



Univerza v Novem mestu  
*University of Novo mesto*

Fakulteta za zdravstvene vede  
*Faculty Of Health Sciences*

# *Zbornik povzetkov*

**CELOSTNA OBRAVNAVA PACIENTA**

*Mednarodna znanstvena konferenca  
Novo mesto, 15. november 2018*

**HOLISTIC APPROACH  
TO THE PATIENT**

*International scientific conference  
Novo mesto, 15 November 2018*



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FAKULTETA ZA ZDRAVSTVENE VEDE  
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*Book of Abstracts*

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#### **BOOK OF ABSTRACTS**

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## **Ambulanta farmacevta svetovalca – optimizacija zdravljenja z zdravili**

Farmakoterapijski pregled je kognitivna storitev, ki se izvaja v ambulantah farmacevta svetovalca. Definirata ga Zakon o lekarniški dejavnosti in Splošni dogovor za program zdravstvenih storitev, izvaja pa se v zdravstvenih domovih. Dosedanje raziskave v slovenskem prostoru kažejo pozitivne učinke in premike v optimizaciji terapije z zdravili pri bolnikih ob uvedbi ambulant s farmacevtom svetovalcem.

*Ključne besede:* zdravljenje, farmacevti, svetovanje, pregled zdravil

## **Clinical Pharmacist's Consultation Practice – Optimisation of Medication Treatment**

The pharmacotherapy review is a cognitive service that is performed in a Clinical Pharmacist's Consultation Practice. It is defined by the Pharmacy Act and the General Agreement on the Health Services Program, and it is implemented in health centres. The evaluation studies in Slovenia show positive effects of the Clinical Pharmacist's Consultation Practice on the optimisation of pharmacotherapy.

*Key words:* optimisation of treatment, consulting pharmacist, medication review

## **Kam odpuščamo paciente iz neakutne obravnave glede na sprejemno diagnozo?**

Neakutna obravnava predstavlja obliko bolnišničnega zdravljenja po končani akutni bolnišnični obravnavi, ko iz zdravstvenih ali socialnih razlogov še ni možen odpust zavarovane oseb v domače okolje ali nega v domačem okolju ni več možna zaradi različnih dejavnikov (Pravilnik ministrstva, I. člen neakutna obravnava). K pacientu je treba pristopiti celostno in zastaviti individualne cilje, s katerimi bo pacient dosegel najvišjo možno stopnjo samooskrbe, kar velikokrat vpliva na odločitve svojcev, kam bo pacient odpuščen po zaključeni neakutni obravnavi. Namen te študije je prikazati, kam so najpogosteje premeščeni pacienti glede na sprejemno diagnozo. Izbrali smo kvantitativno deskriptivno metodo dela. Podatke za empirični del smo pridobili iz dokumentacije pacientov, ki so bili hospitalizirani na oddelku za zdravstveno nego od januarja do decembra 2017. Statistična analiza podatkov bo narejena s pomočjo programa Microsoft Excel 2013. Cilj neakutne obravnave je priprava pacienta na najvišjo možno stopnjo samooskrbe, saj se zaposleni na oddelku zavedamo, da je od tega odvisna odločitev svojcev, kje bo pacient pristal po odpustu iz bolnišnice.

*Gljučne besede:* neakutna obravnava, samooskrba, zdravstvena nega

## **Where are we Going to Direct Patients from Non-Acute Treatment Based on a Receiving Diagnosis?**

Non-acute treatment is a form of hospital treatment after the completion of acute hospital treatment when, for health or social reasons, the release of insured persons into their home environment is not yet possible, or the care in the home environment is no longer possible due to various factors (Rulebook of the Ministry, Article I. non-acute treatment). It is necessary to approach the patient in a holistic way and to set individual goals for the patient to achieve the highest possible level of self-care, which largely affects the decisions of his/her relatives, where the patient will be released after the completed non-acute treatment. The purpose of this study is to illustrate to where patients are most commonly transferred based on a receiving diagnosis. We selected the quantitative descriptive method of work. The data for the empirical part were obtained from the documentation of patients who were hospitalized at the health care department from January to December 2017. The statistical data analysis will be done using Microsoft Excel 2013. The aim of non-acute treatment is to prepare the patient for the highest possible degree of self-care, as the employees with the department are aware that the decision of their relatives on where the patient will be transferred to after the completed non-acute treatment depends on this.

*Key words:* non-acute treatment, self-care, nursing care

## **Je družinska oskrba praksa, ki temelji na dokazih?**

Družinsko oskrbo lahko definiramo kot partnerski odnos med družino in zdravstvenim osebjem, ki temelji na vzajemnosti ter skupnih ciljih obeh strani, kar naj bi vodilo k zagotavljanju dobrobiti in optimalnega zdravja dojenčkov ali otrok. Sodelovanje s starši od osebja zahteva, da prevzamejo del odgovornosti za oskrbo in sprejemanje odločitev skupaj s starši. Njihova naloga je pomagati staršem, da postanejo vse bolj samostojni pri zagotavljanju nege otroka ter z njimi doseči dogovor glede vlog in odgovornosti za nego dojenčka. Zaradi izzivov, ki jih prinaša otrokova bolezen, ima zdravstveno osebje tudi dodatno odgovornost zagotavljanja čustvene podpore družinam in doveznosti za njihove individualne potrebe. Takšen pristop k zdravstveni negi dokazano daje družinam večjo moč ter izboljšuje zadovoljstvo zdravstvenega osebja pri delu. Po drugi strani pa lahko neustrezno izvedena družinska oskrba pripelje do večjega stresa za starše in izgube identitete za medicinske sestre. Med glavnimi ovirami pri raziskavah in uspešnem izvajanju družinske oskrbe so kompleksnost in različne definicije tega koncepta. Na splošno so dokazi glede družinske oskrbe omejeni in temeljijo na raziskavah zmerne kvalitete. Da bi rešili ta problem, si pri novoustanovljeni Mednarodni mreži za nego otrok in družinsko oskrbo (International Network for Child and Family Centred Care) prizadevajo, da bi dosegli soglasje glede družinske oskrbe. Namen te predstavitve je kritična raziskava dokazov, povezanih z družinsko oskrbo in njenim izvajanjem, ter razprava o morebitnih rešitvah za krepitev teh dokazov na podlagi dostopnega znanja.

*Ključne besede:* družinska oskrba, praksa, ki temelji na dokazih, prevod znanja

## **Is Family Centered Care Evidence-Based Practice?**

Family centered care (FCC) can be defined as the partnership between family and health care staff. This partnership is based on mutuality and shared goals between the parties which in turn is expected to secure infant's or child's well-being and optimal health. Working in partnership with parents requires that staff shares responsibility on caretaking and decision-making with parents. Staff should support parents' growing autonomy in child's care and negotiate the roles and responsibilities for infant's care. Due to the challenging situation of having a sick child, health care staff has additional responsibility to provide emotional support for families and be sensitive towards their individual needs. This kind of care approach has been shown to empower families and improve staff's work satisfaction. On the other hand, if FCC is not implemented properly it may lead to increased stress for parents and loss of work identity for nurses. One main barrier for research and successful implementation of FCC is the complexity and varying definitions of the concept. Overall, the evidence on FCC is limited and based on moderate-quality studies. To solve this problem the newly established International Network for Child and Family Centred Care works toward developing a consensus on FCC. This presentation critically explores the evidence on FCC and its implementation. Based on available knowledge, potential solutions to strengthen our evidence based on FCC are discussed.

*Key words:* family centered care, evidence based practice, knowledge translation

## **Odvajanje od kajenja s sodobno obliko zdravstvene vzgoje**

Namen tega prispevka je predstaviti sodobno obliko zdravstvene vzgoje, katere glavni cilj je sprememba življenjskega sloga pacientov, s čimer se zmanjša tveganje obolevnosti. V simulacijskem centru (SIM Center) Zdravstvenega doma v Ljubljani izvajamo zdravstvenovzgojne delavnice s simulacijami. Z vključevanjem simulacije v preventivne programe želimo, da pacienti dosežejo hitrejši in zanesljivejši vpogled v verjetne posledice njihovega življenjskega sloga (pojav kronične bolezni), in jim tako omogočimo lažjo odločitev za zdrav način življenja. S simulacijami mnogo lažje pri posamezniku dosežemo vpogled (uvid) kot samo s predavanji. Z učenjem in ponavljanjem individualnih simulacij pacienti doživljajo negativne izkušnje, kar jih motivira, da spremenijo svoj življenjski slog. Glavni motivator in terapevtski vir sta negativna izkušnja in stiska pacienta. Iz tega procesa nato izhaja samopomoč. Gre za učenje na podlagi krizne situacije - pozitivno učenje iz neprijetnih izkušenj. Pri obravnavi pacientov je bil upoštevan tudi biopsihosocialni pristop. Stres se ustvari s pomočjo profesionalno vodenih simuliranih izkušenj, kot na primer: pri kadilcih uporabljamo simulator za doseganje manjše kapacitete pljuč, na način, da pacienti doživljajo kratko sapo, kar je glavna značilnost kronične obstruktivne pljučne bolezni.

*Ključne besede:* kajenje, odvajanje, simulacije, zdrav življenjski slog, zdravstvena vzgoja

## **Modern Health Education in Trying to Quit Smoking**

The main point of this article is to present the modern form of health education with the goal to change the lifestyle of patients and thus reducing the chance of illness. In the Simulation Centre (SIM Centre) of the Community Health Centre Ljubljana, we have educational healthcare workshops with simulations. With the use of simulations in preventive programs, we want to help patients easily understand the consequences of their lifestyle and thus help them chose a healthier lifestyle. Individuals have a better chance of understanding why some things are better than others if we use simulations rather than just lectures. With the process of learning and repeating individual simulations, we can give patients bad experiences which then motivates them to change their lifestyle. Negative experiences and discomfort are the main motivator and therapeutic source. This process is the basis of self- help. It is based on learning from critical situations in order to improve them. The biopsychological approach was used in treating patients. Stress is created with the help of professionally guided experiences, for example: in smokers, we use a device that inhibits the full use of their lungs and so puts them in mild respiratory distress, which is the main characteristic of chronic obstructive lung disease.

*Key words:* smoking, rehab, simulations, healthy lifestyle, health education

## **Pomen sistematične podpore pri razvoju kariere študentov zdravstvene nege – vloga kariernega centra**

Spremembe poslovnega okolja in narave dela, negotovost na trgu dela, pa tudi razvoj zdravstvene vede kot stroke ter številni drugi dejavniki so ustvarili okolje, v katerem mora medicinska sestra nadzorovati svojo kariero in prihodnost. Vprašanje načrtovanja kariere se intenzivneje začne ravno v času študija na visokošolski ustanovi in nadaljuje v prehod na trg dela. Danes je posameznik nosilec odgovornosti za lastni karierni razvoj, visokošolska institucija pa nastopa kot nosilka odgovornosti za učenje veščin ter pridobivanje splošnih in predmetno-specifičnih kompetenc, medtem ko ima v sodelovanju s strokovnimi službami in kariernim centrom pomembno vlogo pri podpori načrtovanja in razvoja kariere študentov zdravstvene nege. Prispevek ponuja pregled načrtovanja in razvoja kariere že v času študija ter vlogo kariernega centra pri uresničevanju cilja - opolnomočenja študentov zdravstvene nege za prevzem odgovornosti pri načrtovanju lastne kariere v vseh njenih fazah.

*Ključne besede:* kariera, načrtovanje kariere, karierno opolnomočenje, karierni centri, visokošolsko izobraževanje

## **The Importance of Systematic Support In Career Development of Healthcare Students - the Role of the Career Centre**

Changes in the business environment, the very nature of work, uncertainty on the labour market as well as health science development as a discipline and many other factors have created an environment in which the nurse must have the control of her own career now and in the future. The career planning issue intensifies at the time of entering a higher education institution and continues when transitioning on the labor market. However, today only the individual is responsible for their own career development, while the responsibility of the higher education institution is to transfer the skills and general and subject specific competences, while playing an important role, in cooperation with professional services and career centre, in supporting career planning and development of health science students. The paper offers a review of career planning and development during study, and the role of the career centre at the higher institution with the aim of empowering nursing students to take responsibility for planning career goals at all stages of their careers.

*Key words:* career, career planning, career empowerment, career centre, higher education

*Tina Bogataj*  
Univerzitetni klinični center Ljubljana  
*Robert Sotler*  
Univerza v Ljubljani, Zdravstvena fakulteta  
*Viki Kotar*  
Univerzitetni klinični center Ljubljana

## **Mnenja študentov o vlogi medicinske sestre pri endotrahealni intubaciji**

Pri bolnikih, ki sami ne morejo zagotoviti zadostne predihnosti pljuč, se endotrahealna intubacija še vedno šteje za zlati standard. Pri tem je vloga diplomirane medicinske sestre/diplomiranega zdravstvenika zelo pomembna, saj bolnika pripravi na poseg, je z njim med posegom, v času, ko ima vstavljen endotrahealni tubus, in tudi, ko ga več ne potrebuje. V raziskovalnem delu smo želeli ugotoviti, kakšna stališča imajo študentje zdravstvene nege do zapletov pri uvajanju endotrahealnega tubusa, ter kako pomembna se jim zdi vloga diplomirane medicinske sestre/diplomiranega zdravstvenika. Endotrahealna intubacija je kompleksen postopek, pri katerem lahko pride do veliko zapletov. Med pomembnejše spada hipoksemija, hipoksija, vstavev endotrahealnega tubusa v požiralnik, hipotenzija, aspiracija in srčni zastoj. Vsaka ponovna endotrahealna intubacija pa možnost zapletov še poveča. Diplomirana medicinska sestra/diplomirani zdravstvenik ima pri tem veliko vlogo, ves čas obravnave je z njim, ga opazuje, zadovoljuje njegove potrebe in mu pomaga. Iz raziskave je razvidno, da imajo študentje premalo znanja o endotrahealni intubaciji, se pa zavedajo pomembne vloge diplomirane medicinske sestre.

*Ključne besede:* študenti, intubacija, medicinske sestre, zapleti

## **Students' Opinion on the Role of Nurses in Endotracheal Intubation**

Endotracheal intubation is still considered to be a gold standard in the supply of respiratory tracts in patients who alone cannot provide sufficient lung suppression. The nurse plays an important role by participating in the preparation of the patient for endotracheal intubation, during the introduction and during the time when the patient has it inserted. In the research section, we want to find out what the views of the healthcare students are on possible complications and the role of the nurse in the endotracheal intubation. Endotracheal intubation is a complicated procedure, which can lead to a number of complications. The most important complications include hypoxemia, insertion of the endotracheal tube into the oesophagus, aspiration and cardiac arrest. Throughout the patient's treatment, the nurse stays with the patient, watching them, tending to their needs and helping them. The findings of the survey show that nursing students lack knowledge of complications in endotracheal intubation, but they are aware of the nurse's important role.

*Key words:* students, intubation, nurse, complications

## **S trajanjem hospitalizacije smanjuje se agresivnost shizofrenih bolesnika**

Cilj je bio procijeniti prevalenciju agresivnih događaja (AD) kod bolesnika s poremećajem iz shizofrenog spektra (PSS) nakon prvih sedam dana hospitalizacije. Retrospektivna kohortna studija provedena je u PB »Sveti Ivan« u Zagrebu, 2015-2017. godine. Ishod je bio udio pacijenata koji su počinili AD više od tjedan dana nakon prijema. Zabilježena su 64 slučaja AD, od čega 31 (48 %) kod bolesnika s PSS, a 33 (52 %) kod ostalih. Bolesnici s PSS počinili su više AD od drugih bolesnika, ali se to događalo ranije u tijeku hospitalizacije, s medijanom od 2 (IQR 1-10) dana od prijema, u usporedbi s 11 (2-32) kod drugih bolesnika ( $p = 0,041$ ). Bolesnici s PSS imali su značajno niže izgleda za AD nakon prvog tjedna (OR = 0,10, 95 % CI 0,02-0,45) nakon prilagodbe za veliki broj unaprijed planiranih zbunjujućih čimbenika. Od svih bolesnika s PSS njih 26 % (95 % CI 12 %-45 %) je AD učinilo nakon prvog tjedna, u usporedbi s 64 % (95 % CI 45 %-80 %) kod ostalih bolesnika. Bolesnici s PSS izražavaju više agresivnosti ranije u tijeku hospitalizacije, a manje u kasnijem tijeku kada druge skupine bolesnika izražavaju više agresivnosti.

*Ključne riječi:* poremećaj iz shizofrenog spektra, agresivnost, neželjeni događaji, hospitalizacija

## **Duration of Hospitalisation Decreases Aggressiveness of Schizophrenic Patients**

The objective was to assess the prevalence of aggressive events (AE) in patients with schizophrenia spectrum disorder (SSD) after the first seven days of hospitalisation. A retrospective cohort study was performed at PB "Sveti Ivan", Zagreb, 2015-2017. The outcome was the proportion of patients who committed AE more than a week after the admission. There were 64 cases of AE, 31 (48%) committed by SSD and 33 (52%) by other patients. SSD patients committed AE more often than other patients, but these occurred earlier in the course of hospitalisation, with a median of 2 (IQR 1-10) days from the admission, compared to 11 (2-32) in other patients ( $p = 0.041$ ). SSD patients had significantly lower odds for AE after the first week (OR = 0.10; 95% CI 0.02-0.45), adjusted for the large number of preplanned confounders. Out of all SSD patients, 26% (95% CI 12%-45%) did AD after the first week, compared to 64% (95% CI 45%-80%) in the non-SSD patients. Schizophrenia spectrum disorder patients express more aggression earlier in the course of hospitalisation, with an inverse pattern later on, when other diagnosis groups seem to express more aggressive events.

*Key words:* schizophrenia spectrum disorder, aggression, adverse event, hospitalisation



## **Proces obravnave zavarovalnega primera v asistenčnem centru Triglav, zdravstvene zavarovalnice, d. d.**

Dodatno zdravstveno zavarovanje je prostovoljno in z vidika zavarovalnice poslovno. Proces zavarovalnega primera se odvija po določenih pravilih in v naprej predpisanih postopkih, vendar je vse odvisno od osebe kot kupca in osebe kot ponudnika storitve. Namen raziskave je bil preučiti zadovoljstvo zavarovancev in ali zavarovanci dobijo pričakovano storitev. Uporabljena je deskriptivna metoda dela s pregledom domače, tuje literature in analize podatkov letnega in periodičnega poročila za obdobje od 1. 1. 2017 do 31. 3. 2018. S pomočjo analize SWOT smo analizirali prednosti in slabosti procesa v asistenčnem centru. Navedli smo priložnosti in nevarnosti in izdelali matriko SWOT. Dinamika prijav zavarovalnih primerov se v skladu s pričakovanji povečuje, saj se povečuje število polic z veljavnim jamstvom. Na oddelku za obravnavo zavarovalnih primerov je 13,05 % odklonjenih, v asistenčnem centru pa je odklonjenih 3,43 % zavarovalnih primerov. Povprečna ocena zadovoljstva z asistenčnim centrom je 4,88. Obravnava zavarovalnega primera v asistenčnem centru omogoča, da zavarovalnica zavarovancem nudi poleg finančnega (za)varovanja osebni stik in posebne storitve za večanje zadovoljstva in informiranosti zavarovancev. Na oddelku za obravnavo zavarovalnega primera je treba izboljšati proces.

*Ključne besede:* zavarovanje, dodatno zdravstveno zavarovanje, medicinske sestre, asistenčni centri

## **The Processing of an Insurance Case at the Assistance Centre Triglav, Health Insurance Company d. d.**

Supplementary health insurance is a voluntary health insurance and, from the viewpoint of the insurance company, a business. The process is performed according to certain rules and with the prescribed procedures, but everything depends on the person as the buyer and the person as the service provider. The purpose of the research was to examine the satisfaction of policy holders and if they received the expected service. A descriptive method of work was used, with a review of domestic and foreign literature and data analysis of the annual and periodical reports for the period from 1 January 2017 to 31 March 2018. Using the SWOT analysis, we analysed the advantages and disadvantages of the assisting centre process. We presented opportunities and dangers, and produced a SWOT matrix. The dynamics of insurance claims is increasing as expected, as the number of policies with a valid guarantee increases. In the Insurance Cases department, 13.05% of the insurance cases are rejected, and in the Assistance Centre, 3.43%. The average result with respect to satisfaction with the Assistance Centre is 4.88. The processing of an insurance case at the Assistance Centre enables the insurance company to provide insured persons, in addition to financial insurance, also with a personal contact and special services to increase the satisfaction and awareness of policy holders. It is necessary to improve the process in the Insurance Cases department.

*Key words:* insurance product, additional health insurance, nurse, Assistance Centre

## Utjecaj dobi na kvalitetu života gerijatrijske populacije

Brojni čimbenici utječu na kvalitetu života. Cilj ovog rada je provjeriti utjecaj dobi na kvalitetu života gerijatrijske populacije. Istraživanje je provedeno 2018. pomoću WHOQOL-BREF upitnika. U istraživanju je sudjelovalo 30 ispitanika. Ispitanici mlađe starije dobi (do 74 godine) imaju veću razinu kvalitete života u odnosu na ispitanike stare 75 i više godina ( $p = 0,004$ ). Uspoređujući pojedinačno po područjima, ispitanici mlađe starije dobi (do 74 godine) imaju veću razinu kvalitete života u odnosu na ispitanike stare 75 i više godine u domeni fizičkog zdravlja ( $p = 0,000$ ), psihičkog stanja ( $p = 0,001$ ) te okoliša ( $p = 0,019$ ), dok se u procjeni društvene interakcije ne nalazi statistički značajna razlika ( $p = 0,415$ ). Ispitanici mlađe starije dobi su zadovoljniji sa svojim zdravljem u odnosu na ostale ispitanike ( $p = 0,001$ ). Veća životna dob negativno utječe na kvalitetu života i zdravlje. Fizioterapija ima veliku ulogu u poboljšanju odnosno održavanju kvalitete života i zdravlja osoba starije životne dobi. Potrebno je razvijati strategije za poboljšanje kvalitete života osoba treće životne dobi.

*Ključne riječi:* osobe starije životne dobi, kvaliteta života, fizioterapija

## Influence of Age on the Quality of Life of Senior Citizens

Different factors can affect the quality of life. The aim of this paper is to establish the influence of age on the quality of life of senior citizens. The survey was conducted in 2018 using the WHOQOL-BREF questionnaire. Thirty examinees participated in the study. Younger senior citizens (up to 74 years) have a higher level of life quality compared to subjects aged 75 and over ( $p = 0.004$ ). Comparing individually by area, younger senior citizens (up to 74 years) have a higher level of quality of life compared to subjects aged 75 and over in the domain of physical health ( $p = 0,000$ ), mental state ( $p = 0,001$ ) and the environment ( $p = 0,019$ ), while there was no statistically significant difference in social interaction estimation ( $p = 0,415$ ). Younger senior citizens are more satisfied with their health compared to other responders ( $p = 0,001$ ). A higher age of life negatively affects the quality of life and health. Physiotherapy plays a major role in improving or maintaining the quality of life and health of older persons. It is necessary to develop strategies to improve the quality of life of senior citizens.

*Key words:* senior citizens, quality of life, physiotherapy

*Dr. Irena Canjuga*  
Sveučilište Sjever - Sveučilišni centar Varaždin  
*Dr. Danica Železnik*  
Alma Mater Europaea - Evropski center Maribor  
Visoka šola za zdravstvene vede Slovenj Gradec  
*Tina Cikač*  
Sveučilište Sjever - Sveučilišni centar Varaždin

## **Usamljenost starijih osoba kao sve značajni javnozdravstveni problem**

Uspješno starenje je višedimenzionalan i relativan pojam koji ovisi o kulturnom kontekstu, vrijednostima i normama vezanima uz kulturu i društvo te ranijem iskustvu. Aktivno starenje podrazumijeva optimalizaciju psihofizičkih stanja i socijalnih uvjeta čime se povećava kvaliteta života i sprečava rano propadanje sposobnosti te prevenira socijalna ovisnost. Zbog smanjene međugeneracijske interakcije te sve veće društvene i zemljopisne mobilnosti, usamljenost i socijalna izolacija sastavni su dio starenja. Usamljenost je istaknuta kao javnozdravstveni problem jer predstavlja značajan čimbenik rizika za morbiditet i mortalitet među osobama starije životne dobi. Naime, usamljene osobe starije životne dobi imaju veći rizik u incidenciji, progresiji i mortalitetu od kardiovaskularnih bolesti, slabljenja imunološkog sustava, povećane sklonosti upalama, prekomjerne tjelesne težine i sl. Medicinske sestre imaju značajnu ulogu u prepoznavanju i prevenciji usamljenosti. Prema Hildegard Peplau »prava usamljenost je toliko bolna da ju bolesnik mora sakriti, maskirati i braniti se od nje, a njegove obrane su ono čime se medicinska sestra mora baviti dok mu »pomaže da nauči produktivno živjeti s ljudima.«

*Gljučne riječi:* usamljenost, starija osoba, medicinska sestra, javnozdravstveni problem, sestriinske dijagnoze

## **Loneliness in Older People as a Significant Public Health Problem**

Successful aging is a multi-dimensional and relative concept that depends on the cultural context, values and norms related to culture and society and achieved experiences. Active aging means the optimisation of psychophysical and social conditions, which increases the quality of life and prevents early degradation of ability and social dependence. Due to reduced intergenerational interaction and increasing social and geographical mobility, loneliness and social isolation are an integral part of aging. Loneliness is highlighted as a public health problem, because it represents a significant risk factor for morbidity and mortality among older people. Namely, lonely older people, compared to their non-lonely peers, have a higher risk of incidence, progression and mortality from cardiovascular disease, decreased immune system, increased tendency to inflammation and other. Nurses have a significant role in recognising and preventing loneliness. According to Hildegard Peplau, "True loneliness is so painful that the patient has to hide it, disguise it, defend himself against it. His defenses are what the nurse must deal with as she helps him to learn how to live productively with people."

*Key words:* loneliness, older person, nurse, public health problem, nursing diagnosis

## **Sprememba načina prehranjevanja pri uporabniku v Centru za usposabljanje, delo in varstvo Radovljica**

Otroci in mladostniki z motnjami v duševnem in telesnem razvoju imajo pogosto pridružene motnje prehranjevanja, v različnih pojavnih oblikah in obsegu. V Centru za usposabljanje, delo in varstvo Radovljica se pogosto srečujemo z otroki in mladostniki, ki imajo motnje prehranjevanja, kot so na primer: hipersenzibilnost perioralnega področja, podaljšan refleks ugriza, nezmožnost žvečenja, odsotnost požiralnega refleksa, nevarnost aspiracije, gastroezofagealni refluks in druge. Tovrstne motnje predstavljajo velik izziv tako z vidika zagotavljanja kvalitetne zdravstvene nege kot z vidika upoštevanja različnih socializacijskih dejavnikov. Upoštevati je treba varnost otroka oziroma mladostnika, prav tako pa ne gre pozabiti na pomembne blagodejne učinke, ki jih v naši družbi predstavlja prehranjevanje v povezavi z našo človeško identiteto in normalizacijskimi učinki, ki jih ima prehranjevanje v skupini. Prehranjevanje skupaj z družinskimi člani ali prijatelji pozitivno vpliva na blagostanje posameznika. Za veliko otrok in mladostnikov pa prehranjevanje nosi s seboj tudi tveganje za zdravje, tako z vidika zdravega prehranjevanja kot z vidika zagotavljanja zadostnih količin hrane. V prispevku je predstavljen primer uvajanja spremembe v načinu prehranjevanja pri otroku z motnjami v duševnem in telesnem razvoju. Pri uvajanju spremembe v ustanovi so sodelovali različni strokovnjaki z namenom, da bi celostno odgovorili na otrokove potrebe tako z vidika zdravstvenega stanja kot z vidika zadovoljevanja njegovih socializacijskih potreb in njegovega dobrega počutja.

*Ključne besede:* motnje v duševnem razvoju, prehranjevanje, motnje hranjenja, otroci, mladostniki

## **Changing Eating Habits in a User at the Centre for Training, Work and Care Radovljica**

Children and youth with intellectual and physical disabilities often have eating disorders of various forms and ranges. In the Centre for Training, Work and Care Radovljica, we often encounter children and adolescents with eating disorders such as: hypersensitivity of the perioral area, prolonged reflex bite, absence of swallowing reflex, aspiration risk, gastroesophageal reflux and other. Such disorders represent a great challenge, both in terms of providing quality nursing care and taking into account the different socialisation factors. It is necessary to take into account the safety of the child or adolescent, and we also should not forget the beneficial effects that eating in our society has in relation to the human identity and normalisation effects of eating in a group. Eating together with family members or friends positively influences the well-being of an individual. For many children and adolescents, eating also carries health risks, both in terms of safe eating and providing sufficient nutrition. The article presents an example of introducing change in the eating habits of a child with intellectual and physical disabilities. Various experts were involved in introducing a change at the institution in order to respond fully to his needs, both in terms of health status and satisfying his socialisation needs and his well-being.

*Key words:* intellectual disabilities, eating, eating disorders, children and adolescents

## **Psihološka skrb i terapijski odnos medicinska sestra-pacijent**

Pod nazivom »sveobuhvatna skrb« podrazumijeva se zadovoljavanje pacijentovih fizičkih, psiholoških, socijalnih i duhovnih potreba. Psihološke potrebe se odnose na ljudske potrebe povezane s emocionalnim, kognitivnim i bihevioralnim funkcioniranjem. Tjelesna bolest vrlo često sa sobom nosi psihološke poteškoće koje imaju velik utjecaj na stanje pacijenta i ishod skrbi. Unatoč tome, njima se u praksi posvećuje manje pozornosti. Kao posljedica nezadovoljenja psiholoških potreba, kod pacijenta se mogu javiti brojni problemi poput anksioznosti, osjećaja gubitka kontrole, poteškoće u samozbrinjavanju i druge. Istraživanja pokazuju kako medicinske sestre zapravo malo znaju o psihološkim potrebama pacijenata. Jedan od učinkovitih mehanizama za adekvatno zbrinjavanje pacijentovih psiholoških potreba je terapijski odnos medicinska sestra-pacijent. On podrazumijeva prihvaćanje i razumijevanje pacijenta, poticanje pacijenta na otvorenost i razgovor, posvećivanje vremena pacijentu, promatranje pacijenta, upotrebu tišine, fokusiranje, reflektiranje i dr., a upravo kroz sve ove stavke terapijskog odnosa, medicinska sestra djeluje i na psihičko stanje pacijenta. Odnos terapijskog odnosa i psiholoških potreba je međuovisan – kroz terapijski odnos zadovoljavaju se psihološke potrebe koje pak, s druge strane, dovode do učinkovitosti terapijskog odnosa. Za medicinske sestre, zadovoljavanje psiholoških potreba pacijenta trebalo bi postati »conditio sine qua non« u svakodnevnoj praksi.

*Ključne riječi:* psihološke potrebe, terapijski odnos, sveobuhvatna skrb, pacijent

## **Psychological Care and Therapeutic Relationship Nurse-Patient**

The term "comprehensive care" implies fulfilling the patient's physical, psychological, social and spiritual needs. Psychological needs refer to human needs associated with emotional, cognitive and behavioural functioning. Physical illness often carries psychological difficulties that have a great influence on the patient's condition and care outcome. Nevertheless, less attention is paid to them in practice. By failing to fulfil psychological needs, the patient may manifest many problems, such as anxiety, feeling of loss of control, self-caring difficulties and others. Researches show that nurses know little about the psychological needs of patients. One of the effective mechanisms for adequately treating the patient's psychological needs is the therapeutic relationship between the nurse and the patient. It implies accepting and understanding the patient, encouraging the patient to openness and conversation, dedicating time to the patient, observing the patient, using silence, focusing, reflecting, and so on. Through all these therapeutic relationships, the nurse also acts on the patient's psychological condition. The relationship between therapeutic relationships and psychological needs is interdependent – the therapeutic relationship meets the psychological needs that in turn lead to the effectiveness of the therapeutic relationship. For nurses, fulfilling the patient's psychological needs should become "conditio sine qua non" in everyday practice.

*Key words:* psychological needs, therapeutic relationship, comprehensive care, patient

Nada Čajkovac  
Opća županijska bolnica Vinkovci  
Vesna Brumnić  
Veleučilište Lavoslav Ružička u Vukovaru

## **Zadovoljstvo pacijenata s pojedinim aspektima fizioterapije**

Nedostatna tjelesna aktivnost, uz neke druge čimbenike, povećava mogućnost razvoja različitih oboljenja. Stoga raste potreba za fizioterapijom. Cilj rada je istražiti zadovoljstvo pacijenata s pojedinim aspektima fizioterapije u svom mjestu i izvan njega. Metode istraživanja: Istraživanje je provedeno tijekom 2018. godine online pomoću anketnog upitnika. Ispitanici koji su odlazili na fizioterapiju izvan mjesta u kojem žive su zadovoljniji s duljinom čekanja na fizioterapiju ( $p = 0,001$ ) i ishodom fizioterapije ( $p = 0,028$ ), u odnosu na ispitanike koji su obavljali fizioterapiju u svom mjestu. Nema razlike u zadovoljstvu pacijenata s komunikacijom s ( $p = 0,239$ ) i pruženom uslugom ( $p = 0,591$ ) od strane fizioterapeuta. Kvalitetna fizioterapijska intervencija treba biti dostupna jednako svim osobama, bez obzira na mjesto stanovanja. Dugo čekanje na fizioterapiju može imati negativan učinak na zdravstveni status pacijenta i ishod rehabilitacije.

*Ključne riječi:* fizioterapija, zadovoljstvo pacijenata, etičnost

## **Satisfaction of Patients with Particular Aspects of Physiotherapy**

Insufficient physical activity as well as some other factors increases the possibility of the development of various illnesses. That is why the need for physiotherapy increases. The aim of the work is to research the satisfaction of the patients with the particular aspects of physiotherapy in their town and its surroundings. The research was done in 2018 using an online survey. The examinees who were receiving physiotherapy outside their residential area are satisfied with the span of time they had to wait for physiotherapy ( $p = 0,001$ ) as well as with the results of the therapy ( $p = 0,028$ ), in relation to the examinees who were doing physiotherapy in their residential area. There is no difference in the satisfaction of the patients with the communication ( $p = 0,239$ ) as well as with the given physiotherapist treatment ( $p = 0,591$ ). The quality of the given physical intervention (treatment) should be available to everybody in the same manner, regardless of the residential area. The long waiting time for the physiotherapy could have a negative effect on the result of the rehabilitation.

*Key words:* physiotherapy, patient satisfaction, ethics

*Dr. Milan Čampa*  
Inteleks, d. o. o., Novo mesto  
*Maja Janežič*  
*Tilen Čampa*  
Inteleks, d. o. o., Novo mesto

## **Pravno razlikovanje med paliativnim zdravljenjem - oskrbo in evtanazijo**

V teoriji, praksi in širši javnosti je pogosto razumevanje paliativnega zdravljenja oziroma oskrbe kot alternative evtanaziji. Pri tem gre za posledico napačno razumljenih in posledično uporabljenih izrazov. Evtanazija pomeni (aktivno) storitev dejanja ali (pasivno) opustitev dejanja, ki ima namen povzročitev smrti, da bi se s tem odpravilo posameznikovo trpljenje. Kadar za spremembo ciljev zdravljenja uporabljamo izraze kot so »opustitev potrebnega zdravljenja«, »opustitev zdravljenja«, »opustitev aktivnega zdravljenja«, se torej nevarno približujemo splošnemu razumevanju pojma »pasivna evtanazija«. Slovensko kazensko pravo inkriminira vsakršno aktivno izvedeno dejanje ali namerno opustitev dejanja, ki povzroči smrt, kot kaznivo dejanje zoper življenje in telo (tj. uboj ali umor). Da bi se temu izognili, moramo prenehati uporabljati besedo »opustitev«. Vsebinsko gre pri tem namreč za spremembo cilja zdravljenja in s tem načina obravnave pacienta, za katerega morajo v skladu z veljavno zakonodajo dati pacient, svojci ali druge z zakonom pooblaščen osebe informirano privolitve. S privolitvijo pacienta nadaljujemo zdravljenje z drugačnim ciljem (ga ne opustimo), spremenimo način obravnave pacientov in se izognemo nevarnostim kazenskega pregona paliativnega zdravljenja oziroma oskrbe.

*Ključne besede:* paliativna oskrba, evtanazija, opustitev zdravljenja, cilji zdravljenja

### **Legal Differentiation between Palliative Care and Euthanasia**

The notion of palliative treatment or care is fairly commonly understood in theory, practice as well as among the general public as an alternative to euthanasia, which is the result of misinterpretation and consequently erroneous use of medical terms. Euthanasia means (active) deliberate action or (passive) deliberate omission of action with the purpose of causing death in order to end an individual's pain and suffering. When we use terms such as "omission of necessary treatment", "omission of treatment", "omission of active treatment" to describe a change in the goals of medical treatment, we are dangerously approaching the general understanding of the term "passive euthanasia". The Slovenian criminal code perceives any pursued action as well any unlawful omission of an action which results in a person's death as a criminal offense against life and body (i.e. manslaughter or murder). In order to avoid this, we must, stop using the word "abandonment/omission". We must recognize that this is essentially a change in the goal of medical care and thus a patient's treatment (palliative treatment, palliative approach) for which, in accordance with applicable legislation, patients, their relatives or other authorized persons are required to give informed consent. By obtaining the patient's informed consent, we may continue medical treatment with a different goal (we do not abandon treatment) and consequently change the way patients are cared for, while at the same time reducing the possibility of criminal prosecution of palliative treatment or care.

*Key words:* palliative care, euthanasia, omission of treatment, change of treatment goals

## **Sistemi zagotavljanja zdravstveno ustrezne pitne vode**

Pitna voda, kot osnovna pravica vsakega pacienta v oskrbi, mora biti vama, kakovostna in zdravstveno ustrezna. Države so razvile različne sisteme zagotavljanja zdravstveno ustrezne pitne vode, ki je osnova, da pacient prejme celostno oskrbo. Namen prispevka je predstaviti sisteme zagotavljanja zdravstvene ustreznosti pitne vode. S pregledom literature je bil mogoč vpogled v zgodovino implementiranja sistema HACCP na področje zagotavljanja ustrezne pitne vode in vpogled v razvijanje novih sistemov. Za zbiranje podatkov smo uporabili znanstvene podatkovne baze ter državne akte, ki urejajo regulacijo pitne vode. Na podlagi analize zbranih podatkov, smo ugotovili, da je sistem HACCP s svojimi načeli učinkovito orodje zagotavljanja zdravstvene ustreznosti, hkrati pa omogoča tudi spremembe. Primer sprememb pri zagotavljanju ustrezne pitne vode so izvedli v Avstraliji, kjer so z dodatnim vključevanjem skupnosti in drugih elementov izoblikovali nov sistem, ki pa še vedno temelji na načelih sistema HACCP. V ZDA pa so z izdelanim aktom Food Safety Modernization Act v sistem varnosti in zdravstvene ustreznosti pitne vode vključili še možnost terorizma, onesnaženja ter drugih tehničnih sprememb. Rezultati kažejo, da je z različnimi sistemi možno zagotoviti ustreznost pitne vode, ki bo pacientu omogočila celostno oskrbo.

*Ključne besede:* pitna voda, sistem HACCP, varnost, zdravstvena ustreznost

## **Systems for Ensuring Drinking Water Suitability**

Drinking water as the basic right of every patient under care must be assessed in terms of safety, quality and suitability for drinking. Countries have developed various systems that guarantee drinking water suitability, which is the basis for the patient to receive a comprehensive care. The aim of the study is to present the systems for ensuring drinking water suitability. A review of the literature provided an insight into the history of the implementation of the HACCP system in the field of providing suitability of drinking water and insight into the development of new systems. For data collection, we used scientific databases and state acts that regulate drinking water. Based on data analysis, we found out that the HACCP system with its principles is an effective tool for ensuring drinking water suitability and at the same time provides opportunities for change. An example of introducing change in the process of ensuring suitable drinking water was performed in Australia with the integration of communities and other elements to form a new system, which is still based on the principles of the HACCP system. In the United States, with the Food Safety Modernization Act, they also included the possibility of terrorism, pollution and other technical changes in the system ensuring drinking water safety. The results show that, with different systems, it is possible to ensure drinking water suitability, which will help deliver a complete patient care.

*Key words:* drinking water, HACCP system, safety, drinking water suitability



## **Vloga edukatorja pri obravnavi nosečnice z gestacijskim diabetesom**

Za vsako žensko je nosečnost obdobje sprememb. Ne redko se v tem obdobju pri ženski ugotovi sladkorna bolezen. Vzdrževanje normalne koncentracije glukoze pri nosečnici zagotavlja otrokov nemoten razvoj, brez posledic za otroka in mamo, zato je takrat potrebna posebna zdravstvena obravnava. Pomemben del multidisciplinarnega tima v obravnavi je tudi diplomirana medicinska sestra, ki od začetka in po potrebi izvaja zdravstvenovzgojno delo in nosečnico seznanja s pomembnimi vsebinami, prepozna individualne težave nosečnice in njene potrebe, ji zagotavlja ustrezne informacije ter jo usmerja in podpira pri spremembi življenjskega sloga. Iz raziskav nekaterih tujih držav je razvidno, da se je z vključitvijo edukatorja v proces obravnave zmanjšalo število nujnih, nenačrtovanih obiskov. V eni izmed njih je bilo razvidno, da je bila ravno medicinska sestra glavni vir informacij za žensko med nosečnostjo in zato pomemben člen v razmerju med uspešnim zdravljenjem ter dobrim končnim izidom in zdravim otrokom. Zaradi dobrih izkušenj v tujini in tudi v Sloveniji pripravljajo v diabetološki ambulanti Splošne bolnišnice Jesenice protokol za medicinske sestre, ki bo določal vsebino pregleda nosečnic z gestacijskim diabetesom. Z vključitvijo zdravstvene vzgoje bi dosegli sodobno obravnavo nosečnice, ki bi ji s tem izboljšali dostopnost do strokovnega nasveta in olajšali bolezen.

*Ključne besede:* nosečnost, sladkorna bolezen, zdravstvena vzgoja, vloga medicinske sestre

## **The Role of the Diabetes Nurse in the Care of Pregnant Women with Gestational Diabetes**

For each woman, pregnancy is a period of change. It is not uncommon for a woman to be diagnosed with gestational diabetes during this period. Maintaining a normal glucose concentration during pregnancy ensures the child's normal development, with no consequences for the child and mother, which is why special medical treatment is necessary at that time. An important part of the interdisciplinary team is also the nurse educator who, from the beginning and whenever necessary, conducts health education work and informs the pregnant woman of important contents, identifies her problems and needs, provide relevant information and supports her in the change of lifestyle. It is evident from the studies performed abroad that the inclusion of the nurse educator in the process reduced the number of urgent, unplanned visits. In one of the studies, it was found that the nurse educator was the main source of information for women during pregnancy, especially because she could devote more time to them, which confirms that the educator is an important factor in successful treatment and gestational outcome without complications and birth of a healthy baby. Due to good practice examples abroad and in some centers in Slovenia, a protocol is in preparation in the diabetes clinic at the General Hospital Jesenice which will define the content of pregnancy examination in women with gestational diabetes by the nurse educator. By including the nurse educator in the treatment, we would like to develop a modern treatment as well as improve access to professional advice, thereby relieving the burden of the disease.

*Key words:* gestational diabetes, health education, the role of the nurse educator

*Dr. Tatjana Devjak*

Univerza v Ljubljani, Pedagoška fakulteta

*Dr. Srečko Devjak*

MLC Fakulteta za management in pravo Ljubljana

*Dr. Sanja Berčnik*

Univerza v Ljubljani, Pedagoška fakulteta

## **Neenakosti v zdravju občanov: analiza in primerjava stanja v dveh slovenskih občinah**

Zdravje je ena od temeljnih pravic vsakega posameznika. V okviru javnega zdravstva imamo državljani Republike Slovenije zagotovljeno vso zdravstveno in strokovno pomoč, ki jo potrebujemo in jo eni bolj drugi manj tudi izkoristimo. Avtorji v prispevku obravnavajo vlogo lokalne skupnosti pri zdravju občanov, predvsem pa se osredotočijo na tezo, da je socialno-ekonomski status eden izmed poglavitnih razlogov za neenakosti v zdravju, da so neenakosti nepravilne in jih je mogoče preprečiti. Lokalne skupnosti, ne le da so odgovorne za primarno zdravstveno raven, so tudi ključne pri omogočanju in spodbujanju zdravega življenjskega sloga. Gre za načrtovanje igralnih površin, igrišč, parkov, kolesarskih in peš poti, telovadnih in vadbenih prostorov, financiranje raznih preventivnih in športno rekreativnih programov. Avtorji s pomočjo podatkov Nacionalnega inštituta za javno zdravje RS in Zdravstvenega statističnega letopisa analizirajo in primerjajo vpliv socialno-ekonomskega statusa na neenakost v zdravju občanov v Občini Grosuplje (Osrednjeslovenska regija) in Občini Ribnica (Jugovzhodna regija) in oblikujejo predlog izboljšav obvladovanja neenakosti v zdravju.

*Ključne besede:* zdravje, neenakost, življenjski slog, socialno-ekonomski status, lokalne skupnosti, občine

## **Inequalities in the Health of Citizens: Analysis and Comparison of the Situation in Two Slovenian Municipalities**

Health is one of the fundamental rights of every individual. Within the framework of public health, the citizens of the Republic of Slovenia are provided with all the medical and professional assistance they need, but some use it more than others. The authors discuss the role of the local community in the health of the population, but above all they focus on the thesis that socioeconomic status is one of the main reasons for inequalities in health, which are unjust and preventable. Local communities are not only responsible for primary health care, but are also crucial in facilitating and promoting a healthy lifestyle - by designing gaming areas, playgrounds, parks, cycling and walking trails, gymnasiums and training facilities, and financing various preventive, sports and recreational programs. The authors analyse and compare the influence of the socioeconomic status on the inequality in the health of citizens in the Municipality of Grosuplje (Central Slovenia) and the Municipality of Ribnica (South East Region) using the data of the National Institute of Public Health of the Republic of Slovenia and the Health Statistical Yearbook. They formulate a proposal to improve the management of health inequalities in the municipality.

*Key words:* inequality in health, lifestyle, socio-economic status, local community

## **Osvješčenost staršev o sladkorni bolezni otrok**

Z raziskavo smo želeli ugotoviti, v koliko starši prepoznajo znake sladkome bolezni tipa I, kako ukrepajo ob padcu krvnega sladkorja pri otroku oziroma kakšno je njihovo znanje o sladkorni bolezni pri otrocih. Žal je še vedno preveč primerov otrok, pri katerih se sladkoma bolezen odkrije šele v poznih stadijih, zato je še toliko bolj pomembno, da starši prepoznajo simptome bolezni in pripomorejo k hitrejšemu in pravilnemu zdravljenju. Vzorec je zajel starše, ki že imajo otroka/-e ali pa so v pričakovanju le-teh. Anketiranje je potekalo v marcu 2016. V anketi je sodelovalo 419 staršev, 300 izmed njih je anketo v celoti izpolnilo. Z raziskavo smo ugotovili, da večina anketirancev kot znak sladkome bolezni tipa I prepozna žejo (90 %), utrujenost (66 %) in pogosto uriniranje (46 %). Najmanj opažen znak je izguba telesne teže (28 %). Polovica anketirancev bi ob padcu krvnega sladkorja otroku ponudila sladko vodo (sladek čaj), nekaj sladkega (37 %). Starši imajo delno znanje o sladkorni bolezni pri otrocih. Zavedajo se, da je te bolezni čedalje več in zato se jim zdi pomembno, da pridobijo o njej čim več znanja.

*Ključne besede:* sladkorna bolezen, otroci, starši, znanje

## **Parents' Awareness of Diabetes**

We tried to find out to what extent parents recognise the signs of type I diabetes, how they act when the blood sugar drops in the child or what their knowledge of diabetes in children is. Unfortunately, there are still too many cases of children who are diagnosed with diabetes in late stages, therefore it is all the more important for parents to recognise the symptoms of the disease and to help them to get faster and more regular treatment. The sample included parents who already have children or are expecting them. The survey was conducted in March 2016. 419 respondents participated in the survey, of which 300 answered the survey completely. The study found that most respondents (90%) recognise thirst as a symptom of type I diabetes, which is followed by fatigue (66%) and frequent urination (46%). The least noticed sign for respondents is weight loss (28%). Half of the respondents would give their baby sweet water (sweet tea) when their blood sugar drops, and 37% of the respondents would offer something sweet. Parents have partial knowledge about diabetes in children. They are aware that diabetes is becoming more and more common, and therefore want to learn more about it.

*Key words:* diabetes, children, parents, knowledge

## Otrok s hiperkinetično motnjo

Hiperkinetična motnja velja za najpogostejšo motnjo, ki ovira psihosocialno funkcionalnost v razvojnem obdobju otroka. Osnovni simptomi motnje so znižana pozornost, hiperaktivnost in impulzivnost. Simptomi motnje vplivajo na otrokovo celostno funkcioniranje. Motnja prizadene 3-5 % šolske populacije. Namen prispevka je preko dognanj v literaturi predstaviti učinkovito pomoč otroku s hiperkinetično motnjo, vpliv motnje na družinsko življenje ter vlogo medicinske sestre pri nujenju pomoči otroku in njegovi družini. Raziskave kažejo, da je pri otroku s hiperkinetično motnjo najučinkovitejša celostna pomoč, ki vključuje kombinacijo bioloških, psiholoških, pedagoških in socioloških pristopov. Motnja pomembno vpliva na družinsko življenje in odnose med družinskimi člani. Družina otroka s hiperkinetično motnjo ima znatno višjo raven družinske disfunkcije. Medicinska sestra mora biti opora staršem in otroku v času diagnosticiranja in zdravljenja motnje, vir informacij, pedagoginja pri nujenju vzgojnih napotkov, promotorka zdravega življenjskega sloga. Pomoč medicinske sestre mora biti usmerjena v vse družinske člane ter v vzpostavitev in ohranjanje dobrih medsebojnih odnosov. Medicinska sestra mora okolico ozaveščati o motnji in tako vplivati na zmanjševanje stigme.

*Ključne besede:* motnje pozornosti, otroci, družine, pomoč, medicinske sestre

## Children with Attention Deficit Hyperactivity Disorder

Attention deficit hyperactivity disorder is considered to be one of the most frequent disorders affecting the psychological and sociological functionality in the child's developmental period. The main symptoms of the disorder include reduced attention, hyperactivity and impulsivity. The symptoms impact the overall functioning of the child, affecting 3-5% of the entire school population. Based on scientific literature, the aim of this thesis is to present the role of the nurse in providing assistance to the child and their family. Research indicates that children with attention deficit hyperactivity disorder benefit most from a comprehensive approach that combines biological, psychological, pedagogical and sociological aspects. The disorder has a significant impact on family life and family relationships. Families of children suffering from attention deficit hyperactivity disorder exhibit a significantly higher level of family dysfunction. During the diagnosis and treatment of the disorder, the nurse must provide support to the child and their parents, acting as a source of information and a teacher who offers educational guidance and promotes a healthy lifestyle. All family members must benefit from the nurse's assistance in order to establish and maintain good interpersonal relationships. Nurses should spread awareness of attention deficit hyperactivity disorder and thus contribute to the reduction of stigma associated with it.

*Key words:* attention disorders, children, family, assistance, nurse

## **Komunikacija zdravstvenih delavcev s pacienti in svojci**

Komuniciranje je ključni element zdravstvene nege na vseh področjih njene dejavnosti in v vseh njenih intervencijah, kot so preprečevanje, zdravljenje, terapija, rehabilitacija, izobraževanje in promocija zdravja. Komuniciranje s pacienti in njihovimi svojci ne temelji zgolj na prirojeni sposobnosti, ki se od osebe do osebe razlikuje, ampak tudi na ustreznem izobraževanju in potrebnih izkušnjah. Potreba po izobraževanju na področju komunikacije je priznana po vsem svetu. Rezultati izobraževanja kažejo boljše razumevanje bolnikov in njihovih svojcev ter večje osebno zadovoljstvo medicinskih sester in drugih zdravstvenih delavcev. Dobra komunikacija izboljšuje tudi kakovost oskrbe bolnikov. Poleg tega je komunikacija neodtujljiva pravica in predpogoj za izgradnjo kakovostnega odnosa med pacienti in njihovimi družinskimi člani ter medicinskimi sestrami in drugimi zdravstvenimi delavci. Da bi sodobna zdravstvena nega uresničila kakovostno komunikacijo, je potreben dialog, dobra medosebna klima in osebni pristop do vsakega pacienta in svojca, kar je zlasti pomembno v sodobni multikulturni družbi.

*Ključne besede:* komunikacija, pacienti, medicinske sestre, svojci pacientov

## **Communication of Health Workers with Patients and Family Members**

Communication is a vital element in nursing with respect to all areas of activity and all its interventions such as prevention, treatment, therapy, rehabilitation, education and health promotion. Communication with the patients and their family members is based not only on an innate ability that varies from person to person, but also on the required training and experience. The need for education in communication has been recognised worldwide. The results of this education reveal greater understanding of patients and their family members and personal satisfaction of nurses and other health workers. Good communication also improves the quality of care provided to patients. Additionally, it is considered as an inalienable right and a prerequisite for building a quality relationship between patients and their family members and nurses and other health professionals. In order for modern nursing to achieve quality communication, there is a need for dialogue, good interpersonal climate and a personal approach to every patient and their family member, which is especially important in today's modern multicultural society.

*Key words:* communication, patients, nurse, family members of patients

## **Projekt živ-ko: novo življenje starega kompleta – vidik sodelujočih**

V povzetku predstavljamo evalvacijo projekta Živ-ko: novo življenje starega kompleta. Projekt se je izvajal v okviru Javnega razpisa projektno delo z gospodarstvom in negospodarstvom v lokalnem in regionalnem okolju - Po kreativni poti do znanja 2017–2020. Razpis je namenjen krepitvi sodelovanja in povezovanja visokošolskega sistema z okoljem in interdisciplinarnega povezovanja študentov. Ti z vključitvijo v tovrstne projekte kreativno in inovativno razrešujejo izzive v gospodarskem in družbenem okolju. V sodelovanju z AMZS, d. d., in Avto-moto zvezo Slovenije smo na Zdravstveni fakulteti Univerze v Ljubljani pripravili projekt, ki je želel najti alternative trenutnim slabim navadam pri ravnanju s kompleti prve pomoči po preteku roka uporabe. Pri reševanju zdravstvene in okoljske problematike, povezane z ravnanjem s temi kompleti, in oblikovanju usmeritev ter gradiv, namenjenih ozaveščanju in informiranju javnosti, so sodelovale študentke treh različnih fakultet. Nove kompetence, znanje in izkušnje, ki so jih pridobili vsi sodelujoči pri projektu, smo ob zaključku ovrednotili z metodo PMI (pohvale, pripombe, predlogi).

*Ključne besede:* projekti, evalvacija, kompleti prve pomoči

### **A New Life of the Old First-Aid Kit – Aspect of the Participants**

In the article, we present the evaluation of the project “Živ-ko”: A New Life of the Old First-Aid Kit. The project was implemented within the framework of the public tender for the project: Work with Economical and Private Sector in Local and Regional Environment - The Creative Path to Knowledge 2017-2020. The purpose is to strengthen the cooperation and integration of the higher education system with the environment and the interdisciplinary integration of students. With innovative and creative approaches, they can solve challenges in the economic and social environment. In cooperation with AMZS d.d. and the Auto-Moto Association of Slovenia, we prepared a project at the Faculty of Health Sciences of the University of Ljubljana. We wanted to find alternatives to current bad practices in handling first-aid kits after the expiry date. The students of three different faculties participated in solving health and environmental problems related to the handling of these kits. They have created guidelines and materials for raising awareness and informing the public. New competences, knowledge and experience gained by all the participants of the project were evaluated using the PMI method (plus, minus, interesting).

*Key words:* project evaluation, first-aid kit

## **Pomen medkulturnosti za holistično obravnavo pacienta**

Družba, v kateri živimo, postaja vse bolj kulturno raznolika zaradi migracij. Na to vplivajo različni razlogi, kot na primer globalizacija, vojne, neustrezni ekonomski in življenjski pogoji ter klimatske spremembe. Tudi Slovenija je kulturno precej heterogena, saj na majhnem prostoru živita dve nacionalni manjšini, posebna romska skupnost, tri večje etnične skupine ter 54 različnih verskih skupnosti. Naraščajoča kultura raznolikost zahteva od vsakega demokratičnega posameznika sprejemanje medkulturnosti, sposobnost sobivanja in spoštovanja vrednot vsake kulturne skupine. Zdravstveni strokovnjaki smo zakonsko in etično zavezani k enakopravni obravnavi vseh ljudi, vendar je danes kompleksnost družbe in s tem kompleksnost kultur in prepričanj tako zahtevna, da sama zavezanost zakonodaji in etiki ni dovolj in da je za kakovostno obravnavo pacientov potrebna pridobitev kulturnih kompetenc, za kar zdravstveni strokovnjaki potrebujejo veliko znanja. Kulturne kompetence pripomorejo k boljšim odnosom z ljudmi različnih kultur in k različnemu razumevanju zdravja, bolezni, bolečine in zdravstvene oskrbe. Cilj vsake zdravstvene obravnave, ne glede na kulturno pripadnost posameznika, je holistični pristop. Človek je enkratna osebnost, z lastno preteklostjo, lastnimi občutki, razmišljanjem, življenjskimi navadami, problemi, potrebami, pričakovanji, željami, vrednotami in normami. Človek je namreč bio-psiho-socialno in duhovno bitje.

*Ključne besede:* kakovostna oskrba, raznolikost kultur, holizem, pacienti

## **Importance of Interculturality for a Holistic Treatment of the Patient**

The society we live in is becoming increasingly culturally diverse due to migration. This is influenced by various reasons, such as globalization, war, inadequate economic and living conditions and climate changes. Slovenia is also culturally heterogeneous, since there are two national minorities living in a small area, a special Roma community, three major ethnic groups and 54 different religious communities. The increasing cultural diversity demands of each democratic individual the interculturality, the ability to coexist and respect the values of each cultural group. Health professionals are legally and ethically committed to the equal treatment of all people, but today the complexity of society and thus the complexity of cultures and beliefs is so demanding that commitment to legislation and ethics is not enough and quality treatment of patients requires the acquisition of cultural competences, for which health professionals need a lot of knowledge. Cultural competences contribute to a better relationship with people of different cultures and to a different understanding of health, disease, pain and health care. The goal of any health treatment, regardless of the individual's cultural background, is a holistic approach. Each person is a unique personality with their own past, feelings, way of thinking, habits, problems, needs, expectations, desires, values and norms. A person is a bio-psycho-social and spiritual being.

*Key words:* quality care, diversity of cultures, holism, patient

## Uporaba marihuane med športniki

V prispevku predstavljamo rezultate raziskave o uporabi marihuane med športniki. Zanimala so nas tudi stališča aktivne športne populacije do uporabe marihuane. Za namen te raziskave smo uporabili neeksperimentalno metodo raziskovanja, kot raziskovalni inštrument smo uporabili anketni vprašalnik, ki ga je izpolnilo 2.231 športnikov; 1.241 anket je bilo pravilno izpolnjenih (55,62 %). Skupno je na anketo odgovorilo 846 (66 %) moških in 435 (34 %) žensk. Uporaba marihuane je nekoliko manjša od uporabe alkohola in kajenja cigaret. 53,6 % anketiranih športnikov marihuane ni nikoli poizkusilo, dnevno pa jo uživa 6,1 %. Športniki večinoma menijo, da ima marihuana tako pozitivne kot tudi negativne lastnosti, da je lahko koristna za nekatere medicinske namene in odobravajo njeno legalizacijo za te namene. Anketiranci pa nizko ocenjujejo potrebo po splošni legalizaciji marihuane za osebne namene. Raziskava potrjuje predhodne raziskave o pozitivnem vplivu športa na uživanje različnih dovoljenih in nedovoljenih substanc. Pri pomembnem družbenem in strokovnem vprašanju glede legalizacije uporabe marihuane, anketirani dajejo prednost legalizaciji marihuana za medicinsko uporabo in ne legalizaciji za osebno uporabo.

*Ključne besede:* športniki, marihuana, nikotin, alkohol, prepovedane droge

## Use of Marijuana among Athletes

In this paper, we present the results of the study on marijuana use among athletes. We were also interested in the viewpoints of active athletes on marijuana consumption. For the purpose of this study, a non-experimental sampling method was employed, using a structured questionnaire. The survey included 2231 respondents who provided 1241 appropriately filled out questionnaires (55.62%). The total number of respondents included 846 men (66%) and 435 women (34%). Marijuana is used on a slightly smaller scale than alcohol and cigarettes. 53.6% of the surveyed athletes never tried marijuana, which is used daily by 6.1% of the surveyed athletes. Athletes predominantly believe that marijuana has both positive and negative effects and that it offers medical benefits. They also support the legalisation of medical marijuana. The surveyed athletes do not believe there is a strong need to legalise marijuana for personal usage. Our research confirms past research regarding the positive influence of sport on the usage of different legal and illicit substances. On the topic of legislation, respondents prioritise medical marijuana legalisation over legalisation for personal usage.

*Key words:* marijuana, nicotine, alcohol, illicit drugs, sports



## **Pravno urejanje zdravja na delovnem mestu**

»Dobro zdravje je predpogoj za dobro in uspešno življenje in delo - tako za posameznika kot za delovno organizacijo.« Tako so zapisali na Direktoratu za zdravje, ki je pod okriljem Ministrstva za zdravje pripravil smernice za promocijo zdravja na delovnem mestu. Promocija zdravja je ena od zakonskih obveznosti, povezanih z delovnim razmerjem in predvideva določeno ravnanje tako od delodajalca kot od delavca. Poleg promocije zdravja, ki je aktualnejša tema zadnjih let, pa obstajajo tudi zakonska določila, namenjena vzpostavljanju varnih in zdravih delovnih razmer. Tudi z vidika varnosti in zdravja pri delu morata zakonske zahteve upoštevati tako delodajalec kot delavec. Ugotovitve številnih raziskav (npr. Eurofound, 2017: Working anytime anywhere - The effects on the world of work) potrjujejo splošno občutje, da je razmejitev med prostim časom, v katerem se posameznik lahko bolj posveti svojemu zdravju, in delovnim časom, ki je namenjen aktivnostim za ustvarjanje življenjskih pogojev, zabrisana, zato je nujno, da se skrb za zdravje integrira v delovni odnos.

*Ključne besede:* zdravje, promocija, pogoji dela

## **Regulation on Health at Work**

Good health is a prerequisite for a good and successful life and work, therefore it is important for the individual as well as the organization. This postulation was defined by the Health Care Directorate, organised within the Ministry of Health, where they also created the guidelines for workplace health promotion. Workplace health promotion is a legal obligation binding both the employer and the employee to certain employment relationship obligations. In addition to workplace health promotion, which has been one of the more important topics over the last years, there are also legal provisions in place that regulate safe and healthy working conditions. As they relate to safety and health at work, these provisions must be complied with both by the employer and employee. A number of researches (e.g. Eurofound, 2017: Working anytime anywhere - The effects on the world of work) confirm the general feeling that the line between the individual's free time, when they can focus more on their health, and their work time is indistinct. For this reason, it is crucial that health care be integrated in the working relationship.

*Key words:* health, promotion, healthy and safe working conditions

Dr. Bożena Gorzkowicz  
Pomeranian Medical University in Szczecin  
Dr. Dorota Kilańska  
Medical University of Łódź

## **Izvajanje ICNP® na Poljskem glede na smernice Svetovne zdravstvene organizacije 2013**

Mednarodna klasifikacija zdravstvene nege (ICNP®) klasificira podatke o pacientih in klinično dejavnost v pristojnosti zdravstvene nege. Njen glavni namen je odločanje in razvoj politik, namenjenih izboljšanju zdravstvenega stanja in zagotavljanju zdravstvene oskrbe. ICNP® lahko izboljša komuniciranje in statistično poročanje o opravljenih zdravstvenih storitvah. Aktivnosti, ki se nanašajo na uveljavitev klasifikacije ICNP® na Poljskem, potekajo od leta 2006. Implementacijo in usposabljanja v zvezi z ICNP® usklajuje ICN - akreditirani center za raziskave in razvoj ICNP® na Medicinski univerzi v Łódžu. Do 30. septembra 2016 je v programu sodelovalo več kot 8911 medicinskih sester. Cilj raziskave je ovrednotenje mnenj udeležencev usposabljanja glede ustreznosti uporabe ICNP® v praksi zdravstvene nege. Anketiranje je bilo izvedeno med 475 naključno izbranimi udeleženci usposabljanja. Udeleženci so potrdili potrebo po izvajanju ICNP® na Poljskem. Uvedba ICNP® bo po njihovem mnenju izboljšala kakovost znanstvenih raziskav v zdravstveni negi, olajšala organizacijske in kontrolne dejavnosti in omogočila varno delovanje pri čezmejnem zdravstvenem varstvu. Najnižje ocenjeni sta bili pogoji za izvajanje ICNP® na delovnem mestu in pripravljenost anketirancev na pripravo podrobnejših načrtov oskrbe v skladu z ICNP®.

*Ključne besede:* ICNP, informacijska tehnologija, zdravstvena nega, klasifikacija zdravstvene nege

## **The Implementing of ICNP® in Poland Regarding WHO 2013 Guidelines**

The International Classification for Nursing Practice (ICNP®) classifies patient data and clinical activity in the scope of nursing. Its main purpose is the decision-making and policy development aimed at the improvement of health status and health care delivery. Communication and statistical reporting practices across health services can be improved by ICNP®. The activities focusing on the implementation of ICNP® classification in Poland have been ongoing since 2006. ICNP® popularisation and training in the form of conferences and workshops for the nursing community is coordinated by the ICN-Accredited Centre for ICNP® Research & Development at the Medical University of Łódź. Until 30 September 2016, over 8911 nurses have taken part in the program. The aim of the study is the evaluation of the assesment of training participants concerning the possibility of implementing ICNP® into the nursing practice. The research metod was a diagnostics poll in the group of 475 randomly chosen training participants. The evaluation was done with the use of five-stage Likert scale consisting of 13 questions. The participants confirm the need for implementing ICNP® in Poland. The introduction of ICNP® will improve the quality of scientific research in nursing, facilitate the organisational and controlling activities and enable safe functioning in cross-border health care. The possibility of implementing ICNP® in the workplace and the repondents' readiness for preparing detailed care plans in accordance with ICNP® received the lowest scores.

*Key words:* ICNP, information technology, nursing care, nursing classification

## **Sindrom krhkosti in demenca**

Krhkost je najpogosteje razumljena kot sindrom fiziološkega upada v poznem življenju, za katerega je značilna izrazita dovzetnost za škodljive vplive na zdravje. Krhki starostniki se težje soočajo s stresom, ki ga na primer povzroči akutna bolezen ali poškodba. Ta povečana ranljivost prispeva k povečanemu tveganju za več škodljivih posledic, vključno z zapleti pri zdravljenju, s padci, potrebo po institucionalni negi in oskrbi, z invalidnostjo in demenco. Pomembno je, da starost sama po sebi ne prinaša nujno krhkosti in ne razvoja demence. Hitrosti upadanja kognitivnih funkcij je odvisen od kognitivne rezerve in individualnega življenjskega sloga. Čeprav ni zlatega standarda za odkrivanje krhkosti pri starejših osebah, so bila za oceno tveganja na podlagi epidemioloških študij razvita in uporabljena številna orodja. Pri tem je pomembna tudi ocena razpoloženja in kognitivnih funkcij. Kliniki iz različnih disciplin prepoznajo paciente z največjim tveganjem za neželene učinke, povezane s postopki in posegi. V novejših študijah predlagajo za preprečevanje krhkosti in upada kognitivnih funkcij zlasti ukrepe, povezane s spremembami življenjskega sloga. V prispevku bo predstavljena definicija, patofiziologija, epidemiologija ter diagnostika krhkosti in njena povezava z demenco. Poleg tega bo predstavljen klinični pristop, ki lahko zmanjša ranljivost in lajša simptome krhkosti.

*Ključne besede:* krhkost, demenca, starost, ocen tveganja, klinični pristop

## **Frail Elderly and Dementia**

Frailty is most often defined as a syndrome of physiological decline in late life, characterized by marked vulnerability to adverse health outcomes. Frail older adults are less able to adapt to stressors such as acute illness or trauma. This increased vulnerability contributes to increased risk for multiple adverse outcomes, including procedural complications, falls, institutionalization, disability, and dementia. Importantly, old age itself does not define frailty as well not development of dementia. The concept of cognitive reserve and inter-individual lifestyle patterns are suggested to determine the speed of cognitive decline. Although there is no gold standard for detecting frailty in older adults, multiple frailty screening tools have been developed and utilized for risk assessment and epidemiologic study. Assessment of mood and cognition is a constitutional part of those too. Clinicians from a variety of disciplines are utilizing frailty status to identify patients at highest risk of adverse outcomes related to procedures and interventions, and working towards safer interventions. There are numerous lifestyle modifications and interventions identified in recent studies suggesting beneficial role to frailty and cognitive decline risk. This topic will review the definition, pathophysiology, epidemiology, and diagnosis of frailty and its relation to dementia. Furthermore a clinical approach that may attenuate vulnerability and relieve symptoms will be presented.

*Key words:* frailty, dementia, old age, risk assessment, clinical approach

## **Motivi vpisa v register potencialnih darovalcev krvotvornih matičnih celic**

Razvoj znanosti je danes prinesel napredek na vseh področjih našega življenja. V zadnjem času je viden velik napredek tudi na področju zdravljenja različnih bolezni s presaditvijo krvotvornih matičnih celic (KMC). Velikokrat je to edina možnost za preživetje, ki jo bolnik ima. Ker se redko zgodi, da bolniku najdejo ustreznega darovalca KMC med sorodniki, se le-tega išče v slovenskem registru Slovenija Donor, ki pa je žal za potrebe zdravljenja slovenskih bolnikov premajhen. Zato so darovalca KMC največkrat primorani poiskati v svetovnem registru. Ker je možnost ujemanja KMC bolnika z darovalci KMC v registru izjemno majhna, je pomembno, da je register potencialnih darovalcev zelo velik. Ob tem je pomembno, da je v registru tudi veliko »domačih« darovalcev, saj je ustreznost darovalčevih KMC etnično in geografsko pogojena. Da bi se povečalo število vpisanih v register, se s svojimi akcijami prizadeva tudi Slovensko združenje bolnikov z limfomom in levkemijo, L&L. Za potrebe nadaljnjih akcij omenjenega združenja in z namenom, da bi se povečalo število vpisanih v register potencialnih darovalcev KMC Slovenija Donor, smo raziskali seznanjenost Slovencev s pojmom KMC ter seznanjenost z registrom. V prispevku tako predstavimo rezultate kvantitativne metode raziskovanja, s pomočjo katere smo proučevali motive, ki so posameznika privedle do vpisa v register potencialnih darovalcev KMC. Prav tako so nas zanimali razlogi, zakaj se posameznik do sedaj še ni vpsal v register.

*Ključne besede:* register Slovenija Donor, krvotvorne matične celice, darovanje, analiza trga, Slovenija

## **Motives of the Enrollment in the Registry of Potential Donors of the Haematopoietic Stem Cells**

The development of science has made progress in all areas of our lives. Recently, significant progress has also been made in the treatment of various diseases with haematopoietic stem cell transplantation (HSCT). This is often the patient's only option to survive. Due to the fact that it is very rare to find the right donor of HSC among relatives, it is common to look for a donor in Slovenian „Slovenija Donor“ registry, which is unfortunately too small for the needs of Slovenian patients. Therefore, most donors of HSC are usually found in the global registry. Since likelihood of matching HSC with a patient who needs a HSC donor for survival is extremely small, it is important that the registry of potential donors is very large. In addition, it is important to include many "domestic" donors in the registry, since the suitability of donor's HSCs is ethnically and geographically dependent. The Slovenian lymphoma and leukemia patient association, L&L, is also striving for a greater number of donors in the registry. For the needs of further actions of this association and to increase the number of registered donors of HSC in Slovenija Donor, we studied the familiarity of Slovenians with the concept of HSC and the familiarity with the register. In this paper, we present the results of the quantitative method of research, through which we studied the motives that led individuals to register in the registry of potential donors of HSC. We were also interested in why an individual has not been entered in the registry yet.

*Key words:* Slovenia Donor registry, blood stem cells, donation, market analysis, Slovenia

## **Vloga medicinske sestre pri procesu prehoda z enteralnega na oralno hranjenje pri nedonošenčku**

Nezrelost nedonošenčkov vpliva na njihov celotni razvoj, vključno z njihovim hranjenjem. V večini primerov se na začetku hranijo enteralno in parenteralno zaradi nezmožnosti koordinacije sesanja, požiranja in dihanja. Namen prispevka je predstaviti vlogo medicinske sestre pri prehoda iz enteralnega na oralno hranjenje nedonošenčka, ki obsega ocenjevanje njegove sposobnosti oralnega hranjenja in oralno-motorične intervencije za stimulacijo tega hranjenja. Uporabljena je bila deskriptivna metoda dela s pregledom domače in tuje literature. Prehod z enteralnega na oralno hranjenje je zelo pomemben korak pri zdravstveni obravnavi nedonošenčka. Hitro in učinkovito spodbujanje prehoda je eden izmed glavnih ciljev, saj je uspešno oralno hranjenje eden izmed najpomembnejših dejavnikov, ki kažejo na pripravljenost nedonošenčka za odhod iz bolnišnice. Določitev ustreznega trenutka za začetek uvajanja oralne prehrane je zahtevna naloga, zato mora medicinska sestra dobro poznati in opazovati nedonošenčka, biti seznanjena z lestvicami za ocenjevanje njegove pripravljenosti za oralno prehranjevanje ter jih tudi znati uporabljati. Številne raziskave so dokazale, da je pri tem ena izmed najpomembnejših nalog medicinske sestre izvajanje oralno-motoričnih intervencij, ki pomembno pripomorejo k hitrejšemu prehodu in učinkovitejšemu oralnemu hranjenju.

*Ključne besede:* novorojenčki, nedonošenčki, neonatalna zdravstvena nega, oralno hranjenje, oralno-motorične intervencije

## **The Role of the Nurse in the Process of Transitioning from Enteral to Oral Feeding of the Preterm Infant**

Immaturity of the preterm infant affects their overall development, including their feeding process. In most cases they have to be fed enteral and parenteral due to their inability to coordinate sucking, swallowing and breathing. The aim of the study is to present the role of the nurse in the process of transitioning from enteral to oral feeding of the preterm infant, which involves assessing the ability of oral feeding of the preterm infant and oral-motor intervention to stimulate oral feeding. We used a descriptive method of work with a review of domestic and foreign literature. The transition from enteral to oral feeding is a very important step in the medical treatment of premature infants. A fast and effective promotion of the transition is one of the main goals of the premature infant, because successful oral nutrition is one of the most important factors that indicate the preterm infant's willingness to leave the hospital. Determining the right moment to initiate the introduction of oral nutrition is a challenging task, that is why the nurse should truly know and observe premature infants, be aware of the rating scales for assessing the preterm infant's readiness for oral feeding and also be able to use them. Many studies have proven that one of the most important roles of the nurse in the transition to oral nutrition are oral-motor interventions that accelerate readiness and process of transition from enteral to oral feeding of premature infants.

*Key words:* preterm infant, neonatal nursing care, oral feeding, oral-motor intervention

## **Naraščanje porabe zdravil za zdravljenje demence v Sloveniji**

S starostjo narašča število različnih oblik demence. Namen analize je bil na podlagi podatkov o porabi zdravil za zdravljenje demence v obdobju 2009-2017 prikazati grobo oceno obolevnosti v Sloveniji. V opazovalni, retrospektivni raziskavi so analizirani podatki o zdravilih za zdravljenje demence (ATC skupina N06D), predpisanih starostnikom od 2009-2017. Poraba je prikazana glede na razvrstitev po anatomsko-terapevtsko-kemijski klasifikaciji (ATC) v definiranih dnevni odmerkih (DDD). Vir podatkov je Baza ambulantno predpisanih zdravil na Nacionalnem inštitutu za javno zdravje. Pacientom v starosti nad 60 let je bilo predpisanih 73961 receptov z 28,3 DDD/1000 prebivalcev/dan. Vsaj en recept je prejelo preko 18000 oseb, starejših od 60 let (3,4 % populacije), in 11 % oseb nad 80 let. Število oseb, ki prejemajo zdravila za demenco narašča. Najpogosteje so bili predpisovani zaviralci encima acetilholinesteraze; poraba je naraščala. Najmanj eno zdravilo je prejelo 3,4 % populacije nad 60 let. S to analizo je težko napovedati natančno število obolelih le na podlagi osnovnih zdravil za zdravljenje demence, brez upoštevanja zdravil za druge simptome bolezni.

*Ključne besede:* demenca, predpisovanje zdravil, razširjenost bolezni

## **Increasing Consumption of Medicines for Treatment of Dementia in Slovenia**

The number of chronic diseases, including various forms of dementia, is increasing. The purpose of the analysis is to present a rough estimate of the presence of dementia on the basis of data on the consumption of medicines for the treatment of dementia from 2009-2017. In an observational, retrospective study, the data on the consumption of medicines for the treatment of dementia (ATC group N06D) were analysed. The shown consumption is based on ATC classification and Defined Daily Doses (DDD). The data source was the Database of prescriptions for outpatients. Patients over 60 years received 73961 prescriptions with 28.3 DDD/1000 inhabitants /day. At least one medicine for the treatment of dementia was prescribed to more than 18000 people older than 60 years (3.4% of population) and to over 11% of people older than 80 years. Acetylcholinesterase enzyme inhibitors were the most prescribed medicines, their consumption was increasing. 3.4% of the population over 60 years was treated with at least one medicine. With the analysis based only on the essential medicines (excluding those for symptoms), it is difficult to predict the exact number of patients with dementia.

*Key words:* dementia, prescription of medicines, prevalence

## **Uporaba deeskalacijskih tehnik za obvladovanje nasilnega vedenja**

Nasilno vedenje je vsako namerno dejanje, ko človek povzroča škodo sebi, drugim ljudem ali predmetom. Nasilje na delovnem mestu v zdravstvu je obsežno, problem nasilja nad zdravstvenimi delavci pa je globalni in narašča na vseh nivojih zdravstvenega varstva. Nasilje je javnozdravstveni problem, ki ustvarja fizične, čustvene, psihološke in duhovne probleme za tiste, ki utrpijo nasilno vedenje. Ogroža tudi kakovost zdravstvene oskrbe. Preprečevanje nasilja je zapleteno in zahteva multiprofesionalni pristop. Strokovnjaki so prepričani, da je za učinkovit pristop treba izpolniti večstopenjski proces: definiranje problema, prepoznavanje rizičnih in zaščitnih faktorjev in razvijanje ter testiranje preventivnih strategij. Potrebni so različni ukrepi za preprečitev, da bi blage oblike izraženega nasilja prešle v večje. Eden od bolj pomembnih ukrepov je uporaba tehnike deeskalacije. To je skupni izraz za nabor psihosocialnih intervencij, katerih namen je preusmerjanje pacientove pozornosti in zmanjševanje napetosti. Ko razmere do te mere eskalirajo in se nasilju skoraj ni mogoče izogniti, je uporaba deeskalacijskih tehnik bolj dragocena kot kdaj koli prej. V zadnjem obdobju pa je poučevanje o tehnikah deeskalacije del večine izobraževanj in usposabljanj na področju preprečevanja in obvladovanja nasilnega vedenja.

*Ključne besede:* nasilje, zdravstvo, deeskalacija

## **Use of De-Escalation Techniques for Managing Violent Behavior**

Violent behavior is any deliberate act that causes harm to oneself, others or objects. Workplace violence in the health sector is extensive, and the problem of violence directed at health professionals is global and is increasing at all levels of health care. Violence is a public health problem that creates physical, emotional, psychological, and mental problems for those who suffer from violent behavior. Violence also threatens the quality of health care. Prevention of violence is complex and requires a multiprofessional approach. Experts believe that an effective approach to preventing violent behavior requires a multi-step process: the identification of the problem, the identification of risk factors and protection factors and development and testing the preventive strategies. We need different measures to prevent the mild form of expressive violence from turning into a greater one. One of the most important measures is the use of de-escalation techniques. De-escalation is a common expression for a set of psychosocial interventions, with which we can redirect the patient's attention to reducing stress. When a situation escalates and violence is almost inevitable, the use of de-escalation techniques is more valuable than ever. In the recent period, teaching about de-escalation techniques is part of most training in the prevention and control of violent behavior.

*Key words:* violence, health care, de-escalation

## **Idiopatska pljučna fibroza – neprepoznati ubojica**

IPF (idiopatska pljučna fibroza) je rijetka, kronična, ireverzibilna i smrtonosna bolest u kojoj plućno tkivo fibrozira te je onemogućena normalna funkcija pluća. Nedavna studija koja je usporedila smrtnost od IPF i određenih vrsta tumora pokazala je da samo bolesnici s karcinomom pluća i gušterače imaju lošiju stopu preživljenja. Polovica oboljelih se u početku pogrešno dijagnosticira jer su simptomi bolesti slični drugim plućnim i srčanim bolestima. Na javnoj tribini 2017. godine prikazani su podaci broja liječenih od IPF-a u KB Dubravi u periodu od 2014-2016. IPF je imalo 17 bolesnika od toga samo 5 je ciljano upućeno odmah po pojavi simptoma na obradu pod sumnjom na intersticijsku bolest pluća. Kako bi se podigla svijest i naglasila važnost prepoznavanja ranih znakova i simptoma IPF-a u Republici Hrvatskoj u sklopu obilježavanja Svjetskog tjedna plućne fibroze održane su dvije kampanje Udahnite život sa lakoćom 2016. godine, te Slušajte znakove IPF-a 2017. godine. IPF zahtijeva multidisciplinarni pristup. Suradnjom s EU-IPFF, kampanjama na nacionalnoj i lokalnoj razini služeći se javnim platformama povećava se pozornost javnost za prepoznavanjem ove bolesti te ranom dijagnozom ključnom za prognozu liječenja.

*Ključne riječi:* idiopatska plućna fibroza, zdravstvena njega, multidisciplinarni tim, kronična bolest

## **Idiopathic Pulmonary Fibrosis - Unrecognized Killer**

IPF (idiopathic pulmonary fibrosis) is a rare, chronic, irreversible and lethal disease in which the pulmonary tissue becomes thickened, scarred and stiff, disabling the normal lung function. A recent study comparing the mortality of IPF and certain types of tumors has shown that only patients with lung cancer and pancreas have a worse survival rate. Half of the patients are initially mistakenly diagnosed because the symptoms of the illness are similar to other pulmonary and cardiovascular diseases. At the public forum in 2017, data on the number of treatments treated by the IPF in KB Dubrava in the period 2014-2016 are presented. IPF had 17 patients, of which only 5 were targeted immediately upon the onset of symptoms of treatment suspected of interstitial lung disease. In order to raise awareness and emphasize the importance of recognizing the early signs and symptoms of IPF in the RH as part of the IPF World Week, two campaigns Breathe of Hope in 2016 and Listen for the sounds of IPF 2017 were held. IPF requires a multidisciplinary approach. Active co-operation with EU-IPFF and campaigns at the national and local level, using public platforms, increases the public's awareness of the recognition of this disease and an early diagnosis crucial to the prognosis of treatment.

*Key words:* idiopathic pulmonary fibrosis, health care, multidisciplinary team, chronic disease



## **Evalvacija znanja o temeljnih postopkih oživljanja pri študentih zdravstvene nege**

Nenaden srčni zastoj je med vodilnimi vzroki smrti v razvitem svetu. Za preživetje oseb ob srčnem zastoju je pomembno hitro in učinkovito ukrepanje tistih, ki so neposredno ob prizadetem. Z raziskavo smo želeli preveriti, koliko znanja o temeljnih postopkih oživljanja premorejo študenti zdravstvene nege. Za pripravo teoretičnih izhodišč smo opravili pregled strokovne in znanstvene literature. Kot raziskovalni instrument smo uporabili anketni vprašalnik, raziskovalni vzorec pa je bil vzet iz vrst študentov 3. letnika zdravstvene nege. Anketni vprašalnik je ustrezno izpolnilo 41 študentov, vse pomanjkljivo izpolnjene vprašalnike smo iz analize izločili. Rezultati so pokazali pomanjkljivo znanje študentov glede frekvence vpihovanja, pravilno je odgovorilo le 56 % anketiranih. Kljub temu bi večina (93 %) učinkovito sprostila dihalno pot. Večina se je pravilno opredelila glede globine stisov prsnega koša, bistveno manj (67 %) pa bi jih znalo pravilno namestiti elektrode avtomatskega električnega defibrilatorja. Glede na izvedeno raziskavo lahko sklepamo, da znanje študentov o temeljnih postopkih oživljanja še ni v okviru pričakovanj. Zato smo pripravili predloge za izboljšanje.

*Ključne besede:* srčni zastoj, oživljanje, vpihovanje, avtomatski defibrilator, študenti

## **Evaluation of Cardiopulmonary Resuscitation among Health-Care Students**

Sudden cardiac arrest is one of the leading causes of death in the world. For surviving a cardiac arrest, it is important for people who are with the person affected to react quickly and effectively. With the research, we wanted to assess the knowledge of health-care students about cardiopulmonary resuscitation (CPR). For the theoretical starting point, a review of professional and scientific literature was performed. As the research instrument, we used a survey questionnaire, and as the research sample, a group of third-year students was selected. The survey questionnaire was fully completed by 41 students, with all incomplete surveys excluded from the analysis. The results show an inadequate knowledge of rescue breathing, only 56% of students answered correctly. Yet, most of them (93%) would open the airway effectively. Most of them answered correctly how deep chest compressions should be, while a significantly smaller number (67%) would know how to set the electrodes of the automatic electric defibrillator. According to the research, we can deduce that the knowledge of the students about CPR is not yet as expected. With this purpose, we prepared suggestions for improvement.

*Key words:* cardiopulmonary resuscitation, rescue breaths, automatic defibrillator, students

## **Celostna obravnava pacienta v urgentnem centru po klinični poti**

V prispevku je predstavljen potek obravnave pacienta v urgentnem centru, od vstopa v sistem urgentne zdravstvene obravnave do zaključka njegove obravnave ter odhoda domov ali hospitalizacije. S pomočjo klinične poti imajo zaposleni pregled nad vitalnimi funkcijami, opravljenimi preiskavami ter zdravili, ki jih je pacient že dobil ali jih še mora. Pomemben del klinične poti je začetni zapis anamneze, kjer imamo informacijo o alergijah ter preteklih hospitalizacijah. Klinična pot je pomemben člen pri zagotavljanju varnejše obravnave pacientov, saj je z delom po vnaprej predpisani poti manj možnosti za nastanek napak pri delu zaposlenih ali spregledanih informacij, ki nam jih posredujejo pacienti sami, tako verbalno kot tudi neverbalno.

*Ključne besede:* klinične poti, celostna obravnava, urgentni centri, pacienti

## **Integrated Patient Treatment in the Emergency Centre Using a Clinical Path**

The article presents the course of treatment of patients at the emergency centre, from the entry into the emergency medical system to the conclusion of treatment, departure home or hospitalisation. By means of a clinical path, employees have an overview of vital functions, medical examinations and medicines that the patient has already received or needs to have. An important part of the clinical path is the initial anamnesis record providing information on allergies and past hospitalisations. The clinical path is an important link in providing a safer treatment for patients, as there are fewer opportunities for employee mistakes or overlooked information provided by patients themselves, both verbally and non-verbally.

*Key words:* clinical path, integrated treatment, urgent patient, emergency centre

## Ispitivanje znanja medicinskih sestara o dijabetičkom stopalu

Istražiti znanja medicinskih sestara o dijabetičkom stopalu svih razina zdravstvene zaštite u Republici Hrvatskoj. Istraživanje je provedeno metodom dobrovoljnog anonimnog upitnika sastavljenog za potrebu evaluacije znanja medicinskih sestara prije i poslije održanog tečaja. Upitnik je, uz osnovne demografske podatke imao 23 pitanja zatvorenog tipa koja se tiču potrebnih znanja medicinskih sestara o dijabetičkom stopalu. Statistička raščlamba podataka vršena je pomoću SPSS programa (verzija 21), postupcima ispitivanja razlika. Nominalni pokazatelji prikazani su učestalošću i postotkom. Razlike u nominalnim pokazateljima između dva uzorka ispitane su pomoću Marginal Homogeneity testa i  $\chi^2$  testa. Značajnost je prihvaćena na razini p.

*Cljučne riječi:* edukacija, znanja, dijabetičko stopalo, zdravstvena zaštita, medicinska sestra

## Knowledge of Diabetic Foot among Nurses

The aim was to investigate the knowledge of diabetic foot among nurses from all healthcare levels in Croatia. A voluntary anonymous questionnaire was used to evaluate nurses' knowledge before and after the course. In addition to demographic data, the questionnaire comprised 23 closed questions concerning the relevant knowledge of diabetic foot. SPSS program (version 21) was used in statistical analysis to test for differences. Frequency and percentage were used to present nominal indicators, and their differences between two samples were analysed using the marginal homogeneity test and  $\chi^2$  test. Significance was accepted at the level of p.

*Key words:* education, knowledge, diabetic foot, health care, nurse

## **Učinkovitost fizioterapevtskih postopkov pri obravnavi sindroma zapestnega prehoda**

Sindrom zapestnega prehoda je najpogostejša periferna utesnitvena nevropatija na zgornjem udu in se izraža kot senzorična in motorična okvara, ki se pojavi zaradi kompresije ali raztega medianega živca v zapestnem prehodu in zajema 90 % vseh utesnitvenih nevropatij. Senzorična okvara je pojav mravljinčenja, bolečine in odrevenelosti na inervacijskem področju medianega živca. Motorična okvara se odraža kot zmanjšana moč prijema roke, šibkost mišic prvih treh prstov in atrofija palčne kepe. Namen prispevka je na podlagi pregleda literature predstaviti učinke fizioterapevtskih postopkov pri obravnavi sindroma zapestnega prehoda. Analizirali smo dvanajst randomiziranih kontroliranih raziskav. Avtorji so preučevali učinke različnih manualnih postopkov, vadbe, mobilizacije kit in medianega živca. Za učinkovitejše so se izkazali postopki mobilizacije medianega živca in zapestnih kosti, masaža, manipulacija fascij, ishemična kompresija ter vadba za mobilizacijo kit in medianega živca v primerjavi s standardnimi fizioterapevtskimi postopki. Izsledki analiziranih raziskav so bili težko primerljivi med seboj zaradi različnih postopkov, trajanja in načinov zdravljenja, ocenjevanja samo kratkoročnih učinkov obravnave, kar bi bilo treba preučiti z nadaljnjim raziskovanjem.

*Ključne besede:* zapestje, zapestni prehod, mobilizacija živcev, mobilizacija zapestnih kosti, manualna terapija

## **Effectiveness of Various Physiotherapy Procedures for Carpal Tunnel Syndrome**

The carpal tunnel syndrome is the most common peripheral compression neuropathy on the upper arm and manifests as a sensory and motor disorder due to compression or tension of the median nerve in the wrist. It represents 90% of all compression neuropathies. Sensory impairment is the appearance of tingling, pain and numbness in the median nerve sensory innervation area. Motor impairment manifests as reduced hand grip and function, muscle weakness of the first three hand fingers and atrophy of the thenar eminence. The purpose of the paper is to present the effects of physiotherapy procedures on the treatment of the carpal tunnel syndrome using a literature review. We analysed twelve randomised controlled trials. The authors studied the effects of various manual procedures, exercise, mobilisation of the tendons and median nerve. Mobilisation of the median nerve and wrist bones, massage, facial manipulation, ischemic compression and exercise for the mobilisation of the tendons and median nerve compared to standard physiotherapy procedures have been shown to be more effective. The results of the analysed studies were difficult to compare with each other because of the different procedures, duration and methods of treatment, evaluation of only short-term effects of treatment, which should be studied with further research.

*Key words:* carpal tunnel syndrome, nerve gliding exercises, wrist bone mobilisation, manual therapy

*Manja Kosi*

Univerza v Novem mestu, Fakulteta za zdravstvene vede

*Robert Sotler*

Univerza v Ljubljani, Zdravstvena fakulteta

## **Komunikacija med gasilci in reševalci na krajevni vaji množične nesreče**

Ustrezna komunikacija ob množični nesreči je ena izmed ključnih funkcij, ki jo je treba pravilno in dovolj hitro vzpostaviti ter pri njej uporabiti samo kratke in jedrate podatke. Da bi ugotovili, kako pomembna je ustrezna komunikacija ob množični nesreči, smo v lokalnem okolju uprizorili množično nesrečo, pri kateri smo opazovali potek komunikacije med ekipami nujne medicinske pomoči in prostovoljnimi gasilci. Pomembno je ločiti vertikalno in horizontalno pot komunikacije ter upoštevati pravilo »manj je bolje«. Z analizo poteka vaje je bilo ugotovljeno, da komunikacija med vodjem intervencije, vodjem prostovoljnih gasilcev in vodjem nujne medicinske pomoči še vedno ni optimalna. Čas za doseganje učinkovite vzpostavitve komunikacije med vodjami posameznih služb za intervencije je presegel 7 minut, kar lahko v realni situaciji pripomore k neusklajenemu delovanju sodelujočih služb z možnimi posledicami, tako za varnost reševalnih ekip kot za ogrožene osebe, ki so potrebne njihove pomoči. Da bi dosegli optimalno usklajenost in učinkovito delovanje različnih reševalnih ekip je izvajanje praktičnih vaj izjemno pomembno.

*Ključne besede:* gasilci, reševalci, množične nesreče, vaje

## **Communication Between Firefighters and Paramedics at the Local Mass Accident Exercise**

One of the key functions in case of a massive accident is adequate communication that needs to be properly and quickly established, using only brief and concise information. In order to determine the importance of adequate communication during a mass accident, we simulated a mass accident in the local environment and observed the communication flow between emergency medical service and volunteer firefighters. It is important to distinguish between vertical and horizontal flow of communication and respect the "less is more" rule. The exercise analysis shows that the communication between the head of intervention, the head of voluntary firefighters and the head of emergency medical service is still not optimal. The time required to achieve an effective communication among the heads of individual intervention services exceeded 7 minutes; in a real-life situation, this could contribute to an uncoordinated action of the participating services with possible consequences both for the safety of the rescue teams and for those at risk who need their help. Implementing a practical training with the aim of achieving the optimal coordination and efficient performance of different rescue teams is of great importance.

*Key words:* firefighters, paramedics, mass accident, exercise

## Utjecaj art terapije kod osoba s posttraumatskim stresnim poremećajem

Art terapija jedna je od kreativnih terapija, a od drugih terapija razlikuje se svojim iskustvenim i neverbalnim karakterom. Karakteristično za art terapiju je svrhovita i metodička upotreba umjetnosti kroz crtež, sliku, kolaž, i drugo te na taj način pomaže oblikovati i izraziti osjećaje, misli i sjećanja. U kliničkoj praksi art terapija uglavnom se primjenjuje u kombinaciji s psihoterapijom usmjerenom na traumu. Kako se u terapijskom procesu priča razvija, fantazija i stvarnost se zbunjuju, što dovodi do samospoznavanja i katarzičkog puštanja, a pacijentu se pomaže u suočavanju s realnošću traume i prateće emocije. Umjetnički je izraz snažan način da sigurno sadrži i stvori odvojenost od zastrašujućeg iskustva traume. Art daje sigurnu mogućnost kada riječi nisu dovoljne da se kroz preživjelo iskustvo prođe sjećanjima, mislima i osjećajima. Kada se art ili kreativnost privuče u sesiju, na vrlo osnovnoj razini, dodiruju se i drugi dijelovi iskustva osobe. Ona pristupa informacijama ili emocijama kojima se možda ne može pristupiti samim razgovorom. Smanjenje primarnih simptoma PTSP-a i općenito poboljšanje kliničke slike bolesti je često prijavljeno kao rezultat uključenja pacijenta u art terapiju. Pojedini autori art terapiju u tretmanu PTSP-a opisuju kao pomoć u smanjenju simptoma ponovnog proživljavanja, izbjegavanja, pobuđenosti kao i emocionalnog numbinga.

*Ključne riječi:* art terapija, PTSP, trauma

### Treating Post-Traumatic Stress Disorder with Art Therapy

Art therapy is one of creative methods which is characterized by experimental and nonverbal aspects. Art therapy is a purposeful and methodical use of art. Drawing, painting, collage and other help to shape and express feelings, thoughts and memories. In the context of clinical practice, art therapy is used in combination with trauma focused psychotherapy. In the therapy process, reality and fantasy are merging which leads to self-recognition and catharsis and helps the person face the trauma. Artistic expression is a powerful way to create a separation from the trauma experience. When words are not enough to pass through memories, thoughts and feelings, art opens that possibility. On the basic level of art therapy in session other parts of the person's experiences are visible. Art can access the information and emotions better than words sometimes can. Participation in art therapy can result in the decreasing of primary PTSD (post-traumatic stress disorder symptoms) and improving of the clinical picture of the disease. Art therapy is seen by some authors as a quality tool for decreasing retraumatization of symptoms, avoiding excitement and emotional numbing.

*Key words:* art therapy, PTSD, trauma

## **Socialna in ekonomska rehabilitacija odvisnikov od psihoaktivnih snovi**

Cilj te raziskave je ugotoviti, kateri dejavniki prispevajo k procesu ponovne vključitve odvisnikov od psihoaktivnih snovi, vključenih v program vzdrževalnega zdravljenja z metadonom, v socialno in ekonomsko življenje. Za ta namen je bilo treba izvesti poglobljeno analizo odvisnosti in njenih socialnih posledic kot tudi ugotoviti, kakšna je kakovost življenja odvisnikov ter oceniti njihovo delovanje v socialnem okolju. Raziskava je vključevala 234 odvisnikov, ki se zdravijo ambulantno v okviru programa vzdrževalnega zdravljenja z metadonom. Temelji na anketi, izvedeni s pomočjo vprašalnikov, ki jih sestavljajo tri neodvisna orodja: originalni vprašalnik za ugotavljanje narave odvisnosti vprašanih, njihove trenutne socialno-ekonomske situacije in njihovih mnenj o učinkovitosti programa zdravljenja z metadonom, vprašalnik SF-36v2 za subjektivno oceno z zdravjem povezane kakovosti življenja ter lestvica socialnega delovanja (Social Functioning Scale – SFS). Na ponovno vključitev odvisnikov od drog v socialno življenje vplivajo obnovitev odnosa z družino, nastanitev v prebivališču in možnost zaposlitve. Vprašani so sposobni razumnega upravljanja s finančnimi viri. Na njihovo socialno delovanje močno vplivajo njihove spretnosti navezovanja stikov. Kljub temu, da odvisniki niso zelo aktivni, verjamejo, da imajo dobre možnosti za samouresničevanje.

*Ključne besede:* ponovna vključitev v socialno okolje, vzdrževalno zdravljenje z metadonom, kakovost življenja, socialno delovanje

## **Social and Economic Functioning of People Addicted to Psychoactive Substances**

The aim of this study is to identify factors contributing to the process of socio-economic readaptation of psychoactive substance addicts included in the methadone maintenance treatment programme. To accomplish this purpose it was necessary to perform an in-depth analysis of addiction and its social consequences, to measure quality of life of addicts and assess their social functioning. The study involved 234 outpatient addicts included in the methadone maintenance treatment programme. It was based on a diagnostic survey performed using a set of questionnaires consisting of three independent tools: an original questionnaire for scrutinizing the nature of respondents' addiction, their present socio-economic situation, and their opinions about the efficiency of methadone programme; the SF-36v2 questionnaire for subjective assessment of health-related quality of life; and the Social Functioning Scale (SFS). Social readaptation of drug addicts is highly determined by renewing a relationship with a family, recovering a dwelling place, and the possibility of finding employment. Respondents are capable of rational management of their financial resources. Their social functioning was strongly influenced by their interpersonal skills. Even though addicts were not very active, they believed that they had a good possibility of self-realisation.

*Key words:* social readaptation, methadone maintenance treatment, quality of life, social functioning

## **Tjelesna aktivnost kod osoba starije životne dobi**

Cilj je istraživanja bio prikazati razlike u tjelesnoj aktivnosti između gradskog i seoskog stanovništva starijeg od 65 godina u količini i kvaliteti aktivnosti. U istraživanju je sudjelovalo 100 ispitanika, od toga 50 ispitanika su činili stanovnici grada Požega i 50 ispitanika su bili stanovnici sela: Trenkovo, Jakšić, Vidovci, Mihaljevci i Završje. Svi ispitanici bili su stariji od 65 godina. Upotrijebljen je modificirani anketni upitnik o tjelesnoj aktivnosti po Baecku. Provedenim istraživanjem utvrđeno je da se u gradu športom bavi 28 %, a na selu svega 18 % stanovnika. Stanovnici grada više se bave športom od stanovnika sela iako razlika nije statistički značajna. Prema ispitivanim varijablama statistički značajna razlika između ispitanika iz sela i grada registrirana je samo u jednoj varijabli (znojenje;  $p < 0,003$ ), a ostale se varijable ne razlikuju značajno. Ispitanici grada i sela najčešće provode slobodno vrijeme gledanjem televizijskog programa. Stanovnici grada bave se športom više mjeseci u godini, a stanovnici sela u onim mjesecima kada se bave športom više se sati tjedno bave športskim aktivnostima. S obzirom na spol ispitanika, športom se bave više muškarci nego žene. Žene se bave športovima niže razine intenziteta, ali se zato više sati tjedno bave športom od muškaraca. Utvrđeno je da se stanovnici grada i sela stariji od 65 godina malo bave planiranim tjelesnim aktivnostima. Ljudi u gradu i selu imaju slabo razvijenu svijest o potrebi bavljenja športskim aktivnostima u smislu očuvanja tjelesnog zdravlja.

*Ključne riječi:* tjelesna aktivnost, gradsko stanovništvo, seosko stanovništvo

## **Physical Activity in Older Persons**

The aim of this study is to show the differences in physical activity between the urban and rural population of persons older than 65 years, both in terms of quality and quantity. Examinees and methods: 100 examinees were included in this study, of which 50 were the citizens of Požega and 50 the residents of the villages Trenkovo, Jakšić, Vidovci, Mihaljevci and Završje. All respondents were older than 65 years. The urban group consisted of 23 women and 27 men and the rural group 28 women and 22 men. They were chosen randomly in the city of Požega and the nearby rural area. The modified questionnaire according to Beack was used. The level of statistical significance was  $p < 0.05$ . This study showed that 28% of the urban examinees and 18% of the rural examinees practice some form of regular physical activity. Physical activity is greater in the urban population but not significantly. A statistically significant difference between the urban and rural population was registered in only one variable (sweating,  $p < 0.003$ ), while the other variables showed no significance. Both the urban and rural population spend most of their free time watching television. The urban population practices sport a few months of the year, but in the period when the rural population is active, they are active more hours per week. Gender-wise, men are more physically active than women. Women practice sports with lower intensity levels, but they do so for more hours per week than men. We concluded that the urban and rural population older than 65 years rarely practice a planned physical activity. Neither group finds it very important to be physically active to maintain good health.

*Key words:* physical activity, urban population, rural population



## **Dejavniki izgorelosti na delovnem mestu medicinske sestre v intenzivni terapiji**

Izgorevanje na delovnem mestu je postalo ena večjih težav v številnih poklicih. Izraz zaznamuje dolgotrajno izčrpanost in zmanjšano zanimanje za delo. Pri izgorelosti (angl. burnout) gre za specifični sindrom, ki je posledica podaljšane izpostavljenosti delovnemu stresu. Pojavlja se predvsem v poklicih, za katere je značilno predvsem delo z ljudmi v čustveno zahtevnih situacijah. Poklic medicinske sestre v intenzivni terapiji zagotovo sodi med te vrste poklicev. Medicinske sestre pri delu z najtežjimi bolniki izčrpavajo predanost, ki jo zahteva poklic, in pogostokrat čezmerna obremenitev. Delo je intenzivno, zaradi nenehnih novih metod zdravljenja bolj zapleteno. Poleg tega pa imajo še dolg delavnik in izmensko delo. Ni časa za oddih, utrujenost in nezadovoljstvo se kopičita. Varčevanje in zasledovanje učinkovitosti v zdravstvu za vsako ceno povzroča dodatni pritisk na zaposlene, še posebej, ker temu ne sledi primerno nagrajevanje. Zaposlenim na vodstvenih delovnih mestih v zdravstvu pogosto primanjkuje virov, časa, energije in znanja za vzpostavitev optimalne organizacije in delovnih odnosov, ki bi bili v obojestransko zadovoljstvo.

*Ključne besede:* medicinske sestre, intenzivna terapija, izgorelost, delovni odnosi

## **Factors of Workplace Burnout for Nurses in Intensive Therapy**

Workplace burn-out has become one of the big issues in many occupations. Characterised by prolonged exhaustion and decreased interest in work, the term "burnout" refers to a specific syndrome which is a result of a long-term exposure to work stress. It occurs mostly in occupations characterised by extensive work with people in emotionally challenging situations. The profession of the nurse in intensive care certainly falls among these types of occupations. The nurse works with the heaviest patients which depletes dedication required by the profession and often leads to over-burdening. This work is intensive because of the complexity of constant new treatment methods. The consequences are long workdays and shift work with no time to relax and with increased fatigue and dissatisfaction. Maintaining and pursuing efficiency in health at all costs creates additional pressure for employees, especially since there are no appropriate rewards. Employees in management positions in health care often lack the resources, time, energy and knowledge to establish the optimum organisation and working relationships that would lead to mutual satisfaction.

*Key words:* workplace burnout, nurse, working relationship, factors

*Dr. Nevenka Kregar Velikonja*  
Univerza v Novem mestu, Fakulteta za zdravstvene vede  
*Dr. Vladka Lešer*  
Nacionalni inštitut za javno zdravje Ljubljana

## **Raziskava o razširjenosti podančic pri šolski in predšolski populaciji**

Podančica (*Enterobius vermicularis*) je majhna, približno centimeter velika glista. Ta črevesni parazit je razširjen po vsem svetu, najpogosteje se pojavlja pri otrocih. V zadnjih letih NIJZ beleži porast prijavljenih primerov okužbe s podančico. Na Fakulteti za zdravstvene vede UNM smo zasnovali projekt za ugotavljanje prevalece okuženosti s podančico v populaciji predšolskih in šolskih otrok. V projektu je sodelovalo 5 vzgojno-izobraževalnih institucij iz jugovzhodne Slovenije. Pregledanih je bilo 197 vzorcev predšolskih otrok in 225 vzorcev šolskih otrok. Raziskava je pokazala, da je v populaciji predšolskih otrok na območju jugovzhodne Slovenije okuženost s podančico okoli 9 %, med šolskimi otroki pa okoli 30 %. Poleg ugotavljanja pogostosti okužbe smo z raziskavo želeli ugotoviti tudi, koliko starši poznajo to okužbo in kakšna so njihova stališča o tem. Raziskavo v osnovni šoli smo dopolnili še z analizo higiene rok in drugih higienskih ukrepov, ki jih izvajajo v osnovni šoli. Analizirali smo tudi ekonomske vidike obvladovanja okužb s podančico.

*Ključne besede:* podančice, epidemiološke raziskave, predšolski otroci, šolski otroci

## **Investigation of Pinworm Infestation in Preschool and School Population**

Pinworm (*Enterobius vermicularis*) is a small intestinal parasite, about a centimetre in size. It is spread worldwide and most commonly affects children. In the recent years, the Slovenian National Institute of Public Health has recorded an increase in reported cases of pinworm infection. At the UNM Faculty of Health Sciences, we have designed a project to identify the prevalence of infection with pinworm in the population of preschool and school children. The project involved 5 educational institutions from south-eastern Slovenia. 197 samples of preschool children and 225 samples of school children were examined. The study showed that in the preschool children in the area of south-eastern Slovenia, infection with pinworm was around 9%, while in school children, the prevalence was about 30%. In addition to determining the frequency of infection, the study also sought to identify the parents' knowledge and views on the infection with the pinworm. The research in the primary school was supplemented by an analysis of the implementation of hand hygiene and other hygienic measures that they carry out. We also analysed the economic aspects of controlling infections with pinworm.

*Key words:* pin worms, epidemiologic investigation, preschool children, school children

Aljaž Kren

Univerza v Novem mestu, Fakulteta za zdravstvene vede

Maja Kren, mag. Matej Makovec

Splošna bolnišnica Novo mesto

## **Zdravstvena in e-zdravstvena pismenost pacientov s kroničnimi boleznimi v ambulanti nujne medicinske pomoči**

V prispevku preučujemo zdravstveno in e-zdravstveno pismenost, ki je rezultat človeškega znanja, motivacije in sposobnosti za dostop, razumevanje, ovrednotenje ter uporabo zdravstvenih informacij v lastno korist. Namen raziskave je ovrednotiti nivo zdravstvene in e-zdravstvene pismenosti pacientov s kroničnimi boleznimi in ugotoviti, kako stopnja zdravstvene pismenosti vpliva na e-zdravstveno pismenost pacientov s kroničnimi boleznimi in tako na uporabo in iskanje informacij, povezanih z zdravjem, preko spleta. V raziskavi ugotavljamo, da med moškimi in ženskami obstajajo razlike v povprečnem številu doseženih točk pri oceni zdravstvene pismenosti, poleg tega ugotavljamo neznatno pozitivno linearno povezanost med spremenljivkama zdravstvena pismenost in e-zdravstvena pismenost. Raziskavo zaključujemo z ugotovitvijo, da pacienti s povprečnim in višjim nivojem e-zdravstvene pismenosti pogosteje iščejo zdravstvene informacije na spletu v povezavi s kroničnimi boleznimi. Zdravstvena in e-zdravstvena pismenost sta dokaj nepoznana pojava v slovenskem prostoru. Treba je implementirati finančno sprejemljive izobraževalne modele oz. strategije za njihovo ugotavljanje in izboljšanje pri vseh pacientih s kroničnimi boleznimi.

*Ključne besede:* zdravje, zdravstvene informacije, promocija zdravja, nujna medicinska pomoč

## **Health and E-Health Literacy among Chronic Disease Patients at the Emergency Medical Service Department**

The article treats health literacy and e-health literacy, which are the results of human knowledge, motivation and competences for understanding, evaluating and using health information for one's own benefit. The aim of the research was to evaluate the level of health and e-health literacy of patients with chronic diseases as well as to determine how the level of health literacy affects e-health literacy of patients with chronic diseases and, consequently, the use and search for health-related information online. The research results show differences in the average number of points achieved in the assessment of health literacy between men and women, and a slight positive linear correlation between health literacy and e-health literacy variables is apparent. The finding that patients with the average and higher levels of e-health literacy are more likely to seek health information in connection with chronic diseases online has concluded our research. The concepts health literacy and e-health literacy have been quite unknown in Slovenia so far. Thus, it is necessary to implement financially acceptable educational models or strategies for identifying and improving health and e-health literacy in all patients with chronic diseases.

*Key words:* health, health information, health promotion, emergency medical service

## **Vplivi na potek kliničnega usposabljanja študentov zdravstvene nege na področju psihiatrije**

Na potek kliničnega usposabljanja študenta na področju psihiatrije vpliva več dejavnikov, npr. predhodna teoretična priprava, predsodki in strah, ki jih ima študent pred začetkom usposabljanja. Na kakovost le-tega pomembno vplivajo medosebni odnosi v zdravstvenonegovalnem timu in študentov občutek sprejetosti. Namen prispevka je raziskati vplive na potek kliničnega usposabljanja študentov zdravstvene nege na področju psihiatrije. Uporabljena je bila deskriptivna metoda kvantitativnega raziskovanja. Raziskovalni instrument je bila anketa. V namenski neslučajnostni vzorec je bilo vključenih 98 študentov zdravstvene nege Zdravstvene fakultete Univerze v Ljubljani po zaključenem kliničnem usposabljanju na področju psihiatrije. 51 % študentov meni, da niso pridobili dovolj teoretičnega znanja pred usposabljanjem. V 86,7 % so se študenti počutili sprejete v zdravstvenonegovalni tim, v 73,5 % pa so delovno klimo oddelka ocenili kot zelo dobro. Pri 48 % študentov je bil pred kliničnim usposabljanjem prisoten strah, ki je v 20,4 % med in po njem izginil, v 24,5 % pa se je zmanjšal. Največji vpliv na potek ima teoretična priprava študenta pred pričetkom kliničnega usposabljanja. V raziskavi so študentje izpostavili, da je na njegov potek močno vplivala pozitivna delovna klima oddelka in možnost takojšnjega pogovora s kliničnim mentorjem ob pojavu problema, dvoma ali etične dileme.

*Ključne besede:* duševno zdravje, klinična praksa, stigma

## **The Influences on Clinical Training of Nursing Students in Psychiatry**

The course of clinical training of a student is influenced by several factors, such as the previous theoretical preparation, prejudices and fears that the student has before the start of clinical training. The quality of clinical training is significantly influenced by interpersonal relationships in the nursing team and students' sense of acceptance. The purpose of this paper is to investigate the influences on the clinical training of nursing students in psychiatry. The research was based on a descriptive quantitative method. The research instrument used was a survey. 98 nursing students of the Faculty of Health Sciences, University of Ljubljana, were involved in purposeful non-random sample after completing the clinical training in psychiatry. 51% of students believe that they have not acquired sufficient theoretical knowledge prior to clinical training. 86.7% of the students felt accepted by the health care team, while 73.5% assessed the working climate of the department as very good. In 48 % of students, fear was present before the clinical training, which disappeared in 20.4 % during and after the clinical training, while in 24.5% it decreased. The course of the clinical training is most notably influenced by the theoretical preparation of the student before the start of the clinical training. In the study, the students pointed out that the positive working climate of the department was also greatly influenced by the course of the clinical training and the possibility of an immediate discussion with a clinical mentor in the event of a problem, doubt or ethical dilemma.

*Key words:* mental health, clinical practice, stigma, verbal aggression

Gorazd Laznik

Univerza v Novem mestu, Fakulteta za zdravstvene vede

Ana Pevec

Center celostne oskrbe Ljubljana

## **Vpliv kakovostne obravnave otroške astme na izid zdravljenja**

Astma, katere glavni problem je oteženo dihanje, zaradi česar je ovirano normalno življenje, se še danes uvršča med najpogostejše kronične pljučne bolezni. V prispevku želimo povezati zgodnjo diagnozo, dobro poznavanje bolezni in možnosti zdravljenja ter vlogo staršev pri tem in poudariti pomen doslednega upoštevanja pravil zdravljenja za njegov izid. Izvedli smo kvantitativno raziskavo, in sicer smo naredili polstrukturirani intervju s petimi osebami, ki so imele v mladosti diagnosticirano otroško astmo, sedaj pa težav nimajo več oziroma se te pojavijo le zaradi izpostavljenosti alergenom. Vseh pet intervjuvancev trdi, da ima največ težav astmatik, ki svoje bolezni ne sprejema in ne pozna načinov zdravljenja oziroma ne uporablja predpisane terapije za lajšanje in preprečevanje poslabšanja. Ob tem vsi izpostavljajo vlogo staršev in pomen kakovostne izvedbe šole za astmatike. Osebe, ki smo jih intervjuvali, večinoma nimajo več težav, niti ne potrebujejo več predpisane terapije. Za naš vzorec lahko trdimo, da z upoštevanjem navodil, ki jih astmatik prejme ob postavitvi diagnoze, astma sčasoma lahko izzveni.

*Ključne besede:* otroška astma, zdravljenje, izidi zdravljenja, vloga staršev

## **Influence of Quality Treatment of Childhood Asthma on the Outcome of Treatment**

Asthma, whose main problem is difficulty in breathing which hinders normal functioning, continues to be one of the most common chronic lung diseases. In the article, we want to link an early diagnosis, a good knowledge of the disease and treatment options, and the role of parents in this regard, and to emphasise the importance of strictly observing the treatment rules for the outcome of treatment. We carried out a quantitative study, namely, we did a semi-structured interview with five people who had childhood asthma diagnosed at a young age, but now they no longer have problems or they occur only because of exposure to allergens. All five interviewees emphasise and argue that most problems are experienced by asthmatics who do not accept their disease and do not know the treatment methods or do not use the prescribed therapy to relieve and prevent deterioration. At the same time, all of them emphasise the role of parents and the importance of quality school performance for asthmatics. The people we interviewed mostly no longer have any problems or no longer require a prescribed therapy. For our sample, we can claim that asthma can evolve with time by observing the instructions asthmatics receive at the time of the diagnosis.

*Key words:* children's asthma, asthma treatment, outcome of treatment, role of parents

## **Rehabilitacija po miokardnem infarktu in njen vpliv na življenje doma**

Akutni koronarni sindrom oziroma miokardni infarkt (MI), predstavlja visok odstotek tveganja za preživetje in za vrnitev v normalno življenjsko okolje. Zdravstvenovzgojno delo je pomemben dejavnik pri rehabilitaciji. V raziskavi je bila uporabljena kvantitativna metoda dela. Za zbiranje podatkov smo uporabili anketni vprašalnik, ki so ga pacienti prejeli predzadnji dan rehabilitacije. Raziskava je bila opravljena v Termah Šmarješke Toplice. Vzorec predstavljal 20 anketirancev, pacientov po miokardnem infarktu. Raziskava je potekala en mesec. Podatki so bili obdelani s statističnim programom SPSS. Uporabljena bo metoda opisne statistike. Anketa je sestavljena iz treh sklopov. Prvi so demografski podatki, nato zunanji vplivi na rehabilitacijo in še notranji vplivi na rehabilitacijo. Pričakovani rezultati so usmerjeni v izboljšanje izobraževalnega in zdravstvenovzgojnega dela zdravstvenih delavcev ter spremembe in dopolnitve rehabilitacijskega procesa. Primerna motiviranost, ustrezne naučene vaje in pravi pristop do pacienta po MI pomeni dobro rehabilitiranega pacienta.

*Ključne besede:* aktivnost, miokardni infarkt, motivacijski dejavniki, rehabilitacija

## **Rehabilitation after Myocardial Infarction and Impact on Life at Home**

Acute coronary syndrome or myocardial infarction (MI) represents a high percentage of survival risk and return to normal living environments. Health education work is an important factor in rehabilitation. The quantitative method of work was used in the study. In order to collect data, we used the questionnaire that patients received on the last day of rehabilitation. The research was carried out at the spa Terme Šmarješke Toplice. The sample represented 20 respondents who are patients recovering from myocardial infarction. The survey was carried out during one month. The data was processed with the SPSS statistical program. The descriptive statistics method was used. The survey consists of three sets: demographic data, external influences on rehabilitation and internal effects on rehabilitation. The expected results are intended to be used to improve the education and health education work of health professionals as well as to modify and enhance the rehabilitation process. Appropriate motivation, appropriate teaching and the right approach to the patient after MI are the elements of a good rehabilitation.

*Key words:* activity, myocardial infarction, motivational factors, rehabilitation

## **Dejavniki tveganja za pojav nasilnega vedenja pri pacientu z duševno motnjo**

Nasilje je verbalni ali fizični napad na človeka, žival ali predmete in je v splošnem etimološkem smislu živalim potrebno za preživetje, medtem ko ga ljudje pogosto uporabljajo za obvladovanje individualnih konfliktov. V ožjem, pogosto psihopatološkem smislu vključuje namerno in brezbržno poškodovanje ali uničenje ter je združeno z različnimi negativnimi čustvi. Institucionalna obravnava pri pacientu z duševno motnjo povzroča psihični stres, v katerem se zrcali strah, negotovost, jeza in fizični ter socialni stres, pri katerem je v ospredju predvsem občutek manjvrednosti in stigma. Vse to vodi v nezaupljivost, napetost in se lahko stopnjuje v odklanjanje in pojav nasilnega vedenja. Na nasilno vedenje pacientov z duševno motnjo vpliva več dejavnikov, ki bi jih lahko razdelili na tri glavne skupine, in sicer na dejavnike tveganja s strani pacienta, organizacijske in okoljske dejavnike ter tiste s strani zaposlenih. Na dejavnike tveganja s strani pacienta nimamo velikega vpliva, medtem ko so tisti s strani zaposlenih še vedno tabu tema, ki je v slovenskem prostoru zelo slabo raziskana. V prispevku bo predstavljen pregled strokovne literature s področja dejavnikov tveganja za pojav nasilnega vedenja pri pacientih z duševno motnjo, pa tudi orodja, ki se bolj ali manj uspešno uporabljajo za zgodnje prepoznavanje in preprečevanje nasilnega vedenja pri pacientih z duševno motnjo.

*Ključne besede:* psihiatrija, nasilje, zdravstvena nega

## **Risk Factors for the Occurrence of Violent Behaviour in a Patient with a Mental Disorder**

The term violence defines a verbal or physical attack on a person, animal or object, and is generally necessary for animals to survive, in a etymological way, while people often use it to cope with individual conflicts. In narrower, often psychopathological terms, it involves deliberate and careless damage or destruction and is combined with various negative emotions. Institutional treatment in a patient with a mental disorder causes mental stress, reflecting fear, insecurity, anger and physical stress, and social stress, where the sense of inferiority and stigma is at the forefront. All of this leads to discouragement, tension, and can aggravate the deviation and the appearance of violent behaviour. Violent behaviour of patients with mental illnesses is influenced by several factors which could be divided into three main groups, namely patient-side risk factors, organisational and environmental risk factors, and risk factors on the part of employees. We do not have much influence on the risk factors on the patient's side, while the risk factors on the staff side are still taboo topics, which are very poorly researched in Slovenia. The paper will present an overview of professional literature on the risk factors for the occurrence of violent behaviour in patients with mental disorders as well as the presentation of tools that are more or less successfully used for early recognition and prevention of violent behaviour in patients with mental illnesses.

*Key words:* violence, psychiatry, health care

Božica Lovrić

Opća županijska bolnica Požega

Tihomir Jovanović

Opća županijska bolnica Pakrac i bolnica hrvatskih veterana

Pavica Jakovljević

Opća bolnica Nova Gradiška

## Zdravstvena pismenost adolescenata

Zdravstvena pismenost se definira kao osobna, kognitivna i društvena umijeća koja određuju sposobnost pojedinaca da dođu do, razumiju i koriste informacije kako bi unaprijedili i održavali zdravlje. Cilj je bio: utvrditi razinu zdravstvene pismenosti kod učenika završnih razreda srednje škole; utvrditi postoje li razlike u razini zdravstvene pismenosti s obzirom na školu koju pohađaju; utvrditi postoji li razlika u razini zdravstvene pismenosti s obzirom na spol. Istraživanje zdravstvene pismenosti provedeno je u učenika završnih razreda srednjih škola. U istraživanju zdravstvene pismenosti korišten je validirani hrvatski prijevod anketnog upitnika SAHLSA-50. Svega 4 (2,1 %) ispitanika je zdravstveno nepismeno dok je visoku razinu zdravstvene pismenosti pokazalo 94 ispitanika (49 %). Razina zdravstvene pismenosti je veća kod učenika gimnazije i zdravstvenih usmjerenja u odnosu na učenike građevinske škole ( $Hi$  kvadrat = 31,428,  $P = ,00$ ). Testiranjem razlika u zdravstvenoj pismenosti s obzirom na spol utvrđeno je da nema razlike između muškaraca i žena (Mann - Whitneyev test,  $P = ,059$ ). Ispitanici pokazuju visoku razinu zdravstvene pismenosti. Uočena je razlika u razini zdravstvene pismenosti u različitim školama. Ujednačenost razine zdravstvene pismenosti moguće je postići kroz zdravstveni odgoj.

*Ključne riječi:* adolescenti, medicinska sestra, zdravstvena pismenost

## Health Literacy in Adolescents

Health literacy is defined as personal, cognitive and social skills which determine individual's ability to reach, understand and use the information in order to improve and preserve health. The aim was to define the level of health literacy in high-school seniors and determine if there are any differences in the level of health literacy according to the school that they attend and if there is a difference in the level of health literacy according to gender. The health literacy research was conducted among high-school seniors. A valid Croatian translation of SAHLSA-50 questionnaire was used for the research. Out of the total number, only 4 examinees (2.1%) are illiterate when it comes to health literacy, whereas a high level of health literacy was demonstrated by 94 examinees (49%). The level of health literacy is higher in the students of gymnasium and medical orientations, compared to the students in the construction program ( $Hi$  square = 31.428,  $P = .00$ ). In terms of differences in health literacy based on gender, it has been determined that there is no difference between male and female students (Mann - Whitney test,  $P = .059$ ). Examinees show a high level of health literacy. A difference in the level of health literacy between different schools was perceived. A homogenous health literacy level could be achieved through additional lessons in health education.

*Key words:* adolescent, health literacy, nurse



Željko Malić  
Rdeči križ Slovenije  
Robert Sotler

Univerza v Ljubljani, Zdravstvena fakulteta

## **Pomen organizacije regijskih preverjanj usposobljenosti ekip prve pomoči**

Rdeči križ Slovenije, pod okriljem Uprave za zaščito in reševanje Republike Slovenije in lokalnih skupnosti, vsako leto pripravi regijska preverjanja usposobljenosti laičnih ekip prve pomoči. Za potrebe preverjanja so pripravljena različna delovišča s scenariji, kamor se predhodno namesti navidezne poškodovance z maskiranimi poškodbami ali bolezenskimi stanji. Osnovni namen preverjanj je ugotavljati usposobljenost ekip prve pomoči za delovanje ob nesrečah v različnih okoliščinah. Kot raziskovalno orodje smo uporabili ocenjevalne pole, s katerimi so sodelujoči ocenili uspešnost dela sedmih ekip. V programsko orodje Excel smo vnesli seštevke točk, ki so vezane na izvajanje posamezne aktivnosti na deloviščih. Analiza je pokazala, da so člani ekip večinoma zadovoljni z organizacijo in izvedbo preverjanja. Podrobnejša analiza je pokazala njihovo večjo uspešnost pri izvedbi aktivnosti na začetku in koncu preverjanja. Bistveno manj pa so bili uspešni pri oskrbi poškodb. Preverjanja usposobljenosti ekip prve pomoči so izjemno pomembna za učinkovito delovanje sistema splošne varnosti in zaščite prebivalstva. Ob analizi preverjanj smo ugotovili, da si člani ekip in ocenjevalci želijo enotnih in natančnejših navodil za ustrezno oskrbo poškodovanih in obolelih.

*Ključne besede:* ekipe prve pomoči, laična prva pomoč, regijska preverjanja

## **The Importance of Organising Regional Testing of First Aid Teams**

The Slovenian Red Cross organises annual regional testing of nonprofessional first aid teams with the help of the Administration of the RS for Defense and Rescue and local communities. For this purpose, sites with a number of different scenarios are prepared with persons acting as victims and simulating injuries and/or diseases. The primary objective of this testing is to find out the preparedness of first aid groups for responding in case of accidents in various circumstances. Grading sheets, used for assessing the success of each of the seven group's work, were used as the main research tool. The test results, relating to actions at the test sites, were then entered in Microsoft Excel. The preliminary analysis shows that, for the most part, team members are pleased with the organisation and execution of the testing. A more in-depth analysis shows that the groups were highly successful in performing the actions at the start and end of the testing, but were significantly less successful in the actual treatment of the injuries. Testing the competence of first aid teams is instrumental in assuring the effectiveness of the system for general safety and defense of the population. In analysing our findings, we discovered that team members and assessors alike want more unified and exact care instructions for the injured and ill.

*Key words:* regional testing, first aid teams, nonprofessional first aid

## **Analiza okoljskih dejavnikov tveganja v vrtcu**

Okolje, vključno z delovnim okoljem, pomembno vpliva na razvoj večine bolezni, ki nas prizadenejo, in predstavlja pomemben dejavnik tveganja za naše zdravje. Eno izmed delovnih okolij je tudi vrtec, v katerem sta zaposlena vzgojitelj predšolskih otrok in pomočnik vzgojitelja predšolskih otrok, ki medsebojno sodelujeta. Zaradi dela s hrano potrebujeta redne zdravniške preglede enkrat letno, zaželeno je, da sta tudi čustveno in psihično zdrava. V vrtcu je lahko zaposlen tudi spremljevalec dolgotrajno bolnega otroka, ki se po 10. členu Zakona o usmerjanju otrok s posebnimi potrebami lahko dodeli dolgotrajno bolnim otrokom za nudenje fizične pomoči. Eden najbolj izstopajočih okoljskih dejavnikov tveganja v vrtcu je hrup, ki ga lahko obravnavamo z več vidikov, saj vpliva na zdravje, počutje in delovanje vseh, ki dnevno bivajo v vrtcu, na odnose med njimi in tudi na delovni proces. V prispevku bomo predstavili analizo dejavnikov tveganja na delovnem mestu v vrtcu. Opazovali smo delo v vseh treh poklicih, ocenili intenziteto vpliva dejavnikov tveganja ter izpostavili dejavnike, ki so najbolj prisotni na delu v igralnici. Ugotovili smo, kateri so najbolj vplivni dejavniki tveganja, in predlagali nekaj ukrepov za spremembe.

*Ključne besede:* okolje, škodljivi dejavniki, vrtci, vzgojitelji, predšolski otroci, hrup

## **Analysis of Environmental Risk Factors in Kindergarten**

Environmental factors have a significant impact on the development of most diseases that affect us. The environment, including the working environment, represents an important risk factor for both health and diseases. One of the working environments is also the kindergarten, where both the kindergarten teacher and their assistant work and cooperate with each other. As they also handle food, they need regular annual medical examinations and are supposed to be emotionally and psychologically healthy. A companion of the child with long-term illness can also be employed in the kindergarten, who, according to Article 10 of the Act on the Guidance of Children with Special Needs, can be assigned to the child with long-term illness in order to provide physical assistance. One of the most pronounced environmental risk factors in the kindergarten is noise, which can be dealt with in several ways. Noise affects both health and well-being as well as the activity of all those who stay in the kindergarten every day, relationships between them and the work process itself. The article presents an analysis of risk factors in the kindergarten workplace. We observed the work of all three professionals at the workplace, evaluated the intensity of the impact of risk factors and highlighted the factors that are most present in the children's playground. We have identified which risk factors have the highest impact intensity and have proposed certain modification measures.

*Key words:* harmful environmental factors, kindergarten, kindergarten teacher, noise

## **Usposobljenost zaposlenih v vrtcu za nudenje prve pomoči ob poslabšanju zdravstvenega stanja otrok**

Porast nekaterih internističnih obolenj pri otrocih, kot so sladkorna bolezen tipa I, astma, alergije in epilepsija, predstavlja za zaposlene v vrtcih velik izziv. Bolezni same po sebi niso neposredno življenjsko ogrožujoče, dokler se ne pojavijo akutni znaki hudega poslabšanja. Ob tem je pomembno, da se hitro in pravilno ukrepa. Z raziskavo med zaposlenimi v enem od novomeških vrtcev smo želeli dobiti vpogled v njihovo znanje o prepoznavi akutnega poslabšanja pri teh obolenjih ter o njihovem poznavanju pravih ukrepov za nudenje prve pomoči. Za namen raziskave smo pripravili anketni vprašalnik z vprašanji zaprtega tipa, ki so se nanašala na osnovne ukrepe prve pomoči pri hipoglikemiji, epileptičnem napadu, poslabšanju astme ter ob hudi alergični reakciji. V raziskavi je sodelovalo 87 zaposlenih v vrtcu. Pri analizi rezultatov smo ugotovili, da je povprečno 68 % anketiranih usposobljenih za ustrezno nudenje prve pomoči. Obvezna usposabljanja s področja prve pomoči za zaposlene v delovnih organizacijah so zakonsko določena in pri tem so vodstva javnih zavodov stroškovno omejena. Glede na veliko odgovornost zaposlenih v vrtcih in porast števila otrok s specifičnimi bolezenskimi stanji, priporočamo pogostejša in redna periodična ter vsebinsko usmerjena usposabljanja. V vrtcih in šolah bi bilo priporočljivo zaposlovati tudi usposobljene medicinske sestre.

*Gljučne besede:* vrtci, prva pomoč, boleznj otrok

## **First-aid Knowledge of Kindergarten Employees in Cases of Deteriorating Internal Medicine Conditions**

Increase in certain internal medicine conditions in children, e.g. diabetes type I, asthma, allergies and epilepsy, represents a significant challenge for the kindergarten staff. The conditions by themselves are not life-threatening until the signs of acute severe deterioration show up. In such cases, a fast and correct response is important. With the survey performed among the employees of a kindergarten in Novo mesto, we tried to get insight into their ability to properly identify acute deterioration of these conditions and their knowledge of correct first-aid procedures. For the purpose of the research, we prepared a questionnaire with closed-ended questions about basic first-aid measures in cases of hypoglycemia, epileptic seizure, asthma attack and severe allergic reaction. A total of 87 employees took part in the survey. When analysing the results, we found out that 68% of participants displayed adequate first-aid knowledge. Mandatory first-aid trainings for employees are legally defined, however, the management of public institutions has limited resources. Taking into account the level of responsibility of kindergarten staff and the increasing number of children with specific medical conditions, we recommend a frequent, regular and focused education. Furthermore, it would be advisable to additionally employ qualified nurses in kindergartens.

*Key words:* first aid, kindergartens, medical conditions

## **Bolezni perifernih arterij in ven pri bolnikih po prebolelem infarktu miokarda**

Cilj naše raziskave je bil ugotoviti prevalenco periferne arterijske bolezni (PAB), ateroskleroze na karotidnih arterijah ter varic pri osebah po prebolelem infarktu miokarda (AMI). Raziskali smo dve skupini preiskovancev. V testni skupini je bilo 80 bolnikov s prebolelim AMI med 42. in 83. letom starosti, od tega 46 moških in 34 žensk. Kontrolna skupina, ki je imela tudi 80 preiskovancev brez ishemične bolezni srca, je bila primerljiva s testno po starosti, spolu in kraju bivanja. Meritve debeline intime in medije (DIM) so bile izvedene z B-ultrazvočnim prikazom z visoko resolucijo, in sicer na zadnji steni na treh različnih mestih karotidnega žilja. PAB na spodnjih udih, gleženjski indeks je bil 0,9 ali manj, smo ugotavljali z merjenjem sistoličnega krvnega tlaka z ultrazvočnim dopplerskim detektorjem. Varice ali krčne žile na spodnjih udih smo ugotavljali s kliničnim pregledom. Aterosklerotična zadebelitev na karotidnih arterijah, tj. povprečna DIM pri preiskovancih s prebolelim AMI (mediana 0,89 in interkvartilni razmik (0,75-0,98)) je bila v primerjavi s kontrolno skupino 0,72 (0,65-0,83) statistično značilno večja ( $p < 0.05$ ). PAB smo ugotovili pri 38 (47,5 %) bolnikov s prebolelim AMI in pri 17 (21,3 %) preiskovancih kontrolne skupine ( $p < 0,05$ ). Varice so bile prisotne pri 71 (88,8 %) preiskovancev testne in 69 (86,3 %) preiskovancev kontrolne skupine. Razlika ni statistično pomembna.

*Ključne besede:* akutni miokardni infarkt, periferna arterijska bolezen, varice, celostna obravnava

## **Arterial and Venous Diseases in Patients Recovering from Acute Myocardial Infarction**

The aim of this study was to determine the frequency of peripheral arterial disease (PAD), atherosclerosis of the carotid arteries and varicose veins in patients recovering from acute myocardial infarction (AMI): The test group included 80 patients after AMI, 46 male and 34 female, aged between 42 and 83 years. The control group consisted of 80 subjects without ischaemic heart disease, who were comparable to the test group in terms of age, gender and place of residence. High-resolution ultrasonography for the non-invasive measurement of intima media thickness (IMT) on the far wall at three different sites of carotid arteries has been used. PAD was diagnosed in the lower extremities by means of Doppler ultrasound ( $ABI < 0.9$ ). Varicose veins were diagnosed clinically. The patients recovering from myocardial infarction (IMT = median 0.89, interquartile range 0.75-0.98) had a significantly increased IMT ( $P < 0.05$ ) compared to the subjects in the control group (IMT = 0.72, IQR 0.65-0.83). The peripheral arterial disease was diagnosed in 38 patients (47.5%) recovering from myocardial infarction and in 17 patients (21.3%) from the control group ( $p < 0.05$ ). 71 patients (88.8 %) in the test group and 69 patients (86.3 %) in the control group had varicose veins in the lower limbs. The difference is not statistically significant.

*Key words:* acute myocardial infarction, peripheral arterial disease, carotid intima-media thickness, varicose veins, holistic approach

## **Stopnja osebnostnega razvoja in rasti**

Poudarek na osebnostnem razvoju postaja vedno bolj aktualen med nami in vedno več je delavnic na temo osebne rasti in razvoja. Ljudje želijo biti srečni, živeti v miru in predvsem živeti kakovostno. Večkrat slišimo, kako pomembno je, da smo predvsem duševno zdravi in šele nato telesno, vendar postaja to vedno bolj problematično, kajti vsakodnevno se srečujemo s stresom in psihičnimi zlomi, tudi med zelo izobraženimi ljudmi. Tukaj pa nastopi medicinsko osebje in za to izobraženi ljudje na primarnem nivoju, da preprečijo nastanek problemov, preden se ti pojavijo, z zdravstveno vzgojo in vzgojo za zdravje. Zelo pomembno pa je, da se medicinska sestra najprej pri sebi nauči, kako pomembna je osebnostna rast in da ima željo po napredovanju in vseživljenjskem učenju, kajti šele ko bo to sama osvojila, bo dobra učiteljica in zgled drugim. V prispevku predstavljamo rezultate raziskave, kjer bomo ugotavljali osebnostno in profesionalno rast medicinskih sester in kako ocenjujejo lastno samopodobo. Predstavili bomo nekaj kompetenc medicinskih sester, ki se nanašajo na vzgojo in izobraževanje, in glavne probleme v tej temi ter si zastavili cilje, kako v prihodnje, da nam bo vsem lepše, bolje in lažje v življenju, predvsem pa, kako pristopiti k pacientom ali drugim, ko spoznamo, da imajo nizko samopodobo, da nimajo v življenju nobenih želja, ciljev in motivacije.

*Ključne besede:* zdravstvena vzgoja, medicinske sestre, samopodoba

## **Level of Personal Development and Personal Growth**

Currently, personal development is an important topic; many popular workshops and teaching courses emphasise the relevance of personal growth and development. People wish to live a happy and peaceful quality life. We often hear that what is most important is to be mentally healthy and that physical health is secondary, but this is becoming increasingly difficult for we are seeing stress and psychological breakdown even in very competent and educated people. Medical staff and trained personnel at the primary level have the responsibility to try to prevent such events by offering medical advice and health education. It is very important that the nurse first realises the importance of personal development herself, wants to grow and develop new skills as part of her lifelong learning. Only then can she be a good teacher for others to look up to. In this article, we present the study on personal and professional growth in nurses, including their assessment of their own self-esteem. Certain competences of nurses in education and training are also described. We present the main problems in this area and set the goals for achieving a better and more fulfilling life, and most importantly, the way to approach patients with low self-esteem, who are often confused as to what they want or are lacking goals and motivation, so that we can help them more efficiently to our mutual satisfaction.

*Key words:* health education, nurse/nursing, self-esteem

## **Debelost in prekomerna telesna teža odraslih Slovencev ter zdravstvena vzgoja**

Prekomerna telesna masa in debelost predstavljata resen zdravstveni in družbeni problem razvitega sveta, pa tudi držav v razvoju. Slovenija pri tem ni nobena izjema, saj sodi po deležu debelosti med vodilne države v svetu. Zaskrbljujoč je predvsem velik porast debelosti pri otrocih in mladostnikih, ki je pogosto napovedni dejavnik prekomerne telesne mase in debelosti tudi v odraslem obdobju. Prekomerna telesna masa in debelost zmanjšujeta kakovost življenja, predstavljata visoko tveganje za razvoj obolenj in skrajšujeta življenjsko dobo, zato je pomembno, da se zavedamo njunih razsežnosti in iščemo prave rešitve za njuno preprečevanje. Analizirali smo raziskavo za leto 2012 po protokolu CINDI. Rezultati so pokazali, da je Slovenija že sredi epidemije čezmeme prehranjenosti in debelosti. Po raziskavi, ki je bila opravljena leta 2012 ima čezmerno telesno težo kar 37,2 % odraslih Slovencev, 17,4 % oseb pa je debelih. Debelost je pogostejša pri moških (45,9 %) kot pri ženskah (20,7 %), najpogostejša je v starostni skupini 55-59 let (21,9 %), ter pri osebah z nižjo stopnjo dosežene izobrazbe (27,2 % pri osebah z nedokončano osnovno šolo). Delež debelih po tej raziskavi je večji v vaškem bivalnem okolju (17,4 %), kot v primestnem (15 %) in mestnem (11,8 %), po zdravstveni regiji pa največji v regijah južne in vzhodne Slovenije (4,5 %).

*Ključne besede:* telesna teža, debelost, odrasli, zdravstvena vzgoja

## **Obesity and Excess Body Weight in Adults in Slovenia and their Health Education**

Excess body weight and obesity represent a serious health and social problem for the developed world and developing countries. As one of the countries with a high number of overweight people, Slovenia is no exception. One of the greatest concerns is the large increase of obesity in children and adolescents, which is often a predictive factor of excess body weight and obesity in adulthood. Excessive weight and obesity reduce the quality of life, pose a high risk of developing a disease, and shortens the life span, so it is important that we are aware of their magnitude and are looking for the right solutions for their prevention. We analysed the research based on CINDI in 2012. The results showed that Slovenia is already in the midst of an epidemic of over-nutrition and obesity. According to the study, 37.2% of adult Slovenians are overweight and 17.4% are obese. Obesity is more common in men (45.9%) than in women (20.7%), the most frequent in the 55-59 age group (21.9%), and in people with lower-level education (27.2% of people with uncompleted primary school). The share of obese people in this study is higher in the rural living environment (17.4%) than in the suburban (15%) and urban (11.8%), while the health region is the largest in the regions of southern and eastern Slovenia (4.5%).

*Key words:* obesity, body weight, adults, health education

## **Raziskovanje vpliva petja pri različnih tempih na govor jecljajočih oseb**

V članku je prikazan vpliv petja na jecljanje pri različnem tempu izgovaranja besedila pesmi. Izvedena sta bila dva eksperimenta, in sicer prvi, v katerem se je ugotavljalo jecljanje pri branju in petju istega besedila treh znanih in treh neznanih otroških pesmi (brez spreminjanja tempa), in drugi, v katerem se je ugotavljalo, ali frekvenca jecljanja narašča ob spreminjanju tempa pri branju in petju istega besedila v treh znanih in treh neznanih otroških pesmih. V obeh eksperimentih je sodelovala ista udeleženka, stara 18 let. Rezultati iz prvega eksperimenta so pokazali odsotnost jecljanja pri branju in petju znanih pesmi, medtem ko je jecljanje ostalo prisotno samo pri branju besedil neznanih pesmi. Rezultati iz drugega eksperimenta so pokazali, da obstaja večja verjetnost naraščanja frekvence jecljanja ob pospešenem tempu govora neznanega besedila, da pa frekvenca jecljanja upada pri petju neznanega besedila ne glede na pospešeni tempo petja.

*Ključne besede:* jecljanje, adolescenti, glasba, tempo govorjenja

## **Exploring the Impact of Music on Speech Rate Modification in Persons Who Stutter**

The paper examines the impact of music on stuttering in two different speech conditions. Two experiments have been conducted - the first one exploring the impact of music on stuttering without increasing the speech rate and the second one with speech rate modification. One participant (adolescent, female, 18 years old) has taken part in both experiments and 6 children's songs (three known and three unknown songs) have been used as the material. The results of the first experiment have shown an absence of stuttering in known songs (either when reading or singing the text from well-known songs) and presence of stuttering in unknown songs, but only when reading the text of these songs. The results of the second experiment indicate that there is a greater likelihood of stuttering when speech rate is increased, particularly if the participant is experiencing a stressful situation. Furthermore, the results of the second experiment have confirmed the impact of music on lowering the frequency of stuttering while singing an unknown text, even when speech rate is increased.

*Key words:* stuttering, adolescence, music, speech rate modification

## **Zadovoljstvo životom osoba starije životne dobi u Varaždinskoj županiji**

S obzirom na demografski trend starenja stanovništva, raste i potreba za boljom zdravstvenom skrbi starijih osoba. Osim neformalne skrbi o starijim osobama, postoji sve veća potreba i za institucionalnim oblicima skrbi. Sukladno tome povećava se i zanimanje u istraživanju kvalitete skrbi kao i kvalitete života starijih osoba smještenih u institucije. Cilj ovog rada je ispitati razinu zadovoljstva životom, kao i razlike u pojedinim segmentima zadovoljstva životom osoba starije životne dobi na području Varaždinske županije. Ispitivanje je provedeno na uzorku od 107 ispitanika pomoću anketnog upitnika. Analizirala se procjena zadovoljstva i važnosti pojedinih segmenata u životu kao što su: materijalno blagostanje, zdravlje, odnosi s obitelji i drugim osobama, sigurnost, emocionalno blagostanje i osjećaj sreće. Dobiveni rezultati prikazuju da sudionici istraživanja procjenjuju ukupnu kvalitetu života prilično dobro. Ljudi koji borave u domovima za starije i nemoćne lošije procjenjuju svoje zdravlje, nego oni koji žive u vlastitim kućanstvima. Ispitanici su generalno najzadovoljniji osjećajem sigurnosti i zadovoljstva u domu. Potrebno je uložiti veće napore u istraživanju kvalitete i zadovoljstva životom, kako bi se unaprijedila skrb za osobe starije životne dobi i udovoljili zahtjevima društva za »kvalitetnim životom«.

*Ključne riječi:* kvaliteta života, zadovoljstvo životom, osobe starije životne dobi, skrb za osobe starije životne dobi

## **Life Satisfaction of Elderly People in the Varaždin County**

Considering the demographic trend of the ageing of population, the number of elderly people will increase along with the need for a better healthcare. In addition to informal care for the elderly, there is a growing need for institutional forms of care as well. The interest in research and measurement of the quality of life in the elderly is increasing accordingly. Life satisfaction is defined as the cognitive component of the subjective well-being and it encompasses the assessment and the evaluation of the quality of their own life according to the criteria they consider to be important. The aim of this paper is to examine both the level of life satisfaction and the differences in certain segments of life satisfaction of elderly people in the Varaždin County. The survey was conducted using a questionnaire on a sample of 107 respondents from the Varaždin County. The assessment of life satisfaction as well as the importance of certain segments of life (material well-being, health, family and other relationships, safety, emotional well-being and the feeling of happiness) was analysed. The obtained results show that elderly people estimate the overall quality of life as sufficiently good. People residing in retirement homes are more likely to assess their health more poorly than the people living in their own homes. The participants are generally most satisfied with the feeling of safety and contentment at home. Seeing that we are facing a society with even greater demands for a "good life", greater efforts are necessary in the research of quality of life and life satisfaction to improve the overall care for the elderly.

*Key words:* quality of life, life satisfaction, elderly people, elderly care



## **Kako na čim lažji in varen način premestiti po postelji nepomično in delno pomično osebo**

Pomoč pri gibanju nepomičnim in delno pomičnim osebam je fizično zelo naporna za člane zdravstvenonegovalnega tima. Stalne prevelike obremenitve lahko privedejo do poškodb lokomotornega aparata, ki se najpogosteje kažejo z bolečinami v hrbtenici. V prispevku bodo predstavljeni različni načini praktične uporabe drseče podloge, s pomočjo katere bi si lahko člani zdravstveno-negovalne službe močno zmanjšali fizične obremenitve. Drseča podloga je pripomoček, namenjen premeščanju nepomičnih ali delno pomičnih oseb. Narejena je iz umetnega materiala, ki ima zelo veliko drsnost, kar pri premiku močno zmanjša trenje. Zato potrebujemo veliko manjšo silo in manj moči, kot pri premeščanju z navadno podlogo ali obračalko. Uporablja se tako, da se namesti pod bolnika, ki se ga z njo brez napora premika po postelji v različne smeri. Po opravljenem premiku jo je treba odstraniti. Z redno uporabo te podloge bi lahko preprečili oz. zmanjšali mišično-skeletne bolečine pri negovalnemu osebju.

*Ključne besede:* fizične obremenitve, ergonomija, bolečine v križu, zdravstvena nega

## **How to Most Easily and Safely Move Immobile and Partially Mobile Persons in Bed**

Movement assistance to immobile and partially mobile people is physically very strenuous for the nursing team. Persistent oversized loads can lead to damage to the locomotor apparatus, which is most commonly seen as back pain. The article presents various ways of a practical use of a sliding fabric, with which the nursing team can greatly reduce physical burdens. The sliding fabric is a tool designed for moving immobile and partially mobile persons, made of artificial material with very high slipperiness, which greatly reduces friction. This means that much less force and power is required to move the person. The sliding fabric is placed under the person who can then be moved effortlessly across the bed in different directions. After the person has been moved, the sliding fabric must be removed. With regular use, the fabric can prevent and reduce musculoskeletal pain of the nursing staff.

*Key words:* physical load, ergonomy, back pain, nursing care

## **Kampanja zgodnje prepoznavne revmatičnih bolezni**

Vnetne revmatične bolezni potrebujejo zgodnjo prepoznavo, da bi se preprečile nepovratne in trajne spremembe, ki se kažejo v slabši kakovosti življenja in vplivajo na fizične zmožnosti bolnika. Zaradi zgodnje prepoznavne revmatičnih bolezni je krovna evropska organizacija (EULAR), ki jo predstavljajo bolniki, zdravstveni delavci in raziskovalci, v letu 2017 pričela izvajati kampanjo »Don't Delay Connect Today«. V Sloveniji se je Slovensko združenje zdravstvenih (so)delavcev v revmatologiji, skupaj z Društvom revmatikov Slovenije, pridružilo kampanji, ki poteka pod sloganom »Ne odlašaj, poveži se že danes«. Kampanja se izvaja od januarja 2018 s predavanji in deljenjem izobraževalnih materialov splošni javnosti in zdravstvenim strokovnjakom. Informacije se delijo preko spletnih medijev FB in Twitterja ter preko spletne strani društva ([www.revma-slo.si](http://www.revma-slo.si)). Prvi vtisi, ki so jih podkrepili odgovori na kratka anketna vprašanja, kažejo, da je v slovenskem prostoru velika potreba po informacijah o revmatičnih boleznih in njihovem zdravljenju, tako farmakološkem kot ne-farmakološkem. Kampanja se bo izvajala tudi v naslednjem letu.

*Ključne besede:* revmatične bolezni, kampanje, informacije

## **Campaign of Early Recognition of Rheumatic Diseases**

Rheumatic diseases are often diagnosed with a delay or not at all. Early diagnosis of rheumatic disease is key to preventing further damage, otherwise it can reduce the patient's quality of life and affect their physical abilities. The European League against Rheumatism (EULAR) is an organisation represented by patients, health professionals and scientific societies of rheumatology of all European nations. The Slovenian Health Professional Association joined the campaign in January 2018. The campaign activities were organized for the general public and health care providers with lectures and promotional materials. All campaign activities are shared on social media, such as Facebook and Twitter, and on the Association's website. The first impressions supported by responses to short survey questions show that there is a great need in Slovenia for information on rheumatic diseases and their pharmacological and non-pharmacological treatment. The campaign will continue in the next year.

*Key words:* inflammatory rheumatic diseases, campaign, information

*Munira Pejić*

Psihiatrična klinika Ljubljana

*Kleopatra Kodrič*

Univerza v Novem mestu, Fakulteta za zdravstvene vede

*Irena Nesić*

Zavod za fizikalnu medicinu i rehabilitaciju »Dr Miroslav Zotović« Banja Luka

## **Mentalno zdravje in etično vedenje - temelja dobrega počutja**

Prispevek obravnava vpliv mentalnega zdravja in etike v zdravstvu na dobro počutje v delovnem okolju, kar je temelj tudi za kakovostno oskrbo pacientov. Raziskave potrjujejo dejstvo, da družba, v kateri živimo in delujemo, zahteva od vsakega posameznika aktivno in odgovorno skrb za zdravje in dobro počutje. Gre za izjemno kompleksno področje, ki je sestavljeno iz bioloških, psiholoških in socialnih dejavnikov, ki močno vplivajo na človekovo zdravstveno stanje. Svetovna zdravstvena organizacija (WHO) življenjski stil definira kot način življenja, mišljenja in delovanja v sociokulturnem okolju. Raziskave potrjujejo močno povezavo med posameznikovim mentalnim zdravjem in dobrim počutjem. Naša raziskava temelji na kvantitativnem raziskovalnem pristopu, pri katerem je uporabljen evalvacijski vprašalnik, ki poleg splošnih podatkov vsebuje trditve Likertovega tipa. Obravnavali smo tri ključna raziskovalna področja, ki se nanašajo na: mentalno zdravje zaposlenih v zdravstvu, etiko v zdravstvu ter korelacijo vpliva mentalnega zdravja in etike v zdravstvu na dobro počutje v delovnem okolju.

*Ključne besede:* dobro počutje, delovno okolje, etika, mentalno zdravje

## **Mental Health and Ethical Behaviour - Fundamentals of Well-Being**

The article discusses the influence of mental health and ethics in health care on the well-being in the work environment based on quality patient care. Researches confirm the fact that the postmodern society we live and work in requires from each individual an active and responsible care for health and well-being. This is an extremely complex field consisting of biological, psychological and social elements which have a great impact on health. The World Health Organization (WHO) defines lifestyle as a manner of living, thinking and acting in the sociocultural sphere. Research confirms a strong connection between the individual's mental health and well-being. Our research was based on a quantitative research approach where an evaluative questionnaire was used, which, in addition to common data, includes Likert type theses. We discuss three key research fields relating to the mental health of employees in health care, ethics in health care and the correlation of the influence of mental health and ethics in health care on well-being in the work environment.

*Key words:* well-being, work environment, ethics, mental health

*Matic Polšak*

Univerza v Novem mestu, Fakulteta za zdravstvene vede

*Robert Sotler*

Univerza v Ljubljani, Zdravstvena fakulteta

## **Evaluacija znanja študentov zdravstvene nege ob epileptičnem napadu**

Epilepsija je nevrološka motnja, katere vzrok so motnje pri prevajanju živčnih impulzov med nevroni. Akutni bolezenski znaki se odražajo v obliki nepredvidljivih izbruhov bolezni v obliki epileptičnih napadov, ki so lahko blažji, še pogosteje pa so bolj intenzivni. Bolnik ob akutnem napadu povečini izgubi zavest, zato lahko pride do poškodb skeleta in glave, ob tem se lahko pojavijo resne motnje dihanja in prehodnosti dihalne poti. Z raziskavo med študenti 1. in 2. letnika zdravstvene nege smo želeli pridobiti vpogled v njihovo poznavanje bolezni in poznavanje ukrepov ob akutnem zagonu bolezni. Študentom smo posredovali anketni vprašalnik v elektronski obliki preko portala EnKlik. Za analizo podatkov smo upoštevali 40 ustrezno izpoljenih anketnih vprašalnikov. Pri pregledu rezultatov smo ugotovili, da večina študentov ustrezno prepozna znake akutnega zagona bolezni. Številni znajo tudi ukrepati. Zaskrbljujoče pa je, da bi nekateri še vedno ukrepali napačno in na ta način nehote škodovali bolnikom. Sodelujoči v raziskavi soglašajo, da je treba pri izobraževanju izpostaviti tudi vsebine o pravilnem ukrepanju ob epileptičnem napadu.

*Ključne besede:* študenti, zdravstvena nega, epilepsija, ukrepi

## **Evaluation of the Knowledge of Nursing Students on Epileptic Seizure**

Epilepsy is a neurological disorder caused by interference in the translation of nerve impulses between neurons. Acute disease signs manifest in the form of unpredictable outbreaks of the disease or epileptic seizures that may be mild, but more frequently intense. In the event of an acute attack, the patient loses consciousness, which may cause damage to the skeleton and head, and serious respiratory disorders and respiratory blockage may occur. With a study among the first and second year nursing students, we wanted to gain insight into their knowledge of the disease and the knowledge of the measures in the event of an acute disease. For the purpose of the research, we sent the students a questionnaire in electronic form via the EnKlik portal. In the data analysis, 40 fully completed questionnaires were taken into account. When examining the results, we found that most students adequately identify the signs of acute disease. Also, many of them know how to take action. It is worrying that some would still respond incorrectly and thus unintentionally harm the patient. The study participants agree that a particular emphasis should be put in the course of their study on the content on providing proper measures in the event of an epileptic seizure.

*Key words:* students, nursing care, epilepsy, measures

*Mirjana Raguž*

Dom zdravlja Požeško-slavonske županije Požega

*Dr. Damir Matoković, Božica Lovrić*

Opća županijska bolnica Požega

## **Stavovi roditelja o cijepljenju u odnosu na zdravstvenu pismenost**

Cilj istraživanja je ispitati zdravstvenu pismenost, te povezanost između zdravstvene pismenosti roditelja i njihovih stavova o cijepljenju. Istraživanje se provodilo u populaciji roditelja djece predškolske dobi. U istraživanje je uključeno 120 ispitanika. Za istraživanje je korišten anketni upitnik koji sadržava demografske podatke i pitanja o stavovima prema cijepljenju te upitnik za procjenu zdravstvene pismenosti, Short Assessment of Health Literacy for Spanish Adults (SAHLSA-50) u hrvatskom prijevodu. Istraživanje je pokazalo da većina ispitanika ispunjava zakonsku obvezu cijepljenja (95,8 %) i smatra da cijepljenje treba biti obavezno (88,3 %). Najveći izvor zabrinutosti oko cijepljenja je strah od nuspojava čega se boji skoro svaki drugi ispitanik. Rezultati pokazuju da većina demografskih i socioekonomskih čimbenika ne utječe na stavove o cijepljenju. Kod ispitivanja razlika s obzirom na stupanj obrazovanja dobivena je značajna razlika u razinama zdravstvene pismenosti. Ispitanici sa višim i visokim obrazovanjem imaju izraženiju zdravstvenu pismenost.

*Ključne riječi:* cijepljenje, djeca, stavovi roditelja, zdravstvena pismenost

## **Parents' Attitudes Towards Vaccination in Relation to Health Literacy**

To examine the attitudes of preschool age children's parents towards vaccination, their health literacy and the link between parents' health literacy and their attitudes towards vaccination. The research was conducted among the parents of preschool children. It included 120 respondents. A survey questionnaire containing the demographic data and questions about attitudes towards vaccination and a questionnaire for assessing health literacy Short Assessment of Health Literacy for Spanish Adults (SAHLSA-50) in Croatian were used for the study. The research has shown that most respondents meet the legal obligation to vaccinate the child (95.8%) and consider that vaccination should be mandatory (88.3%). The biggest source of vaccine concerns is the fear of side effects which almost every other responder has. The results show that most demographic and socioeconomic factors do not affect attitudes about vaccination. When examining the differences in the level of education, there was a significant difference in the levels of health literacy. Parents with college and university degrees have greater health literacy.

*Key words:* vaccination, children, parental attitudes, health literacy

*Kristina Rakuša Krašovec*

Univerza v Novem mestu, Fakulteta za zdravstvene vede

*Dr. Andrej Starc, dr. Karmen Godič Torkar*

Univerza v Ljubljani, Zdravstvena fakulteta

## **Bakterija *Helicobacter pylori* in življenjski slog ljudi**

Bakterija *Helicobacter pylori* pri človeku povzroča želodčne okužbe. Namen dela je predstaviti to bakterijo in težave, ki jih povzroča, načine ugotavljanja njene prisotnosti, zdravljenje in dovzetnost za okužbo glede na življenjski slog. Izvedena je bila anketa med pacienti, ki so prišli na gastroskopijo na Klinični oddelek za gastroenterologijo v UKC Ljubljana od maja 2013 do avgusta 2013. Vprašalnik je vseboval demografska vprašanja in vprašanja o prehrani in življenjskem slogu. Nanj je odgovorilo 200 anketirancev. Odgovori so statistično obdelani s pomočjo statističnega programa SPSS. Ugotovljena je bila statistično značilna povezava med okužbo z bakterijo *Helicobacter pylori* in starostjo anketirancev, njihovim uživanjem alkoholnih pijač in kajenjem, ni pa statistično značilne povezave med izpostavljenostjo stresu in jemanjem različnih zdravil. Negativna korelacija pa je bila med dokazano bakterijo *Helicobacter pylori* po gastroskopiji in koncentracijo želodčne kisline ter ukvarjanjem anketirancev s športom. Med 200 vzorci, ki so bili odvzeti pri gastroskopiji, je bila z ureaznim testom v 34 % dokazana bakterija *Helicobacter pylori*.

*Ključne besede:* *helicobacter pylori*, gastrointestinalna obolenja, način življenja

## **Bacterium *Helicobacter Pylori* and People's Lifestyle**

*Helicobacter pylori* causes stomach infections in humans. The purpose of this work is to present *Helicobacter pylori* and the problems it causes, the methods for determining its presence, treatments, and susceptibility to infection considering the person's lifestyle. We wanted to determine the occurrence of the infection with *Helicobacter pylori* in people who come for gastroscopy at the Clinic of Gastroenterology of UKC Ljubljana. The research was performed between May 2013 and August 2013. A comparative study was used. We prepared a questionnaire with demographic questions as well as questions about nutrition and lifestyle. The questionnaire was completed by 200 patients. The answers were statistically processed with the help of the statistical program SPSS. A statistically positive correlation between the infection with *Helicobacter pylori* and the age of the interviewees and their consumption of alcohol and smoking was established; however, there was no statistical correlation between exposure to stress and use of different medications. There is a negative correlation between the confirmed infection with *Helicobacter pylori* after gastroscopy and the concentration of gastric acid as well as physical activities of the interviewees. 200 samples were taken during gastroscopy, of which 34% tested positive for *Helicobacter pylori*.

*Key words:* *helicobacter pylori*, gastrointestinal disorders, lifestyle

## **Mjerenje razine kortizola kao biomarkera stresa**

Organizam na prijetnju vlastitom integritetu reagira stresom koji se očituje promjenama u psihološkim, ponašajnim i fiziološkim aspektima. Obzirom na složenost pojave i utjecaja na zdravlje pojedinca, proučavanje stresa zahtijeva interdisciplinarnan pristup istraživanju. Fiziološka reakcija na stres uključuje aktivaciju osi hipotalamus-hipofiza-nadbubrežna žlijezda pri čemu dolazi do oslobađanja steroidnog hormona stresa, kortizola. Trenutna koncentracija kortizola može se odrediti u urinu, krvi i slini, dok se kumulativna količina određuje u uzorcima kose ili urina tijekom dužeg vremenskog perioda. Postupci uzorkovanja su jednostavni, kao i postupci obrade uzoraka i mjerenja. Za kvantifikaciju kortizola u biološkim uzorcima najčešće se koristi ELISA tehnika. Cjelovitim pristupom proučavanju pojavnosti stresa koji uključuje koreliranje količine kortizola kao biomarkera stresa s psihološkim pokazateljima doprinosi se boljem razumijevanju učinka stresa na zdravlje i posljedično uvođenju mjera za povećanje kvalitete života.

*Gljučne besede:* biomarker stresa, kortizol, laboratorijsko mjerenje

## **Measurement of Cortisol Levels as a Biomarker of Stress**

Stress is the organism's response to a threat to its integrity, reflected in psychological, behavioral and physiological changes. An interdisciplinary approach in stress studies should be used due to the complexity of stress appearance and its impact on health. The physiological stress response involves the activation of the hypothalamus-pituitary-adrenal gland axis which initializes releasing of stress steroid hormone, cortisol. The real-time cortisol levels can be determined in urine, blood and saliva, while the overall long-term cortisol in hair or urine samples. Sampling procedures as well as sample processing and measurement methods are simple. ELISA techniques are commonly used for the quantification of cortisol in a biological sample. An integrative approach to the stress research which involves a correlation of cortisol amounts with psychological stress indicators will contribute to a better understanding of the impact of stress on health and consequently to the development of measures that will lead to a higher quality of life.

*Key words:* cortisol, stress biomarker, laboratory measurement

Jadranka Ristić  
Klinička bolnica »Sveti Duh« Zagreb  
Vesna Turuk  
Zdravstveno veleučilište Zagreb

## **Znanje medicinskih sestara o postupcima sterilizacije i dezinfekcije**

Postupci sterilizacije i dezinfekcije su preduvjet za efikasan i potpun rad i djelovanje u medicini. Zadovoljavajuće znanje omogućiti će sprečavanje intrahospitalnih infekcija, zaštitu pacijenata i osoblja. Osoba koja je najodgovornija za pravilno provođenje postupaka sterilizacije i dezinfekcije je medicinska sestra. Bez obzira na to što u svim bolnicama postoji centralna sterilizacija koja se brine za sterilnost instrumenata i ostalog pribora koji se koristi za vrijeme operacija i drugih zahvata, medicinska sestra na odjelu, u sali, u poliklinici mora biti educirana o zakonitostima sterilizacije i dezinfekcije. Ona je prva koja dolazi u dodir sa pacijentom i sa instrumentima i ostalim priborom. Iz prikazane ankete možemo utvrditi da odjelne i operacijske sestre imaju slično znanje o sterilizaciji i dezinfekciji. Odjelne pak sestre iznenađuju nezadovoljavajućim odgovorima o dezinfekciji ubodnog mjesta uvođenja I.V. kanile, što može biti posljedica neinformiranosti o novim postupcima zbog nedostatka vremena i malog broja sestara na odjelima. Stoga je naš zaključak da je potrebna trajna edukacija, a osobito u takvim temeljnim područjima kao što su postupci dezinfekcije i sterilizacije. Navedeno dovodi do zaključka kako je važno obnavljati stečena znanja da uslijed automatizacije ne bi došlo do pogrešaka koje mogu ugroziti pravilno izvođenje postupaka.

*Ključne riječi:* sterilizacija, dezinfekcija, operacijske sestre, odjelne sestre

## **The Knowledge of Nurses about Procedures of Sterilisation and Desinfection**

Sterilisation and disinfection procedures are a prerequisite for efficient and complete work and action in medicine. Education will help in preventing intrahospital infections as well as protect staff and patients. Regardless of the fact that there is a central sterilisation in all hospitals, department nurses must be educated about sterilisation and disinfection. The nurse is the first to come into contact with the patient and with instruments and other accessories. From the survey, we can find that departmental and operating nurses have similar knowledge about sterilisation and disinfection. Departmental nurses showed a suprisingly poor knowlege about disinfection after injecting, which may be due to lack of information about new procedures because of lack of time and a small number of nurses in departments. Our conclusion is that a constant education is most important, especially in important areas such as disinfection and sterilisation. This leads to the conclusion that it is important to refresh knowlege, because in some cases, due to automation, nurses can make mistakes that can endanger proper execution of the procedure.

*Key words:* sterilisation, desinfection, surgical nurses, departmental nurses



## **Metodološki pristopi k proučevanju poklicne izgorelosti**

Metodološki pristopi k proučevanju poklicne izgorelosti so raznoliki in temeljijo na uporabi kvalitativne in kvantitativne metodologije. Namen prispevka je pokazati obstoječe metodološke pristope k proučevanju poklicne izgorelosti in na primeru poklicne izgorelosti pri izvajalcih zdravstvene nege predstaviti vpliv delovnih obremenitev na kakovost njihovega dela, njihovo psihofizično počutje in zdravje. Poklicna izgorelost je dejavnik tveganja za »osebno nefunkcionalnost« (neuravnoteženost) in negativen odnos do dela. Poklici v zdravstveni dejavnosti se zelo razlikujejo po značilnostih dela, kar lahko povzroči spremembo tveganja za poklicno izgorelost. V prispevku predstavimo tudi najpogostejše psihosomatske simptome poklicne izgorelosti. Sodelujoči izvajalci zdravstvene nege večinoma občutijo emocionalno izčrpanost, depersonalizacijo in znižano osebno izpolnitev na vsaj tedenski ravni. Avtorji navajajo, da jim je treba omogočiti vpogled v njihovo stopnjo poklicne izgorelosti. S kvantitativnim pristopom raziskovalci ugotavljajo predvsem vzroke in klinične posledice izgorelosti. Kvalitativni pristop raziskovanja poklicne izgorelosti bi razkril subtilno doživljanje izgorelosti, ki se odraža na psihofizičnem ravnovesju posameznika in poklicno specifičnih vplivih na zdravje.

*Ključne besede:* metodološki pristopi, poklicna izgorelost, raziskovanje poklicne izgorelosti, zdravstvena nega

## **Methodological Approaches to the Study of Occupational Burnout**

Methodological approaches to the study of occupational burnout are diverse and are based on the use of qualitative and quantitative methodology. The purpose of this paper is to demonstrate the existing methodological approaches to the study of occupational burnout and, in the case of occupational burnout, in the providers of nursing care to present the impact of stressful work situations on the quality of their work, their health and psycho-physical well-being. Occupational burnout is a risk factor for »personal inefficiency« (imbalance) and a negative attitude toward work. Professions in health care are very different in terms of their nature of work, which can lead to a change in the risk of occupational burnout. The paper presents the most common psychosomatic symptoms of occupational burnout. The participating nursing care providers mostly feel emotional exhaustion, depersonalisation and reduced personal fulfillment at least on a weekly level. The authors state that they should be given insight into their degree of occupational burnout. With a quantitative approach, researchers identify mainly the causes and clinical consequences of burnout. A qualitative approach to the research of occupational burnout would reveal the subtle experience of burnout, which is reflected in the psycho-physical balance of the individual and professionally specific health effects.

*Key words:* methodological approaches, occupational burnout, research of occupational burnout, nursing care

## **Obvladovanje krhkosti na ravni posameznika: kje smo, kam gremo?**

Krhkost lahko prepoznamo, upočasnimo in tudi zaustavimo, pri čemer imajo pravočasne in ustrezne intervencije pomembno vlogo. Najpomembnejša področja obvladovanja krhkosti na ravni posameznika so preventiva, klinična obravnava, telesna aktivnost, prehrana, zdravila in informacijsko-komunikacijska tehnologija. V okviru projekta skupnega ukrepanja ADVANTAGE je bil izveden obsežen pregled literature s področja obvladovanja krhkosti na ravni posameznika za navedena področja in izvedeno obsežno anketiranje v državah članicah EU ter Velike Britanije in Irske glede trenutnega stanja (uporaba orodij, upoštevanje smernic) in morebitnih dobrih praks na teh področjih. Rezultati kažejo na različno razvitost obvladovanja krhkosti med državami članicami EU ter Veliko Britanijo in Irsko. Najbolj razvito področje obvladovanja krhkosti na ravni posameznika so intervencije na področju zdravlil. Sledijo intervencije na področju preventive in prehrane ter klinične obravnave in telesne aktivnosti. Intervencije, podprte z informacijsko-komunikacijskimi tehnologijami veljajo za najmanj razvito področje obvladovanja krhkosti. Obstoječe strokovne in znanstvene ugotovitve narekujejo potrebo po strateško usmerjeni podpori nadaljnjemu raziskovanju in implementaciji na področju obvladovanja krhkosti.

*Ključne besede:* krhkost, obvladovanje krhkosti, staranje, projekt ADVANTAGE

## **Frailty Management at the Individual Level: Where are We Now, Where are We Heading?**

Frailty can be identified, delayed and even prevented, where timely executed and appropriate interventions play an important role. The most important areas of frailty management at the individual level that should be addressed are prevention, clinical management, physical activity, nutrition, drugs, and information and communication technologies. In the frame of Joint Action ADVANTAGE, a comprehensive literature review on frailty management at the individual level for the areas mentioned above was carried out as well an extensive survey in EU Member States, the UK and Ireland regarding the current state of use of tools and compliance with guidelines and possible good practices in these areas. The results show that the development levels of frailty management vary between EU Member States, the UK and Ireland. The most developed area of frailty management at the individual level are drug related interventions, followed by prevention and nutrition related interventions, and clinical management and physical activity related interventions. Information and communication technology related interventions are considered to be the least developed area of frailty management. Existing professional and scientific findings point to the need for strategically oriented support for further research and implementation in the area of frailty management.

*Key words:* frailty, frailty management, ageing, Joint Action ADVANTAGE

## **Uspešnost dojenja po odpustu iz porodnišnice**

Po priporočilih SZO in UNICEF–a naj bi bil novorojenček podojen znotraj ene ure po rojstvu, izključno dojen do 6. meseca in nato ob ustrezni dopolnilni hrani do 2. leta starosti. Statistični podatki kažejo, da delež izključno dojenih otrok po odpustu iz porodnišnice upada in dolžina dojenja otrok v Sloveniji ni v skladu s priporočili SZO. Namen raziskave je ugotoviti delež dojenih otrok v prvem, tretjem in šestem mesecu starosti. Želimo tudi ugotoviti, kdo jim nudi pomoč pri težavah ob dojenju in kaj je vzrok, da dojenje opustijo. V raziskavo smo vključili otročnice, ki so rodile v porodnišnici na Jesenicah v juniju in juliju 2018. Za izvajanje raziskave smo oblikovali anketni vprašalnik, ki je sestavljen iz več sklopov. Zanima nas čas trajanja dojenja po odpustu iz porodnišnice, koliko patronažnih obiskov imajo otročnice po odpustu in koga prosijo za pomoč ob težavah z dojenjem. Rezultati raziskave bodo pokazali, kakšen je delež otrok, ki so dojeni po odpustu iz porodnišnice v različnih starostnih obdobjih, kdo materam nudi pomoč pri dojenju, kaj bi lahko storili zdravstveni delavci, da bi izboljšali informiranost otročnic na področju dojenja. Z raziskavo želimo izpostaviti možnost nujenja pomoči pri dojenju ob odpustu iz porodnišnice v ambulanti za dojenje. Rezultati raziskave bodo pomagali tudi drugim zdravstvenim delavcem, ki se pri svojem delu srečujejo z mamicami in dojenjem.

*Ključne besede:* novorojenčki, dojenčki, dojenje

## **Breastfeeding after Leaving the Maternity Hospital**

Following the recommendations of the WHO and UNICEF, the newborn breastfed within one hour after birth, should be breastfed exclusively up to 6 months of age, and then with appropriate supplementary food up to 2 years of age. Statistical data show that the percentage of children who are exclusively breastfed after leaving the maternity ward is dropping and the length of breastfeeding in Slovenia is not in line with the recommendations of the WHO. The purpose of the study is to determine the proportion of nursing babies in the first, third and sixth month of age. We also want to find out who provides help with breastfeeding problems and what is the reason why breastfeeding is abandoned. The survey included the children who were born in the maternity hospital in Jesenice in June and July 2018. For the purpose of the research, we created a questionnaire which consists of several parts. We are interested in the length of breastfeeding after leaving the maternity hospital, the number of visits to children after the dismissal and who is asked for help with breastfeeding problems. The results of the study will show the proportion of children who are breastfed after they leave the maternity ward at different ages, who provides the breastfeeding and what health workers could do to improve the information on breastfeeding babies. The study aims to emphasise the need to offer breastfeeding assistance at the maternity ward, in the infirmary for breastfeeding. The results of the research will also help other health professionals who come into contact with mothers and breastfeeding in their work.

*Key words:* newborn, baby, prevalence of breastfeeding

## Motivacija za učenje tujega jezika

Motivacija je pomemben pogoj v učnem procesu. Zato je bila v okviru prispevka izvedena analiza učinkovitosti alternativnih pristopov učenja in način zmanjševanja motenj pri učenju nemškega jezika. Ena izmed motivacijskih metod, ki jih učitelj lahko uporabi pri pouku, je sodelovalno učenje. To je učenje, ki je osredotočeno na učenca in ga s tem opogumlja, da prevzame odgovornost za učenje in da tudi sodeluje pri pouku. Druga motivacijska metoda so jezikovne igre. Te so primere za učenje jezika in za odpravo strahu pri govorjenju v tujem jeziku. Jezikovne igre se ne uporabljajo samo za sproščenost pri pouku, temveč so tudi generator motivacije. V sklopu prispevka je bila izvedena anketa, ki na praktičnem primeru pokaže, kakšna je učinkovitost inovativnih metod. Anketni vprašalnik je izpolnilo 46 učencev, ki so že pridobili eno izobrazbo in potem še nadaljujejo izobraževanje. Rezultati ankete so pokazali, da: inovativne metode pozitivno vplivajo na rezultate učenja nemščine; imajo različne jezikovne igre pomembno vlogo pri učenju nemščine s tem, da so učenci bolj motivirani; je učni proces z drugačnimi metodami za razliko od klasičnih bolj učinkovit.

*Ključne besede:* motivacijske metode, sodelovalno učenje, jezikovne igre

## Motivation for Learning a Foreign Language

Motivation is an important condition in the learning process. Therefore, an analysis of the effectiveness of alternative learning approaches and the manner of reducing disorders in the learning of the German language was carried out as part of the paper. One of the motivational methods that the teacher can use in teaching is collaborative learning. Collaborative learning focuses on learner-centered learning and encourages the learner to take responsibility for learning and to participate in lessons. Another motivation method is language games. These are suitable for learning the language and for eliminating the fear of speaking in a foreign language. Language games are used not only for relaxation in class but also as a motivation generator. For the purposes of the paper, a survey was conducted, which in practical case demonstrates the effectiveness of innovative methods. The survey questionnaire was completed by 46 pupils who have already received an education and are continuing their education. The results of the survey showed that innovative methods have a positive impact on the outcome of learning German, that various language games have an important role in learning German by making pupils more motivated and that a learning process which uses the methods different from the classic ones has a higher degree of efficiency.

*Key words:* motivational methods, collaborative learning, language game

## **Izbrana orodja kakovosti na primeru higiensko-tehnične analize živilsko-prehranskega objekta**

Povezovanje sistemov kakovosti in izbranih orodij kakovosti s higiensko-tehnično analizo živilsko-prehranskega objekta je nadgradnja osnovne analize, ki je potrebna za verifikacijo sistema HACCP v živilski branži. Namen prispevka je skozi analizo znanstvenih virov na obravnavanem področju predstaviti različna orodja kakovosti, kot je FMEA (Failure Mode and Effects Analysis), metodo FTA (Fault Tree Analysis), metodo Poka-Yoke, metodo 5S in diagram Ishikawa ter jih povezati s higiensko-tehnično analizo. Na primeru diagrama Ishikawa smo prikazali vsestranskost uporabe diagrama tako, da smo vanj vključili kriterije za ugotavljanje higiensko-tehnične ustreznosti v živilsko-prehranskih objektih in s tem ustvarili učinkovit pripomoček za natančen pregled nad kriteriji ustreznosti objekta.

*Ključne besede:* orodja kakovosti, higiena živil, higiensko-tehnična analiza, diagram Ishikawa

## **Quality Tools in the Case of Hygienic-technical Analysis of the Food Processing Establishment**

The integration of quality systems and selected quality tools with the hygienic-technical analysis of the food processing establishment is an upgrade of the basic analysis needed for the purpose of verifying the HACCP system in the food industry. The aim of this paper is to present the various quality accessing tools, such as FMEA (Failure Mode and Effects Analysis), the FTA (Fault Tree Analysis) method, the Poka-Yoke method, the 5S method in the Ishikawa diagram, and link them with the hygienic-technical analysis through the analysis of scientific resources in the considered area. On the example of the Ishikawa diagram, we demonstrated the versatility of using the diagram by including criteria for the determination of hygienic-technical suitability in the food processing establishment, thus creating an effective tool that enables a detailed overview of the criteria for assessing the suitability of the food establishment.

*Key words:* quality tools, food hygiene, hygienic-technical analysis, Ishikawa diagram

## **Svetovalne storitve v lekarnah: pregled uporabe zdravil in osebna kartica zdravil**

Čeprav vse več bolnikov jemlje večje število zdravil, marsikdo ne ve, na kaj vse mora biti pri tem pozoren, prepoznavanje neželenih učinkov pa predstavlja velik izziv za zdravstvene delavce. Zahtevnim razmeram v zdravstvu se poskušamo prilagoditi tudi lekarniški farmacevti, ki smo predvsem strokovnjaki za zdravila, zato smo po zgledu drugih evropskih držav začeli izvajati farmacevtske kognitivne storitve. Storitve, ki jo v tujini poznajo pod imenom »Medicine Use Review«, pri nas pa jo imenujemo pregled uporabe zdravil, izvajajo posebej usposobljeni magistri farmacije. Namenjena je predvsem slabo opolnomočenim bolnikom, ki imajo težave z rednim in pravilnim jemanjem zdravil, ter tistim bolnikom, pri katerih so prisotni znaki, ki nakazujejo možne neželene učinke ali druge težave z zdravili. Z uvedbo novih storitev v lekame si farmacevti prizadevamo za aktivno sodelovanje pri zdravljenju, želimo izboljšati njegove rezultate, hkrati pa vsaj delno razbremeniti zdravnike, medicinske sestre in druge zdravstvene delavce ter zmanjšati stroške zdravstvene oskrbe in količino odpadnih zdravil. V prispevku predstavljamo primer klinične obravnave pacienta s pregledom uporabe zdravil.

*Ključne besede:* uporaba zdravil, osebna kartica zdravil, kognitivne storitve, neželeni učinki

## **Consultation Services in Pharmacies: Personal Medication List and Personal Medication Card**

While the use of prescription medications is globally on the rise, not everyone realises the importance of correct medication administration. Moreover, the recognition of undesirable effects poses a great challenge for healthcare workers. In an effort to embrace contemporary healthcare system conditions, community pharmacists as medication experts started implementing pharmaceutical cognitive services, following the example of other European countries. Medicine Use Review consists of accredited pharmacists undertaking structured adherence-centred reviews with patients on multiple medicines, particularly those receiving medicines for long-term conditions, while focusing on undesirable effects and other drug-related problems. Thus, Medicine Use Review implementation shows pharmacists' aim to actively improve treatment results, relieve the workload of doctors, nurses and other healthcare workers and at the same time reduce healthcare costs and waste medicines. In the paper, we present a clinical case of Medicine Use Review.

*Key words:* medicine use review, personal medication list, cognitive services, undesirable effects

## **Izkušnje medicinskih sester pri komunikaciji s svojci**

Svojci so večinoma nevednejši negovati starejše osebe v situaciji, ko so te bolne in nezmožne osnovnih vsakodnevnih opravil/življenjskih aktivnosti. Z raziskavo smo želeli ugotoviti, kakšne so izkušnje medicinskih sester pri komunikaciji s svojci. Uporabili smo kvalitativno metodo raziskovanja, metodo utemeljene teorije. Intervju je bil oblikovan na osnovi pregleda strokovne in znanstvene literature. Raziskavo smo izvedli na neslučajnostnem - namenskem vzorcu treh medicinskih sester, ki delajo na področju zdraviliške dejavnosti v januarju 2018. Raziskava je pokazala, da morajo imeti medicinske sestre veliko znanja, izkušenj in strokovnega izpopolnjevanja, da lahko učinkovito in kakovostno komunicirajo s svojci. Ugotavljamo tudi, da medicinska sestra potrebuje čas, znanje in ustrezno mero empatije za kakovostno komunikacijo s svojci. Stanje ni optimistično, ker je bolnih, starejših in njihovih svojcev z neznanjem in neorganiziranostjo v nastali situaciji vedno več, zdravstveno negovalnega osebja, ki bi jim bilo v pomoč, pa premalo.

*Ključne besede:* komunikacija, izkušnje, komunikacijske ovire, svojci

## **Nurses' Experiences in Communication with Relatives**

Patient's relatives are frequently ineffective in a situation where the elderly person is sick and unable to perform basic daily tasks and activities. With our research, we wanted to gain insight into the nurse's experiences regarding their communication with the relatives. We used a qualitative research method, a method of grounded theory. The interview was designed based on a review of domestic and foreign professional and scientific literature. The research was carried out in a non-probability sample of three nurses working in the field of spa activities in January 2018. The research showed that nurses have to have a lot of knowledge, experience and advanced training in order to efficiently and properly communicate with the relatives of the elderly. We also found out that the nurse needs time, knowledge and enough empathy for quality communication with the relatives. The current situation is not optimistic, because on the one hand, the number of the sick, the elderly and their relatives who have insufficient knowledge and organisation skills is increasing, while on the other, there is not enough medical nursing staff to help them.

*Key words:* communication, experience, communication barriers, relatives

## **Pristup usmjeren na osobu nukleus holističke medicine**

Pristup usmjeren na osobu definira osnovu holističke skrbi. Filozofija poštovanja i partnerstva temeljno je načelo zdravstvene i socijalne skrbi u svim dobnim skupinama neovisno o potrebama pojedinca. Pristup usmjeren na pojedinca pomaže u smanjivanju zdravstvenih poteškoća i socijalnih prepreka kao što su stanovanje, zaposlenje i edukacija. Definiran je partnerskim odnosom koji se temelji na suradnji, uvažavanju prioriteta pojedinca i aktivnoj participaciji u svim fazama rehabilitacije i habilitacije osobe kojoj je potrebna zdravstvena i socijalna skrb. Zdravstveni djelatnici koji svoj profesionalni angažman temelje na pristupu usmjerenom na osobu, aktivno surađuju sa pacijentom, poštuju njegove prioritete što dovodi u većini slučajeva do željenog ishoda liječenja, rehabilitacije i habilitacije pojedinca na razini zdravstvene i socijalne skrbi.

*Ključne riječi:* holistička skrb, pristup usmjeren na osobu, zdravstvene poteškoće, socijalne prepreke, partnerski odnos

## **Nucleus Holistic Medicine Individual Centred Approach**

Individual-centred approach defines the basis of holistic care. The philosophy of respect and partnership is the fundamental principle of health and social care in all age groups irrespective of individual needs. Individual-centred approach helps reduce health problems and social barriers, such as housing, employment and education. It is defined by a partnership that is based on co-operation, respecting the individual's priorities and active participation in all phases of rehabilitation and habilitation of the person in need of health and social care. Healthcare professionals using the individual-centred approach are actively cooperating with the patient, respecting their priorities, which in many cases leads to the desired outcome of the treatment, rehabilitation and habilitation of the individual at the level of health and social care.

*Key words:* holistic care, individual-centred approach, health problems, social barriers, partner relationship



## **Klinični učni milje**

V prispevku je predstavljen pomen kvalitetnega kliničnega okolja za uspešno vključevanje dijakov srednjega strokovnega izobraževanja v lokalno delovno okolje. Praktični pouk je v današnjem času nadvse pomembna učna strategija, saj dokončno, v procesu vzgoje in izobraževanja, poveže splošno, strokovno in praktično znanje. Pri tem so pomembni vsi deležniki, ki vstopajo v proces – dijaki, njihovi starši, učitelji mentorji, zaposleni in bolniki. Pomemben vidik zadovoljstva in napredka dijaka pri praktičnem pouku je objektivna informiranost o programu, v katerega se vpisuje, ter s tem povezana notranja motivacija. Dijak prvi, zelo osebni stik z zdravstveno nego doživi ravno preko učitelja, ki ga vodi skozi praktični pouk, zato je kvaliteta tega odnosa za dijaka zelo pomembna izkušnja. Prav tako je kvaliteta dela zelo odvisna od organizacijske in kadrovske klime na oddelku. Po bolnišnicah in domovih za starejše je v zadnjem času v različne oblike usposabljanja vključenih veliko število dijakov in študentov. Vsekakor v določenem oziru to negativno vpliva na bolnike in funkcionalnost že tako preobremenjenih oddelkov. Predstavljena je še analiza ankete o izkušnjah dijakov zaključnih letnikov pri praktičnem pouku. Izmed vsega navedenega je zanimivo tudi razmišljanje in ugibanje o tem, kje in kakšne bodo učne baze za dijake zdravstvene nege v prihodnosti.

*Ključne besede:* izobraževanje, klinično okolje, praktični pouk, zdravstvena nega

## **The Teaching Milieu in the Clinic**

The paper discusses the importance of a quality clinical environment for the successful integration of vocational secondary school students into the local work environment. Practical classes are a very important tool in modern education because they integrate general, technical and practical knowledge acquired in the process of education. In this process, all of the participants have an important role – the students, the parents or guardians, the teachers, the mentors, the employees and the patients. An important aspect of the student's satisfaction and progress in practical class is their being objectively informed about the programme they are about to enroll in and their inner motivation connected to that. Since the student has their first contact with health care precisely through the teacher, the quality of this relationship is very important for the student. The quality of the work also very much relies on the organisation and the relationships in the department. There are a number of high-school and university students working in hospitals and retirement homes lately as part of various forms of internship. We can undeniably say that this negatively affects the patients and the functionality of the already overburdened departments. The analysis of the questionnaire about the experiences concerning practical classes of students in their senior year is discussed as well. Taking into account all obtained information, it is interesting to think and guess about what the teaching environment of health care students will be in the future.

*Key words:* education, clinical environment, practical class, health care

## **Model zdravstveno-socialne obravnave starejših CoSENSo: implementacija v Sloveniji**

Naraščajoče število starejših ljudi prinaša večje število zdravstveno-socialnih potreb, predvsem pri populaciji v domačem okolju. Zmogljivosti institucionalne oskrbe so premajhne za potrebe današnjega starejšega prebivalstva. Model je bil testiran v štirih državah evropske alpske regije: Italiji, Avstriji, Franciji in Sloveniji. Gre za primer skupine ljudi, ki že dolgo delajo v skupnosti. Preizkus je zajemal 18 mesecev (od septembra 2016 do marca 2018). Podatki so bili zbrani z izbranimi presejalnimi testi. V Sloveniji je bil model testiran na skupini 800 starejših, ki so ga ocenili kot koristnega. Na temelju obstoječih struktur za pomoč starejšim v domačem okolju se je oblikoval model zdravstveno-socialne obravnave. Najpogosteje identificirani zdravstveni problemi so bili povezani z izgubo spomina, motnjami gibanja in dejavnikov tveganja za nastanek kroničnih nenalezljivih bolezni. Rezultati kažejo, da je izvedljivost modela v Sloveniji relativno visoka. Model poudarja vlogo medicinske sestre s posebnimi veščinami in kompetencami za starejše v domačem okolju.

*Ključne besede:* starejši, patronaža, medicinske sestre, skupnostna skrb, zdravstvena nega, socialna oskrba

## **CoSENSo Model for the Health and Social Care of the Elderly: Implementation in Slovenia**

The growing number of the elderly brings a number of new problems. The older population has more health and social needs that the existing structures can no longer cover and coordinate. The capacities of institutional care are too small for the needs of today's elderly population. The model has been tested in four countries of the European Alpine region: Italy, Austria, France and Slovenia. Based on the existing care structures for the elderly in the community, a model was developed and then tested in each of these communities. The test was conducted for 18 months (from September 2016 to March 2018). Data was collected using the selected screening tests. In Slovenia, the model was tested on a group of 800 elderly people who estimated the project as useful. The needs of the elderly are predominantly reflected in the promotion and orientation of a healthy lifestyle. The most common nursing problems that have been exposed are related to memory loss, movement disorders and risk factors of chronic disease. The results show that the feasibility of implementing the model in Slovenia is relatively high, since the legal structure enables its implementation with a slight modification of the existing legislation. The model emphasises the role of the nurse with specific skills and competencies relative to nursing and caring for the elderly in the home environment.

*Key words:* elderly, family nurse, domestic care, health and social treatment

*Dragana Terzić Marković*

Visoka zdravstvena škola strukovnih studija u Beogradu

*Sanja Božić*

Medicinska škola »Nadežda Petrović« Beograd

*Dr. Milica Vasiljević Blagojević*

Visoka zdravstvena škola strukovnih studija u Beogradu

## **Uticaj bolničkog odeljenja na realizaciju praktične nastave zdravstvene nege**

Obrazovanje medicinskih sestara se realizuje kroz teorijsko i praktično učenje. Kliničko obrazovanje je fundamentalni deo obrazovanja u sestrinstvu. Ono se odvija u složenom okruženju na bolničkom odeljenju. Zbog specifičnosti nastavnog procesa, neophodno je da bolničko odeljenje ispunjava sve uslove za realizaciju praktične nastave zdravstvene nege. Cilj ovog rada je bio sagledati na koji način bolničko odeljenje utiče na realizaciju praktične nastave zdravstvene nege. Ispitanici su bili nastavnici zdravstvene nege i učenici trećeg razreda srednje medicinske škole »Nadežda Petrović« u Beogradu. Rezultati pokazuju postojanje razlika između školskog rada i rada na bolničkom odeljenju. Dve trećine ispitanih učenika (60 %) se trudi da radi onako kako nastavnik to zahteva od njih. Nastavnici takođe primećuju razlike u načinu rada među sestrama na bolničkom odeljenju, ali i u odnosu na ono što se udžbenicima propisuje. Kao razlog, različitih načina rada, navode nepostojanje standarda u izvođenju medicinsko tehničkih procedura. Bolničko odeljenje mora da odgovara zahtevima škole - da ima kvalitetan kadar sestara, odgovarajuću opremu, da nivo zdravstvene nege bolesnika odgovara standardima koji se traže u nastavi.

*Ključne reči:* bolničko odeljenje, učenici, nastavnici zdravstvene nege, praktična nastava

## **Impact of the Hospital Department on the Realisation of Practical Health Care Lessons**

Education of nurses is performed through theoretical and practical lessons. Clinical education is a fundamental part of education of nurses. The education of nurses takes place in a very complex environment of a hospital department. Therefore, the hospital department needs to fulfil all the requirements of practical health care education. The objective of this paper is to elaborate what is the impact of a hospital department on practical health care classes. The research participants were health care teachers and third year students of the secondary medical school "Nadežda Petrović" in Belgrade. The results show that there are differences in performance standards between the school and the hospital. Two-thirds of the respondents (60%) are putting their efforts in performing in the way teachers require them to perform. The teachers also notice differences in performance among the nurses in the hospital department, but also differences against standards required by the book. Lack of standards for performing technical medical procedures is stated as the reason for these different methods of work. The hospital department needs to meet the requirements of the school - to have a team of nurses with a certain degree of quality performance and adequate equipment, and that the level of health care provided to patients is in line with the standards set in education.

*Key words:* hospital department, students, health care teachers, practical classes

*Dijana Tesla*  
Klinička bolnica Dubrava  
*Mag. Tatjana Badrov, Ružica Mrkonjić*  
Veleučilište u Bjelovaru

## **Intimnost i seksualnost oboljelih od multiple skleroze**

Multipla skleroza se manifestira neurološkim simptomima i znacima, vrlo je promjenljivog tijeka, te direktno ili indirektno utječe na sve aspekte života. Epidemiološka analiza postojanja seksualne disfunkcije kod oboljelih od multiple skleroze. Istraživanje je provedeno u suradnji sa Hrvatskim Savezom oboljelih od multiple skleroze, u formi ankete. Analizirano je ukupno 106 oboljelih, 23 % ispitanika muškog spola i 77 % ispitanika ženskog spola. Analiza pokazuje da je seksualna disfunkcija određenog stupnja prisutna kod svih ispitanika, te da su jednako zastupljene primarna, sekundarna i tercijarna seksualna disfunkcija. Seksualna disfunkcija je vrlo učestala kod oboljelih od multiple skleroze, ali oboljeli nerado pričaju o svojoj intimnosti i seksualnosti. Uz ne postoji razvijena strategija da bi se pomoglo oboljelim u rješavanja tog zdravstvenog problema.

*Ključne riječi:* multipla skleroza, intimnost, seksualnost

## **Intimacy and Sexuality of Patients with Multiple Sclerosis**

Multiple sclerosis occurs with neurological symptoms and signs, has a highly variable clinical progress, and directly or indirectly affects all life processes. Epidemiological analysis of the sexual dysfunction tests conducted on subjects suffering from multiple sclerosis was performed. The study was conducted in cooperation with the Croatian association of patients with multiple sclerosis in the form of a questionnaire. A total of 106 patients, 24 male (23%) and 82 female (77%) responded. The study showed that all patients with MS experience sexual dysfunction of a certain level, and that there is no difference between incidence of primary, secondary and tertiary sexual dysfunction. Sexual dysfunction is highly prevalent in patients with multiple sclerosis, but patients find it very difficult to speak of their intimacy and sexuality, and there is no developed strategy that would help patients deal with these health problems.

*Key words:* multiple sclerosis, intimacy, sexuality

Jelena Tomac Jovanović

Srednja škola Pakrac

Tihomir Jovanović

Opća županijska bolnica Pakrac i bolnica hrvatskih veterana, Pakrac

Sabina Cviljević

Opća županijska bolnica Požega

## **Namjera odlaska u inozemstvo učenika završnih razreda srednje škole**

Vijesti o iseljavanju mladih postale su svakodnevnica, a broj onih koji su napustili Hrvatsku u potrazi za boljim životom teško je točno odrediti. Cilj ovog istraživanja bio je utvrditi stavove i motive učenika povezane s namjerom odlaska u inozemstvo te utvrditi postoje li statistički značajne razlike u namjerama s obzirom na socioekonomske aspekte života. U istraživanju je sudjelovalo ukupno 83 učenika završnih razreda Srednje škole u Pakracu. Prema dobivenim rezultatima djevojke imaju negativniji stav prema odlasku mladih u inozemstvo u odnosu na mladiće ( $p = 0,02$ ). Građevinski tehnik i medicinske sestre/tehnik smatraju da će lakše pronaći posao u odnosu na gimnazijalce i fizioterapeute ( $p = 0,00$ ). Ispitanici bi općenito ili otišli iz Hrvatske bez dvojbe ili bi otišli ukoliko bi im prilika garantirala izvjesnu budućnost. Niska plaća ( $p = 0,03$ ), nemogućnost napredovanja ( $p = 0,04$ ) te opći osjećaj beznađa u društvu ( $p = 0,02$ ) izraženiji su faktori odlaska kod ispitanika koji imaju nekoga tko se već odselio iz Hrvatske. Potrebno stvoriti preduvjete koji će poticati mlade da svoju egzistenciju, status, stečena znanja, vrijednosti i potencijale ostvaruju u vlastitoj domovini.

*Ključne riječi:* odlazak mladih, iseljavanje mladih, migracije

## **Intention of High School Graduates to Emigrate Abroad**

News about the emigration of young adults has become a part of everyday life, and the number of those who have left the Republic of Croatia in their quest for a better life is difficult to determine. The aim of this research was to define the attitudes and motives related to the intention of emigration abroad and to define if there are any statistically significant differences in intentions according to socioeconomic life aspects. 83 students of High School Pakrac participated in this research. According to the obtained results, girls have a more negative attitude regarding the emigration of young adults abroad, compared to boys ( $p = 0.02$ ). Construction technicians and medical nurses assume that they will find a job more easily than gymnasium students and physio therapists ( $p = 0.00$ ). Examinees generally would either leave Croatia without any doubt or would leave in case the opportunity would guarantee them a certain future. Low salary ( $p = 0.03$ ), inability of promotion ( $p = 0.04$ ), overall feeling of hopelessness in society ( $p = 0.02$ ) are more expressed factors of emigrations with examinees who have someone who has already left the Republic of Croatia. It is necessary to create conditions that will encourage young people to pursue their future, status, acquired knowledge, values and potentials in their own homeland.

*Key words:* departure of young people, emigration of young people, migrations

## Zdravstvena vzgoja pacientov v antikoagulacijski ambulanti Sevnica

Z antikoagulacijskim zdravljenjem zmanjšujemo sposobnost strjevanja krvi. Zdravila se uvedejo pacientom, ki imajo večje tveganje za nastajanje strdkov v srcu in žilah. Ugotoviti smo želeli, kakšna je osveščenost pacientov o antikoagulacijskem zdravljenju. V neslučajnostni, namenski vzorec smo vključili paciente, ki prejemajo izključno kumarine in se vodijo v Antikoagulacijski ambulanti Sevnica. Razdeljenih je bilo 100 anketnih vprašalnikov, realizacija vzorca je bila 76 %. Pacienti so dobro osveščeni o jemanju zdravil. 71 (93 %) anketiranih pravilno jemlje odmerke in 70 (92 %) ga nikoli ne pozabi vzeti. Anketirani imajo deficit znanja: o prehrani, uživanju alkoholnih pijač, o ukrepih v primeru jemanja antibiotične terapije in o varnem jemanju protibolečinske terapije. 35 (46 %) anketiranih ne pozna najpogostejših zapletov, 64 (84 %) je zelo zadovoljnih z zdravstvenovzgojnim delom medicinske sestre v ambulanti in 54 (71 %) pacientov bi se udeležilo organiziranega skupinskega predavanja. Ugotovili smo, da pacienti delno upoštevajo priporočila in nasvete medicinske sestre, slabo prepoznajo možne zaplete, znajo pa pravilno ukrepati. Za učinkovitejšo in varnejšo obravnavo pacientov bodo potrebna organizirana predavanja za opolnomočenje pacientov, razvit merski instrument za preverjanje osveščenosti pacientov ter dokumentiranje in vrednotenje zdravstvene vzgoje.

*Ključne besede:* antikoagulacijsko zdravljenje, medicinske sestre, zdravstvena vzgoja

## Patient Health Education in the Anticoagulation Department in Sevnica

Anticoagulation treatment reduces coagulation of blood. Medication is prescribed to patients who have a higher risk of developing clots in the heart and veins. Our purpose was to determine patients' awareness of the anticoagulation therapy. Patients treated in the Sevnica Anticoagulation Department who are receiving exclusively coumarin were included in a non-probability, purposive sample. There were 100 questionnaires distributed among patients, the realisation of the sample was 76%. Patients are well-informed about taking the medicine. 71 respondents (93%) take doses correctly and 70 (92%) never forget to take the dose. The respondents have a lack of knowledge on diet, consumption of alcoholic beverages, measures in case of taking antibiotic therapy and safe taking of pain treatment. 35 respondents (46%) do not know the most common complications, 64 (84%) are very satisfied with the health care work of the nurse at the outpatient clinic, and 54 patients (71%) would attend an organised group lecture. We discovered that patients partially follow recommendations and advice of the nurse, poorly recognise potential complications, but they can take proper action. For more efficient and safer treatment of patients, organised lectures for patient empowerment should be implemented, a measurement instrument for patient awareness should be developed and we should begin with documentation and evaluation of health education.

*Key words:* anticoagulation treatment, nurse, health education

## **Uporaba telemedicine pri spremljanju pacienta s srčnim popuščanjem v domačem okolju**

Kronično srčno popuščanje je bolezensko stanje, ko srce ne zmore več črpati dovolj krvi brez aktivacije dodatnih mehanizmov. Navzoče je pri 2-5 % populacije. Pri teh pacientih je potrebna sprememba življenjskega sloga in redno jemanje zdravil. Eden izmed načinov vodenja pacienta s srčnim popuščanjem v domačem okolju je telemonitoring, s katerim spremljamo naslednje pacientove parametre: srčni utrip, krvni pritisk, glukozo v krvi, saturacijo. Na osnovi izmerjenih vrednosti lahko zgodaj prepoznamo pojav srčne dekompenzacije pri pacientih, ki jih spremljamo. Namen prispevka je ugotoviti, ali uporaba telemonitoringa izboljša zdravstveno stanje pacienta. Uporabljena je bila deskriptivna metoda dela s pregledom literature, ki smo jo iskali s pomočjo podatkovnih baz CINAHL, Medline, ERIC in z iskanjem ustrezne referenčne literature v najdenih virih. V končno analizo smo vključili 7 izvirmih znanstvenih člankov. Pokazalo se je, da je telemonitoring lahko dobra rešitev za spremljanje ljudi s srčnim popuščanjem po odpustu iz bolnišnice, saj zmanjša umrljivost in pogostost hospitalizacij pri nekaterih skupinah pacientov. Vloga medicinske sestre oziroma zdravstvenika še ni natančno določena, vendar bo zagotovo imela svoje mesto pri telemonitoringu pacienta.

*Ključne besede:* telemonitoring, e-zdravje, kronična obolenja, medicinske sestre/zdravstveniki

## **The Use of Telemedicine in Monitoring the Patient with Heart Failure in the Home Environment**

Chronic heart failure is a disease in which the heart cannot pump enough blood without the use of compensatory mechanisms. It is present in 2-5% of the population. These patients need to change their lifestyle and take their medicine regularly. One way of managing the patient with heart failure in the home environment is telemonitoring, which monitors the patient's parameters, such as heart rate, blood pressure, glucose levels and saturation. With the information obtained, we can identify the patient's heart function decompensation early. The purpose of the article was to determine whether telemonitoring improves the patient's medical condition. A descriptive work method with a literature review was used. We searched for the literature in the CINAHL, Medlin, ERIC databases and by searching for the relevant reference literature in the found sources. 7 original scientific articles were used in the final analysis. It was found that telemonitoring can be a good solution for the heart failure patient after discharge, as it reduces the mortality and frequency of hospitalisation in some patient groups. The role of the nurse is yet to be defined, but will certainly have its place in patient telemonitoring.

*Key words:* telemonitoring, ehealth, chronic disease, nurse

## **Brez komunikacije ne gre**

Celostna obravnava pacienta je tema, ki jo vedno znova poudarjamo, hkrati pa ob konkretni izpostavitvi te vsebine pogosto naletimo na relativizacijo in poenostavljanje. Kadar se soočamo s kompleksnimi negovalnimi problemi, ki vključujejo tudi potrebo po vzpostavljanju terapevtskega odnosa in obvladovanju komunikacijskih veščin, se pogosto dogaja, da smo v zadregi zaradi nezadostne komunikacijske kompetentnosti. Prispevek predstavi značilnosti odnosnega komuniciranja in temeljne značilnosti terapevtske komunikacije. Osredotoči se na zadovoljevanje relacijskih potreb in terapevtsko uglašenost kot pogoj za uspešno zdravljenje. Avtorica, ki izhaja iz svoje psihoterapevtske izkušnje, v empiričnem delu predstavi analizo intervjuja z izkušeno medicinsko sestro, ki je svoje znanje nadgradila z univerzitetnim študijem. Raziskava, ki je del širše kvalitativne raziskave s področja doživljanja kompetentnosti, kaže, da je nadgrajevanje na področju učenja komunikacijskih veščin in osebnostne rasti nujno za profesionalno kompetentnost.

*Ključne besede:* komunikacija, terapevtski odnosi, relacijske potrebe, kompetentnost

## **Communication is Key**

The article deals with the patient's comprehensive treatment, a topic that is repeatedly emphasised, but at the same time the concept itself is simplified. When faced with the patient's complex health care needs, which include the need to establish a therapeutic relationship and management of communication skills, there is often an embarrassment present due to insufficient experience or communication competence. The article presents the characteristics of the nurse-patient communication and the basic characteristics of therapeutic communication. It focuses on meeting relational needs and therapeutic attunement as a condition for successful treatment. The author, deriving from her psychotherapeutic experience, presents (as a part of the empirical work) the analysis of the interview with the experienced clinical nurse, who upgraded and theoretically supported her knowledge with university studies. The research, a part of a wider qualitative research in the field of experiencing communication skills competence, shows that professionally competent experience needs upgrading in the field of communication skills and personal growth.

*Key words:* communication, therapeutic relationship, relational needs, competence



## **Preddializna šola – ključ do kakovostnejšega zdravljenja dializnih bolnikov**

Preddializno izobraževanje je neprekinjeni in načrtovani proces zdravstvenovzgojnega dela in je najboljši način priprave pacienta s kroničnim ledvičnim obolenjem na nadomestno zdravljenje z dializo. Z raziskavo smo ugotavljali vključenost pacientov s kroničnim ledvičnim obolenjem v program preddializne šole ter kakovost prejetih informacij o nadomestnem zdravljenju, pomenu fizičnih aktivnosti in priporočeni prehrani. Kvantitativno raziskavo z uporabo anketnega vprašalnika smo izvedli na hemodializnem odseku Splošne bolnišnice Novo mesto, anketirali pa le tiste dializne paciente ( $n = 21$ ), ki so lahko sami rešili anketni vprašalnik in tudi sicer nimajo težav z izvajanjem življenjskih aktivnosti. Rezultati so pokazali, da je bila velika večina vključena v program preddializne šole ( $n = 18$ ; 86 %), da imajo največ znanja na področju izbire in priprave hrane, nekaj manj pa na področju telesne aktivnosti. Povprečno s 4,9 anketiranci ocenjujejo, da s prehranskim svetovanjem pridobijo znanje o priporočilih za izbor in pripravo hrane ter o količini, ki je zanje najbolj primerna. Poudarjajo ( $\bar{x} = 4,8$ ), da to pozitivno vpliva tako na njihovo bolezen kot tudi na počutje in kakovost življenja. Za naš vzorec lahko trdimo, da vsak pacient drugače sprejema svojo bolezen, zato je za kakovostnejše zdravljenje preddializna šola zanje in za njihove svojce zelo pomembna.

*Ključne besede:* hemodializa, preddializno izobraževanje, prehrana, telesna aktivnost

## **Predialysis School - the Key to Better Treatment of Dialysis Patients**

Predialysis education is a continuous and planned process of health education and the best way to prepare the patient with chronic kidney disease for a substitute dialysis treatment. The study examined the inclusion of patients with chronic kidney disease in the predialysis education program and the quality of information received on substitution treatment, the importance of physical activity and recommended nutrition. A quantitative study using a survey questionnaire was carried out at the Novo mesto General Hospital's hemodialysis department, and only those dialysis patients ( $n = 21$ ) were interviewed who were able to solve the survey questionnaire themselves and did not have any problems with the implementation of life activities. The results showed that the vast majority of them were included in the predialysis education program ( $n = 18$ ; 86%), had the most knowledge in the field of food selection and preparation, and a little less in the field of physical activity. With an average score of 4.9 respondents, they estimate that, with nutrition advice, they gain knowledge about the recommendations for selection and preparation of food and the quantity that is most suitable for them. They emphasise ( $\bar{x} = 4.8$ ) that this has a positive effect on both their illness and the well-being and quality of life. For our sample, we can say that every patient accepts their disease differently, therefore, for better quality treatment, predialysis education is very important, both for them and for their relatives.

*Key words:* hemodialysis, predialysis education, nutrition, physical activity

## **Celostno ocenjevanje uporabnikov - starostnikov**

Potrebno je enotno ocenjevalno orodje, ki bo na celosten način predstavilo uporabnika oz. starostnika in njegove sposobnosti. Ugotovitev, da se dolgih poročil, ocen ali mnenj ne bere, zato se ne ve, kakšno je stanje uporabnika. Enotno ocenjevalno orodje predstavlja uporabnika z vseh vidikov življenja in njegove samostojnosti. Pregledano ocenjevalno orodje v nemškem konceptu dolgotrajne oskrbe in analiza ocenjevanja uporabnikov oz. starostnikov, ki poteka v Sloveniji, je posnetek trenutnega stanja. Analiza ocenjevanja stanja v Sloveniji in ocenjevalnega orodja v Nemčiji kaže, da bo ocenjevalno orodje doprineslo k primerljivemu, dostopnemu ocenjevalnemu sistemu. Rezultati kažejo na dobro možnost in dostopnost ter enakopravnost za vse uporabnike. Ocenjevanje različnih strokovnih delavcev v zdravstvu in socialnem varstvu povzroča različen sistem ocenjevanja tako v metodološkem smislu kot v smislu rezultatov in interpretacije le-teh. Novo ocenjevalno orodje pa ponuja informacijo z vseh področij uporabnikovega življenja na enem mestu in tako omogoča skupni imenovalac za znanstveno raziskovanje.

*Ključne besede:* uporabniki, starostniki, enotno ocenjevanje, enovitost, medresorsko povezovanje

## **Integrated Evaluation of Users – Elderly**

A single assessment tool is needed which will allow a complete evaluation of the user or the elderly person and their abilities. It was found that long reports, reviews or opinions are not read at all, therefore the user's condition cannot be determined. The single assessment tool integrates all areas of the user's life and their autonomy. The reviewed assessment tool used in the German context of a long-term care and the analysis of the assessment of users, i.e. the elderly, taking place in Slovenia represents a snapshot of the current situation. The assessment analysis of the situation in Slovenia and the analysis of the assessment tool in Germany show that the assessment tool will contribute to a comparable, accessible evaluation system. The results reveal good prospects, accessibility and equality for all users. The evaluation of various health professionals and social care experts creates a different evaluation system in methodological terms and in terms of results and their interpretations. The new evaluation tool provides information from all areas of the user's life in one place, and allows a common denominator for scientific research.

*Key words:* users, elderly people, uniform assessment, uniformity, connection between different departments

## **Biopsihosocialni pristop pri obravnavi migrene**

Biopsihosocialni model upošteva večsmerno povezavo med telesnimi, psihološkimi in socialnimi odzivi. Vedno več je znanega o nevrofiziološkem delovanju možganskih struktur, ki vplivajo na nastanek glavobola. Pomembno je delovanje limbično-diencefalnih struktur in možganske skorje. Subkortikalne strukture vplivajo na sistem za zaviranje bolečine v možganskem deblu, ki uravnava aktivnost trigeminocervikalnega sistema. Prekomerna aktivnost trigeminocervikalnega sistema povzroči spremembo aktivnosti znotrajlobanjskih arterij v možganskih ovojnicah. Pomembno vlogo ima peptid v zvezi z genom za kalcitonin (CGRP). Psihosocialni dejavniki delujejo preko limbično-diencefalnih struktur. Socialne situacije povzročajo stresna stanja. Socialni procesi vključevanja in izključevanja vplivajo na nastanek stresa. Psihološki odzivi so povezani s kognicijo in vključujejo presojo in prepričanja o glavobolu. Od čustvenih stanj so pomembna anksioza, depresija in jeza. Zato je zdravljenje usmerjeno v obvladovanje socialnih situacij, psihičnega stanja in stresa. Pri zdravljenju migrene je nujno združevati farmakološko zdravljenje, komplementarne tehnike in spreminjanje psihosocialnega stanja.

*Ključne besede:* migrena, kronična migrena, psihosocialni dejavniki, biopsihosocialni pristop

## **Biopsychosocial Management of Migraine**

Biopsychosocial model takes into account the connection between the physical, psychological and social responses. More and more knowledge has been gained about the neurophysiological functioning of brain structures that influence headache. Limbicodiencephalic structures and the cerebral cortex are important. Subcortical structures have an influence on the pain modulating system in the brainstem that in turn regulates the trigeminocervical system. Activity of the trigeminocervical system causes a change in the activity of the intracranial arteries. A peptide related to gene for calcitonin (CGRP) is important. Psychosocial facts work through the cognitive-affective system. Social situations cause social stress. Social integration processes of inclusion and exclusion are key to wellbeing. Psychological responses are related to cognitive processing and emotional states, such as anxiety, depression and anger. The treatment is focused on stress management with cognitive learning and treating emotional disturbances. In the treatment of migraine, it is essential to combine pharmacological treatment, complementary techniques and modification of the psychosocial states.

*Key words:* migraine, chronic migraine, psychosocial factors, biopsychosocial approach

## **Model socialnega podjetništva za zdravstveno-socialno obravnavo starejših v domačem okolju**

Za izvajanje modela zdravstvene in socialne oskrbe starejših CONSENSO v praksi je smiselno upoštevati pristop, usmerjen v socialno podjetništvo. Predstavitev se osredotoča na oblikovanje in potrjevanje socialnopodjetniške ideje v Sloveniji in nudi smernice za njeno praktično izvajanje. Kot referenca za razvoj socialnega poslovnega modela je bila uporabljena prilagojena različica okvirja strategije Canvas. Zahtevani podatki so bili zbrani v občini Piran med junijem in decembrom 2017, ko so štiri medicinske sestre opravile obiske pri starejših osebah in njihovih sorodnikih/skrbnikih. Razviti model socialnega poslovnega modela obravnava področje dela neprofitne organizacije s storitvami na področju zdravstvene vzgoje, podpore pri krepitvi zdravja ter storitve v času večjih zdravstvenih odstopanj. Temelji na solidarnostnem načelu, kjer medicinske sestre s posebnimi veščinami in kompetencami za zdravstveno nego in socialno oskrbo starejših na domu usklajujejo skupino zdravstvenih in socialnih strokovnjakov, prostovoljcev in sodelavcev neprofitnega inštituta. Udeleženci v raziskavi niso pripravljene plačati za ponujene storitve, saj so v Sloveniji zdravstvene in socialne storitve dostopne brezplačno. Smiselno je le usmeriti pogled v širitev mreže pomoči in organizacijo služb za koordinacijo različnih aktivnosti (v praksi že prisotnih) za starejše v domačem okolju.

*Ključne besede:* starejši, družinske medicinske sestre, domača oskrba, zdravstvena nega, socialna oskrba

## **Social Business Model for the Nursing and Social Care of the Elderly at Home**

In order to implement the health and social care CONSENSO model for the elderly in practice, a special approach to social business should be considered. This presentation focuses on the design and validation of a social business idea in Slovenia and provides the guidelines for its practical implementation. An adapted version of the Canvas framework was used as a reference for developing the social business model. The required data was collected in the Municipality of Piran between June and December 2017, where four nurses performed interviews with the elderly and their relatives/supervisors. The developed social business model considers the implementation of a non-profit institute with services in the field of health education, health promotion and other services during major medical disparities. It is based on the solidarity principle, where nurses with special skills and competencies for the nursing and social care of the elderly at home coordinate the group of health and social professional caregivers, volunteers and collaborators of the non-profit institute. Currently, the population under consideration is not willing to pay for these services as the Slovenian health and social care benefits are available free-of-charge. It is only reasonable to focus on the expansion of the support network and the organisation of services to coordinate various activities in the already existent practice for the elderly in Slovenia.

*Key words:* elderly, family nurse, home care, health and social care

## **Nove kompetence zdravstvene nege - obravnava pacienta na neinvazivni mehانيčni ventilaciji**

Neinvazivna mehanična ventilacija (NIMV) je metoda zdravljenja, pri kateri s pomočjo različnih ventilatorjev in različnih mask oziroma tako imenovanih čelad vplivamo na predihanost pacientov. Je novejša oblika zdravljenja in se uporablja predvsem za zdravljenje pacientov z akutno respiratorno insuficienco in s poslabšano kronično dihalno odpovedjo. V zadnjih letih je zdravljenje z NIMV zelo napredovalo, saj so raziskave pokazale, da je zelo učinkovito in varno. Pomembno vlogo pri zdravljenju pacientov na NIMV imajo izvajalci zdravstvene nege, saj morajo za dodatne kompetence na novo pridobiti ustrezno praktično in teoretično znanje, le tako lahko namreč zagotovijo kakovostno in varno zdravstveno nego. Bistvena je pravilna izbira ventilacije in maske. Za uspešno NIMV je potreben kontinuiran nadzor pacienta in ventilatorja, posebno v prvih urah zdravljenja, da lahko ocenimo, ali je predihavanje uspešno ali ne. Medicinska sestra hemodinamsko in respiratorno nadzoruje pacienta, opazuje njegovo počutje in telesni videz, premikanje prsnega koša in uporabo pomožne dihalne muskulature. Za izvajanje postopka NIMV so potrebne nove kompetence, ki jih medicinska sestra pridobi v klinični praksi.

*Ključne besede:* neinvazivna mehanična ventilacija, ventilacijska podpora, maske za ventilacijo, zdravstvena nega, kompetence medicinskih sester

## **New Competencies in Nursing - Treatment of Patients in Non-Invasive Mechanical Ventilation**

Non-invasive mechanical ventilation (NIMV) is a method of treatment where patients receive breathing support with the help of various different masks or helmets connected to a mechanical ventilator. This method is a newer form of treatment primarily used on patients with acute respiratory insufficiency and chronic respiratory failure. A lot of progress has been made in recent years as research has shown it is very safe and effective. Health care practitioners play a very important role in the treatment of patients with NIMV. It is extremely important that healthcare practitioners acquire new competencies and have sufficient practical and theoretical knowledge in order to ensure proper quality of health care. The correct choice of ventilation and masks is also essential. For successful NIMV, the patient and the ventilator are constantly monitored, especially during the first hours of treatment, so we can evaluate the efficiency of the patient's ventilation. The nurse must always monitor the patient hemodynamically and respiratorily, their chest movements, use of accessory muscles of respiration, body appearance and overall body condition, which are all very important. In order to carry out this treatment, new competencies acquired by the nurse in clinical practice are needed.

*Key words:* non-invasive mechanical ventilation, ventilation support, non-invasive mechanical ventilation masks, healthcare, competencies of the nurse

## Častni pokrovitelj konference

Zbornica zdravstvene in babiške nege Slovenije - Zveza strokovnih društev medicinskih sester, babic in zdravstvenih tehnikov Slovenije



## Sponzorji

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



Mestna občina Novo mesto



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



TIMO d.o.o. Ajdovščina

