priporočenih parametrov zunanje masaže srca in bolj učinkovito delo reševalne ekipe, kot negativno plat pa predvsem neuporabnost mehanskih naprav pri otrocih in pacientih s prekomerno telesno težo. Reševalci, ki so večkrat uporabili napravo, so ji bolj naklonjeni. Kljub nekaterim pomanjkljivostim mehanske naprave omogočajo kakovostnejšo oskrbo pacientov s srčnim zastojem v predbolnišničnem okolju.

Ključne besede: reševalci, srčni zastoj, zunanja masaža srca, mehanske naprave

Paramedics' Attitudes towards Using Mechanical Devices for External Cardiac Massage

Being aware of the importance of quality external cardiac massages for the survival of the patient experiencing a cardiac arrest has led to the development of mechanical external cardiac massage devices which are increasingly establishing in the clinical setting. With the study we wanted to determine the attitudes of paramedics towards using the mentioned mechanical devices in the prehospital environment. 75 paramedics from four healthcare centres participated in the survey. For data collection, we used a questionnaire which included 14 statements to which respondents answered by means of a 3-point scale. For the data analysis, in addition to descriptive statistics, we used Mann-Whitney U-test for independent samples. As an important advantage of the mechanical devices, paramedics highlighted easier maintenance of the recommended parameters of external heart massage and better work efficiency of the rescue team. As a disadvantage, paramedics mostly highlighted the inapplicability of the devices when dealing with obese patients and children. Paramedics who repeatedly handled with the device expressed better attitude towards its use. Despite some deficiencies, mechanical devices provide higher quality care of patient with cardiac arrest in the prehospital environment.

Key words: paramedics, mechanical devices for external cardiac massage, cardiac arrest

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Edukacija pacijenata s križoboljom

Križbolja je jedna od najzastupljenijih bolesti današnjice, a samim time i najzastupljenije stanje u fizioterapiji. Zbog učestalog izostanka s posla, smanjenja produktivnosti i smanjene kvalitete života, globalni je socioekonomski problem. U istraživanju je sudjelovao 30 ispitanika s križoboljom. Anketiranje je bilo anonimno, provedeno je online pomoću anketnog upitnika. Pitanja se odnose na učestalost križbolje i educiranost pacijenata. Većina ispitanika pripada u skupinu radno aktivne populacije. Učestalo ponavljanje križbolje potvrdilo je 90 % ispitanika. Skoro polovina ispitanika (46,7 %) nije educirana o križbolji. Da se o uzrocima i načinu liječenja križbolje treba više govoriti u sklopu preventivnih programa kako bi se spriječilo nastajanje križbolje smatra 97 % ispitanika. Edukacija ima značajnu ulogu, kako u prevenciji, tako i u liječenju. Edukacija se provodi s ciljem internalizacije i osnaživanja pacijenata. Edukacija pacijenata s križoboljom treba biti sastavni dio menadžmenta križbolje kako bi se spriječili recidivi te nastajanje kroniciteta.

Ključne riječi: fizioterapeuti, križbolja, edukacija

Education of Patients with Lower Back Pain

Lower back pain is one of the most frequent diseases of today, and thus the most frequent condition in physiotherapy. Due to frequent sick leave, reduced productivity and reduced quality of life, lower back pain represents a global socioeconomic problem. 30 participants with lower back pain participated in the study. The survey was anonymous; it was conducted online by a questionnaire survey. Questions in the questionnaire were related to the lower back pain frequency and patient education concerning their condition. Most participants belonged to a group of active working population. 90% of participants confirmed the frequent recurrence of the pain. Almost half of the participants (46.7%) were not educated about the pain. 97% of participants consider that the causes of lower back pain and the way of treating acute pain should be more discussed within preventive programs, aiming to prevent lower back pain. Education plays a significant role in both prevention and treatment. Education is being carried out with the aim of internalising and empowering patients. Education of patients with lower back pain should be an integral part of the pain management in order to prevent lower back pain recurrence.

Key words: physiotherapist, lower back pain, education

Vključevanje ljudi z intelektualno oviro v skupnost s podporo delovnega terapevta

Odrasli ljudje z intelektualno oviro so v Sloveniji doma ali pa so vključeni v socialno varstvene institucije, večina v varstveno-delovne centre. Sodobni pristopi k oviranosti prepoznajo škodljivost segregacije in poudarjajo prednosti vključevanja. Varstveno delovni centri temu sledijo tudi z vključevanjem svojih varovancev v integrirane oblike dela. Gre za delo v običajnem delovnem okolju z zagotovljeno podporo. V prispevku je opisan primer priprave delovnoterapevtskega načrta za vključitev ljudi z intelektualno oviro v običajno delovno okolje. Delovnoterapevtski načrt je bil zasnovan na konceptu podpome zaposlitve. Delovni terapevt je v tem primeru tudi delovni mentor. Od tradicionalnega modela usposabljanja in dela se razlikuje v tem, da je delovni terapevt ves čas prisoten v delovnem okolju, da daje podporo pri prilagoditvi, usposabljanju in izobraževanju. Delovni terapevt nudi ljudem z intelektualno oviro, ki opravljajo delo v običajnem delovnem okolju, dobro strukturirano podporo, ki zajema trening na delovnem mestu, trening socialnih veščin, pomoč pri prihodu na delo ter ostalo potrebno podporo, namenjeno ljudem z intelektualno oviro in njihovim delodajalcem.

Ključne besede: intelektualne ovire, delo, podpora, delovno okolje

Integration of People with Intellectual Disability into a Community with the Support of an Occupational Therapist

Adult people with intellectual disability in Slovenia live at home or included in social care institutions, mostly in work and care centres (VDC). Modern approaches to disabilities recognise the harmfulness of segregation practices and emphasise the benefits of integration practices. Work and care centres follow this by integrating their users into working at mainstream work places. The article describes an example of the preparation of occupational therapist plan to include people with intellectual disabilities in mainstream working environments. The plan was based on the concept of supported employment. In this case, an occupational therapist is also a working mentor. The main difference between traditional training and work models is that the occupational therapist is present in the working environment to provide support for adaptation, training and education. An occupational therapist offers people with intellectual disabilities, working in mainstream work environments, a well-structured support, including: workplace training, social skills training, travel assistance and other necessary support for people with intellectual disabilities and an employer.

Key words: intellectual disability, work, support, mainstream workplaces

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Somatski-psiho-socio-semiotički okvir paradigme holističkoj skrbi za pacijenta

Bolest i zdravlje su singularni pojmovi, koji se prije svega odnose na ljudsko stanje, koje odražava harmoniju ili disharmoniju. Moderni tempo života svakodnevno uvjetuje stanje disbalansa koje prepoznajemo u porastu oboljelih osoba. Razumjeti stanje pacijenta kroz simptome bolesti u današnje vrijeme nije dovoljno, zdravstveni djelatnici u svakodnevnoj skrbi za pacijenta trebaju težiti cjelovitom pristupu koji se temelji na holističkoj medicini. Paoli i suradnici (2000) uvode značenje somatsko-psiho-socio-semiotičke paradigme zdravlja, što uvelike doprinosi razumijevanju značenja holističkog pristupa - holističke skrbi za pacijenta. Cilj rada je razumijevanje zdravlja-bolesti, kao stanja ravnoteže-neravnoteže, na razini somatskog-psihološkog-socijalnog-semiotičkog, otvara nove perspektive u sagledavanju potreba pacijenta i daljnjih mogućnosti liječenja i rehabilitacije. U zaključku rad opisuje osnovni koncept somatsko-psiho-socio-semiotičke paradigme zdravlja kroz prikaz slučaja što dodatno omogućava razumijevanje značenja holističke skrbi za pacijenta.

Ključne riječi: bolest, zdravlje, holistički pristup, holistička skrb

Somato-Psycho-Socio-Semiotic Frame of the Paradigm of the Holistic Care of the Patient

Illness and health are singular notions that are primary related to a human condition, which reflects harmony or disharmony. The modern way of life regularly gets to a state of imbalance, possibly recognized in the increasing number of sick people. Today, understanding the patient's condition according to the symptoms of their disease is not enough, therefore health workers should be tending to the total approach in their regular care for the patient, based on the holistic medicine. Paoli and his fellow workers (2000) introduced the meaning of the somato-psycho-socio-semiotic paradigm of health, which enormously contributes to the understanding of the holistic approach - the holistic care of the patient. The aim of the paper is to understand both health and illness, as a state of balance or imbalance, at the somato-psycho-socio-semiotic level, by opening new perspectives in observing the patients' needs and further possibilities of their medical treatment and rehabilitation. In conclusion, the work describes the main concept of the somato-psycho-socio-semiotic health paradigm through the review of a case, which additionally enables to understand the meaning of the holistic care of the patient.

Key words: illness, health, holistic approach, holistic care

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Stališča dijakov zdravstvene nege do staranja in starejših ljudi

V zdravstveni negi starejših ljudi je odnos do njih zelo pomemben dejavnik kakovostne zdravstvene nege. Ugotavljali smo, kakšna so stališča dijakov zdravstvene šole do dela s starejšimi ljudmi. Raziskava temelji na kvantitativni metodi dela. Izvedena je bila deskriptivna metoda raziskovanja. Ugotovili smo, da imajo dijaki pozitiven odnos do starosti, starosti se ne bojijo in starejši ljudje zanje niso neprijetni. Ocenjujejo, da znajo komunicirati z njimi, izkušnje s starejšimi ljudmi opisujejo pozitivno in delo s starejšimi jim predstavlja izziv. Do izobraževanja imajo pozitiven odnos in se zavedajo pomena nenehnega usposabljanja in poglobljanja že pridobljenega znanja. Največji primanjkljaj znanja čutijo na področju paliativne oskrbe pacienta. Hkrati menijo, da je kakovostna celostna obravnava starejših ljudi zahtevna in naporna. Ugotovitve raziskave tudi kažejo, da mladi želijo svoje znanje iz paliativne oskrbe poglobljati, kar pa je lahko podlaga za izboljšave pri zdravstveni negi starejših ljudi.

Ključne besede: starejši ljudje, staranje, mladi, odnosi, zdravstvena nega

Views of Nursing Care Students on Ageing and Older People

In nursing care, the attitude to older people is a very important factor of nursing care quality. In this study, we were interested in the attitude of nursing care students regarding their work with older people during their education. The survey is based on the quantitative method. The descriptive research method was used, and the results are presented in a descriptive and tabular manner. We found out that the students have a positive attitude towards the old age, they are not afraid of it and they do not find older people unpleasant. Students estimate that they are able to communicate with them, describe experiences with older people as positive, and work with them as challenging. Students also have a positive attitude towards education, they are aware of the importance of continuous training and consolidation of the acquired knowledge. They notice the largest knowledge deficit in the field of palliative care. At the same time, they know that a high-quality holistic treatment of older people is very demanding and requires a lot of hard work.

Key words: older people, ageing, youth, attitude, nursing care in the old age

Kakovost življenja odraslih z motnjo v duševnem razvoju

V prispevku je kakovost življenja obravnavana kot razlika med posameznikovimi potrebami in željami ter možnostjo za uresničitev le-teh v objektivnem okolju. V raziskavo, katere namen je bil analizirati kakovost življenja oseb z zmerno motnjo v duševnem razvoju, ki kot odrasli bivajo doma, in tistimi, ki bivajo v instituciji, je bilo zajetih enainosemdeset oseb z motnjami v duševnem razvoju, ki so govorili o svojih željah in potrebah. Na drugi strani pa so realizacijo le-teh ocenjevali starši (oz. skrbniki), če oseba biva doma, ali strokovni delavci, če je oseba nastanjena v instituciji. Obravnavani so bili vsebinski sklopi fizičnih potreb, materialne preskrbljenosti, čustvenih potreb, pravic, samoodločanja, osebnostnega razvoja, medsebojnih odnosov in socialne vključenosti. Poudarek je bil na ugotavljanju, ali dano okolje zagotavlja ustrezne pogoje za kakovostno življenje s hkratnim zavedanjem subjektivne izkušnje posameznika.

Ključne besede: odrasli, motnje v duševnem razvoju, kakovost življenja, institucije, domače okolje

Quality of Life of Adults with Intellectual Disability

The main purpose of this study is to analyse the quality of life of adults with moderate intellectual disability who are either living as adults at home or residing in an institution. The quality of life is measured as a difference between the individual's needs and desires, and their realisation of possibilities in an objective environment. The study includes eighty-one persons with moderate intellectual disability, who were asked to express their needs and desires. On the other hand, realisation of the needs and desires was assessed by parents (or guardians), if the person had been living at home, or staff, if the person had been institutionalised. The following topics are discussed in the study: physical needs, material supply, emotional needs, rights, self-determination, personal growth, social relationships, and social belonging. The focus is to determine whether the given environment provides adequate conditions for the quality of life based on the individual's subjective experience.

Key words: adults with moderate intellectual disability, quality of life, institutional form of accommodation, living at home

Jezikovne ovire v zdravstvu

Razumevanje, kako zmanjšati jezikovne ovire, postaja vse bolj pomembno za ponudnike zdravstvenih storitev po vsem svetu. Jezikovne ovire negativno vplivajo na paciente pri njihovem dostopu do zdravstvenih storitev, razumevanje in spoštovanje, kakovost oskrbe ter zadovoljstvo pacientov in ponudnikov. Cilj prispevka je opisati stanje na področju znanstvene literature o jezikovnih ovirah. Pregledali smo znanstveno literaturo o jezikovnih ovirah v zdravstvu in izvedli presečno analizo s tabeliranjem frekvenc geografske lokacije, jezikovne skupine, uporabljene metodologije, poudarka in posebnosti raziskave ter primerjali literaturo. V zadnjih letih se je povečalo zanimanje za proučevanje teme z vidika ponudnikov namesto ali poleg vidika pacientov. Izvedeno je bilo precej raziskav o jezikovnih ovirah v zdravstvu. Večina novejših raziskav je osredotočena na ovire pri dostopu do zdravstvenih storitev, izvedene so bile primerjalne študije, prakse tolmačenja, dosežki in zadovoljstvo pacientov. Potrebne so dodatne raziskave, ki bi pokazale, ali jezikovne ovire vplivajo na zdravje pacientov in zagotovile dokaze za prakse zmanjšanja jezikovnih ovir ter oceno stroškovne učinkovitosti zagotavljanja jezikovne pomoči pacientom z jezikovnimi ovirami.

Ključne besede: jezik, jezikovne ovire, zdravstvo, pacient

Language Barriers in Health Care

Understanding how to mitigate language barriers is becoming increasingly important for health care providers around the world. Language barriers adversely affect patients in their access to health services, understanding and respect, quality of care, and patient and provider satisfaction. The objectives of this paper are to describe the state of the existing literature on language barriers. We reviewed the research literature on language barriers in health care and conducted a cross sectional analysis by tabulating frequencies of geographic location, language groups, methodology, research focus and specificities, as well as literature comparison. In the last years, there has been an increased interest in studying the providers' perspective instead of, or in addition to the patients' perspective. A substantial amount of research on language barriers in the healthcare setting has been performed. The majority of this more recent research has focused on access barriers, comparison studies, interpreting practices, outcomes, and patient satisfaction. More research is needed to elaborate on whether language barriers influence patients' health, to provide evidence for interventions for overcoming language barriers, and to assess the cost effectiveness of providing language concordant care to patients with language barriers.

Key words: language, language barriers, health care, patient

Euthanasia

During our lives, each of us meets death and faces the question of their own death at a certain point. The issue of dying is extremely sensitive to every human being and it is not easy to talk about it. Most people are afraid of the circumstances under which they would die. Euthanasia is a deliberate way to end the life of an incurably ill patient by physician upon the patient's own request. For laypersons, it is considered ending a life of a suffering person out of mercy. It is one of the most controversial and up-to-date topics nowadays. Although science is developing rapidly, there are diseases that cannot be healed. Patients with these illnesses are usually either confined to bed and dependent on the help of other people, or their life is accompanied by many painkillers. The paper deals with the issue of euthanasia. The opening part of the paper is devoted to the definition of euthanasia, its history, and situation in particular countries of the European Union. Arguments for and against euthanasia are listed. In the empirical part of the paper, the results of the research, which was realised among non-professional public and staff from the district Třebíč Hospital, are presented. The aim was to determine the opinion of laypersons and medical staff regarding different fields of the euthanasia issue, and the evolution of the approach towards euthanasia developed throughout the years of experience.

Key words: euthanasia, research, arguments, proponent, opponent

Evtanazija

V teku življenja se vsak izmed nas sreča s smrtjo in v določenem trenutku se vsak posameznik sooči z vprašanjem lastne smrti. Vprašanje smrti je izjemno občutljivo za vsakogar in ni enostavno o tem govoriti. Večina ljudi se boji okoliščin, v katerih bi umrli. Evtanazija je namerno končanje življenja neozdravljivih bolnikov, ki ga izvrši zdravnik na bolnikovo zahtevo. Za laike je evtanazija končanje trpljenja človeka iz usmiljenja. Evtanazija je ena najbolj spornih in aktualnih tem v današnjem času. Čeprav znanost hitro napreduje, obstajajo bolezni, ki so neozdravljive. Bolniki s tovrstnimi boleznimi so bodisi vezani na posteljo in odvisni od pomoči drugih, ali pa jih spremlja veliko število zdravil proti bolečinam. Prispevek obravnava vprašanje evtanazije. Uvodni del predstavi definicijo evtanazije, njeno zgodovino in položaj zlasti v državah Evropske unije. Navaja tudi argumente za in proti evtanaziji. Empirični del prispevka pa predstavi rezultate raziskave, ki je bila izvedena med laiki in osebjem bolnišnice v okrožju Třebiča. Cilj je ugotoviti mnenje laikov in medicinskega osebja glede različnih področij vprašanja evtanazije in opredeliti razvoj pristopa k evtanaziji, razvitega na podlagi dolgoletnih izkušenj.

Ključne besede: evtanazija, raziskava, argumenti, zagovornik, nasprotnik

Menedžment krhkosti in projekt skupnega ukrepanja Advantage

V prispevku predstavljamo rezultate šestih sistematičnih pregledov literature, ki so nastali na projektu skupnega ukrepanja JA Advantage. To je projekt Evropske komisije, ki je usmerjen v obravnavo in izdelavo smernic preventive in obvladovanja krhkosti na politični in aplikativni ravni. Uporabili smo sistematičen pregled literature in dobrih praks za 6 delovnih nalog, delovnega paketa 6 – Menedžment krhkosti na stopnji posameznika: preventiva, klinična obravnava, prehrana, fizična aktivnost, zdravila in IKT. Zgodnje intervencije lahko najdemo na več področjih, zato mora biti menedžment obvladovanja krhkosti usmerjen v obširno in celostno obravnavo: preventiva, klinični menedžment, fizična aktivnost, prehrana, zdravila in informacijske tehnologije. Prevalenca starostne oslabelosti in krhkosti z leti progresivno narašča in je hkrati glavni faktor vpliva na povečanje stroškov zdravljenja pri starejših. Ker se lahko proces, ki vodi do starostne krhkosti in oslabilnosti upočasnijo ali celo popolnoma zavre, je primeren za zgodnje intervencije.

Ključne besede: krhkost, upravljanje krhkosti, staranje, multimorbidnost

Management of Frailty and Joint Action Advantage

In the article we present the results of six systematic literature and good practices reviews that were conducted in the Joint action Advantage. Joint action Advantage is a project of European Commission, directed in dealing and production of guidelines of management of frailty at a political and applicative level. Systematic literature review and good practices review was conducted to obtain the results on six tasks of the Work package 6 – the Management of Frailty at Individual Level: Prevention, Clinical management, Nutrition, Physical exercise, Drugs, and ICTs. Early interventions can be found in multiple fields, so the management of frailty should be directed in comprehensive and holistic treatment: prevention, clinical management, physical exercise, nutrition, medications, and information technologies. Prevalence of frailty and disability is progressively increasing with age, and is the main factor of increasing health expense in older population. As the process that leads to frailty and disability can be slowed down or even completely reversed, it can be appropriate for early interventions.

Key words: frailty, frailty management, ageing, multimorbidity

Pacientova pravica do informiranosti

Dolžnost zdravnika in tudi medicinske sestre je neposredno povezana s pravico pacienta do seznanitve s svojo boleznijo in odločanja o predlaganih ukrepih zdravljenja. Tako postane pacient v procesu zdravljenja enakovreden partner in ni več samo objekt, temveč je subjekt. Kot določa 20. člen ZPacP, je nosilec pojasnilne dolžnosti zdravnik in tudi drugo zdravstveno osebje na svojem področju. V našem primeru lahko medicinske sestre tako pojasnijo pacientu negovalne postopke, ki naj bi bili izvedeni pri pacientu, saj sodobna zdravstvena nega temelji na procesni metodi dela. Zavedati se moramo tudi obligacijskega vidika posredovanja informacij. Ker je le-to zelo pomembno za pacientovo aktivno vključevanje v proces zdravstvene oskrbe, so se sčasoma razvili tudi različni modeli posredovanja informacij. V prispevku bomo predstavili vrste pojasnil, časovni okvir posredovanja pojasnil ter njihovo vsebino in obseg, ter načine, kako so bili pacienti seznanjeni s posegom, možnimi zapleti ali drugačnim načinom zdravljenja. Predstavili bomo tudi mnenje pacientov o načinu pridobivanja njihovega soglasja in tudi o dejavnikih, ki vplivajo na ustrezno informiranost.

Ključne besede: pacientove pravice, zakonodaja, pojasnilna dolžnost

The Patient's Right to Being Informed

The explanation duty of the doctor and the nurse is closely related to the patient's right to be acquainted with their disease and decisions on recommended medical procedures. As such, in the process of healing, the patient becomes an equal participant, no longer regarded as an object, but rather as a subject. As dictates the Article 20 of ZPacP, the bearer of the explanation duty is the doctor and other medical staff in their fields. In our case, nurses are allowed to explain medical procedures, which should be performed, to the patient, as modern health care is based on a procedural method of work. We should also be aware of the obligatory standpoint of giving information. Because sharing the information with patients is vital for their active role in medical care, with time, different models of informing have been developed. In the paper we will also present different types of explanation procedures, the time frame in which the explanation should be given, as well as the content and extent of each procedure. In the empirical part of the paper we will present the methods by which patients were familiarised with the procedure, and possible complications or alternative methods of treatment according to the respondents' answers. Additionally, we will present the ratings given by patients on the method of acquiring an informed consent, as well as the respondents' thoughts on factors affecting the adequate informing procedure.

Key words: patient rights, legislation, explanation duty

Trg zdravil in izdatki za zdravila

Slovenija in razvite države sveta se zaradi staranja populacije soočajo z naraščanjem izdatkov za zdravstveno varstvo. Pomemben delež med temi izdatki so tudi izdatki za zdravila, ki pa naj bi glede na napovedi rasli tudi v prihodnje. Na podlagi analize dokumentov predstavimo obseg potrošnje zdravil v svetu, s posebnim poudarkom na državah Evropske unije in Slovenije v obdobju od leta 2004 dalje. Ob tem ugotavljamo, da ima Slovenija kljub majhni populaciji enega izmed bolj razvitih trgov zdravil v Srednji in Vzhodni Evropi, ki ima popolnoma usklajene ključne zakone s področja farmacije s standardi EU. Glavna razloga za to sta dolga tradicija farmacevtske proizvodnje in visoka raven povezanosti z EU in Zahodno Evropo na splošno. Rezultati kažejo, da izdatki za zdravila na recept kot za zdravila za samozdravljenje rastejo. Hkrati pa ugotavljamo, da se spreminjajo izdatki glede na vrsto zdravil. Glede na navedeno ne preseneča, da pristojne institucije veliko časa in energije namenjajo ozaveščanju zdravnikov in pacientov o preudarni uporabi zdravil, kar naj bi izboljšalo učinke zdravljenja, zmanjšalo tveganja glede neželenih učinkov in vplivalo na učinkovitejšo porabo sredstev za zdravila. Zelo pomembna pa je tu tudi zakonodaja, ki bo urejala financiranje zdravstva v prihodnosti.

Ključne besede: zdravstveno varstvo, zdravila, trženje, izdatki za zdravila, Slovenija

Medicine Market and Expenditure for Medicines

As a result of the aging population, Slovenia and developed countries of the world are facing an increase in healthcare expenditure. Expenditure for medicines is also an important part, which is expected to grow in the future as well. Based on the document analysis, we present the scope of medicines consumption in the world, with a special focus on the countries of the European Union and Slovenia, in the period from 2004 onwards. At the same time, we find that, despite the small population, Slovenia has one of the more developed markets for medicines in Central and Eastern Europe, which has completely harmonised the pharmacy laws with the EU standards. The main reasons for this is the long tradition of pharmaceutical production, as well as a high level of connection with the EU and Western Europe in general. The results show that expenditure for medicines, both on the prescription medicine market and on the self-medication product market, is growing. At the same time, we note that expenditure varies according to the medicine types. Accordingly, it is not surprising that the competent institutions devote a lot of time and energy to raising awareness of doctors and patients about the sensible and quality use of medicines, which should improve the effects of treatment, reduce the risks of side effects, and influence the more efficient use of medicine funds. Countries also pay a lot of attention to legislation that will regulate the financing of the healthcare sector in the future.

Key words: health care, medicines market, expenditure for medicines, Slovenia

Vloga medicinske sestre pri svetovanju bolnikom za samoupravljanje z diabetesom

Diabetes je kronična bolezen s težkimi posledicami za posameznika, družino, zdravstveni sistem in družbo nasploh. Na Kosovu le 36,5 % bolnikov s sladkorno boleznijo pozna svojo bolezen in jih zdravstveni delavci o njej tudi ustrezno poučijo. Medicinske sestre imajo nenadomestljivo vlogo pri svetovanju in izobraževanju bolnikov s sladkorno boleznijo. Namen prispevka je bil oceniti vlogo medicinskih sester pri obravnavi in svetovanju bolnikom glede samoupravljanja z diabetesom. Celotna študija je vključevala 142 bolnikov s sladkorno boleznijo, ki so jih obravnavali na Kliniki za endokrinologijo v Prištini. Povprečna starost udeležencev je bila $53,4 \pm 9,1$ let. Podatke smo zbrali z vprašalnikom Diabetes Self-Management Instrument. Analizo podatkov smo izvedli s Statističnim paketom socialnih znanosti (SPSS, 23). Od 142 anketiranih bolnikov, je 89 anketirancev (62,7 %) poročalo, da so jim svetovale medicinske sestre, medtem ko 53 anketirancem (37,3 %) medicinske sestre niso svetovale na poti obvladovanja normalnih vrednosti krvnega sladkorja. S t-testom smo ugotovili signifikantne razlike med tema dvema skupinama z vidika veščin samoupravljanja sladkorne bolezni. Rezultati te študije bodo pomagali načrtovati obravnavo bolnikov s sladkorno boleznijo, izboljšati rezultate njihovega zdravljenja, in povečati kakovost življenja.

Ključne besede: medicinske sestre, svetovanje, samoupravljanje diabetesa

The Nurse's Role in Advising Patients on Self-Management of Diabetes

Diabetes is a chronic disease with serious consequences for the person, family, health system, and society in general. In Kosovo, only 36.5% of diabetic patients have some knowledge about their illness and they receive it from health professionals. Nurses have an irreplaceable role in advising and educating diabetic patients. The purpose of the paper was to evaluate the role of nurses in advising patients on self-management of diabetes. The study included 142 patients with diabetes, recruited at the Endocrinology Clinic in Prishtina. The average age of participants was 53.4 ± 9.1 years. The data were collected by the Diabetes Self-Management Instrument. Data analysis was performed with the Statistical Pack for Social Sciences (SPSS, 23). From 142 patients surveyed, 89 (62.7%) reported that they were advised by nurses, while 53 (37.3%) were not advised by nurses regarding the method of diabetes self-management. With t-test, we found significant differences between these two groups and the level of patients' self-management skills. The results of this paper will help to plan appropriate advising process in order to improve the treatment results, reduce the burden of diabetes and increase the quality of life.

Key words: nurses' role, advising, diabetes self-management

Pomen pravilne polifarmakoterapije pri obvladovanju starostne krhkosti

Z izzivom demografskega staranja se zadnja leta sooča večina evropskih držav, podpora zdravemu, aktivnemu staranju postaja vse pomembnejša. Ustrezno zdravljenje z zdravili je pri starejših, multimorbidnih pacientih, ki so pogosto zdravljeni z več zdravili sočasno, ključnega pomena. Neustrezno zdravljenje z zdravili poveča pojavnost neželenih učinkov, interakcij, hospitalizacij, stroškov nege ter lahko celo poveča incidenco krhkosti. Evropska komisija je kot pomoč državam članicam pri obvladovanju starostne krhkosti finančno podprla projekt JA Advantage, v sklopu katerega je bil narejen pregled literature s področja menedžmenta polifarmakoterapije pri starostnikih z multimorbidnostjo. Namen prispevka je bil ugotoviti stanje na tem področju in na podlagi izsledkov načrtovati prihodnje delo. Ugotovljeno je bilo, da je za oceno polifarmakoterapije pri starejših na voljo veliko orodij, vendar nobeno od njih ne vključuje vseh potrebnih vidikov. V prihodnje bodo morali biti programi, ki urejajo področje predpisovanja zdravil starejšim, multidisciplinarni in usmerjeni na pacienta, ob upoštevanju značilnosti zdravstvenega sistema v državi, vse z namenom zagotavljanja učinkovitosti in varnosti. Interdisciplinarna obravnava in usmerjeno prepoznavanje pacientov, ki potrebujejo celovit pristop k predpisovanju zdravil oz. farmacevtski oskrbi, sta ključna za uspešno implementacijo.

Ključne besede: krhkost, starostniki, polifarmakoterapija, orodja, predpisovanje

The Importance of Appropriate Polypharmacotherapy in the Management of Frailty

Recently, most European countries have been facing the challenge of demographic ageing; support for active, healthy ageing has been gaining importance. Appropriate treatment is crucial for older patients with several chronic diseases, who are often treated with multiple medications. Inadequate treatment with medications increases the incidence of adverse reactions, interactions, hospitalisations, the cost of care; it can exacerbate fragility or increase its incidence. To assist Member States in managing age-related fragility, the European Commission financially supports JA Advantage project. In its frame, a literature review was conducted in the field of polypharmacotherapy management in older people with multimorbidity. The objective was to identify the current situation and plan the future work. It was found that many tools are available for the evaluation of polypharmacotherapy, but none of them includes all the necessary aspects. Future programs that regulate the prescription of medicines to older people should be multidisciplinary, patient-oriented and should take into account the characteristics of the health system in the country with the aim of warranty of efficiency and safety. An interdisciplinary approach and targeted identification of patients who need a holistic approach for prescribing and pharmaceutical care are of key importance for a successful implementation.

Key words: frailty, elderly, polypharmacotherapy, tools, prescription

Neurofeedback u motoričkim i kognitivnim oštećenjima kod djece s teškoćama u razvoju

Neurofeedback metoda može se opisati kao neinvazivno poticanje mozga da regulira svoju elektrofiziološku aktivnost kroz model instrumentalnog učenja. Cilj ovog rada je prikazati potencijalne učinke neurofeedback terapije na konsolidaciju kognitivnog i motoričkog statusa djece s teškoćama u razvoju i istražiti sigurnost kliničke uporabe. Ovo kontrolirano ispitivanje uključilo je 33 djece s razvojnim teškoćama-iz autističnog spektra, s poremećajem hiperaktivnosti i deficitom pažnje (ADHD) te Downovim sindrom. Rezultati su procijenjeni interno generiranim upitnikom, koji se temelji na GMFCS (Gross Motor Function Classification System) i BFMF (Bimanual Fine Motor Function), izraženi pomoću Likertove ljestvice. Za statističku analizu korišteni su Wilcoxon test Z test. Rezultati pokazuju statističku značajnost u smanjenju agitacije ($p = 0,001$), također u pijenju ($p = 0,001$), upotrebi igračaka ($p = 0,002$), vožnji biciklom ($p = 0,001$) te grafomotoričkim vještinama ($p = 0,001$). Varijable bez poboljšanja su mišićni tonus ($p = 0,157$) i tremor ($p = 0,059$). Tijekom i poslije intervencije nisu zabilježene nuspojave. Neurofeedback može pozitivno utjecati na konsolidaciju kognitivnih i motoričkih sposobnosti i potvrđuje sigurnost njegove kliničke uporabe.

Cljučne riječi: motoričke vještine, agitacija, oštećenje, djeca

Neurofeedback in Motor and Cognitive Impairments in Children with Disabilities

Neurofeedback method can be described as non-invasive brain incitement to regulate its electrophysiological activity through the instrumental condition model. The aim of the study was to show the potential effects of neurofeedback therapy on the consolidation on cognitive and motoric status of children with developmental disabilities, and investigate safety of clinical use. This controlled trial included 33 children with developmental disabilities (autism spectrum, attention deficit and hyperactivity disorder (ADHD), and Down syndrome). Results were evaluated by internally generated questionnaire, based on GMFCS (Gross Motor Function Classification System), and BFMF (Bimanual Fine Motor Function) using the Likert scale. A Wilcoxon test with $p = 0,001$ was used for statistical analysis. The results showed statistical significance in reducing agitation ($p = 0,001$), also in drinking ($p = 0,001$), toy use ($p = 0,002$), bicycle riding ($p = 0,001$), and graphomotor skills ($p = 0,001$). Variables without improvement were muscle tone, ($p = 0,157$) and tremor ($p = 0,059$). No adverse effects were documented during and after intervention. Neurofeedback therapy may improve children's sensory motoric abilities and confirms safety of its clinical use.

Key words: motor skills, agitation, impairment, children

Učinkovitost orodja za spodbujanje higiene rok v domu starejših občanov

Preprečevanje okužb, povezanih z zdravstvom, je eden od pomembnih kazalnikov kakovosti dela zdravstvenih delavcev ter zdravstvenih in socialno-varstvenih zavodov. Strokovnjaki poskušajo stanje izboljšati z različnimi tehnikami, med katerimi so tudi orodja za spodbujanje higiene. Namen prispevka je predstaviti učinkovitost higiene rok zaposlenih v zdravstveni negi, brez in s pomočjo orodja za spodbujanje želenega higienskega vedenja. Za zbiranje podatkov smo pripravili opazovalno listo, ki je služila kot orodje za spremljanje dela zaposlenih v zdravstveni negi v domu starejših občanov. Na podlagi analize podatkov opazovanega dela, smo v praksi preizkusili izbrano orodje za spodbujanje higiene. Sledilo je ponovno opazovanje zaposlenih in analiza podatkov ter primerjava rezultatov. S prvim delom opazovanja smo ugotovili, da zaposleni ne upoštevajo vseh higienskih predpisov pri izvajanju osebne higiene. Po uvedbi spodbujanja se je doslednost pri higieni rok izboljšala, in sicer najbolj pred pripravo pripomočkov za osebno higieno, pred začetkom postopka, po umivanju pacienta ter po zaključenem postopku. Rezultati kažejo, da z orodjem higienskega spodbujanja lahko pripomoremo k preprečevanju in obvladovanju okužb, povezanih z zdravstvom, in zagotovimo višjo kakovost bivanja stanovalcev.

Ključne besede: medicinske sestre, higiena rok, starostniki, vedenje zaposlenih, preprečevanje okužb

Efficiency of Nudging for Improving Hand Hygiene in Nursing Homes for Older People

Prevention and control of healthcare-associated infections is one of the most important indicators of quality in healthcare institutions and their employees. The experts are trying hard to find improvements and one of them is nudging. The aim of the study is to present the importance of providing hand hygiene quality of health workers and nudging. For data collection, we have made the observation form on which we evaluated the healthcare providers in nursing homes. Based on data analysis, we tested the selected nudging tool in practice. Then, we made the same observation with the observation form. This was followed by another analysis and comparison of the results. With the first part of the observation, we found out that employees do not follow hand hygiene compliance in the whole process of personal hygiene. After implementing the element of nudging, the hand hygiene mostly improved: prior to the preparation of devices for personal hygiene, before the procedure, after washing the patient, and after the whole procedure completion. The results show that nudging can promote hygiene behaviour of employees in nursing homes. We can conclude that nudging may help us to prevent and control healthcare-associated infections and provide a higher quality of life for residents, and consequently, improve the quality of health care.

Key words: nurse, hand hygiene, older person, employees behaviour, nudging

Upućenost spremačica u temeljna načela čišćenja i dezinfekcije

Sprečavanje i prevencija bolničkih infekcija cilj su svakog bolničkog sustava. Da bi prevencija bila što uspješnija djelatnici bolnice moraju biti jedan veliki tim. Dio tog tima su i spremačice koje svojim radom mogu itekako utjecati na prevenciju i prijenos bolničkih infekcija. Cilj ovog istraživanja je uvidjeti u kolikoj mjeri su spremačice upućene u elementarna pravila čišćenja i dezinfekcije bolnica te protokole i smjernice. Istraživanje je provedeno u Općoj županijskoj bolnici Požega od 1. siječnja - 30. travnja 2017 g. Obuhvaćena je 61 spremačica. Dobiveni rezultati ukazali su na područja insuficijentna znanjem te na taj način nam olakšavaju daljnje intervencije poput dodatne, usmjerene i prilagođene edukacije.

Ključne riječi: spremačice, čišćenje, bolničke infekcije, edukacija

Adeptness of Cleaners for Basic Principles of Cleaning and Disinfection

Blocking and prevention of hospital infections are the aims of every hospital system. In order to make prevention more successful, all the employees have to function as a large team. Members of such team are also cleaners who can extremely influence prevention and transmission of hospital infections with their work. The aim of this research was to perceive to what extent cleaners are acquainted with the elementary rules of cleaning and hospital disinfection, as well as with the protocols and guidance. The research was conducted in General County Hospital Požega, in the period between 1st March and 30th April in 2017. This research included 61 cleaners. The given results showed us areas with insufficient knowledge, and accordingly, have made further interventions like additional, directed, and customised education of the cleaners, easier for us.

Key words: cleaners, cleaning, hospital infections, education

Analiza ergonomskih obremenitev pri delu v diagnostičnem laboratoriju

Obremenjenost na delovnem mestu lahko privede do utrujenosti in bolezenskih odzivov delavčevega telesa, zato je pomembno, da skrbimo za ohranjanje zdravja tudi v delovnem okolju. Namen raziskave je bil oceniti obremenitve delovnih položajev telesa in mišično neudobje delavcev v diagnostičnem laboratoriju ter pripraviti priporočila za zmanjševanje obremenjenosti delavcev. V raziskavi sta bili uporabljeni metodi OWAS in CORLETT. Podatki so zbrani pri enotedenskem opazovanju treh zaposlenih oseb v diagnostičnem laboratoriju. Na podlagi rezultatov metode OWAS smo ugotovili, da prihaja do preobremenitev telesnih položajev opazovanih oseb v dveh segmentih torakolumbalne hrbtenice, pri položaju zgornjih in spodnjih udov in pri položaju cervikalne hrbtenice, kjer je potrebno ukrepanje v doglednem času oz. pri položaju zgornjih udov, kjer je potrebno takojšnje ukrepanje. Ugotovitve metode CORLETT kažejo na neudobno počutje v gibalih pri osebi 1 v zapestnem delu in pri osebi 3 v srednjem in spodnjem delu hrbta. Ugotovili smo, da je bolečina v posameznem telesnem segmentu povezana z aktivnostjo delavcev in nepravilno držo. Svetujemo ukrepe za zmanjševanje obremenitev, kot so pravilna drža med delom, primerna višina stola ter več telesne aktivnosti v prostem času in med delom. Tako lahko pripomoremo k izboljšanju zdravja in počutja zaposlenih.

Ključne besede: ergonomija, obremenitve, diagnostični laboratoriji, metoda OWAS, metoda CORLETT

Analysis of Ergonomic Load at Work in a Diagnostic Laboratory

Workload can lead to fatigue and pathological responses of a worker's body, so it is important to control the ergonomic hazards. The aim of this study was to identify the burden of working postures of the body and muscle discomfort of workers in the diagnostic laboratory, and make recommendations to reduce the load on workers. The methods we used in the study were OWAS and CORLETT methods. The data were collected in a weeklong observation of three employees in a diagnostic laboratory. The OWAS method showed an overload of postures for the observed people in two segments of thoracolumbar spine position, in the position of upper and lower limbs and the cervical spine, where intervention is needed in due time, and immediate action for the position of upper limbs. Findings according to the CORLETT method show discomfort in limbs of person 1 in the wrist area and for person 3 in the middle and lower back. We have found out that the pain in each physical segment is associated with the activity and irregular postures. Measures to reduce the exposure, such as correct posture while working, suitable chair height, and more physical activity in leisure time and at work is advised. Thus, we can contribute to improving the health and well-being of employees.

Key words: ergonomics, workload, diagnostic laboratory, OWAS method, CORLETT method

Preprečevanje tetanusa ob poškodbi s cepljenjem v Sloveniji

Tetanus je življenje ogrožajoča bolezen, ki jo povzroča nevrotoksin bakterije *Clostridium tetani*, ki pride v človeško telo skozi rano ob poškodbi. Tetanus preprečimo z ustrezno kirurško oskrbo rane in s cepljenjem ob poškodbi (ob hkratni pasivni zaščiti s protitelesi) in v okviru primarne preventive z obveznim cepljenjem po predpisanem programu v otroštvu in z rednimi revakcinacijami na sedem do deset let. Poškodovanci pogosto ne vedo, kdaj so bili cepljeni. Namen prispevka je primerjava načinov preprečevanja tetanusa v slovenskih bolnišnicah in ugotavljanje precepljenosti otrok proti tetanusu v Sloveniji. Zbrali smo podatke o precepljenosti otrok proti tetanusu v letu 2015, o pogostosti cepljenja ob poškodbi z monovalentnim ali dvovalentnim cepivom (ki vsebuje tudi cepivo proti davici) in uporabi protiteles proti tetanusu v urgentnih kirurških ambulantah slovenskih bolnišnic. V Sloveniji je bilo v letu 2015 proti tetanusu cepljenih 96,1 % otrok. Delež necepljenih otrok je večji v mestih. Po poškodbah se v različnih urgentnih centrih cepi z monovalentnim ali z dvovalentnim cepivom, necepljeni poškodovanci pa dobijo protitelesa proti tetanusovemu toksinu (antitoksin). Tetanus je tudi v razvitem svetu življenje ogrožajoča bolezen. Poškodovanci se ne zavedajo pomembnosti cepljenja proti tetanusu in nevarnosti te bolezni, saj po 2. in 3. odmerku cepiva pride majhno število poškodovancev. Medicinska sestra ima pomembno vlogo, da paciente seznanja z nevarnostjo tetanusa in pomembnostjo cepljenja.

Ključne besede: *Clostridium tetani*, oskrba rane, tetanus, profilaksa, cepljenje proti tetanusu

Preventing Tetanus Infection with Immunisation in Slovenia

Tetanus is a life-threatening disease caused by a neurotoxin produced by *Clostridium tetani*, which enters the body through a wound. Tetanus can be prevented by proper surgical wound treatment and passive immunisation together with vaccination (or revaccination) after the injury, or by vaccination through primary preventive programme in the childhood with regular revaccinations every seven to ten years. At the time of the injury, patients are often uncertain about their tetanus vaccination status. The aim of the study was to compare anti-tetanus practices (policies) at the time of wound treatment in Slovenian hospitals and collect data on vaccinations in Slovenian children. We collected data on tetanus vaccinations of Slovenian children in 2015, on the use of mono or bivalent tetanus vaccines in the event of an injury, and on passive immunisations against tetanus with antibodies in emergency surgical departments of Slovenian hospitals. 96.1% of Slovenian children were vaccinated against tetanus in the year 2015, the vaccination rate being lower in urban areas. In the event of an injury, patients are vaccinated in emergency centres in Slovenia with mono or bivalent (together with diphtheria vaccine) vaccines. Unvaccinated patients receive passive immunisation with anti-tetanus antibodies. The injured patients are generally unaware of the importance of the proper tetanus vaccination, nor the dangers of the disease, since only a small fraction of the injured came to get the second and third dose of the vaccine. Nurses play an important role in educating patients about tetanus and the importance of proper vaccination.

Key words: *Clostridium tetani*, wound treatment, tetanus prophylaxis, tetanus vaccination

Primjena kultura stanica u toksikološkim ispitivanjima

Biotehnološka primjena kultura stanica širokog je opsega, a primarno obuhvaća komercijalnu proizvodnju različitih biofarmaceutika uključujući cjepiva, monoklonska protutijela, hormone, faktore koagulacije krvi i dr. Proizvodnja određenih tkiva – presađaka kože, hrskavice ili kosti također je moguća in vitro uzgojem animalnih i/ili humanih stanica određenog tipa, a u toksikološkim ispitivanjima njihova primjena postala je neizostavnim dijelom koji predhodi in vivo testiranjima. Time je omogućena značajna redukcija broja pokusnih životinja kao i uvid u specifične učinke ksenobiotika na razini stanice – istraživanja molekularnih mehanizama toksičnosti, interakcija s receptorima i modulacija intracelularnih signalnih puteva, određivanje tipa staničnog odumiranja (apoptoza, nekroza, autofagija, mitotska katastrofa). Praćenje bazalne citotoksičnosti različitim validiranim biotestovima (MTT test, Neural Red metoda, Kenacid Blue metoda, Trypan plavo obojenje mrtvih stanica) rutinski je uključeno u preliminarna in vitro testiranja čime se utvrđuje djelovanje ispitivane tvari na proliferaciju i preživljavanje stanica u kulturi. Razvoj i validacija alternativnih testova toksičnosti te koordiniranje i promicanje korištenja alternativnih pristupa u opsegu su djelovanja organizacija poput FRAME (eng. Fund for Replacement of Animals in Medical Experiments) i EURL ECVAM (eng. EURL - European Union Reference Laboratory; ECVAM - European Centre for the Validation of Alternative Methods) koje su u ovom području dale i daju značajan doprinos.

Ključne riječi: kulture stanica, in vitro testovi toksičnosti, ksenobiotici, mehanizmi citotoksičnosti

Application of Cell Cultures in Toxicity Testing

Application of cell cultures in biotechnology is widely used and includes commercial production of various biopharmaceuticals like vaccines, monoclonal antibodies, hormones, blood coagulation factors, etc. Production of certain tissues – skin, cartilage or bone grafts is also possible by in vitro techniques using particular animal and/or human cell type. Cell culture application has become an indispensable part of toxicological studies that precede in vivo testing. This enabled a significant reduction in the number of experimental animals as well as an insight into the specific effects of xenobiotics at the cellular level (e.g. molecular mechanisms of toxicity, interactions with receptors and modulation of intracellular signal pathways, detection of cell death - apoptosis, necrosis, autophagy, mitotic catastrophe). In order to determine the effect of the test substance on cell proliferation and viability, cytotoxicity screening with application of various validated assays (MTT test, Neural Red method, Kenacid Blue method, Trypan blue dying of death cells) is routinely included in preliminary in vitro testing. Alternative toxicity tests development and validation, as well as alternative approaches coordination and promotion are in the scope of FRAME (Fund for Replacement of Animals in Medical Experiments) and EURL ECVAM (EURL - European Union Reference Laboratory; ECVAM - European Centre for the Validation of Alternative Methods), organisations that have given a significant contribution in this area.

Key words: cell cultures, in vitro toxicity tests, xenobiotics, cytotoxicity mechanisms

Skrb za mentalno zdravje zaposlenih v zdravstvu

Prispevek obravnava pomen mentalnega zdravja kot enega ključnih elementov javnozdravstvenega sistema, ki mu Svetovna zdravstvena organizacija (World Health Organization – WHO) in druge mednarodne inštitucije s svojim delovanjem in programi zaščite posameznikovega zdravja namenjajo posebno pozornost. Koncept, ki skrbi za mentalno zdravje zaposlenih, naj bi bil nacionalna strategija in investicija, ki se hitro povrne. V globalni konkurenci postaja zdravje zaposlenih pomemben dejavnik uspešnega podjetja. Zdravstvo ni nobena izjema in predstavlja enega ključnih podsistemov za delovanje družbe. Posameznik oziroma osebnost je trajna in edinstvena celota, v kateri se prepletajo njegove duševne, vedenjske in telesne značilnosti. Pomembno je povezan z okoljem, ki njegove lastnosti oblikuje in določa. Takšno okolje je tudi delovno okolje. V prispevku je predstavljena raziskava, ki temelji na kvantitativnem raziskovalnem pristopu. Uporabljen je bil evalvacijski vprašalnik, ki je poleg splošnih podatkov vseboval trditve Likertovega tipa. Raziskovalna vprašanja se nanašajo na mentalno zdravje zaposlenih v zdravstvu, zunanje dejavnike, ki vplivajo na posameznika v njegovem delovnem okolju, in na odnos posameznika do sebe. Vprašanja so podkrepjena s hipotezami, ki so nazorno predstavljene v prispevku.

Ključne besede: mentalno zdravje, zdravstvo, zaposleni, delovno okolje, družba

Care for Mental Health of Employees in Health Care

The article discusses the importance of mental health as one of the key elements in the public health system, which is given special attention of the World Health Organisation – WHO, as well as other international institutions by implementing activities and programmes for the protection of the individual's mental health. The concept, providing mental health of the employees, should be a national strategy and an investment, providing feedback as soon as possible. In global competition, health of employees is becoming an important factor of the successful enterprise. Health care is no exception, as it represents one of the key sub-systems for the functioning of society. An individual or personality is a lasting and unique entirety, intertwining mental, behavioural, as well as physical characteristics, and importantly connected with the environment, shaping and defining their character, including the work environment. The article presents the research, based on the quantitative approach. An evaluation questionnaire was used, including general data as well as statements of the Likert type. The research questions refer to mental health of employees in health care, exterior factors, influencing the individual in their work environment, as well as the relation of the individual to himself. The research questions will be supported by stated hypotheses, accurately presented in the article.

Key words: mental health, healthcare employees, work environment, society's influence

Z raziskovanjem opozarjati na kakovost življenja bolnikov s psoriazo

Svetovna zdravstvena organizacija je leta 2014 sprejela resolucijo, ki je psoriazo ali luskavico prepoznala kot kronično, nenalezljivo, bolečo bolezen, ki močno omeji ali celo iznakazi bolnike in za katero ne obstaja dokončna ozdravitev. Psoriaza, za katero je obolelih več kot 125 milijonov ljudi, nima usodnega izida, a predstavlja veliko psihično in fizično breme za bolnika, saj so hujše oblike povezane z večjim tveganjem za razvoj drugih bolezenskih stanj. Ta zahtevna bolezen ima zelo negativen družbeni vpliv. Močno zmanjša kvaliteto življenja, saj mnogo bolnikov trpi zaradi slabega zavedanja o bolezni v širši javnosti. Namen prispevka je raziskati »življenje bolnikov s psoriazo« in predstaviti vidike psiho-socialnih bremen te bolezni. V prispevku predstavimo nekatere ugotovitve največje mednarodne raziskave o bolnikih s psoriazo na svetu iz leta 2016. Hkrati predstavimo rezultate raziskave Europso, Društva psoriatikov Slovenije, projekta Kožne bolezni in alergeni ter druge rezultate raziskovanja iz kliničnega okolja, ki temeljijo na uporabi kvalitativnih in kvantitativnih raziskovalnih metod. Rezultati raziskav, izvedenih v Sloveniji, kažejo, da mlade psoriatike bolezen ovira na poklicnem in na družbenem področju.

Ključne besede: psoriaza, raziskovanje, bolniki s psoriazo

Using Research to Give Notice on the Quality of Life of Psoriasis Patients

In 2014, the World Health Organization adopted a resolution that recognized psoriasis as a chronic, non-infectious, painful disease that severely limits or even exacerbates patients, and for which there is no definitive cure. Psoriasis, which affects more than 125 million people, does not have a fatal outcome, but it presents a great psychological and physical burden for the patient, since the severe forms are associated with a higher risk of developing other conditions of the disease. This challenging disease has a strong negative social impact. It greatly reduces the quality of life, as many patients suffer from the poor awareness of the disease in the general public. The purpose of the paper is to explore "life with psoriasis" and to present the aspects of psychosocial burdens of the disease. In the article we present some findings of the largest international research of patients with psoriasis in the world in 2016. At the same time, we present the results of Europso, the Psoriatic Society of Slovenia, the project Skin Diseases and Allergens, and other clinical research results based on the use of qualitative and quantitative research methods. The results of the research carried out in Slovenia show that young psoriasis patients are hindered by the disease in the professional and social area.

Key words: psoriasis, research, psoriasis patients

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Vloga medicinske sestre pri hranjenju pacienta po možganski kapi

V prispevku ugotavljamo, kakšna je vloga medicinske sestre pri hranjenju pacientov po možganski kapi ter kateri so najpogostejši zapleti pri hranjenju, s katerimi se soočajo pacienti po možganski kapi in njihovi svojci. V raziskavo, v kateri smo kvantitativno obdelali podatke, pridobljene s pomočjo dveh anketnih vprašalnikov, je bilo vključenih 35 pacientov, ki so bili hospitalizirani na nevrološkem oddelku Splošne bolnišnice Novo mesto v juniju in juliju 2016, drugi del vzorca pa je zajel 30 zaposlenih v zdravstveni negi. Tretjina zaposlenih v zdravstveni negi se zelo pogosto srečuje z zapleti pri hranjenju pacienta po možganski kapi, pogosto pa se z zapleti srečuje več kot polovica zaposlenih. Pacienti imajo v 62 % težave z zaletavanjem hrane, v 33 % težave s kašljanjem in v 5 % s požiranjem neprežvečene hrane. Zapleti, ki nastanejo, so lahko zaradi nepravilne priprave pacienta na hranjenje, zapletov ob hranjenju in ob požiranju hrane, siljenje na bruhanje, driske, aspiracije in ostanki hrane v ustih. Medicinska sestra mora dobro oceniti stanje pacienta, da prepreči zaplet, hkrati pa znati ukrepati ob zapletu, ki lahko nastane.

Ključne besede: možganska kap, pacienti, medicinske sestre, hranjenje

The Role of a Nurse in Feeding a Patient after a Stroke

Performing the research, we wanted to determine the role of a nurse in feeding patients after a stroke and the most common feeding complications after the stroke with which patients and their relatives have to deal. In the empirical part, we quantitatively processed the data obtained through two questionnaires. The sample included 35 patients who were hospitalised in the Department of Neurology at Novo Mesto General Hospital in June and July 2016, while the second part of the sample included 30 healthcare workers. A third of healthcare workers are often confronted with complications in feeding the patient after a stroke, but often more than half of the workers face complications. When feeding the patient after a stroke, in 62% patients have food swallowing problems, 33% have cough problems, and 5% swallow untreated food. Complications caused by feeding the patient after the stroke may be due to the incorrect preparation of the patient for feeding, complications during feeding and swallowing food, nausea, diarrhea, aspiration, and food remainders in the mouth. The nurse must be able to accurately assess the patient's condition to avoid complications, but at the same time be able to act upon a complication that may occur.

Key words: stroke, patient, nurse, feeding

Bolnišnične okužbe, strah, trepet ali obvladljiv problem v zdravstvu?

Pri delu s pacienti predstavljajo bolnišnične okužbe velik problem zdravstva ne samo v Sloveniji ampak tudi povsod drugje v svetu. Če smo še pred leti nazaj borili predvsem proti MRSA, prehajamo v obdobje multirezistentnih bakterij. Poleg že dobro znanih bolnišničnih okužb MRSA, VRE in ESBL, se zadnja leta pojavlja nova, za nekatere tudi nepoznana okužba CRE, ki je kratica za bakterijo odporno na vse do sedaj odkrite in znane antibiotike. V prispevku o bolnišničnih okužbah bomo poleg standardnih ukrepov, ki vključujejo najpomembnejše ukrepe za preprečevanje okužb, opisali tudi druge postopke in posege, ki so v študijah opisani kot pomembni za preprečevanje bolnišničnih okužb. Predstavljene bodo vse vrste izolacij od standardne do kontaktne, ki je najpomembnejša vrsta izolacije, ker se večina bolnišničnih okužb prenaša s kontaktom. Izolacija bo predstavljena tudi iz vidika pacienta in svojcev, saj zanje predstavlja stres in neznano situacijo. Naloga zdravstvenih delavcev je preprečiti prenos okužbe, saj je to tudi pokazatelj kakovosti. Vsaka multirezistentna bakterija je specifična, zato so tudi ukrepi različni. Medicinske sestre smo lahko potencialni prenašalec okužb, zato moramo izvajati vse, da do prenosa kolonizacije sploh ne bi prišlo. Zelo pomembno je celostno in kontinuirano izobraževanje.

Ključne besede: bolnišnične okužbe, preprečevanje, vloga zdravstvenega osebja

Hospital infections, fear, quiver, or a manageable problem in healthcare?

Hospital infections are major health problem not only in Slovenia, but also worldwide. Years ago we fought primarily against MRSA, but in last years we are turning to a period of multiresistant bacteria. In addition to the already well-known hospital infections such as MRSA, VRE and ESBL, recently ocured also CRE bacteria, which is resistant to all currently known antibiotics. Here we present hospital infections, standard measures and other procedures that are important for the prevention of hospital infections. We present types of isolations, especially the most important contact isolation, since most hospital infections are transmitted by contact. The isolation will also be presented from the perspective of the patient and his relatives, since it represents a stressful and unknown situation to them. The task of health professionals is to prevent transmission of the infection, as this is also an indicator of the quality of our work. Each multiresistant bacterium is specific, so the measures are also different. Nurses can be a potential carrier of the infection, so it is important that we perform all necessary measures to prevent the transfer of colonization to occur at all. Continuous education of heath workers is of major importance.

Key words: hospital infections, prevention, the role of health workers

Utjecaj religije i duhovnosti na fizičko i mentalno zdravlje bolesnika

Sve su češće rasprave o ulozi duhovnosti i religije u medicini te općem utjecaju istih na zdravlje. Brojna istraživanja ukazala su na pozitivno djelovanje religije i duhovnosti kako na mentalno, tako i na fizičko zdravlje. Cilj istraživanja je utvrditi postoji li povezanost između religije i duhovnosti s fizičkim i mentalnim zdravljem bolesnika. Navedeno se odnosi na potrebe hospitaliziranih bolesnika za nastavkom prakticiranja religije, kao i razmatranju njihovih uvjerenja prilikom boravka u bolnici. Istraživanje je provedeno putem anonimnog anketnog upitnika, unutar medicinske djelatnosti primarne zdravstvene zaštite na razini Odjela patronažne zdravstvene zaštite Doma zdravlja Primorsko-goranske županije u svibnju 2017. godine. Studija je provedena nasumičnim odabirom 114 ispitanika. Statistička je obrada provedena na rezultatima 76 ispitanika koji su naveli religijsku opredijeljenost pomoću programa »IBM SPSS Statistics«, 24 verzija i »Microsoft Office Excel 2010«. Utvrđeno je da su ispitanici religiozni ili religiozni i duhovni zajedno. Smatraju da religija i duhovnost utječu na zdravlje ljudi te da rituali i običaji mogu pomoći prilikom bolesti. Više od pola ispitanika prakticira religijske aktivnosti, jednom dnevno, te žele nastaviti s ritualima i običajima unutar zdravstvene ustanove. Ispitanici vjeruju da religija utječe na zdravlje, ali to ne smatraju primjenjivim u njihovom osobnom životu.

Ključne riječi: religija, duhovnost, zdravlje, bolest

The Impact of Religion and Spirituality on Physical and Mental Health of Patients

Nowadays, there are more and more discussions about the role of spirituality and religion in medicine as well as its impacts on health in general. Numerous researches have shown the positive effect of religion and spirituality on both mental and physical health. The aim of this research is to determine whether there is a connection between religion and spirituality with the physical and mental health of the patient, referring to the needs of hospitalised patients to continue practicing religion and to the possibility of wanting their beliefs to be considered when they are in the hospital. The research was conducted through an anonymous questionnaire in the scope of primary health care activity at the Department of Patronage Health Care, Primorsko-Goranska County in May 2017. The study was implemented by random selection of 114 participants. Statistical analysis was performed on the results of 76 participants who indicated their religious commitment, using IBM SPSS Statistics, version 24, and Microsoft Office Excel 2010. It was established that the respondents were religious or both religious and spiritual. They believe religion and spirituality affect people's health, and that rituals and customs are helpful during their illness. More than half of the respondents practice religious activities once per day and want to continue with rituals and customs within the health institution. On the one hand, participants believe that religion affects their health, but on the other hand, they think this is not applicable to their personal life.

Key words: religion, spirituality, health, illness

Pomen timskega dela pri vključevanju dijakov v proces dela v zdravstveno–socialnih zavodih

Na Srednji zdravstveni šoli Celje izobražujemo dijake za poklic bolničar negovalec in srednja medicinska sestra/srednji zdravstvenik. Praktični pouk je sestavni in obvezni del izobraževalnega programa, ki se izvaja v zdravstveno–socialnih zavodih. Pri organizaciji praktičnega pouka je timsko delo zelo pomembno za kakovostno in uspešno delo, zato se mora organizator praktičnega pouka timskega dela lotiti strokovno in sistematično. Njegovo delo zajema vsakodnevno načrtovanje in interdisciplinarno sodelovanje z vodstvenimi delavci učnih baz, vodstvom šole in učiteljicami praktičnega pouka. Tedensko imamo na praktičnem pouku okrog 500 dijakov, kar predstavlja velik organizacijski zalogaj za šolo in za delodajalce. Morebitne težave je treba reševati sproti, premišljeno, predvsem pa korektno, da ne pride do napak. Dijaki z opravljanjem praktičnega pouka pridobijo največ izkušenj, saj so vključeni v konkretno delo in se v času izobraževanja že lahko predstavijo delodajalcem kot morebitni bodoči sodelavci.

Ključne besede: timsko delo, praktični pouk, dijaki, šole, zdravstveno–socialni zavodi

The importance of Teamwork among Subjects for Involving Students in the Process of Work in Health and Social Care Institutions

At the Secondary School of Nursing Celje, students are educated for two professions: a healthcare assistant and a nurse. Clinical practice is an integral and compulsory part of the educational programme, and it is conducted in health and social care institutions. In organising practical lessons, teamwork is essential for quality and successful work, so the clinical practice coordinator needs to address teamwork professionally and systematically. The coordinator's work includes day-to-day planning and interdisciplinary collaboration with teaching staff, school management, and teachers of clinical practice. Around 500 students weekly attend the clinical practice instruction, which demands a great organisational effort for both the school and employers. Any problems need to be resolved on a regular basis, thoughtfully, and correctly in order to avoid the possible errors. Students acquire the most experience by performing their practical lessons, as they are included in the work process itself, and have the opportunity to present themselves to the employers as potential prospective employees during the course of their education.

Key words: teamwork, practical lessons, students, school, health and social care institutions

Analiza uvajanja sistema kakovosti v slovenskem zdravstvu

Osnovno poslanstvo kakovosti v zdravstvu se nanaša na zadovoljstvo in varnost pacienta, ki naj bi ga organizacija obravnavala kot partnerja z vsemi njegovimi potrebami in željami. Sistem kakovosti je tudi orodje za optimizacijo delovnega procesa, zagotavljanje preglednosti in sledljivosti. V letu 2016 je imelo pridobljen certifikat standarda ISO 9001 komaj 30 % slovenskih zdravstvenih domov in 60 % bolnišnic; certifikat akreditacije pa je imelo v letu 2016 kar 85 % slovenskih bolnišnic, ki so bile v akreditiranje prisiljene s sistemsko ureditvijo. Ne glede na vse formalno pridobljene standarde pa se v praksi ugotavlja, da je kakovost preveč prepuščena strokovnjakom za kakovost v posameznih zavodih in ustanovah, da je kakovost »specializirano« področje in da je znanje o kakovosti omejeno na strokovnjake (interne strokovnjake in zunanje svetovalce za kakovost). Prihodnost kakovosti je v menedžmentu kakovosti, ki se odraža v menedžmentu sistema vodenja poslovnih procesov in menedžmentu ljudi, njihovemu motiviranju in usposabljanju.

Ključne besede: zdravstvo, kakovost, standardi kakovosti, varnost pacientov, menedžment kakovosti

Analysis of the Quality System Introduction in Slovenian Health Care

The basic mission of quality in health care refers to the patient's satisfaction and safety, in which the organisation should consider the patient as a partner with all its needs and desires. The quality system is also a tool for optimising the work process, ensuring transparency and traceability. In 2016, only 30% of all Slovenian healthcare centres and 60% of hospitals were awarded with the ISO 9001 certificate; however, the certificate of accreditation in the year 2016 was held by 85% of Slovenian hospitals, which were forced into accreditation by the systemic regulation. Regardless of all formally acquired standards, it can be concluded from practice that quality is mostly left to quality experts in individual institutions, that quality is a "specialised" area, and that knowledge of quality is limited to professionals (internal experts and external consultants for quality). The future of quality is in quality management, which is reflected in managing the system of the business process management, as well as in the management of people, their motivation, and training.

Key words: quality system, quality and patient safety, quality management

Komunikacija u kontroli bolničkih infekcija - iskustvo rehabilitacijskog centra

Ispravna komunikacija ima važnu ulogu u stvaranju i održavanju sigurnog i učinkovitog zdravstvenog sustava. U kontroli bolničkih infekcija postoji potreba brzog prenošenja informacije velikom broju osoba, ali i potreba kontinuiranog i donekle standardiziranog komuniciranja radi održavanja svakodnevne »rutinske« razine kontrole bolničkih infekcija. Osobito je važna komunikacija među zdravstvenim djelatnicima kada se radi o bolesniku s izoliranim multirezistentnim mikroorganizmima; potrebna je valjana i pravovremena informacija kako bi se spriječilo njihovo širenje kako unutar ustanove, tako i kod premještaja. Komunikacija u tim slučajevima često poprima marketinški pristup pod motom »cilj opravdava sredstvo« te se takvi podaci prešućuju, a u nestandardiziranoj popratnoj dokumentaciji se ili ne spominju ili se ne ističu među manje važnim podacima. Anketa provedena među 56 djelatnika rehabilitacijskog centra pokazala je da ih je 98 % bilo u kontaktu s pacijentom koji je zahtijevao mjere izolacije, 84 % ih je bilo pravovremeno obaviješteno o potrebi kontaktne izolacije, najčešće od odjelne sestre. Kod premještaja pacijenta 87,5 % uvijek propisno i bez tajenja informacija najavi i prikaže podatke o izoliranim rezistentnim mikroorganizmima, a da je taj podatak javljen samo u rijetkim slučajevima kod prijema iz druge ustanove iskustvo je gotovo polovice anketiranih.

Ključne riječi: komunikacija, kontrola bolničkih infekcija, multirezistentni mikroorganizmi

Communication in the Hospital Infection Control - Rehabilitation Center Experience

Correct communication has an important role in creating and maintaining a safe and effective healthcare system. In hospital infection control, there is a need for rapid transfer of information to a large number of people, but also the need for continuous and somehow standardised communication to maintain daily, "routine" levels of hospital infection control. Particularly important is communication among healthcare professionals when dealing with a patient with isolated multi-resistant microorganisms; valid and timely information is needed to prevent their spread both within the institution and at the transfer. In these cases, communication often takes the marketing approach under the motto "the goal justifies the means", and certain information is not mentioned; the same applies for the non-standardised accompanying documentation, which is either not listed or hidden among the less important data. A survey conducted among 56 healthcare workers showed that 98% of them were in contact with a patient requiring isolation measures, 84% of them were promptly informed about the need of contact isolation, most often by the ward nurses. When transferring the patient, 87.5% of them always properly and without hiding information announce and present the data on isolated resistant microorganisms, but when receiving patients from another institution, according to the experience of almost half of respondents, this information was available only in rare cases.

Key words: communication, hospital infection control, multi-resistant microorganisms

Zdravstveni delavci v sistemu zagotavljanja biobančništva popkovnične krvi

Biobančništvo popkovnične krvi omogoča shranjevanje tkiva, bogatega z matičnimi celicami. Popkovnična kri se že uporablja za zdravljenje več kot 80 bolezni, med drugim veliko vrst rakavih obolenj, genskih in krvnih bolezni. Leta 2016 je bilo v svetovnem registru registriranih 158 javnih biobank iz 36 držav s 731.000 shranjenimi zamrznjenimi vzorci popkovnične krvi. Javna banka je namenjena shranjevanju altruistično darovanih vzorcev popkovnične krvi, kar pomeni, da so te enote namenjene za nesorodne transplantacije. Vse več je tudi zasebnih oz. družinskih bank, v katerih starši shranijo popkovnično kri za morebitno zdravljenje otroka ali ožjega družinskega člana. V Sloveniji deluje javna banka na Zavodu RS za transfuzijsko medicino, eno zasebno podjetje z laboratorijem za shranjevanje zamrznjenih vzorcev in podjetja, ki organizirajo shranjevanje v biobankah v tujini. V sistem zagotavljanja biobančništva popkovnične krvi so vpeti zdravstveni delavci različnih profilov, ki izvajajo različne postopke v kontekstu biobančništva, zlasti tisti v porodništvu, ki so neposredno odgovorni za odvzem popkovnične krvi. Zelo pomembna vloga zdravstvenih delavcev pa je tudi informiranje bodočih staršev, zato je zelo pomembno njihovo znanje kot tudi njihova stališča glede biobančništva popkovnične krvi. V prispevku so predstavljeni rezultati raziskave poznavanja in stališč zdravstvenih delavcev o biobančništvu popkovnične krvi.

Ključne besede: popkovnična kri, biobančništvo, zdravstveni delavci, stališča

Healthcare Workers in the System of Providing Cord Blood Biobanking

Biobanking allows the storage of cord blood tissue, which is rich with stem cells. The cord blood is already being used to treat more than 80 diseases, including many types of cancer, gene and blood diseases. In 2016, 158 public biobanks from 36 countries were registered in the world register, with 731,000 stored frozen umbilical cord blood samples. The public biobank is intended for storing altruistic donated umbilical cord blood samples, which means that these units are intended for allogenic transplants. There are also more and more private family banks where parents store cord blood for eventual treatment of a child or a close family member. In Slovenia, there is a public bank at the Institute of Transfusion Medicine, a one private company with cryostorage facility and companies that organise storage in biobanks abroad. In the system for the provision of cord blood biobanking, healthcare professionals from different profiles, who carry out various procedures, are involved; in particular, obstetrics professionals, who are directly responsible for taking umbilical cord blood. An important role of healthcare professionals is also informing future parents. Therefore, their knowledge, as well as their views on the biobanking of umbilical cord blood is important. The paper presents the results of a study of the knowledge and attitudes of healthcare professionals about biobanking of umbilical cord blood.

Key words: cord blood, biobanking, healthcare workers, attitudes

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Obravnavanje nujnih stanj v zdravstvu – učenje s pomočjo simulacij

V prispevku preučujemo vpliv simulacij iz nujnih zdravstvenih stanj na končno znanje udeležencev tečaja iz obveznih vsebin z naslovom Temeljni postopki oživljanja z uporabo AED. Namen raziskave je bil ugotoviti, kako simulacije vplivajo na teoretično poznavanje vsebin iz temeljnih in dodatnih postopkov oživljanja odraslih in otrok. V raziskavi smo analizirali simulacije v zdravstvu in iskali prednosti, ki jih novi koncept učenja in usposabljanja v zdravstvu prinaša za profesionalce in paciente. Izhajali smo iz predpostavke, da je učenje in usposabljanje s simulacijami v zdravstvu uspešna metoda, s katero dvignemo nivo znanja pri izvajalcih v zdravstvu in tako zmanjšamo možnost nastanka varnostnih tveganj oz. napak v kliničnem okolju. V raziskavi ugotavljamo, da so udeleženci po simulacijah dosegli boljše rezultate kot pred njimi na področju sproščanja dihalne poti, pri ukrepanju ob popolni zapori dihalne poti, ocenjevanju dihanja, ocenjevanju dihanja pri dojenčku, oskrbi dihalne poti, izvajanju pravilne in kvalitetne masaže srca, pri pravilnem prepoznavanju motenj srčnega ritma, ki bodisi zahtevajo defibrilacijo ali ne, pri varni in pravilni uporabi AED-ja in poznavanju zdravil, ki se uporabljajo pri oživljanju.

Ključne besede: simulacija, oživljanje, preizkusi znanja, kakovost v zdravstvu

Treatment of Emergency Situations in Health Care – Simulation-Based Learning

In the article we study the impact of simulations of urgent medical conditions on the final knowledge of participants in the compulsory content course, entitled The Fundamental Resuscitation Procedures Using AED. The aim of the research was to determine how simulations influence the theoretical knowledge of the contents of basic and additional procedures in adult and child resuscitation. Within the research we were analysing simulations in health care, and searching for the advantages of the new concept of learning and training from which the professionals and patients could benefit. We assumed that learning and training with simulations is a successful method in health care, with which we increase the level of knowledge among healthcare providers, and thereby reduce the possibility of developing security risks and errors in the clinical environment. The research results show that better results were achieved by the participants after the accomplished simulations than prior to them, in the areas of respiratory tract release, complete respiratory tract obstruction, respiratory assessment, respiratory assessment in babies, respiratory tract treatment, implementation of the correct and quality cardiac massage, correct identification of heart rhythm disorders requiring defibrillation or not, as well as in the safe and correct use of AED and knowledge of medications used at resuscitation.

Key words: simulation, resuscitation, knowledge test, quality in health care

Poklicna identiteta učiteljev in zdravstvenih delavcev

Vsak mlad človek ima izoblikovana stališča, na katerih bo osnoval svojo poklicno pot. Na ta stališča vplivajo dotedanje izkušnje, izobraževalni sistem, znanje in spretnosti. Prevladujejo pa tudi dejavniki, kot so naloge, ki jih bo moral opravljati, oblika njegovega dela, plača, motivacija osebe. Posameznik nenehno oblikuje svojo osebno in tudi poklicno identiteto. S pomočjo vrednot in norm učitelji in zdravstveni delavci oblikujejo svojo samopodobo in nadaljnjo poklicno pot. Napačno je razmišljanje, da je pri odraslem človeku identiteta za vedno oblikovana in da odrasli ne doživljajo krize identitete. Res je, da je v tej dobi trdneje oblikovana, vendar težave nastopijo vsakokrat, ko si mora človek zaradi sprememb v lastnem življenjskem okolju nenehno zagotavljati občutek in zavest kontinuitete. Velikokrat pa se na svoji poti sreča z ovirami, ki jih oblikuje družba. Zaradi feminizacije in s tem zmanjšane samopodobe in samozavesti delavcev v obeh poklicih je vrednost njihovega dela zmanjšana in včasih tudi razvrednotena že z njihove strani, pa tudi s strani širše družbe.

Ključne besede: identiteta, učitelji, zdravstveni delavci

Professional Identity of Teachers and Healthcare Professionals

Every young person develops certain positions, on which they establish their career. These positions are influenced by the outgoing experiences, educational system, knowledge, and skills. Additionally, some dominating factors are also tasks that they will have to carry out, the forms of their work, money, and motivation. Individuals continually develop their personal and professional identity. With the help of values and norms, teachers, as well as healthcare workers, develop their self-esteem and further their careers. It is wrong to think that identity of an adult is completely formed and that adults do not experience identity crises. The fact is, that in adults, identity is more strongly developed, but problems arise whenever a person, due to changes in their own living environment, needs to constantly provide the feeling and consciousness of continuity. Many meet with obstacles, formed by the society. Due to the feminisation and, consequently, the reduced self-esteem and self-confidence in both professions, the value of our work is reduced, and sometimes undermined by ourselves and the society at large.

Key words: identity, teacher, healthcare professional

Digitalizacija zdravstvene nege z avtomatsko določitvijo kategorizacije

Elektronsko beleženje opravljenih aktivnosti v procesu digitalizacije zdravstvene nege je aktualen trend pri racionalizaciji stroškov in povečevanju varnosti pacientov na področju zdravstvene nege. Z elektronskim beleženjem in kasnejšo avtomatsko določitvijo kategorizacije zdravstvene nege se lahko poveča doslednost evidentiranja opravljenega dela in zdravstveno osebje razbremeni dodatnega administrativnega dela. V prispevku prikažemo, da se dvigovanje kakovosti v procesu zdravstvene nege lahko načrtuje šele takrat, ko je opravljeno delo dosledno evidentirano in evalvirano na preučevanem področju. Namen prispevka je raziskati pogled na elektronsko beleženje opravljenih aktivnosti in avtomatsko določitev kategorizacije zdravstvene nege osebja. Predstavimo tudi nekatere ugotovitve raziskovalcev iz kliničnega okolja, njihove znanstvene dokaze in dobre izkušnje. Na osnovi rezultatov kvalitativne raziskave med vodji zdravstvene nege ugotovimo, da bi avtomatsko določanje kategorizacije na podlagi sprotnih vpisov opravljenega dela v procesu zdravstvene nege bistveno pripomoglo k natančnejšemu in enotnemu določanju kategorizacije zdravstvene nege pri posameznem pacientu.

Ključne besede: elektronsko beleženje, zdravstvena nega, medicinske sestre, kategorizacija, kvalitativno raziskovanje

Digitalisation of Nursing Care with Automatic Determination of Categorisation

Electronic recording of activities carried out in the process of digitalisation of nursing care is a current trend of costs rationalisation and increase of the patients' safety in the field of nursing care. The aim of electronic recording and subsequent automatic determination of the categorisation of nursing care is to increase the consistency of recording the performed work, and to relieve the healthcare staff of additional administrative work. In the article, we emphasise that raising quality in the nursing process can only be planned when the work performed is consistently recorded and evaluated in the study area. The purpose of this paper is to examine the aspect and view on the electronic recording of the performed activities, and automatic determination of nursing care categorisation of staff, responsible for determining the categorisation of nursing care. We also present some findings of researchers from the clinical environment, their scientific evidence, and examples of good practice. According to the results of a qualitative research among health care leaders, we can conclude that automated categorisation, based on the actual entries in the nursing process, would significantly contribute to a more precise and uniform determination of the categorisation of nursing care with a particular patient.

Key words: electronic recording of nursing activities, nurse, categorisation, qualitative research

Prednosti timskega vodenja v zdravstveni negi

V prispevku predstavljamo vlogo vodje v zdravstveni negi, katerega vloga je s kakovostnim sporazumevanjem med njim in izvajalci zdravstvene nege spremljati in usklajevati njihovo delo. Z raziskavo med 40-imi člani tima zdravstvene nege smo želeli ugotoviti v kolikšni meri člani tima zaupajo vodji pri vodenju in kakšen vpliv ima vodja na vse člane tima. Na osnovi rezultatov kvantitativne raziskave ugotovimo, da člani tima zaupajo vodji pri vodenju, da ima vodja velik vpliv na člane tima in da si želijo vodje, ki jih zna spodbujati in motivirati. Dobra polovica anketiranih (55 %) meni, da mora vodja bolj dosledno spremljati zadovoljstvo članov tima, slaba tretjina (30 %) pa jih želi, da vodja kakovostnejše organizira delo tima. Vsi pa se zavedajo, da je za usklajeno delovanje tima zelo pomembno, da člani tima zdravstvene nege vodji zaupajo.

Ključne besede: vloga vodje v timu, tim, čustvena inteligenca, sporazumevanje, motivacija

The Advantages of Team Leadership in Nursing

The role of the leader is to monitor and coordinate the work of health care providers. Communication skills are important for the manager because they affect the team members, thus achieving the realisation of the planned goals. The research was based on a quantitative research approach, using the descriptive method. A survey questionnaire was used for the measuring instrument, to investigate confidence of team members in relation to leader and the influence of the leader on the team members. 40 questionnaires were correctly completed and returned. We found out that team members have confidence in leadership and that, in their opinion, the leader has a great influence on team members. More than half of respondents think (55%) that the leader should monitor the satisfaction of the team members more consistently. Half of the respondents want more incentive and motivation for their work from their leader. In thirty percent (30%), respondents want better work organisation. For a coordinated operation of the team, it is very important that the members of the nursing team trust the leader.

Key words: role of the leader in a team, team, emotional intelligence, communication, motivation

Znanje i implementacija načela prevencije infekcije kod i. v. primjene lijeka

Cilj istraživanja je bio ispitati razinu znanja medicinskih sestara o postupcima sprječavanja infekcije i mogućim komplikacijama prilikom aplikacije i.v. terapije. Istraživanje je provedeno u Općoj županijskoj bolnici Požega u periodu od 4. veljača - 28. veljača 2017 g. Istraživanjem su obuhvaćene 182 medicinske sestre/tehničara. Statistički značajna razlika između odgovora medicinskih sestara srednje stručne spreme (SSS) i više/visoke stručne spreme (VŠS/VSS) evidentirana je kod definiranja pojmova infiltracije i ekstrapozacije, kao mogućih komplikacija kod primjene i. v. terapije. Udio medicinskih sestara VŠS i VSS koje su točno definirale pojmove iznosio je 30,02 %, dok je svega 8,30 % medicinskih sestara SSS točno definiralo pojmove. Provedenim istraživanjem dobiven je uvid u nedostatno znanje medicinskih sestara. Iako je evidentan viši nivo znanja kod medicinskih sestara s višom razinom naobrazbe, rezultatima ne možemo biti zadovoljni, te se ističe potreba stalne edukacije na svim razinama.

Ključne riječi: medicinska sestra, periferni kateter, sprječavanje infekcije

Knowledge and Implementation of the Principles for Preventing Infection during Intravenous Administration of Medications

The aim of this study was to examine the level of nurses' knowledge about the infection prevention and possible complications during intravenous (IV) application of medications. The research was conducted in the General Hospital Požega from 4th to 28th February 2017. The survey included 182 nurses. A statistically significant difference between the secondary education nurses and graduate nurses was recorded in defining terms of infiltration and extravasation as possible complications during IV application of medications. The proportion of graduate nurses who defined the terms correctly was 30.02%, while only 8.30% of secondary education nurses correctly defined the terms. The conducted research reveals the insufficient knowledge of nurses. Although there is a higher level of knowledge among nurses with a higher degree of education, we cannot be satisfied with the results, and the need for constant education at all levels is emphasised.

Key words: nurse, peripheral catheter, infection prevention

Odkrivanje predkliničnih oblik ateroskleroze

Namen prispevka je bilo predstaviti cilje raziskave, katere namen je bil ugotoviti razliko v debelini intime in medije na karotidnih arterijah med bolniki s prebolelim infarktomiokarda in skupino preiskovancev brez ishemične bolezni srca. V testni skupini je bilo 68 oseb s prebolelim infarktomi med 38 in 78 letom starosti. Kontrolna skupina je imela 68 preiskovancev brez ishemične bolezni srca in je bila primerljiva s testno po starosti, spolu in kraju bivanja. Meritve debeline intime in medije (DIM) so bile izvedene s pomočjo B-ultrazvočnega prikaza z visoko resolucijo. Meritve so bile napravljene na zadnji steni na treh različnih mestih karotidnega ožilja v skupni karotidni arteriji v področju bulbosa in v notranji karotidni arteriji na levi in desni strani vratu. Seštevek vseh izmerjenih vrednosti debeline in medije smo imeli za povprečni DIM v testni in kontrolni skupini. Povprečna DIM pri preiskovancih s prebolelim AMI (0,914 mm) je bila v primerjavi s kontrolno skupino (0,882 mm) statistično pomembno večja ($p < 0,05$). Določanje debeline intime in medije nam pomaga pri izbiri preventivnih ukrepov tudi pri osebah, katerih celokupna ogroženost je glede na prisotnost klasičnih dejavnikov tveganja majhna ali srednje velika, ker je zadebelitev intime in medije kot predklinične oblike ateroskleroze napovedni dejavnik srčno-žilnih zapletov.

Ključne besede: ateroskleroza, dejavniki tveganja, debelina intime in medije, infarkt miokarda

Detection of Preclinical Atherosclerosis

The aim of this study was to determine an intima-media thickness ITM of the carotid arteries in patients after acute myocardial infarction. The test group included 68 patients after myocardial infarction, aged between 38 and 78 years. The control group consisted of 68 subjects without the ischemic heart disease, who were comparable to the test group by age, gender, and place of residence. High-resolution ultrasonography for the non-invasive measurement of the intima media thickness was used. The ITM was expressed as the mean of all measurements of the far wall at three different sites of the carotid arteries (the common carotid artery, carotid bifurcation, and internal carotid artery). Patients after the myocardial infarction (ITM = 0.914 mm), compared to subjects without the ischemic heart disease (ITM = 0.882mm) had a significantly increased ITM ($p < 0.05$). Assessing the preclinical forms of atherosclerosis enables us to recognise those individuals who are at the greatest risk, i.e. those in whom a process of atherosclerosis has already begun, and who need immediate elimination of the risk factors.

Key words: atherosclerosis, risk factors, thickness of intima-media, myocardial infarction

Preprečevanje okužb v enoti intenzivne terapije – primer dveh bolnišnic

Bolnišnične okužbe (BO) so v enotah intenzivne terapije (EIT) zelo pogoste, zaradi prisotnosti veliko dejavnikov tveganja (npr. stanje pacienta, žilni in urinski katetri). Namen raziskave je bil ugotoviti vlogo izvajalcev zdravstvene nege (IZN) pri preprečevanju in obvladovanju BO v enoti EIT v dveh bolnišnicah, ene iz Slovenije in druge iz Hrvaške. Podatki so bili pridobljeni z anketiranjem 25 IZN v vsaki bolnišnici. Za analizo podatkov smo uporabili opisno statistiko, t-test za neodvisne vzorce in test hi-kvadrat. IZN se v obeh bolnišnicah zavedajo pomena preprečevanja in obvladovanja BO ter njihove vloge pri tem. V slovenski bolnišnici se IZN pogosteje udeležujejo izobraževanja s področja BO, na voljo imajo več sredstev za preprečevanje BO, bolje poznajo nekatere dejavnike tveganja in pogosteje izvajajo vse potrebne ukrepe za preprečevanje in obvladovanje BO. V obeh bolnišnicah se kaže potreba po dodatnem izobraževanju IZN, zagotavljanju vseh potrebnih sredstev za preprečevanje BO in povečanju števila zaposlenih.

Ključne besede: bolnišnične okužbe, okužbe, zdravstvo, medicinske sestre

Prevention of Infections in an Intensive Care Unit – an Example of Two Hospitals

Nosocomial infections (NI) are very common in intensive care units (ITUs), due to the presence of many risk factors (e.g. patient's condition, vascular and urinary catheters). The purpose of the research was to determine the role of nurses in preventing and controlling the NI in the ITU of two hospitals from Slovenia and Croatia. Data were obtained by interviewing 25 nurses in each hospital. Descriptive statistics, t-test for independent samples, and hi-square test were used for data analysis. Nurses in both hospitals are aware of the importance of preventing and controlling the NI and their role in the process. In the Slovene hospital, nurses more often participate in NI education, more funds are available to prevent NI, nurses better know some of the risk factors, and in the majority of cases take all necessary measures to prevent and control the NI. In both hospitals there is a need for additional education of nurses, providing all the necessary means for preventing NI and increasing the number of employees.

Key words: nosocomial infections, healthcare-associated infections, nurses

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Sigurnost osoba starije dobi u zdravstvenim i socijalnim institucijama - preduvjet kvalitetne skrbi

U zaštiti temeljnih prava starijih osoba jedan od prioriteta hrvatskog društva je njihova zaštita od zlostavljanja i zanemarivanja. Zanemarivanje i zlostavljanje je odbijanje ili neispunjenje njegovateljeve obveze kako bi se zadovoljile potrebe osoba starije dobi, a kako bi se iste kaznile ili povrijedile. Svrha rada je prikazati stanje zanemarivanja i zlostavljanja osoba starije dobi, koje borave u institucijama. Za dobivanje podataka korištena su dva strukturirana anketna upitnika, jedan za pružatelje skrbi, a drugi za osobe starije dobi koje borave u institucijama. U istraživanje je uključeno 171 pružitelj skrbi i 245 osoba starije dobi a u obradi podataka koristio se program »Statistica«, verzija 12.0. Rezultati istraživanja pokazali su najčešće oblike zanemarivanja koji su: u 37,1 % ignoriranje poziva osobe starije dobi, u 24,8 %, ne uređivanje svaki puta nakon inkontinencije urina ili stolice i u jednakom postotku 24,8 % hranjenje na silu odnosno kad osoba koja ne želi otvoriti usta gura joj se hrana u usta. Najčešći oblici zlostavljanja u 46,9 % su vikanje na osobu starije dobi u bijesu, ljutnji, vrijeđanje ili psovanje u 31,8%, te odbijanje okretanja osobe kako bi spriječili bolne pritiske u 30,6 % ispitanika. Provedeno istraživanje i istražena teorija o zanemarivanju i zlostavljanju starijih osoba prikazuju pojam sigurnosti kroz utvrđivanje postojećeg stanja u institucijama.

Ključne riječi: osobe starije dobi, pružatelji skrbi, zanemarivanje, zlostavljanje, nasilje, socijalni gerontolog

Safety of Older People in Health and Social Institutions - Precondition for Quality Care

One of the priorities of Croatian society when it comes to protecting the fundamental rights of older people is protection from abuse and neglect. Negligence is refusing or failing to exercise the carer's responsibilities in meeting the needs of older people, in order to punish or hurt them. The purpose of this research is to show the state of neglect and abuse of older people who reside in institutions, and to present the prevention of neglect and abuse. Using two structural questionnaires, one for caregivers, and the other for the institutions' residents, the study included 171 caregivers and 245 older people. The data were analysed by using software Statistica, version 12.0. The results showed the most common forms of neglect, where 37.1% referred to ignoring the older people's calls, 24.8% to not cleaning up after each urine and stool incontinence, and 24.8% referred to the so-called forced feeding, when a person is forced food without willingly opening their mouth. The most common forms of abuse in 46.9% of cases were shouting with rage and anger at the residents, insulting or swearing in 31.8% of cases, and in 30.6% of cases refusing to turn the person in order to prevent pressure ulcers. The research performed and the explored theory of neglect and abuse of older people will contribute to science through the identification of the current state in the institutions.

Key words: older people, caregivers, negligence, abuse, violence, social gerontologist

Aging and Ageism or Let Us Not be Afraid of Getting Old

Aging, old age and death were the themes that concerned humankind in all epochs. With the increasing average age of the population, the fact of really ageing population seems as an alarming phenomenon. It also affects the area of health care, where older people play and will play a significant role in the future. Older people's care in Czech Republic and abroad is facing many challenges. The paper deals with this topic by describing gerontological nursing and its difficulties, and solving the issue of ageism. The aim is to present several levels of the old age, and to analyse the current state of nursing students' training in older people's care, which is taught at secondary nursing schools. Exactly these students will provide the care to the ageing people during their professional practice and subsequently when employed in the clinical setting. It is therefore necessary to know the specifics of gerontological nursing. The paper also deals with the question whether nursing students will be sufficiently prepared to provide the nursing care in connection with the current requirements of the society and whether they are able to recognize the age discrimination and prejudice against the old age.

Key words: old age, gerontology, nursing, age discrimination

Staranje in predsodki do starejših ali naj nas ne bo strah se starati

Staranje, starost in smrt so teme, ki skrbijo človeštvo že od nekdaj. S povečanjem povprečne starosti prebivalstva, dejstvo dejanskega staranja prebivalstva postaja zaskrbljujoč pojav. Ta pojav vpliva tudi na področje zdravstvenega varstva, kjer bodo starejši igrali pomembno vlogo v prihodnosti. Nega starostnikov na Češkem in v tujini se sooča s številnimi izzivi. Prispevek se ukvarja s to temo preko opisa gerontološke zdravstvene nege in njenih težav ter reševanja vprašanja predsodkov do starejših. Cilj je predstaviti več ravni staranja in analizirati trenutno stanje praktičnega usposabljanja dijakov na področju nege starostnikov, ki je obvezen predmet srednjih zdravstvenih šol. Ravno ti dijaki bodo izvajali nego starostnikov med svojo strokovno prakso in pozneje, ko bodo zaposleni v kliničnem okolju, zato morajo poznati posebnosti gerontološke zdravstvene nege. Prispevek se tudi ukvarja z vprašanjem, ali bodo dijaki zdravstvene nege dovolj pripravljeni izvajati nego v skladu s trenutnimi zahtevami družbe, in ali so seznanjeni ter znajo prepoznati starostno diskriminacijo in predsodke o starosti.

Ključne besede: starost, gerontologija, zdravstvena nega, starostna diskriminacija

Meditacija s čuječnostjo in empatija v zdravstveni negi

Empatija je sposobnost za spoznavanje ali razumevanje emocij druge osebe. Je pomemben dejavnik v zdravstvu in je ključna za profesionalni odnos in interakcijo zdravstveni delavec-pacient. Za delovanje zdravstvenega delavca je povsem normalno, da v delovnem okolju doživlja stresne trenutke. Nezmožnost prepoznavanja in obvladovanja stresa na delovnem mestu kritično vpliva ne le na skrb za bolnika, ampak tudi na generalno zdravstveno nego. Tako pride do povečanja stroškov za zdravstveno ustanovo in do strokovnih napak. Intervencija s čuječnostjo bi lahko bila ključ za izboljšanje spopadanja s stresom, boljše kvaliteto zdravstvene oskrbe in empatičen odnos s pacientom. Usmeriti pozornost v sedanost so besede, ki čuječnost najboljše definirajo. Tako lahko pozornost usmerimo v delo in se lažje osredotočimo na pacienta. Lahko je osrednja pot med zdravstveno nego, ki ima v ospredju medsebojne odnose in holistično oskrbo pacientov, in med medicino, ki je podprta z dokazi. Čuječnost je holističen pristop k človeku, izboljša delovanje človekovih funkcij, prav tako je potencialni način za lažjo zdravstveno vzgojo, boljše rezultate v praksi in za izboljšave na raziskovalnih področjih.

Ključne besede: stres, čuječnost, zdravstvena nega, empatija

Mindfulness Meditation and Empathy in Nursing

Empathy is the ability to learn or understand the emotions of another person. It is an important virtue in nursing, and it is crucial for the professional attitude and interaction patient – health worker. It is perfectly normal to experience stressful moments in a working environment, but it is important to interpret and manage them correctly. Inability to recognise and control stress can critically affect not only empathic abilities, but can also induce higher costs in health care, including professional malpractice. Intervention with mindfulness meditation can be a key to improve stress managing and the quality of nursing care. The words “to direct attention to the present” best define mindfulness. This way we can concentrate our attention and focus on the patient more easily. Mindfulness is a holistic approach improving cognitive, emotional, and other psychophysical functions of the human brain. It can be the pivotal path connecting nursing, which has a focus on interpersonal relationships, holistic approach and evidence-based medicine. It could also be a potential way to facilitate education in nursing, and to improve results in practice and research areas.

Key words: stress, mindfulness, nursing care, empathy

Družina in družinska terapija pri mladostnici z anoreksijo

Anoreksija je motnja hranjenja, ki se kaže kot pretirana obsedenost s telesno težo in z zaužito hrano. Mladostnice zaradi nenehnega občutka, da ne zmorejo ustrezno braniti svojih meja in uveljavljati svojih potreb, vzpostavijo nadzor nad edinim območjem, ki je drugim nedostopno – svojim telesom. Izgubo telesne teže pričnejo enačiti z lastno vrednostjo. Skupaj z medicinskimi pristopi se pri zdravljenju anoreksije vse bolj uveljavlja družinska terapija, ki se ukvarja z iskanjem simptomatike v dinamiki družinskih (konfliktnih) odnosov, družino pa se skupaj z mladostnico obravnava kot celoto. V terapijo so vključene dinamike družin, ki zaradi svojih nerazrešenih psihičnih vsebin ustvarjajo simptomatiko nastanka anoreksije. Namen prispevka je s pomočjo pregleda literature ugotoviti, kako družina in medsebojni družinski odnosi vplivajo na razvoj anoreksije pri mladostnici. Poudarek pa je na družinskih odnosih in uveljavljanju družinske terapije pri zdravljenju.

Ključne besede: motnje hranjenja, anoreksija, nervoza, družine, družinska terapija

Family and Family Therapy in Adolescent Girls with Anorexia

Anorexia is an eating disorder, manifesting as an excessive obsession with one's own weight and with the food ingested. Due to a constant feeling that they cannot properly protect their own limits and enforce their needs, adolescent girls establish control over the only area, which is inaccessible to others – their own body. In doing so, they start to confuse their weight loss with their own value. Along with medical approaches, family therapy, which is focused on finding the symptoms in the dynamic of domestic relationships (conflicts), and is considering the family together with the adolescent girl as a whole, is increasingly gaining ground in the treatment of anorexia. Therapy includes family dynamics, which due to their unresolved psychological matters create the symptoms for the development of anorexia. The purpose of the paper is to review the literature and identify how the family and mutual relationships within the family affect the development of anorexia in adolescent girls. The emphasis is on family relationships and the enforcement of family therapy in the treatment.

Key words: eating disorders, anorexia nervosa, anorexia and family, family therapy

Vloga medicinske sestre pri pacientkah z gestacijskim diabetesom

Gestacijski diabetes se pojavi med nosečnostjo in po porodu izzveni. Medicinska sestra pacientke z gestacijskim diabetesom spodbuja in vodi k zdravemu načinu življenja, preprečevanju napredovanja bolezni in izboljšanju kakovosti življenja matere in otroka. Namen prispevka je ugotoviti, ali pacientke upoštevajo navodila in priporočila medicinske sestre v diabetološki ambulanti. Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije in tehniko anketiranja. V raziskavi je sodelovalo 37 nosečnic z gestacijskim diabetesom. Ugotovili smo, da so pacientke upoštevale navodila, nasvete in priporočila medicinske sestre, kar je razvidno iz urejenosti gestacijskega diabetesa. 35 (95 %) nosečnic je urejalo diabetes z merjeno prehrano, 35 (95 %) jih je redno merilo krvni sladkor pred in po obrokih in 2 (5 %) sta uporabljali inzulin. Nosečnice so imele deficit znanja o prehrani, gibanju, uporabi inzulina, ketonih v urinu. 35 (95 %) nosečnic je bilo z delom medicinske sestre zadovoljnih. Ugotavljamo, da so pacientke seznanjene s potekom bolezni in obvladovanjem le-te. Izboljšave za prihodnost vidimo v promociji, ozaveščanju pacientk, kontinuiranem in permanentnem zdravstvenovzgojnem delu, v diabetološki ambulanti, in izven nje.

Ključne besede: sladkorna bolezen, nosečnost, merjena prehrana, dieta, telesna vadba, zdravstvena vzgoja

The Role of a Nurse in Patients with Gestational Diabetes

Gestational diabetes occurs during pregnancy and fades away after birth. The nurse encourages patients with gestational diabetes and leads them to a healthy way of life, prevent disease development and to improve the quality of mothers and child's life. Intention of this research is to learn if patients consider instructions and recommendations of nurses in the diabetes clinic. We used a quantitative method of research, the method of description and questionnaire technique. The research included pregnant women with gestational diabetes. We concluded that the respondents followed instructions, counsel and recommendations of the nurse, which could be seen from the stability of gestational diabetes. 35 (95%) pregnant women was managing diabetes with regulated food intake, 35 (95%) did regular measurements of blood sugar before and after the meals and 2 (5%) used Insulin. Pregnant women had a knowledge deficit: about food, exercise, insulin use, and ketones in urine. 35 (95%) pregnant women were satisfied with the nurse's work. We figured that the patients are well informed about the disease development and how to handle it. We see improvements for the future in promotion, informing of patients, continuous and permanent health educational work at the diabetes clinic and beyond.

Key words: gestational diabetes, measured nutrition, diet, physical activity, health education

Timski pristop k celostni obravnavi otroka in mladostnika

Na Otroškem oddelku Splošne bolnišnice Novo mesto poskrbimo za celostno obravnavo otroka/mladostnika. Že začetni pristop k njemu ni ozko usmerjen samo na težavo, zaradi katere je prišel k nam po pomoč, temveč naredimo najprej zelo natančno anamnezo, pregled celega telesa, ocenimo tudi psihično stanje in smo pozorni na socialno stanje njega in cele družine. Med nadaljnjo obravnavo anamnezo še dopolnjujemo, opravljamo redne preglede vseh organskih sistemov ter skrbimo za dobro počutje otroka/mladostnika na našem oddelku (bolnišnični vrtec, šola, Rdeči noski - klovni zdravniki, branje pravljic, predstave ...). Pri obravnavi otroka/mladostnika sodeluje celoten stalni tim tako zdravstvenih in nezdravstvenih delavcev ter sodelavcev. Vključujemo pa tudi strokovnjake z drugih področij. Po potrebi se posvetujemo s subspecialisti terciarnega nivoja. Poleg tega delujemo ves čas vzgojno in preventivno (Šola za starše, Navodila za zdravo življenje, Šola astme, Šola kakanja in lulanja). Delujemo tudi v skladu z zahtevami naziva Dojenju prijazna zdravstvena ustanova. Ves čas nam je vodilo kakovostna, vama in prijazna obravnava.

Ključne besede: otroci, celostna obravnava, timski pristop

Team Approach to the Holistic Treatment of Children and Adolescents

At the Children's Department of the Novo mesto General Hospital we take care of the comprehensive treatment of the child and adolescent. The initial approach is not focused solely on the patient's problem, but we thoroughly check the patient's medical history, make a very detailed examination, assess the mental state of the child, and pay attention to the social situation of the child and the whole family. During further treatment, the history is updated, we perform regular examinations of all the organic systems, and care for the well-being of the child in our department (hospital care, school, Rdeči noski - the clown doctors, reading fairy tales, performances, etc.). We have always been guided by quality, safe and friendly treatments. The entire standing team of both healthcare and non-health workers and co-workers participate in the patient's treatment. We also include experts from other fields. If necessary, we consult with the subspecialists of the tertiary level. We are also constantly active in educational and preventive activities (Parents' School, Healthy Living Instructions, Asthma School, Pooping and Peeing School), working in accordance with the requirements of the Breast Feeding-Friendly Health Care.

Key words: child, integrated treatment, team approach

Kvaliteta života djece oboljele od šećerne bolesti tip I i njihove obitelji

Šećerna bolest jedna je od najčešćih kroničnih bolesti. Neizlječivost bolesti te neprestana briga tijekom cijelog života bolesnika može utjecati na kvalitetu njegovog života te kvalitetu života njegove obitelji. Liječenje je jako kompleksno i zahtjeva potpuno sudjelovanje bolesnika, također u liječenju veliku ulogu ima pomoć i podrška obitelji. Edukacijom se bolesnik osposobljava za samostalno vođenje bolesti te mu se tako povećava kvaliteta života. Svrha ovog rada bila je istražiti kvalitetu života djece oboljele od dijabetesa tip I i njihove obitelji te otkriti promjene do kojih dolazi zbog pojave bolesti. U teorijskom dijelu opisana je šećerna bolest, kvaliteta života, moguće komplikacije, promjene koje utječu na kvalitetu života šećernih bolesnika, a posebna važnost je dana sudjelovanju oboljelog i njegove obitelji u procesu liječenja. U empirijskom dijelu rada, prikazani su podatci online anketa o kvaliteti života djece oboljele od dijabetesa tip I i njihove obitelji, koju su rješavali roditelji oboljele djece. Dobiveni su rezultati suprotni od očekivanih, većini oboljelih nakon otkrića bolesti kvaliteta života nije se značajno smanjila. Ispitanici navode kako su im promjene nakon otkrića bolesti, najviše vidljive u prehrani, zbog promjene prehranbenih navika te strogog režima prehrane, planiranju svakodnevnih aktivnosti djeteta, također teškoće im uzrokuje česta mjerenja GUK-a (glukoze u krvi). Većina roditelja navodi kako su bolest vrlo brzo prihvatili, također neki roditelji navode kako im je bolest donijela velike promjene u njihovom životu.

Gljučne riječi: šećerna bolest, kvaliteta života, podrška obitelji, promjene

Life Quality of Children with Diabetes Type I and their Family

Diabetes is one of the most expanded chronic diseases. Incurableness of the disease and constant care during the patient's lifetime can influence their quality of life, as well as of their family. The treatment of diabetes is very complex and it requires the patient's full involvement and cooperation. The family has a huge role in treatment in terms of help and support. With health education, the patient becomes qualified for an independent management of their disease, thus improving quality of their life. The purpose of this research was to look into the life quality of children with diabetes type I and their families, and to detect changes caused by diabetes. The theoretical part summarises the basic facts on diabetes, describes the quality of life, possible complications, the impact of changes on the life quality of diabetic patients, and family involvement in the process of treatment. The empirical part of the paper presents information which were collected through online research on the life quality of children with diabetes type I and their family, which included the parents of the children. The results were in oppositions to our expectations, namely, quality of life of the majority of patients with diabetes was not significantly decreased. The most frequent changes, as stated by the respondents, are in the field of nutrition, since diabetics have to change their eating habits drastically and follow a strict diet, as well as in planning children's everyday activities and regular testing of their blood sugar. Most parents accepted their child's disease and quickly reconciled with it. However, other parents describe, that the disease brought large changes into their life.

Key words: diabetes, quality of life, family support, changes

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Specific Nursing Care of Patients Suffering from Alzheimer's Dementia

Alzheimer's dementia belongs to degenerative diseases of the brain in which it causes damaging of cognitive functions – thinking, memory, judgment. Nowadays it lines up among the most common and most feared diseases of the old age. In Czech Republic, 120-150 thousand of people are estimated to be suffering from AD. In Slovakia, there is about 50-60 thousand sick people. The situation is considered to be a modern pandemic, and it is estimated that the number of patients will have exceeded 200,000 cases in CR and also in SK in less than 20 years. For these reasons, the problematics was proclaimed as priority by organisations WHO, EU and the Czech government. Our international research was focused on mapping the declared knowledge about this problematics, and on ways of providing specific nursing care of patients suffering from AD through medical devices. I work as a professional teacher at medical high school in Třebíč. When students perform their practice in hospital environment, we meet patients with AD more and more often. Therefore, it seems very important to introduce not only professional caregivers, but also family members, with specific needs in individual stages of the disease.

Key words: dementia, memory, nursing care

Posebna zdravstvena nega za bolnike z Alzheimerjevo demenco

Alzheimerjeva demenca (AD) spada med degenerativne bolezni možganov, kjer povzroči poškodovanje kognitivne funkcije – razmišljanje, spomin, presoja. Danes je med najpogostejšimi in je najbolj strah vzbujajoča bolezen v dobi starosti. Na Češkem 120-150 tisoč ljudi ocenjuje, da trpijo zaradi AD; na Slovaškem je približno 50-60 tisoč bolnikov. Situacija se šteje za sodobno pandemijo, in ocenjuje se, da bo število bolnikov presegalo 200.000 primerov v CR in tudi v SK v manj kot 20 letih. Zaradi teh razlogov, je problematika bila razglašena kot prednostna naloga organizacije WHO, EU in Češke. Mednarodna raziskava je bila osredotočena na pregled znanja o tej problematiki in o načinih zagotavljanja posebne zdravstvene nege pacientov z AD. Delam kot strokovni učitelj na Srednji zdravstveni šoli v mestu Třebíč. Ko študenti opravljajo svojo prakso v bolnišničnem okolju, se srečujemo z bolniki z AD bolj pogosto. Zato se zdi zelo pomembno predstaviti ne le strokovne skrbnike, ampak tudi družinske člane s posebnimi potrebami pri posameznih fazah bolezni.

Ključne besede: demenca, spomin, zdravstvena nega

Samoučinkovitost, izvedba aktivnosti in zadovoljstvo z življenjem

Samoučinkovitost, determinanta človekove dejavnosti, vpliva na splošno zadovoljstvo z življenjem. Samostojnost, učinkovitost in zadovoljstvo z izvedbo aktivnosti so posebej pomembni pri osebah z zmanjšano zmožnostjo. Namen raziskave je bil ugotoviti stopnjo splošne samoučinkovitosti in ali se povezuje z izvedbo vsakodnevnih aktivnosti in zadovoljstvom z življenjem. Preiskovanci v kvantitativni obliki raziskave so bili razdeljeni v tri skupine. Skupina 1 so bile osebe brez zmanjšane zmožnosti (N = 128), skupina 2 osebe s trajno gibalno oviranostjo (N = 109) in skupina 3 osebe z dolgotrajno motnjo v duševnem zdravju (N = 107). Za zbiranje podatkov smo uporabili lestvico splošne samoučinkovitosti ter vprašalnik o aktivnostih in o zadovoljstvu z življenjem. Podatki so bili analizirani s programom SPSS. Stopnja zaznane splošne samoučinkovitosti je najnižja pri osebah z motnjo v duševnem zdravju. Samoučinkovitost se ne ali se zelo redko povezuje s kazalci izvedbe aktivnosti, povezuje pa se z zadovoljstvom z življenjem. Najvišjo stopnjo zadovoljstva izražajo osebe brez zmanjšane zmožnosti. Pri obravnavi vsakdanjih aktivnosti moramo upoštevati specifične oblike samoučinkovitosti, pri doseganju zadovoljstva z življenjem pa krepiti splošno samoučinkovitost.

Ključne besede: zmanjšane zmožnosti, samoučinkovitost, aktivnosti, zadovoljstvo z življenjem

General Self-Efficacy, Activities Performance and Life Satisfaction

Self-efficacy, as a determinant of human activity, is associated with life satisfaction. Independency, efficacy and satisfaction with activities performance are very important for people with disability. The purpose of the research was to determine the level of general self-efficacy and find the connection between performance of daily activities and life satisfaction. The total of 344 people participated in the quantitative research, divided into three groups. The first group consisted of 127 participants with no disabilities, the second of 109 with a physical disability, and the third of 107 participants with mental health disorders. The data were collected through the general self-efficacy scale, activity performance and life satisfaction questionnaire. The data were analysed with SPSS software. The lowest level of self-efficacy is identified in people with mental health disorders. There is no significant connection between self-efficacy and performing of everyday activities, however, general self-efficacy is related to life satisfaction. The highest level of life satisfaction was identified among people without disabilities. When planning the treatment, we must pay attention on specific self-efficacy. Resources of general self-efficacy are important for high level of life satisfaction.

Key words: self-efficacy, activities performance, life satisfaction

Primer dobre prakse: praktično usposabljanje v Nemčiji

Na srednji zdravstveni šoli Celje je usposabljanje z delom sestavni in obvezni del v prenovljenih programih srednjega strokovnega, srednjega poklicnega in srednjega poklicno-tehničnega izobraževanja, ki se izvaja pri delodajalcih. Dijaki imajo se lahko praktično usposabljujejo v 36 zdravstvenih in drugih zdravstveno- socialnih ustanovah v Sloveniji in dveh v Nemčiji. V šolskem letu 2015/16 smo prvič sklenili individualne učne pogodbe z domom upokoencev Hauswittelbach v Bad Aigling v Nemčiji in našim dijakom omogočili praktično usposabljanje tudi v tujini. Tako je v šolskem letu 2015/16 opravljalo PUD v tujini 9 dijakov zaključnih letnikov smeri zdravstvena nega. Ker so bili z našimi dijaki zelo zadovoljni in se je zainteresiranost naših dijakov za opravljanje PUD-a v tujini povečala, je v šol. letu 2016/17 opravljalo PUD v Nemčiji že 14 dijakov. V tem šolskem letu pa smo sklenili individualno učno pogodbo še z drugim domom upokoencev v Nemčiji. To je AZURIT Seniorenzentrum Haus Cordula I v Rothenbergu. Naši dijaki so zelo zadovoljni z delom v tujini. Zelo pomembno je, da si poleg praktičnih veščin v drugem okolju pridobijo tudi bogate izkušnje na področju izpopolnjevanja iz tujega jezika, večjo samostojnost in razširitev obzorja. Z opravljanjem praktičnega usposabljanja v tujini pa se jim odprejo tudi možnosti zaposlitve po končanem šolanju.

Ključne besede: zdravstvena nega, praktično usposabljanje, dijaki, Nemčija

Example of Good Practices: Practical Training in Germany

At the Secondary School of Nursing Celje, practical training is an integral and compulsory part of the renewed programmes of secondary professional, secondary vocational, and secondary vocational and technical education, which is carried out in cooperation with different employers. Students have the opportunity to choose their practical training at 36 healthcare and other health and social care institutions in Slovenia, and at two institutions in Germany. For the first time, in the school year 2015/16, we have concluded individual study contracts with the Hauswittelbach nursing home in Bad Aigling, Germany, and enabled our students to perform their practice abroad. Thus, in the school year 2015/16, practice abroad was performed by 9 fourth-year students of the nursing care programme. Since the mentioned institution in Germany was satisfied with our students and students' interest in the practical training abroad has increased, in 2016/17, 14 students performed their practical training in Germany. In the current school year, we have concluded an individual learning contract with another nursing home in Germany. This is AZURIT Seniorenzentrum Haus Cordula I in Rothenberg. It should be emphasised that our students are also very satisfied with their practical training abroad. It is very important that students, in addition to developing practical skills in a foreign environment, acquire foreign language skills, as well as greater autonomy, and expand their horizons. By performing practical training abroad, they also gain better opportunities for employment after completing their education.

Key words: practical training, students, Germany

Prehranska priporočila za paciente na hemodializnem zdravljenju

Ustrezna prehranjenost je zelo pomembna pri pacientih, ki se zdravijo s hemodializo, in predstavlja nepogrešljiv del zdravljenja. Veliko vlogo pri izobraževanju o prehranskih priporočilih za te paciente zdravljenju pa imajo izvajalci zdravstvene nege na oddelkih za hemodializo. Prehrana naj bi bila ključni del zdravega življenjskega sloga. Največkrat je potrebna pravilna prehrana takrat, ko bolezen ali bolezenski znaki začnejo vplivati na človeka tako, da spremenijo njegovo fizično in psihično počutje, ko se pojavijo bolezenski znaki ali pa se spremembe odražajo v izvidih laboratorijskih preiskav. S prehrano v teh primerih postopoma zmanjšamo ali povečamo vnos hranilnih in drugih snovi, ki jih organizem potrebuje, odvisno od narave bolezni in stopnje okvare. Prehranskih navad, ki si jih je posameznik prisvojil, ni lahko spreminjati. Če želi biti zdravstveno osebje pri tem uspešno, mora dobro poznati teoretične in praktične osnove različnih prehranskih predpisov ter poznati dejstva in okoliščine, ki vplivajo na odnos posameznega pacienta do bolezni.

Ključne besede: prehrana, hemodializa, pacienti, prehranske navade

Food Recommendations for Patients on Haemodialysis Treatment

The correct diet and nourishment are of the utmost importance for haemodialysis patients, and recognised as an important part of the treatment. Healthcare providers in the dialysis treatment centres have an important role in education on dietary recommendations for patients on haemodialysis treatment. Nutrition should be the key part of a healthy lifestyle. Most often, a proper diet is needed when a disease or its symptoms begin to affect a person in a way that changes their physical and mental well-being, when the symptoms occur, or if changes are reflected in laboratory examinations. In these cases, we gradually reduce or increase the intake of nutrients and other substances the organism needs, depending on the nature of the disease and the degree of failure. Dietary habits of an individual cannot be easily altered. If the healthcare providers want to be successful, they must have good knowledge of the theoretical and practical bases of various nutritional rules, and of the facts and circumstances that affect the patient's attitude towards the disease.

Key words: diet, haemodialysis, patient, nutritional habits

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Kako ogroženi so naši zdravstveni podatki in kako izboljšati njihovo varnost?

Trendi prenove poslovanja v elektronsko poslovanje potekajo tudi na področju zdravstva. V zadnjih dveh letih sta bili razviti storitvi eRecept in eNapotnica, ki omogočata izmenjavo podatkov med izvajalci zdravstvenih storitev. Tudi večje bolnišnice so že prenovile svoje informacijske sisteme, ponudile storitve na spletu, del poslovnih procesov je možno izvajati preko mobilnih naprav, npr. ob bolniški postelji. Vsakodnevno poročanje o varnostnih incidentih, npr. vdorih v informacijske sisteme, kraji osebnih podatkov, prevarah na spletu in v zadnjem času kriptovirusih, pokaže, da navedene novosti na področju zdravstva ne prinašajo le koristi, ampak močno povečujejo varnostno tveganje. V prihodnosti pričakujemo, da bodo hekerji lahko resno ogrožali zdravje ali celo življenje bolnikov, če bodo varnostni vidiki pomanjkljivo naslovljeni. Višje zavedanje in podpora menedžerjev zdravstvenih inštitucij s področja informacijske varnosti, ustrezna vlaganja in prizadevanja za gojenje dobre varnostne kulture bodo zato nujni za zagotavljanje ustrezne ravni informacijske varnosti tudi v prihodnosti. Ključni dejavnik uspeha je tudi učinkovito upravljanje varnostnih postopkov in osredotočanje na človeške dejavnike informacijske varnosti, predvsem pa redno ozaveščanje in usposabljanje vsakega zdravstvenega delavca za varno ravnanje z informacijskimi sredstvi.

Ključne besede: bolniki, zdravstveni podatki, informacijska varnost, varnostni incidenti, kultura informacijske varnosti

How Endangered are Our Health Data and How to Enhance their Security?

Trends of transforming business into e-business are also present in the field of health care. In the last two years, services eRecept and eNapotnica have been developed to facilitate the exchange of data between healthcare providers. Larger hospitals have already renewed their IT systems, offered online web services for patients and mobile services for employees, e.g. viewing and updating patient data next to the patient's bed. Daily reports of security incidents, for example, intrusion into information systems, stealing personal data, web scams, and lately cryptoviruses, show us that renovations of health information systems not only benefit, but greatly increase the security risk. Hackers may seriously endanger health and even life of the patient in the future, if the information security aspects are inadequately addressed. Increasing awareness and support of the managers of healthcare institutions and their efforts to implement good information security culture is essential to ensure the appropriate level of information security in the future. Key success factors are also the effective management of security procedures and the focus on human aspects. Awareness raising lessons and trainings on security issues should be regularly provided to all healthcare professionals.

Key words: health data, security incident, information security, information security culture

Nastanek in uporaba standardov v zdravstveni negi

Standard je dokument, ki natančno predpisuje norme, ki jih mora izpolnjevati nek proizvod oziroma storitev. Standard zdravstvene nege definira stopnjo njene kakovosti, saj vsebuje kriterije, s pomočjo katerih ocenjujemo kakovost dela izvajalcev zdravstvene nege in jo s tem tudi izboljšujemo. Standardi so živ dokument, ki se spreminja z razvojem stroke. Pišejo ga medicinske sestre s svojega delovnega področja, zato morajo imeti natančna navodila. V prispevku je opisan nastanek in uporaba standardov v Splošni bolnišnici Novo mesto.

Ključne besede: standardi, zdravstvena nega, bolnišnice

Creating and Implementing Standards in Nursing Care

Standard is a document which precisely defines norms each product or service has to fulfil. The nursing care standard defines the level of quality, for it includes criteria used to evaluate nursing care. These criteria lead to quality work of nursing care providers. Standards are living documents which change with development of the profession. They are written by nurses working in various fields, so they need have accurate instructions. The article introduces developing and the use of standards in General Hospital Novo mesto.

Key words: standards, nursing care, hospital

Zdravstvena pismenost dijakov zdravstvene nege v jugovzhodni Sloveniji

Namen prispevka je bil s pomočjo tehnike anketiranja preveriti cilje naše raziskave, ali se pojavljajo statistično pomembne razlike med zdravstveno pismenostjo (ZP) dijakov zdravstvene nege (ZN) v jugovzhodni Sloveniji in zdravstveno pismenostjo tistih dijakov, ki v svojem srednješolskem izobraževanju nimajo predmetov z zdravstvenimi vsebinami. ZP Svetovna zdravstvena organizacija definira kot zmožnost posameznika, da razume in uporabi ustrezne informacije za vzdrževanje in promocijo zdravja. Višja ZP je povezana z zdravju sprejemljivim obnašanjem in boljšim izidom zdravljenja, medtem ko posamezniki z neustrezno ZP večkrat izkoriščajo zdravstvene storitve, so večkrat hospitalizirani in se napačno zdravijo. Neustrezna ZP je povezana tudi z višjimi stroški. V raziskavo je bilo vključenih 110 dijakov, 43,6 % zdravstvene nege (ZN) in 56,4 % ostalih programov. Dijaki ZN v JV Sloveniji so bolj zdravstveno pismeni od ostalih dijakov, saj v povprečju dosegajo več točk na testu iz ZP (ZN $M = 13,9$, ostali $M = 11,4$). Najvišjo ZP imajo srednješolci, ki največ zdravstvenih informacij pridobijo v šoli pri pouku ($M = 13,7$), najmanjšo pa tisti, ki največ informacij pridobijo iz medijev ($M = 11,3$), kar nakazuje, da jih je treba naučiti kritično sprejemati informacije.

Ključne besede: zdravstvena pismenost, najstniki, zdravstvena vzgoja

Health Literacy of Students in Nursing School in Southeast Slovenia

The purpose of the research was to distinguish whether statistically important differences appear in health literacy (HL) between students in nursing schools (NS) in Southeast Slovenia and students who do not have health care contents in their education. HL is defined by WHO as the ability of an individual to understand and use appropriate information to maintain and promote health. Higher HL is connected with the acceptable behaviour towards health and better outcome of treatment, while individuals with inadequate HL take advantage of health services, are hospitalised more often and misuse the treatment. Inadequate HL is also connected to higher costs. 110 students were included in the research; 43.6% from NS and 56.4% from other schools. Students of NS, on average, reach higher number of points on the HL test (NS $M = 13.9$; the rest $M = 11.3$), therefore they have a higher level of HL than other students. Students reaching the highest level of HL are those who gain health information in school ($M = 13.7$), and those who gain information from the media ($M = 11.3$) have the lowest HL; the result implies that they must be taught to critically assess information.

Key words: health literacy, adolescents, health education

Stališča študentov do inkluzivnega visokošolskega izobraževanja gibalno oviranih

Število gibalno oviranih študentov na univerzah narašča, zaradi česar je treba zanje pedagoško delo ustrezno prilagoditi po načelih inkluzivnega visokošolskega izobraževanja. Da bi zagotovili njihovo čim večjo uspešnost pri študiju, je treba sistemsko ukrepati, hkrati pa osebe in ostale študente tudi pravilno seznaniti s posebnimi potrebami gibalno oviranih študentov. Cilj raziskave je bil analiza stališč študentov brez posebnih potreb in gibalno oviranih študentov do inkluzivnega visokošolskega izobraževanja gibalno oviranih, glede na smer in jakost ter razlike v stališčih obeh skupin. Razkrivali smo stereotipne trditve, ki pogosto onemogočajo polno vključitev gibalno oviranih v študijski proces. Raziskavo smo izvedli po deskriptivni in kavzalno–neeksperimentalni metodi. Na podlagi dobljenih rezultatov želimo podati smernice za krepitev realnih stališč in empatije vrstnikov do gibalno oviranih študentov ter vplivati na družbeno osveščenost o gibalno oviranih študentih v slovenskem prostoru. Stališča do gibalno oviranih študentov se razvijajo hkrati z izkušnjami, izobraževanjem in prilagajanjem, pri gibalno oviranih in pri ostalih študentih. Razvoj pozitivnih stališč zahteva osebni razvoj posameznika in celotne družbe.

Ključne besede: študenti, posebne potrebe, gibalno ovirani študenti, inkluzija, stališča

Attitudes of Students towards Inclusive Higher Education of Students with Physical Disabilities

The number of students with physical disabilities at universities is increasing, therefore, it is necessary to adapt educational process according to the principles of inclusive higher education. To ensure maximum performance of students with physical disabilities in their studies, it is necessary to make certain systemic actions, while also properly inform and educate staff and other students regarding the special needs of students with physical disabilities. The aim of the study was to analyse the attitudes of students without special needs and students with physical disabilities towards inclusive higher education of students with physical disabilities. The research was carried out using the descriptive and causal–experimental method. With our research we determined attitudes towards inclusive higher education of students with physical disabilities and the structure of attitudes according to the direction and intensity, as well as differences in the positions of both parties. We also revealed the stereotypical arguments often preventing full integration of students with physical disabilities in the study process. Based on the results we would like to strengthen the real attitudes and empathy of their peers towards students with physical disabilities, and affect the social awareness of the latter in the Slovenian territory. Attitudes towards students with physical disabilities are being developed simultaneously with the experience, education and adjustment on both sides. The development of positive attitudes requires personal development of both individuals and society as a whole.

Key words: higher education students, students with physical disabilities, inclusion, attitudes

Ravnanje voznikov motornih vozil s kompletom prve pomoči po preteku roka uporabe

V Sloveniji je z zakonom predpisan kot obvezni del opreme v cestnem prometu tudi komplet za prvo pomoč, kar pomeni, da mora biti v približno 1.425.000 registriranih cestnih motornih vozilih. Rok uporabe kompleta je 5 let. Ravnanje s kompletom, ki mu je potekel rok uporabe, je prepuščeno voznikom. Od njih je odvisno, ali približno 285.000 kompletov prve pomoči letno postane nekoristen odpadke in breme ali uporaben pripomoček oz. surovina. Namen raziskave je bil ugotoviti, kaj storijo vozniki motornih vozil s kompletom po preteku roka uporabe. Zbiranje podatkov je potekalo s pomočjo anonimnega anketnega vprašalnika. Raziskovalni vzorec je zajemal 200 voznikov motornih vozil. Polovica anketiranih shrani celoten komplet ali vsaj njegove posamezne sestavine, 13 % pa komplet zavrže. 75 % tistih, ki komplet zavržejo, navaja, da poskušajo vsebine kompleta ločevati. Njihovo ravnanje ni odvisno od spola, starosti ali izobrazbe. 77 % anketiranih ni še nikoli dobilo informacije o tem, kaj storiti s kompletom za prvo pomoč, ki mu preteče rok uporabe, 24 % jih roka uporabe niti ne preverja. Komplet za prvo pomoč po preteku roka ni le neuporaben odpadke, česar se zaveda večina anketiranih, saj komplet shranjujejo. Spodbudno je, da tudi tisti, ki ga zavržejo, vsebino kompleta ločujejo glede na vrsto odpadka. Da bi zadostili politiki trajnostnega ravnanja z odpadki, bi potrebovali konkretna priporočila, kako ravnati s kompletom prve pomoči, ki mu je potekel rok uporabe.

Ključne besede: komplet prve pomoči, vozniki, motorna vozila, odpadki, ravnanje

Motor Vehicle Drivers' Handling of First Aid Kit after Its Expiration Date

First aid kit is a mandatory part of motor vehicle equipment in Slovenia, as laid down by law. It means that it is an obligatory kit in approximately 1,425,000 registered road motor vehicles. The shelf life of the first aid kit is 5 years. How to deal with the kit after its expiration date is primarily a driver's decision. Their behaviour decides whether around 285,000 first aid kits become useless waste and burden, or a useful expedient and raw material. The purpose of research was to investigate what motor vehicle drivers do with their first aid kit after its expiration date. Data gathering was performed by an anonymous questionnaire. The research sample included 200 motor vehicle drivers. Half of the respondents store the entire first aid kit or at least one individual component, while 13% discard it. 75% of those who throw it away say that they try to separate its content according to the type of waste. Their behaviour does not depend on gender, age or education. 77% of respondents have never received any information about what to do with the kit after its expiration date. 24% of them do not even check the expiration date. An expired first aid kit is not just useless waste, and most respondents are aware of the fact. Even those who throw it away, separate its contents, which is encouraging. Furthermore, we would need ideas and unambiguous recommendations how to handle the expired first aid kit in order to follow a sustainable waste management policy.

Key words: first aid kit, motor vehicle drivers, waste, handling

Vplivi ultravijoličnega sevanja - stališča študentov zdravstvene nege

Prekomerna izpostavljenost ultravijolični svetlobi lahko škodljivo vpliva na različne organizme. Pri človeku povzroča poškodbe kože, vnetja, hiperplazijo kožne povrhnjice, zmanjšano tvorbo kolagenskih vlaken, pospešuje fotostarjanje in mutacije DNK in RNK ter kožnega raka. Državne inštitucije so izdale različna navodila o izogibanju pred vplivi sončne svetlobe. Farmacevtsko-kozmetična industrija intenzivno razvija različne substance, ki vse učinkoviteje omejujejo prehod ultravijoličnega sevanja skozi kožo. Javnosti so manj znani pozitivni učinki atmosferskega ultravijoličnega sevanja na zdravje in človeško telo. Številne raziskave opisujejo ugodne učinke na celjenje kosti in uspehe pri podpomem zdravljenju nekaterih kroničnih kožnih sprememb. Raziskava, ki je bila opravljena med študenti zdravstvene nege, je pokazala njihovo različno poznavanje vplivov ultravijoličnega sevanja na zdravje in človeško telo.

Ključne besede: zdravje, medicinske sestre, študenti, ultravijolično sevanje

Impacts of Ultraviolet radiation - the Nursing Students' Views

Excessive exposure to the ultraviolet light can adversely affect different organisms. In humans, it causes skin damage, inflammation, hyperplasia of upper tissue, reduced formation of collagen fibres, accelerated photoaging, RNA and DNA mutations, and skin cancer. Different instructions on the sunlight effect avoidance have been issued by national institutions. Pharmaceutical cosmetics industry is intensively developing variety of substances, which more effectively restrict the passage of ultraviolet radiation through the skin. The public is less aware about the positive effects of atmospheric ultraviolet radiation on health and the human body. Numerous studies describe favourable effects on healing of bones and successes in supporting the treatment of some chronic skin lesions. The survey, which was carried out in a larger group of students, showed their varying knowledge regarding the effects of ultraviolet radiation on health and human body.

Key words: ultraviolet radiation, health, nurses, students

Strah pred govornimi aktivnostmi v tujem jeziku

Profesorji tujega jezika se pogosto sprašujemo, katere strategije naj uporabimo, da bi študentje oziroma udeleženci lažje premagali strah pred govorjenjem v tujem jeziku. Kako naj udeleženec odpravi strah pred govorjenjem v tujem jeziku. Kadar nastopi pri udeležencu strah, mora profesor oziroma predavatelj najprej ugotoviti, kaj pri njem sploh povzroča strah. Gre za splošno udeleženčevo lastnost pri komunikaciji v primerljivih okoliščinah ali se pojavlja zgolj pri tujem jeziku? Glede na ugotovitev se lahko spremeni način spraševanja in zahtevnost prilagodi sposobnostim posameznika. Na zmanjševanje strahu vplivajo različni pristopi v komunikaciji oz. odnosu predavatelj - udeleženec. Med učinkovitejšimi metodami izboljšanja so pohvale in spodbude predavatelja, ki jih lahko uporabi pri vsakem uspehu udeleženca. Prispevek je zasnovan v dveh delih. Prvi del je namenjen predstavitvi strategij za premagovanje strahu pred govorjenjem v tujem jeziku. Drugi del je zasnovan kot anketni vprašalnik, s katerim ugotavljamo razloge za strah in možne ukrepe, ki bi posameznikom pomagali izboljšati stanje. Anketni vprašalnik so izpolnili udeleženci različnih starostnih skupin in z različnim nivojem znanja tujega jezika. S tem vprašalnikom je bilo ugotovljeno, kdaj in zakaj je dejansko prisoten strah pred govorjenjem ter kako reagirajo udeleženci, ki imajo izrazitejši strah pred govorjenjem v tujem jeziku.

Ključne besede: strah pred govorjenjem, sugestopedija, premagovanje strahu

Fear of Speech Activities in a Foreign Language

Foreign language teachers often ask themselves a question which strategies to use that would help the students and participants to overcome the fear of speaking in a foreign language. How is a participant supposed to eliminate the fear of speaking in a foreign language? When the participant is beginning to be overcome by fear, the lecturer must figure out the causes of fear. Is this the participant's general feature when communicating in comparable circumstances or does it occur only in a foreign language? According to the findings, the way of questioning can be modified and the difficulty of a task can be adjusted to the abilities of an individual. The reduction of fear is affected by different communication approaches within the relationship: lecturer – participant. One of more effective methods of improvement in this chosen field is praise as well as encouragement, which can be used by the lecturer to mark each participant's success. The article is designed in two parts. The first is devoted to the presentation of strategies for overcoming the fear of speaking in a foreign language. The other is designed as a survey questionnaire, structured in the fields for finding the reasons for fear, and measures which help to improve the condition of an individual. The survey questionnaire was completed by the participants of different age groups and with a different level of knowledge of a foreign language. This questionnaire has established when and why the fear of speaking is actually present and how the participants, who have a pronounced fear of speaking in a foreign language, react in such circumstances.

Key words: fear of speech activities in a foreign language, suggestopaedia, strategies for overcoming fear

Prevenција i tretman neželjenih efekata biološke terapije Reumatoidnog artritisa

Strategija savremenog lečenja obolelih od Reumatoidnog artritisa (RA) podrazumeva holistički pristup bolesniku u kome rana, kombinovana i planska terapija ima za cilj kliničku remisiju, prevenciju komplikacija i očuvanje funkcionalne sposobnosti bolesnika. Napredak u poznavanju patogeneze bolesti doveo je identifikovanja novih terapijskih ciljeva i uvođenja biološke terapije kao efikasnog modaliteta lečenja obolelih. Bazirajući pristup biološkoj terapiji sa aspekta sestrinske delatnosti, u radu su sumirane osnovne farmakodinamske karakteristike bioloških lekova, specifičnosti njihove primene, uz poseban osvrt na neželjena dejstva ovih lekova i sestrinske intervencije u njihovoj prevenciji, prepoznavanju i zbrinjavanju. Delotvornost i efekti biološke terapije zavise od poštovanja protokola njihove primene, postupka aplikacije leka, nadzora pacijenata tokom primene istog, kao i blagovremenog registrovanja neželjenih efekata lekova, što predstavlja značajan delokrug rada medicinskih sestara. Poznavanje farmakokinetike i farmakodinamike bioloških lekova, kao i poštovanje sestrinskih procedura u sprovođenju biološke terapije, nameće se kao bitan preduslov kvalitetnog i kompetentnog rada medicinskih sestara u primeni ovog modaliteta lečenja.

Ključne reči: reumatoidni artritis, biološka terapija, neželjeni efekti, sestrinske intervencije

Prevention and Treatment of Side Effects of Biological Therapy for Rheumatoid Arthritis

The strategy of modern treatment of patients with rheumatoid arthritis (RA) lies in holistic approach to the patients, where early, combined and planned therapy aims for clinical remission, prevention of complications and preservation of functional abilities of patients. Progress in pathogenesis of the disease has identified new therapy goals and introduction of biological therapy as an efficient model of treating RA patients. The work comprises basic pharmacodynamics characteristics of biological drugs, the specifics of its implementation, and special attention that has been given to side effects of these drugs and to nurses' intervention in its prevention, recognition, and dealing with these effects. The effectiveness and the effects of biological therapy depend on respecting the protocol of administration of the medication, procedure of its administration, patient monitoring during its use and prompt registration of side effects, which represents a significant area of professional engagement of nurses. Knowledge of pharmacokinetics and pharmacodynamics of biological medications and following the nurses' procedure in their administration imposes a strong qualification for quality and competent work of nurses in application of this model of treatment.

Key words: rheumatoid arthritis, biological therapy, side effects, nurses' intervention

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Percepcija duhovnosti in duhovne oskrbe starostnika z vidika izvajalcev zdravstvene nege

Skrb za duhovne potrebe starostnika je pomemben del holističnega pristopa k pacientu. Namen prispevka je bil predstaviti cilj raziskave, s katero smo želeli ugotoviti, kakšen je odnos izvajalcev zdravstvene nege do duhovnosti oziroma izvajanja duhovne oskrbe pri zdravstveni negi starostnika v bolnišničnem okolju. Uporabljena je bila kvantitativna metoda raziskovanja, metoda deskripcije, kompilacije in sinteze. Podatke smo pridobili s tehniko anketiranja. V raziskavi je sodelovalo 35 izvajalcev zdravstvene nege, zaposlenih v Splošni bolnišnici Celje. Izvajalci zdravstvene nege, ki so bili vključeni v raziskavo, pacientu dajejo možnost, da izrazi svoja stališča glede duhovnosti (PV = 4,20; SO = 0,632). Analiza zbranih podatkov je pokazala, da je večina izvajalcev zdravstvene nege ostala neopredeljena pri trditvi, da se v kolektivu zdravstvene nege pogovarjajo o duhovnih potrebah pacienta (PV = 2,69; SO = 1,278), kljub temu pa so osveščeni ter razumejo prepričanja in stališča pacientov glede duhovnosti, duhovnih potreb in duhovne oskrbe v času bolnišnične obravnave.

Ključne besede: zdravstvena nega, pacienti, duhovnost, duhovna oskrba, vera

Perception of Spirituality and Spiritual Treatment of Older People through the Eyes of the Nursing Staff

Taking care of spiritual needs of older people is an important part of holistic approach. The overall aim of this research was to determine the attitude of the nursing staff towards spirituality and the patients' spiritual treatment when hospitalised. Quantitative method of research, method of description, compilation and synthesis were used. Information were gathered with the technique of surveys. The research included 35 nursing employees in Celje General Hospital. Nursing staff, included in the research, provide patients with the option to disclose their views on spirituality (AV = 4.20; SD = 0.632). The analysis of the collected data showed that the majority of nursing staff remained undecided at the claim that the nursing team discusses about spiritual needs of patients (AV = 2.69; SD = 1.278). In the research, we concluded that nursing staff are informed and understand the beliefs of patients' spirituality, spiritual needs and spiritual treatment during hospitalisation.

Key words: spirituality, spiritual treatment, faith, patient, nursing care

Istraživanja u sestrinstvu kao prediktor kvalitetne zdravstvene njege

Sestrinstvo je integralni dio cjelokupne zdravstvene zaštite i obuhvaća promociju zdravlja, prevenciju bolesti, provođenje postupaka zdravstvene njege kod psihičkih i fizičkih bolesti, nesposobnosti i povećanih potreba stanovništva i bolesnika na svim razinama zdravstvene zaštite. Istraživanja su pokazala da u svom radu medicinska sestra koristi kliničko znanje (iskustvo i vještinu), oslanja se na iskustvo, intuiciju, tradiciju i autoritet, i napreduje kroz obrazovanje, kroz istraživanja u sestrinstvu potvrđuje se dobra klinička praksa. Preopterećenost u radnoj sredini uvelike se može odraziti na radnu učinkovitost, a samim time i na smanjenu produktivnost cjelokupne organizacije, što za sobom poteže i financijsku nestabilnost. Istraživanje uključuje analizu broja i uzroka izgubljenih dana i stope apsentizma te analizu anonimnog upitnika o stresu na radnom mjestu. Pojava apsentizma kod medicinskih sestara ne utječe samo na zdravlje medicinskih sestara već i na zdravlje onih kojima medicinske sestre pružaju zdravstvenu zaštitu, a povećana stopa apsentizma u bolničkim ustanovama pokazatelj je i (ne)zadovoljstva medicinskih sestara.

Glavne riječi: Sestrinstvo, organizacija i upravljanje, menadžment, apsentizam

Research in the Nursing is a Predictor of Quality Health Care

Nursing is an integral part of overall health care including health promotion, disease prevention, health care procedures in mental and physical illnesses, disabilities and increased needs of the population and patients at all levels of health care. Research has shown that nurses use their clinical knowledge (experience and skills), relies on experience, intuition, tradition, and authority, and advances through education. Good clinical practice is confirmed through nursing research! Absenteeism exists in every organisation and institution. Being overworked can greatly affect working efficiency, and hence reduce productivity of the entire organisation, which also causes financial instability. The presented research is based on the analysis of the number and causes of lost days, the rate of absenteeism and the analysis of the anonymous questionnaire on workplace stress. The appearance of absenteeism among nurses does not only affect the health of nurses, but also the health of those, whom nurses provide health care. The increased rate of absenteeism in hospital institutions is also an indicator of (non)satisfaction of nurses.

Key words: nursing, organisation and management, management, absenteeism

Timsko delo na področju duševnega zdravja - razvoj regionalnih centrov za duševno zdravje v skupnosti

Skupnostne delovne skupine na osnovni ravni zdravstvenega varstva so bile v Sloveniji leta 2013 ustanovljene v štirih regijah z najslabšimi kazalci duševnega zdravja, med katerimi je tudi visok indeks samomorilnosti. V teh delovnih skupinah sta po dve diplomirani medicinski sestri polovično zaposleni psihiater, delovni terapevt in psiholog iz zdravstvenega doma. Delovne skupine so tesno povezane z nevladnimi organizacijami in z regionalnimi centri za socialno delo. Njihovo sodelovanje in skupno načrtovanje sta lahko osnova za razvoj regionalnega centra za duševno zdravje. Delovne skupine za skupnostno psihiatrijo so se izobraževale v programu, ki je v trening intenzivno vključeval uporabnike služb – paciente in njihove svojce. V prispevku bomo predstavili prve rezultate delovanja teh centrov: uporabljeni bodo demografski podatki, diagnoze, ocene potreb, opravljene storitve in izidi obravnave. Ocena skupnostnih delovnih skupin in drugih izvajalcev je potrebna za načrtovanje služb za duševno zdravje v regiji na podlagi potreb. Pri raziskovanju bomo morali upoštevati mnenja pacientov, in njihovih svojcev, načrtovalcev in izvajalcev. Rezultati dela v skupnostnih timih in v izobraževalnem programu za obravnavo v skupnosti so lahko osnova za klinično in javnozdravstveno analizo, za načrt varovanja pravic uporabnikov in za sodelovanje med različnimi strokami.

Ključne besede: duševno zdravje, skupnosti, delovne skupine, regijski centri

Multidisciplinary Teamwork in Mental Health - Development of Community Mental Health Regional Centres

Community Mental Health Teams (CMHTs) at the primary level of care were established in Slovenia in 2013 only in four regions with worst mental health indicators, among them also high suicide rates. CMHTs include two nurses, a part-time psychiatrist, an occupational therapist, and a psychologist from a health centre. They have strong connections to non-government organisations and regional social work centres. Dynamic communication and common care planning can provide grounds for the development of regional mental health centres. CMHT teams were educated in a programme with strong involvement of service users and their carers. First results of community outreach are to be presented by using patients' demographic data, diagnosis, needs assessment, service provision, and outcomes. Assessment of CMHT and other providers' work is needed to establish the needs-led planning of further development of mental health services in the region. Patients and carers' needs are to be taken into account with further needs analysis and care planning at the regional level, as well as purchasers (local community) and providers' needs. Results of CMHT work and educational programme for community care can be the basis for clinical and public health analysis, a plan for the protection of the rights of users, and for the cooperation among different disciplines.

Key words: community mental health teams, regional mental health centres, needs assessment

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Intervencije medicinske sestre i zadovoljstvo bolesnika radom službe kućnog lečenja

Savremene dijagnostičke i terapijske procedure doprinele su poboljšanju zdravlja ljudi, a samim tim i produženju života. Sve je više starih ljudi kojima je neophodno pružiti kvalitetnu zdravstvenu zaštitu uprkos komorbiditetu. Prednosti pružanja zdravstvene nege u kući stare osobe su oslobađanje postelja u bolnicama za akutna i urgentna stanja, korisnici se osećaju prijatnije jer su okruženi svojom porodicom, zdravstveno – vaspitni rad je moguć ne samo sa pacijentom već i sa članovima njegove porodice. Cilj ovog rada je bio utvrđivanje potreba za negom bolesnika kao i njihovo zadovoljstvo radom medicinskih sestara u službi kućnog lečenja Gradskog zavoda za gerontologiju u Beogradu. Ispitanici su bili bolesnici – korisnici službe kućnog lečenja Gradskog zavoda za gerontologiju u Beogradu i medicinske sestre zaposlene u službi kućne nege i lečenja koji su popunjavali anketni list konstruisan za potrebe ovog rada. Rezultati pokazuju da više od dve trećine bolesnika koristi usluge zavoda za gerontologiju između jedne i pet godina, a 80 % ispitanika ima potrebu za zdravstvenom negom u kući radi primene terapije, provere vrednosti vitalnih parametara i održavanja lične higijene. Svi ispitanici bolesnici su zadovoljni pruženom zdravstvenom negom.

Ključne reči: medicinske sestre, kućna nega, pacijenti, zadovoljstvo

Interventions of Nurses and Patient Satisfaction with the Home Care Service

Modern diagnostic and therapeutic procedures have contributed to the improvement of human health, and consequently, to extending life. The number of older people, who need quality health care, is increasing despite the comorbidity. Benefits of providing nursing care at home are: release of patients beds in hospitals for acute and urgent conditions, users feeling more comfortable because they are surrounded by their family, and health care and research is possible not only with the patient, but also with their family members. The aim of this paper was to determine the needs for the patients' care and their satisfaction with the work of nurses in the home care service of the Institute for Gerontology, Home Treatment and Care Belgrade. The subjects were patients - users of home treatment of the Institute for Gerontology, Home Treatment and Care Belgrade, and nurses employed in the service of home treatment and care, who completed the questionnaire designed for this research. The results show that more than two thirds of patients use the services of the Institute for Gerontology between one and five years, 80% of the respondents have a need for care at home, namely for the application of therapy, control of vital parameters, and for maintaining personal hygiene. All patient respondents are satisfied with the provided nursing care.

Key words: nurses, home care, patients, satisfaction

Vključevanje kulturnih kompetenc v zdravstveno obravnavo

Kulturno kompetentna zdravstvena obravnavo je nujna zaradi povečanja števila stikov zdravstvenih delavcev s pripadniki različnih kultur/ver/narodnosti. Zdravstveni dom Sevnica se je vključil v projekt Nacionalnega inštituta za javno zdravje »Za boljše zdravje in zmanjšanje neenakosti v zdravju – Skupaj za zdravje« in sodeloval pri udejanjanju novega koncepta skupnega pristopa za krepitev zdravja in zmanjšanja neenakosti v zdravju. Pri uvajanju kulturno kompetentne zdravstvene obravnave smo izvedli strokovno izobraževanje zdravstvenih delavcev. Po letu dni smo ugotavljali, kako udejanjajo kulturno kompetentno zdravstveno obravnavo pri vsakdanjem delu. Od 75 anketiranih delavcev jih večina obravnava pacienta celostno brez predsodkov glede vere, rase, starosti in spola. Zdravstveni delavci pri zdravstveni obravnavi uporabljajo jezik pacienta, če le lahko. Želijo si kulturnega tolmača in prepoznajo povezanost poznavanja kulture z razumevanjem pacientovih potreb. Zdravstvena ustanova s svojimi ukrepi (poslanstvo, vizija) zagotovi pogoje za zagotavljanje enakosti ranljivih skupin, s tem da izdela celosten program usposabljanja zaposlenih za to področje.

Ključne besede: kakovost, zdravstvena nega, medkulturna obravnavo, opolnomočeni delavci, skupnostni pristop

Integration of Cultural Competences in Primary Health Care

Culturally competent medical treatment is necessary due to the increasing number of contacts between health professionals and members of different cultures/religions/ethnicities. Sevnica Health Centre joined the project of the National Institute of Public Health "For Better Health and Reducing Health inequalities - Together for Health", and participated in the implementation of the new concept of a common approach to health promotion and reduction of health inequalities. Introducing a culturally competent medical treatment, we performed professional trainings for health professionals. One year after the trainings, we determined how they have been implementing culturally competent medical treatment in everyday work. Of the 75 interviewed workers, most of them treat patients comprehensively without prejudice to religion, race, age, and gender. Healthcare workers use the patients' language in medical treatment if they can. They wish for a cultural interpreter and recognise the connection between the knowledge of culture and the understanding of the patients' needs. With its measures (mission, vision), the healthcare institution provides the conditions for ensuring the equality of vulnerable groups by developing a comprehensive training program for employees in this field.

Key words: quality nursing, intercultural treatment, empowered health professionals, community approach

Spremembe življenjskega poteka: strategije obvladovanja novih tveganj in negotovosti

V prispevku bom predstavljala učinke velikih ekonomskih, socialnih in demografskih sprememb v pozni moderni na življenje ljudi. Te spremembe se izražajo v novih načinih oblikovanja identitet, stilov življenja, karier, odnosov. Novi načini so predvsem rezultat velikih sprememb na trgu dela – pri zaposlovanju, v partnerskih in družinskih razmerjih, v izobraževanju. Spremembe na trgu dela izjemno spreminjajo načrtovanje delovne kariere in s tem odraslosti. Življenjski potek je postal stvar individualne izbire in kreacije. Obenem pa individualizacija življenjskega poteka zahteva večjo pripravljenost za sprejemanje tveganih odločitev v poslovnem in vsakdanjem življenju, sposobnost ljudi, da »poskrbijo sami zase«. To terja tudi spremembe politik, ki pomagajo ljudem premagovati življenjske probleme in stiske od otroštva do starosti.

Ključne besede: individualizacija, destandardizacija, življenjski prehodi, obvladovalne strategije

Changes in the Life Course: Strategies of Coping with New Risks and Uncertainties

In the article I will discuss the effects of great economic, social, and demographic changes on everyday life and life courses of individuals in the late modernity. Mainly the changes are displayed in the new ways of identity formation, lifestyles, careers, and relationships. These new ways are chiefly the result of great changes in the labour market and employment, in partnership and family relations, as well as in education. Changes in the labour market strongly influence the career planning and transitions to adulthood. Individual life course has become increasingly optional; it is a personal creation. At the same time, the individualisation of life courses demands greater readiness of people to accept risky decisions in business and in everyday life, and a greater ability of people to "take care of themselves". Individualisation of life courses also demands appropriate changes of policies that may help people to overcome life problems and their distresses from childhood to old age.

Key words: individualisation, destandardisation, life transitions, coping strategies

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Stavovi studenata zdravstvenih studija o odlasku iz zemlje – uporedna analiza Srbija, Hrvatska, Slovenija

Problem »odliva mozgova« je veoma prisutan u svim društvenim krugovima. U zemljama bivše Jugoslavije mladi obrazovani ljudi napuštaju matične zemlje u nezavidno velikom broju. Najčešće se govori upravo o zdravstvenim radnicima, posebno o medicinskim sestrama. Istraživanje i prikazani rezultati za cilj su imali otkrivanje stavova studenata zdravstvenih studija u Srbiji, Hrvatskoj i Sloveniji o odlasku iz zemlje i radu ili nastavku studija u inostranstvu. Istraživanje je sprovedeno tokom letnjeg semestra 2016/17. godine uz saradnju studenata osnovnih studija tri visokoškolske ustanove za obrazovanje medicinskih sestara: Visoka zdravstvena škola strukovnih studija u Beogradu, Srbija, Sveučilište Sjever, Odjel Sestrinstvo, Varaždin, Hrvatska i Fakultet za zdravstvene vede, Novo Mesto, Slovenija. Uzorak je nameran. Većina ispitanika iz uzorka (više od dve trećine) pokazuje pojačano interesovanje za potragom za poslom van granica matične zemlje. Ovim inicijalnim istraživanjem je napravljen pokušaj da se identifikuju i razlozi napuštanja zemlje. Iako među rezultatima ima razlike u odnosu na zemlju porekla, ispitanici su saglasni da su razlozi odlaska pre svega bolji uslovi života i nedovoljno plaćeni poslovi »kod kuće«, kao i novo iskustvo.

Ključne reči: »Odliv mozgova«, studenti, zdravstvene studije

Attitude of Students of Health Sciences on leaving the country – Comparative analysis of Serbia, Croatia and Slovenia

The "brain-drain" issue is very present in all social circles. Young educated people from Ex-Yugoslav countries are leaving their motherlands in unenviably large numbers. Most commonly, these are healthcare professionals, especially nurses. The goal of the exploratory research and the presented results was to discover the attitudes of students of health sciences in Serbia, Croatia and Slovenia on leaving the country and working or continuing studies abroad. The research was conducted during the 2016/17 summer semester in cooperation with students at basic studies at three higher education institutions educating prospective nurses: College of Health and Professional Studies in Belgrade, Serbia, University North, Department of Nursing, Varazdin, Croatia, and Faculty of Health Sciences, Novo Mesto, Slovenia. The sample was intentionally selected. Most of the subjects from the sample (over two thirds) expressed an increased interest in looking for work outside their motherland's borders. By this initial research, an attempt was also made to identify reasons for leaving one's country. Although there are differences among the subjects depending on the country of origin, the subjects agree that reasons for leaving are primarily better living conditions and insufficiently paid jobs "at home", as well as new experience.

Key words: brain drain, students, health sciences

Krepitev osebnosti medicinske sestre za dober odnos s pacienti

Namen prispevka je poudariti pomen in odgovornost medicinske sestre pri krepitvi njene osebnosti ob ustvarjanju dobrega odnosa s pacienti. Odnos je zelo živa in nepredvidljiva kategorija, v kateri morajo biti upoštevane vse zakonitosti življenja in velika pripravljenost vseh udeležencev, da uspeva, skoraj nikoli pa ne more temeljiti na nekem izračunu, koliko in kaj bo kdo prispeval. Razmišljanje mora potekati v drugačni smeri – če nam je ta odnos res dragoceno, bomo vanj vložili vse, kar dobrega premoremo. V vsakdanu so torej naše naravnosti in dejanja vedno na preizkušnji. Ko nam uspeva sproti ustvarjati vedno boljše odnose in reševati vedno težje naloge, se osebno krepimo in rastemo, skratka v svoji koži se dobro počutimo.

Ključne besede: odnosi, osebnosti, osebna rast

Strengthening the Nurse's Personality for a Good Relationship with Patients

The purpose of the paper is to emphasise the importance and responsibility of a nurse in strengthening their personality to establish a good relationship with patients. The relationship is a very vibrant and unpredictable category in which all the laws of life and willingness of all participants to be successful must be taken into account; it can almost never be based on a calculation, how much and what will be contributed. Thinking must take place in a different direction - if this relationship is really valuable to us, we will invest in it everything that we can do well. In everyday life, our attitudes and actions are always on trial. When we succeed to create the ever-better relationships and to solve increasing difficult tasks, we personally strengthen ourselves and grow; in short, we feel good in our shoes.

Key words: relationship, personality, personality growth

Integrirana oskrba v Evropi in Sloveniji: koncept, definicije in primeri dobre prakse

Osredotočenost na razvoj integrirane oskrbe izhaja iz potrebe držav po doseganju »trojnega cilja« - hkratnega osredotočanja na izboljšanje izidov zdravstvene oskrbe, izboljšanje izkušenj pacientov z oskrbo in zmanjševanje stroškov - za sodoben, odziven in trajnostni zdravstveni sistem. Predstavlja izboljšanje rezultatov oskrbe s premagovanjem vprašanj razdrobljenosti s povezovanjem ali z usklajevanjem storitev ponudnikov ob kontinuumu oskrbe. Iz izkušenj uvajanja integrirane oskrbe v Evropi je bilo kot dejavnik uspeha prepoznanih 11 načel in razvito orodje za samoocenjevanje z 12-imi »dimenzijami«. Pojavlja se vprašanje, kako je z implementacijo teh načel in uporabo orodja v Sloveniji. V juliju 2017 je bil opravljen tematski pregled izbranih pisnih virov Evropske komisije in slovenske vzajemne bibliografsko-katalogne baze podatkov s pomočjo aplikacije COBISS+. Ugotovitve so predstavljene na ravni sinteze z uporabo standardiziranega orodja za samoocenjevanje. Prizadevanja za uvajanje integrirane oskrbe so v Sloveniji delno prisotna glede na večino dimenzij samoocenjevanja, ki se ne izvaja avtomatsko. Upošteva se priporočilo, da je procese integrirane oskrbe treba obravnavati in nenehno razvijati predvsem na mikro ravni, pri čemer se na nacionalni ravni zagotavljajo različni načini za podporo temu razvoju.

Ključne besede: zdravstvena oskrba, socialna oskrba, integrirana oskrba, pacienti, izobraževanje, poklici skrbi, samoocenjevanje

Integrated Care in Europe and Slovenia: Concept, Definitions and Examples of Good Practice

The focus on the development of integrated care is based on the need of achieving the "triple objective" - simultaneous focus on improving the outcomes of care, improving patients' experience of care, and reduction of costs - for a modern, responsive, and sustainable healthcare system. It represents an improvement of the care results by overcoming fragmentation issues by linking or coordinating the providers of services with a continuum of care. From the experience of introducing integrated care in Europe, eleven principles were recognised as a success factor, and a self-assessment tool with 12 "dimensions" was developed. The question arises regarding the implementation of these principles and use of the tool in Slovenia. In July 2017, a thematic review of the selected written sources of the European Commission and the Slovenian mutual bibliographic-catalogue database was carried out using the COBISS+ application. The findings are presented at the synthesis level using a standardised self-assessment tool. Efforts to introduce integrated care are partially present in Slovenia in relation to most self-assessment dimensions, which are not yet automatic. Consideration is given to the recommendation that the processes of integrated care need to be addressed and continually developed at a micro level, with different ways to support this development at the national level.

Key words: integrated health and social care, principles of integrated care, patient focus, education for care professions, self-assessment tool

Mnenje medicinskih sester o uporabnosti računalniških programov na področju zdravstvene nege

V prispevku predstavljamo različna mnenja medicinskih sester, ki pri svojem delu ob pacientih uporabljajo različne informacijske sisteme za vodenje njihove obravnave. Ključni pomen predstavljajo računalniške kompetence medicinskih sester; za učinkovitost pa poznavanje okolja informacijskega sistema ter raven strokovnega delovanja v praksi zdravstvene nege. Z dokumentiranjem procesa zdravstvene nege se ustvarjajo tudi podatki o pacientu, ki so v določenih okoliščinah ključni za obstoječo ali nadaljnjo obravnavo. Višja stopnja izobrazbe s področja zdravstvenih ved prinaša večje kompetence in možnosti samostojnega delovanja medicinske sestre na svojem področju, prav tako pa suverenost za delo z omenjenimi računalniškimi programi. Ena večjih težav, ki se pojavlja pri vnašanju podatkov v računalniški program, je izguba dragocenega časa, namenjenega pacientom.

Ključne besede: zdravstvena nega, računalniški programi, medicinske sestre

Opinion of Nurses on Applicability of Computer Programs in Nursing Practice

This paper describes the different opinions of nurses who use different information systems for managing patients care during their work. Computer skills of nurses are crucial; for efficiency, however, knowledge of the information system environment and the level of professional activity in nursing practice are needed. Documentation of the nursing process is also used for generating data about patients, which are crucial in certain circumstances for the existing or future care plans. The higher level of education in the area of health science brings greater competences and the ability of the nurses to act independently in their field, as well as sovereignty to work with information system at work. One of the major obstacles that occur when nurses work with computer software is the loss of time spent on the patients care. Documentation using the computer software requires a longer time period of data entry, and a loss of the valuable time that nurses spend with patients.

Key words: computer software, nurse, nursing care

Sponzorja

Terme Krka, d.o.o., Novo mesto

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Krka, tovarna zdravil, d. d., Novo mesto

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