



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, 18. november 2021*

**HOLISTIC APPROACH
TO THE PATIENT**

*International scientific conference
Novo mesto, 18 November 2021*





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ZBORNİK POVZETKOV
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Genetic Factors Involved in the Pathogenesis of Pregnancy Loss

Etiology and pathophysiology of pregnancy loss (PL) remain unclear. On the one hand, the uterine, autoimmune, endocrine, metabolic, abnormal karyotype, antiphospholipid syndrome and thrombophilia factors are relatively well researched. On the other hand, the insufficiently known genetic factors attract much attention. Therefore, the aim of this review was to assess and summarise the current literature data on genetic factors involved in PL. Articles available in PubMed, Embase and Google Scholar were analysed using the keywords: pregnancy loss, miscarriage, genetic etiology of miscarriages, reporting genes and variants identified by exome sequencing, Sanger and Next-generation sequencing. We selected a few groups of genes associated with the following: chromosome abnormalities, genetic disorders, inflammatory and immune processes, thrombophilia, placental function, hormonal and detoxification systems. Fetal chromosomal abnormalities are the main cause of early PL. Genetic variants appear to be associated with an increased risk of PL. Genome sequencing of couples with PL could improve early detection of risk factors associated with certain obstetric complications in planned pregnancies.

Keywords: pregnancy loss, genes, variants of genes, genomic approach, exome sequencing

Genetski dejavniki, ki sodelujejo pri patogenezi spontanega splava

Etiologija in patofiziologija spontanega splava še vedno ostajata nejasna. Po eni strani so razmeroma dobro raziskani maternični, avtoimunski, endokrini in presnovni dejavniki, nenormalni kariotip, antifosfolipidni sindrom in trombofilija. Po drugi strani pa veliko pozornost pritegnejo premalo poznani genetski dejavniki. Zato je bil cilj tega pregleda sinteza objavljenih podatkov o genetskih dejavnikih, povezanih s splavom. Članki, ki so na voljo v PubMed, Embase in Google Scholar, so bili analizirani z uporabo ključnih besed: izguba nosečnosti, spontani splavi, genetska etiologija spontanega splava, poročanje o genih in različicah, identificiranih s sekvenciranjem eksoma, Sanger sekvenciranjem in naslednjo generacijo sekvenciranja. Izbrali smo nekaj skupin genov, povezanih s: kromosomskimi nepravilnostmi, genetskimi motnjami, vnetnimi in imunskimi procesi, trombofilijo, funkcijo placente, hormonskim in razstrupljevalnim sistemom. Fetalne kromosomske nepravilnosti so glavni vzrok za zgodnje spontane splave. Raziskave kažejo, da so nekatere genetske različice povezane s povečanim tveganjem za spontani splav. Genomsko sekvenciranje parov bi lahko izboljšalo zgodnje odkrivanje dejavnikov tveganja, povezanih s specifičnimi porodniškimi zapleti pri načrtovanih nosečnostih.

Ključne besede: spontani splav, genetski dejavniki, različice genov, genomski pristop, sekvenciranje eksoma

Vpliv sežiganja odpadkov na zdravje

S hitro rastjo prebivalstva, zlasti v državah z nizkimi in srednjimi dohodki, se generacija odpadkov povečuje. V državah z nizkimi dohodki ni dovolj sredstev za ustrezno ravnanje z odpadki, uporaba naprednejših tehnologij ravnanja z odpadki pa je slaba. Odlagališča imajo kljub sežiganju in drugim tehnikam ravnanja z odpadki še vedno preveliko količino odpadkov. Sežiganje smeti se vedno pogosteje uporablja kot učinkovit način uničevanja odpadkov, hkrati pa tudi za proizvodnjo energije. Veliko odlagališč, predvsem tista, ki neustrezno ravnavajo z odpadki, predstavlja resne nevarnosti. Odpadke se reciklira po vsem svetu, predvsem plastiko, kovine, steklo in papir. Sorazmerno primitivne tehnike za recikliranje in ponovne uporabe odpadkov, še poslabšujejo onesnaževanje zraka, zemlje in vode iz okolja. Še huje je, da nezadostni zdravstveni ukrepi na delovnem mestu izpostavljajo delavce odpadkom, kar ima za posledice poškodbe, dihalne in dermatološke težave, okužbe in druge resne zdravstvene težave, ki prispevajo h krajši pričakovani življenjski dobi. Osnovni namen sežiga odpadkov je, da se s postopkom zmanjša njihova prostomina in vsakovrstna tveganja onesnaževanja z njimi. Energijska izraba komunalnih odpadkov postaja vedno bolj pomembna strategija ravnanja z odpadki.

Ključne besede: okoljska epidemiologija, zdravje, urbanizacija, odpadki

The Influence of Waste Disposal on Health

With rapid population growth, especially in low and middle income countries, waste generation is increasing. In low-income countries, there are insufficient resources to properly dispose of waste, and more advanced waste technologies are rarely used. Despite incineration and other waste management techniques, excessive amounts of waste are still sent to landfills. Incineration is increasingly being used as an efficient means of waste disposal and energy generation. Many landfills pose a serious risk, especially to those who handle the waste improperly. Waste is recycled all over the world, especially plastics, metals, glass and paper. Due to the relatively primitive techniques used to recycle and reuse waste, they exacerbate environmental pollution of air, soil and water. Worse, inadequate workplace health measures expose workers to waste, injuries, respiratory and skin problems, infections, and other serious health problems that contribute to low life expectancy. The main purpose of incineration is to reduce the volume and risks of contamination with waste. Energy recovery from municipal waste is becoming an increasingly important waste management strategy.

Keywords: environmental epidemiology, health, urbanization, waste

Pogodba o zdravstveni storitvi: primerjalnopravni vidiki

V skladu s slovenskim Zakonom o pacientovih pravicah iz leta 2008 se medicinski posegi in zdravstvene obravnave lahko opravljajo samo na podlagi poprejšnje svobodne in zavestne (informirane) privolitve pacienta (26. člen). Na podlagi te zakonske določbe slovenska sodna praksa sklepa, da je razmerje med izvajalcem zdravstvene oskrbe in pacientom praviloma pogodbene narave. Vendar pa niti slovenski Obligacijski zakonik niti druga zakonodaja ne urejata pogodbe o zdravstveni storitvi kot posebne tipske ali nominatne pogodbe. Zato sodna praksa in pravna teorija subsumirata razmerje med pacientom in izvajalcem zdravstvene storitve pod določbe o drugih, nominatnih pogodbah. Prispevek primerja opredelitve in posebnosti pogodbe o zdravstvenih storitvah v nekaterih tujih pravnih redih, kjer je ta pogodba v zakonodaji posebej urejena, tako med njimi samimi kot tudi z ureditvijo slovenskega Zakona o pacientovih pravicah, ki ureja, čeprav samo implicitno in delno, tudi pogodbo o zdravstveni storitvi.

Ključne besede: obligacijsko pravo, pogodba o zdravstveni storitvi

Medical Service Contract in a Comparative Law Perspective

According to the Slovenian Law on Patients' Rights Act (2008), medical procedures and treatments should be carried out after a "free and informed consent" of the patient (Art. 26). Based on the cited legal provision, Slovenian case law concludes that the relationship between the healthcare provider and the patient is in principle contractual in nature. However, neither the Obligation Code nor other Slovenian legislation regulates the medical service contract between the patient and the healthcare provider as a special, nominate contract. Therefore, Slovenian case law and legal theory subsume the relationship between the patient and the healthcare provider under the provisions of other nominate contracts. The paper compares the definition and specifics of the medical service contract in some foreign legal systems where this contract is regulated by law as a special type of contract, as well as with the corresponding provisions of the Slovenian Patients' Rights Act, which also regulates the medical service contract, albeit only implicitly and partially.

Keywords: medical service contract, obligation law

Razvoj interkulturalne komunikacije i jezičnih vještina izvanrednih studenata sestrinstva

Veleučilište u Bjelovaru koordinira je strateškog projekta INCLUDE (Intercultural Communication and Linguistic Upgrade in a Digital Environment) financiranoga iz Erasmus+ KA2 sredstava. Glavni cilj projekta INCLUDE odnosi se na povećanje zapošljivosti studenata na globalnom tržištu rada kroz provedbu inkluzivnih, naprednih i kvalitetnih predmeta iz područja razvoja jezičnih (engleski, hrvatski, portugalski, grčki) i komunikacijskih vještina na visokoškolskim ustanovama diljem Europe. Trideset studenata s tri visokoškolske ustanove iz Hrvatske, Grčke i Portugala sudjeluju u ovom projektu, a dio njih pripada skupini izvanrednih studenata sestrinstva koji često pripadaju podzastupljenoj skupini studenata s aspekta sudjelovanja u međunarodnoj mobilnosti, budući da se uglavnom radi o studentima koji studiraju uz posao. Jedan od ciljeva projekta INCLUDE odnosi se na jačanje inkluzije i omogućavanje svim studentima da sudjeluju u međunarodnim aktivnostima. Ovaj rad predstavlja glavne metode usmjerene inkluziji izvanrednih studenata sestrinstva u međunarodnu studentsku mobilnost na Veleučilištu u Bjelovaru kroz projekt INCLUDE.

Cljučne riječi: izvanredni studenti sestrinstva, komunikacijske vještine, engleski jezik kao jezik struke, interkulturalni aspekti obrazovanja u sestrinstvu, učenje na daljinu

Intercultural Communication and English Language Skills Development in Part-time Nursing Students

Bjelovar University of Applied Sciences is the coordinator of the project INCLUDE (Intercultural Communication and Linguistic Upgrade in a Digital Environment) funded by the Erasmus+ KA2 Strategic Partnership. The main objective of the project INCLUDE is to improve the employability of students on a global scale providing an inclusive, progressive and high-quality language and communication course in a range of languages (English, Croatian, Portuguese, Greek) at higher education institutions across Europe. Thirty students from three higher education institutions from Croatia, Greece and Portugal are participating in the project. Some of them are part-time nursing students who usually have less opportunity to participate in international student mobility as they are mostly working. One of the aims of the project INCLUDE is to promote inclusion and provide opportunities for all students to participate in international activities. This paper presents the main methods of inclusion of part-time nursing students in international student mobility at Bjelovar University of Applied Sciences as implemented in the project INCLUDE.

Keywords: communication skills, distance learning, English for specific purposes, intercultural aspects in nursing education, part-time nursing students

Stres in rezilientnost za zaposlene v socialnem in zdravstvenem varstvu

Pandemija covid-19 je poleg zdravstvene in ekonomske krize povzročila tudi povečanje težav v duševnem zdravju pri ljudeh. Dejavniki stresa, ki izvirajo iz narave dela in dejavniki stresa, ki izvirajo iz dolgotrajnih, do nedavnega nepredstavljivih prilagoditev načina življenja, so še posebej vplivali na skupine zaposlenih v zdravstvenih in socialnih sistemih. To ima škodljive posledice za duševno zdravje teh ljudi. Odpravljanju teh posledic ter izvajanju preventivnih ukrepov je potrebno posvetiti posebno pozornost, posebno v luči tega, da kriza, povzročena s pojavom pandemije covid-19 še ni zaključena in da se bodo te skupine ljudi s podobnimi pritiski še srečevale. V prispevku so na podlagi izsledkov raziskav predstavljeni specifični dejavniki stresa za te skupine ljudi, koncept rezilientnosti, pomen preventivnih aktivnosti ter priporočila za izboljšanje stanja v morebitnih prihodnjih podobnih situacijah.

Ključne besede: pandemija covid-19, stres, rezilientnost

Stress and Resilience for Social Workers and Healthcare Professionals

Beyond the health and economic crises, the COVID-19 pandemic has led to an increase in mental health problems in a variety of populations. Work-related stressors and stressors resulting from long-term, previously unimaginable lifestyle changes have had a disproportionate impact on groups of health and social care workers. This has a negative impact on the mental health of these individuals. Particular attention needs to be paid to managing these consequences and implementing preventive measures, especially given that the crisis caused by the COVID-19 pandemic is far from over and that these populations will continue to face similar pressures. Based on the research findings, this paper presents the specific stressors for these groups of people, the concept of resilience, the importance of preventive measures and recommendations for improving the situation in future similar situations.

Keywords: COVID-19 pandemic, stress, resilience

Proces mentoriranja u sestrinstvu – pregled literature

Mentor je osoba s iskustvom te stručnim i pedagoškim kompetencijama koja vodi, savjetuje i potiče drugu osobu u učenju, stručnom usavršavanju, profesionalnom usmjeravanju i osobnom rastu. Mentori prilikom mentoriranja trebaju djelovati motivirajuće, pružati potporu i savjete, prenositi znanje i iskustvo te davati povratne informacije. Kako bi mentoriranje bilo kvalitetno, mentori trebaju biti kreativni, emocionalno inteligentni, uzornog ponašanja, učinkovitog djelovanja, posjedovati komunikacijske vještine. Osoba koja se mentorira treba biti motivirana za učenje, aktivno slušati, selektirati informacije, poznavati područje iz kojeg je mentorirana. Sestrinstvo je profesija koja zahtjeva teorijska i praktična znanja stečena u kliničkim uvjetima. S obzirom da Direktiva 2005/36/EC propisuje kako klinička praksa na preddiplomskom studiju sestrinstva treba iznositi polovicu ukupnog trajanja studijskog programa, jasna je važnost mentora te adekvatno i kvalitetno mentoriranje studenata sestrinstva. Pregledom literature detektirane su poteškoće u mentoriranju poput preopterećenosti poslom, velikog broja mentoriranih na jednog mentora, slabo plaćenog mentoriranja te nedostatak psihološko-pedagoških kompetencija. Potrebne su promjene u edukaciji magistara sestrinstva koji će mentorirati studente i novozaposlene medicinske sestre/tehničare te organizacijske promjene za provedbu adekvatnog mentoriranja koje će rezultirati zadovoljstvom mentora i studenta.

Ključne riječi: mentoriranje, sestrinstvo, mentor, student

The Process of Mentoring in Nursing - a Review of the Literature

A mentor is a person with experience and professional and pedagogical competencies who guides, advises and encourages another person in learning, professional development, professional guidance and personal growth. In mentoring, mentors should be motivational, provide support and advice, share knowledge and experience, and give feedback. For mentoring to be of high quality, mentors must be creative, emotionally intelligent, exemplary, effective, and have communication skills. The person being mentored should be motivated to learn, an active listener, able to select information, and knowledgeable in the field in which the mentor is working. Nursing is a profession that requires theoretical and practical knowledge acquired in a clinical setting. Considering that Directive 2005/36 / EC stipulates that clinical practice in undergraduate nursing studies should account for half of the total duration of studies, the importance of mentors and adequate and high-quality mentoring of nursing students is emphasised. A review of the literature revealed difficulties in mentoring such as work overload, large number of mentees per mentor, poorly-paid mentoring and lack of psychological and pedagogical competencies. Changes are needed in the education of masters of nursing who will mentor students and newly hired nurses, as well as organisational changes to implement appropriate mentoring leading to mentor and student satisfaction.

Keywords: mentoring, nursing, mentor, student

Potrebe pacientov ob koncu življenja

Prepoznavna bolnikov, ki potrebujejo zgodnje vključevanje v paliativno oskrbo, je največja pomanjkljivost sedanjega zdravstvenega sistema v Sloveniji. Pozen začetek vstopa v paliativno oskrbo ali začetek paliativne oskrbe ob zapleteni situaciji bolnika in njegovih bližnjih lahko zagotovi le delno kakovostno paliativno oskrbo ob koncu življenja. Umirajoči imajo različne potrebe, fizične, telesne, emocionalne, socialne in duhovne. Predvsem si želijo ob sebi nekoga, ki bi jih spremljal, jih tolažil in bil njihov spremljevalec na najtežji poti v neznano, na poti strahu in negotovosti. Namen raziskave je bil preučiti ustreznost zadovoljevanja pacientovih potreb v paliativni obravnavi in ugotoviti najpomembnejše potrebe ob koncu življenja. Kot instrument za raziskavo smo uporabili anketni vprašalnik. Anketiranje je potekalo 7. aprila 2021 preko odprtokodne aplikacije za spletno anketiranje. V raziskavi je sodelovalo 183 anketirancev. V raziskavi smo ugotovili, da je najpomembnejša potreba ob koncu življenja, potreba po zmanjšanju fizičnega trpljenja, sledi potreba po paliativni oskrbi, nekoliko manj sta bili izraženi potreba po podpori družini ter potreba po zmanjšanju psihičnega trpljenja, najmanj pa so izrazili potrebo po duhovni in socialni podpori.

Ključne besede: paliativna oskrba, starostnik, pacientove potrebe

Patient Needs at the End of Life

Identifying patients who need early involvement in palliative care is the major shortcoming of the current healthcare system in Slovenia. Late initiation of palliative care or initiation of palliative care in a complex situation of the patient and their relatives can only partially ensure the quality of palliative care at the end of life. People who are dying have different needs, physical, emotional, social and spiritual. Above all, they want someone by their side to accompany them, comfort them and be a companion on the most difficult path into the unknown, the path of fear and uncertainty. The aim of the study was to investigate the adequacy of meeting the needs of patients in palliative care and to identify the most important needs at the end of life. A questionnaire was used as the research instrument. The survey was administered on April 7, 2021 via an open source online survey application. 183 respondents participated in the survey. The survey revealed that the most important need at the end of life was the need for relief of physical suffering, followed by the need for palliative care, slightly less expressed was the need for family support and the need for relief of psychological suffering, and the least expressed was the need for spiritual and social support.

Keywords: palliative care, the elderly, patient needs

Celostna obravna oseb iz multikulturnega okolja v zdravstveni negi

Življenje v multikulturni skupnosti je za milijone ljudi že vsakdanjost. Kulturna raznolikost je v multikulturni družbi postala velik izziv za večino prebivalstva. Dialog med različnimi svetovnimi nazori in prepričanji imenujemo medkulturni dialog, ki je v današnji globalizirani večkulturni družbi že dobro uveljavljen pojem. Stalno širjenje Evropske Unije omogoča in pospešuje stike med različnimi kulturami. Širi se filozofija skupne evropske identitete, ki temelji na kulturni raznolikosti članic. Medkulturnost ni pogojena samo s širjenjem ozemlja. Ekvivalenten element, ki vpliva na razvoj multikulturne družbe, so migracije. Migracije so predvsem ekonomske narave, ne pa izključno ekonomske. Slovenija je Integracijsko politiko definirala v Resoluciji o (i)migrantski politiki RS (1999, 2002). V zdravstveni negi se pojavlja kot novejši konceptualni pristop. Pristop imenujemo Medkulturna zdravstvena nega. Medeleine Leininger (1925–2012) je razvila teorijo o transkulturni zdravstveni negi in jo zato uvrščamo med pionirke medkulturne zdravstvene nege na svetu. Medkulturna zdravstvena nega je odprt koncept za katerega je značilno neprestano spreminjanje in prilagajanje. Zaradi značilnosti odprtega koncepta, je zato permanentno izobraževanje zaposlenih v zdravstveni negi nujno potrebno. V prispevku bom predstavila intervju z osebo iz kulturno raznolikega območja, ki se nanaša na obravnavo v Slovenskem zdravstvenem sistemu.

Ključne besede: celostna obravnava, medkulturna zdravstvena nega, kulturno raznoliko območje

Integrated Treatment of People from a Multicultural Environment in Nursing Care

Living in a multicultural community is already commonplace for millions of people. Cultural diversity in a multicultural society has become a major challenge for the majority of the population. Dialogue between different world views and beliefs is called intercultural dialogue, which is already a well-established concept in today's globalised multicultural society. The constant expansion of the European Union enables and accelerates contacts between different cultures. The philosophy of a common European identity based on the cultural diversity of its members is spreading. Interculturalism is not only conditioned by the expansion of territory. The same element that influences the development of a multicultural society is migration. Migrations are primarily economic in nature, but not exclusively economic. Slovenia has defined integration policy in the Resolution on (i)Migration Policy of the Republic of Slovenia (1999, 2002). In Nursing Care it appears as a newer conceptual approach. The approach is called Intercultural Nursing. Medeleine Leininger (1925–2012) developed the theory of transcultural nursing and is one of the pioneers of intercultural nursing in the world. Intercultural nursing is an open concept characterised by constant change and adaptation. Due to the characteristics of the open concept, continuous education in nursing is necessary. In this article we present an interview with a person from a culturally diverse area regarding treatment in the Slovenian health care system.

Keywords: holistic treatment, intercultural nursing, culturally diverse area

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Ozljede uzrokovane medicinskim uređajima – intervencije i utjecaj Covid – 19

Medicinski uređaji su svi uređaji koji se koriste u liječenju ili dijagnosticiranju, svi uređaji mogu biti uzrok nastanka dekubitusa, koji se od 2016. godine u National Injury Advisory Commission (NPIAP) definira kao ozljeda zbog pritiska. Oko 35 % svih hospitaliziranih pacijenata razvije ozljede tkiva/kože koje su povezane primjenom ovih uređaja; 30–70% njih je uzrokovano respiratornim uređajima, a drugi uzroci uključuju primjenu cjevčica, zavoja, pomagala za inkontinenciju i ostalo. Prevencija ovakvih ozljeda je složena jer su medicinski uređaji nužni u liječenju, a liječenje ozljeda je zahtjevno. Loš nutritivni status, ishemija tkiva i tkivni edem pogoduju razvoju ozljede. Smatra se da su ove ozljede prisutne samo kod pacijenata, ali pojavom pandemije, uzrokovane Covid-19 virusom, povećana je incidencija kod medicinskog osoblja (oko 30 % osoblja), većinom zbog nošenja zaštitnih maski. Za smanjenje incidencije ovih ozljeda, potrebna je redovita holistička procjena pacijenata, procjena stanja kože s naglaskom na mjesta prominencije kostiju i prostor ispod uređaja. Mjere prevencije morale bi uključivati individualizirani plan repozicioniranja pacijenata razrađen u skladu s tipom površine na kojoj je bolesnik, zatim stanju kože i pokretljivosti. Osim individualiziranih planova prevencije, potrebni su dogovori i protokoli na razini svakog odjela i ustanove.

Ključne riječi: ozljeda zbog pritiska, medicinski uređaji, pacijenata, medicinsko osoblje

Medical Devices Pressure Injury – Interventions and COVID-19 Aspect

Medical devices are any devices used in treatment or diagnostics, they can be a cause of pressure ulcer, which is defined as a pressure injury according to 2016 classification in the National Pressure Injury Advisory Commission (NPIAP, 2016). Approximately 35% of all hospitalised patients develop tissue/skin injuries related to the use of these devices. 30–70% of these are caused by respiratory devices, other causes include the use of tubes, bandages, incontinence aids, etc. Prevention of such injuries is complex because medical devices are essential for treatment and treatment of injuries is demanding. Poor nutritional status, tissue ischemia, and tissue edema contribute to the development of the injuries. These injuries are thought to occur only in patients, but with the onset of a pandemic caused by the COVID-19 virus, the incidence of these injuries in medical personnel is increasing (in about 30% of personnel), mainly due to the wearing of protective masks. To reduce the incidence of these injuries, regular holistic assessment of patients, evaluation of skin status with emphasis on prominent areas and the area under the device are required. Preventive measures should include an individualised repositioning plan developed in accordance with the type of underlying surface, skin condition and mobility. In addition to individual prevention plans, consensus and procedures are needed at the level of each department and facility.

Keywords: pressure injury, medical devices, protective masks, patients, medical staff

Komuniciranje med zaposlenimi in s pacienti v okviru integriranih kliničnih poti

Za izboljšanje učinkovitosti bolnišnične oskrbe ter kakovosti oskrbe z zmanjšanjem razlik v procesih in rezultatih celostne oskrbe pacienta v bolnišnicah se priporoča uvedba Integriranih Kliničnih Poti (IKP). IKP lahko razumemo kot metodo ali orodje za zagotavljanje strukture, interdisciplinarnega postopka in spremljanja rezultatov ter kot skladen niz metod in modelov na finančni, upravni, organizacijski, storitveni in klinični ravni, namenjeni ustvarjanju povezljivosti, usklajevanju in sodelovanju znotraj in med sektorji zdravljenja in oskrbe. Cilj IKT je tudi izboljšati komuniciranje med zaposlenimi in s pacienti oziroma svojci. To je relevantno, saj obstoječe študije velik delež napak v zdravstvu pripisujejo komunikacijskim napakam in pomanjkanju učinkovitega timskega dela, ki pomembno prispevata k pojavu tveganj na področju varnosti pacientov. Zato je prispevek skušal ugotoviti, kako zaposleni v tipični slovenski bolnišnici ocenjujejo komuniciranje med zaposlenimi in s pacienti oziroma svojci v okviru treh IKP.

Gljučne besede: komuniciranje, integrirane klinične poti, zaposleni, pacienti

Communication between Employees and Patients within Integrated Clinical Pathways

The implementation of Integrated Clinical Pathways (ICP) is recommended to improve the efficiency of hospital care and the quality of care by reducing differences in processes and outcomes of holistic patient care in hospitals. ICP can be understood as a method or tool to ensure structure, interdisciplinary process and monitoring of outcomes, as well as a coherent set of methods and models at financial, administrative, organisational, service and clinical levels that aim to create connectivity, coordination and cooperation within and between treatment and care sectors. ICT also aims to improve communication between employees and with patients or relatives. This is relevant because existing studies attribute a large proportion of healthcare errors to communication failures and a lack of effective teamwork, which contribute significantly to patient safety risks. Therefore, this work sought to find out how employees in a typical Slovenian hospital evaluate communication between employees and with patients or relatives within the three ICPs.

Keywords: communication, integrated clinical pathway, employees, patients

The Role of Advances Practice Nurse in the Multiprofessional Team in Operating Theatre

The aim of the study was to analyze the needs of integration of advanced practice nurse (APN) into the multidisciplinary team. The originally developed questionnaire consisted of 53 questions was used as an instrument. In the survey participated 29 (n=29) doctors, 3 residents, and 68 nurses and intensive care nurses (n=68). Data were collected in January – February, 2021. Statistical analysis of data was done. The main roles APN could undertake equivalently to doctors were: patient extubation - 47,4%, operate hemofiltration device - 31,9%, perform anesthesia according to already made plan – 34%, operate artificial pulmonary circulation device - 38,8%, however important to note these people were working at resuscitation intensive care unit. Research on the socio-emotional readiness of team members highlighted aspects that may hinder the development of the role of APN. Despite the potential difficulties identified, most respondents said they would like to work in a team with APN (76%), chose the right definition of APN (88%) and thought that APN could work in both operation wards and intensive care units (78%) and all healthcare settings (39%). Regarding the emotional-social readiness of team members to collaborate with APN, a lack of nurse initiative to expand their competencies was observed, but it can be seen that both anesthesiology and reanimatology doctors and APN expressed willingness to collaborate and work together in a team.

Keywords: Advances Practice Nurse, multiprofessional team, potential roles, obstacles

Vloga medicinske sestre s specialnimi znanji v multiprofesionalnem timu v operacijski dvorani

Namen študije je bil analizirati potrebe po vključevanju medicinske sestre s specialnimi znanji (advanced practice nurse – APN) v multidisciplinarni tim. Kot instrument je bil uporabljen novo razvit vprašalnik, ki je vseboval 53 vprašanj. V raziskavi je sodelovalo 29 (n=29) zdravnikov, 3 uporabniki in 68 medicinskih sester in intenzivnih medicinskih sester (n=68). Podatki so bili zbrani v obdobju januar – februar 2021. Opravljena je bila statistična analiza podatkov. Glavne vloge, ki bi jih APN lahko izvajala enako kot zdravniki, so bile: ekstubacija pacienta - 47,4 %, delovanje naprave za hemofiltracijo - 31,9 %, izvajanje anestezije po že izdelanem načrtu - 34 %, upravljanje naprave za umetno pljučno cirkulacijo - 38,8 %. vendar je pomembno omeniti, da so ti ljudje delali na oddelku za intenzivno terapijo. Raziskave o socialno-emocionalni pripravljenosti članov tima so izpostavile vidike, ki lahko ovirajo razvoj vloge APN. Kljub ugotovljenim morebitnim težavam je večina anketirancev izjavila, da bi radi delali v timu z APN (76 %), izbrali so pravo definicijo APN (88 %) in menili, da bi APN lahko delovala tako na operacijskih oddelkih kot na oddelku za intenzivno terapijo (78 %) oz. v vseh zdravstvenih organizacijah (39 %). Glede čustveno-socialne pripravljenosti članov tima za sodelovanje z APN je bilo ugotovljeno pomanjkanje iniciative medicinskih sester za širitev svojih kompetenc, vendar je razvidno, da so tako zdravniki (anestezioLOGI in reanimatologi) kot APN izrazili pripravljenost in željo za sodelovanje v timu.

Ključne besede: medicinska sestra s specialnimi znanji, multiprofesionalni tim, potencialne vloge, ovire

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Izobraževalne potrebe bodočih očetov na prehodu v starševstvo

Kljub dokazom o pomembnosti vloge očetov v času prehoda v starševstvo, so programi priprave na porod in starševstvo z vidika bodočih očetov manj raziskani. Cilj raziskave je proučiti izobraževalne potrebe bodočih očetov na prehodu v starševstvo. Uporabili smo raziskovalno metodo kvalitativne vsebinske analize pregleda domače in tuje literature v časovnem intervalu od leta 2010 do 2020, dostopne v različnih podatkovnih bazah: PubMed, Google učenjak, Cinahl, Obzornik zdravstvene nege in NIJZ publikacije. Za analizo smo uporabili odprto kodiranje. Število vseh zadetkov je bilo 846, število v celoti prebranih virov 69, v končni pregled smo vključili 13 virov. Bodočim očetom je na prehodu v starševstvo posvečeno manj pozornosti kot materam. Za izvedbo kakovostnega programa je ena od ključnih nalog zdravstvene nege - ugotavljanje izobraževalnih potreb, ki predstavljajo osnovo za pripravo kakovostnih izobraževalnih programov.

Ključne besede: prehod v starševstvo, vloga očeta, potrebe bodočih očetov, izobraževanje, programi

Educational Needs of Future Fathers in the Transition to Parenthood

Although the importance of the role of fathers during the transition to parenthood has been demonstrated, less research has been conducted on birth and parenting programmes from the perspective of future fathers. The aim of this study is to examine the parenting needs of future fathers in the transition to parenthood. We used a research method of qualitative content analysis of a review of domestic and foreign literature from 2010 to 2020, available in various databases: PubMed, Google Scholar, Cinahl, Nursing Review and NIJZ publications. Open coding was used for the analysis. The number of all hits was 846, the number of sources read in full was 69, and 13 sources were included in the final review. Future fathers receive less attention than mothers in the transition to parenthood. One of the most important tasks in the implementation of a quality programme is the identification of educational needs, which forms the basis for the elaboration of quality educational programmes.

Keywords: transition to parenthood, role of the father, needs of future fathers, education, programmes

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Multidisciplinarni pristop k zdravljenju kronične rane

Kronične rane in njihovo zdravljenje predstavljajo velik problem, ki se v zadnjih letih še povečuje, saj staranje populacije prispeva k strmemu naraščanju števila kroničnih ran. Standardno zdravljenje kronične rane obsega nekrectomijo, redne preveze rane s sodobnimi oblogami in zdravljenje infekta. Te metode pa mnogokrat ne privedejo do želenih rezultatov, kar bi lahko znatno izboljšal multidisciplinarni pristop k zdravljenju kroničnih ran.

Ključne besede: kronična rana, multidisciplinarni pristop

Multidisciplinary Approach to the Treatment of Chronic Wounds

The treatment of chronic wounds is a major problem that has become more acute in recent years as the aging population contributes to an increase in the number of chronic wounds. Standard treatment of a chronic wound includes necrectomy, the use of advanced wound dressings, and treatment of infection. However, these methods often do not produce the desired results, and a multidisciplinary approach could significantly improve the outcomes of chronic wound treatment.

Keywords: chronic wound, multidisciplinary approach

Aktivnosti zdravstvene nege pri izvajanju posebnih varovalnih ukrepov v psihiatriji

Posebni varovalni ukrep v psihiatriji je zahtevna intervencija zdravstvene nege, ki se jo izvede kot ukrep zadnjega izbora. Namen prispevka je opredeliti najpomembnejše aktivnosti zdravstvene nege pri uporabi posebnih varovalnih ukrepov v psihiatriji. Uporabili smo metodo sistematičnega pregleda literature. Pri iskanju smo uporabili kombinacijo ključnih besed: intervencije zdravstvene nege, posebni varovalni ukrep, psihiatrija ter v angleškem jeziku: nurse intervention, physical restraint, mental hospital. Literaturo smo iskali v podatkovnih bazah COBISS, PubMed, Cinahl in Sage journal. Omejitveni kriteriji iskanja so bili: literatura, ki ni starejša od 10 let, brezplačna dostopnost člankov, dostopnost člankov v polnem besedilu in jezik besedila v slovenščini ali angleščini. Od skupno 8016 zadetkov smo izbrali 22 člankov, ki smo jih uporabili v razpravi. Glede na vsebino prispevka smo oblikovali dve kategoriji, in sicer: intervencije izvajalcev zdravstvene nege in aktivnosti izvajalcev zdravstvene nege. Posebni varovalni ukrepi so ukrepi, s katerimi se omeji pravica pacienta do samoodločanja in se uporabi takrat, ko je pacient v stanju, v katerem ni sposoben relevantne odločitve ali je nevaren sebi ali drugim. Pomembno je, da se izvajalci zdravstvene nege redno izobražujejo o deeskalacijskih tehnikah in terapevtski komunikaciji ter iščejo alternative posebnemu varovalnemu ukrepu, kar bi privedlo do manjše uporabe le-tega.

Ključne besede: prisilni ukrepi, duševno zdravje, medicinska sestra, intervencije zdravstvene nege

Nursing Activities in the Implementation of Special Protective Measures in Psychiatry

A special protective measure in psychiatry is a demanding nursing intervention, performed as a last resort. The aim of this paper is to identify the main nursing activities in the application of special protective measures in psychiatry. We used the method of systematic review of the literature. In the search we used a combination of keywords: nursing interventions, special protective measures, psychiatry and in Slovenian: intervencije zdravstvene nege, posebni varovalni ukrep, psihiatrija. The literature was searched in COBISS, PubMed, Cinahl and Sage journal databases. The restrictive search criteria were: literature not older than 10 years, free availability of articles, availability of articles in full text and language of the text in Slovenian or English. Results: from a total of 8016 hits, we selected 22 articles that we used for the discussion. According to the content of this paper, we developed two categories: care provider interventions and care provider activities. We use special protective measures to limit the patient's right to self-determination. They are carried out when the patient's condition is such that they are unable to make a relevant decision or they poses a danger to themselves or others. It is important that nursing providers are regularly trained in de-escalation techniques and therapeutic communication and look for alternatives to a special protective measure, which would lead to less use of this measure.

Keywords: coercive measures, mental health, nurse, nursing interventions

Stres na delovnem mestu

Na delovnem mestu se od delavca pričakuje vedno več, delavnega kadra pa je vedno manj. Stres pusti različne posledice tako na duševnem stanju posameznika kot na telesnem. Stres je nekaj vsakdanjega in je v našem življenju konstantno prisoten. Stresni odziv je normalen in nam pomaga tudi pri soočanju v različni situacijah, od nas pa je odvisno, kako se bomo na stres odzvali. Namen prispevka je ugotoviti, kateri so najpogostejši povzročitelji stresa na delovnem mestu, ki privedejo delavca do osebnega zdravnika. S pomočjo pregleda literature bomo opredelili najpogostejše stresorje med zdravstvenimi delavci in načine, s katerimi preprečimo negativne vplive stresa na delovnem mestu. V tem kontekstu je pomembna vloga delodajalca, da delavcu omogoči optimalne delovne razmere.

Ključne besede: stres, pozitiven stres, negativne stres, stresorji ne delovnem mestu

Stres on the Work

At the workplace, more and more workers are expected, and there is lack of employees in health care. Stress can leave different consequences on both the mental and the physical health of the individual. Stress is normal and is constantly present in our lives and also helps us to cope in different situations, it only depends on the individual how he will react to stress. The purpose of this paper is to determine what are the most common causes of stress in the workplace that affect health of an individual. Based on literature review, we will identify the most common stressors among healthcare professionals as well as preventive measures that can be implemented in the workplace to help the worker cope with the side effects of stress. The role of the employer is very important in the context of providing the optimal working environment for the employee.

Keywords: Stress, positive stress, negative stress, stressors in the workplace

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Poraba zdravil in ravnanje potrošnikov

Življenjska doba se v razvitem svetu izrazito podaljšuje. S tem pa se v strukturi prebivalstva povečuje delež starejših. Vse to prinaša spremembe na individualni ravni, na ravni družine, skupnosti ter na ravni države. Eno izmed področij, na katerega predstavljeno vpliva, so gotovo izdatki za zdravstveno varstvo. Redna uporaba zdravstvenih storitev je namreč z dolgoživostjo zelo tesno povezana – pripadniki starejše generacije so daleč najpogostejši uporabniki zdravstvenih storitev na vseh ravneh. Polimorbidnost, ki je v visoki starosti pogosto neizogibno dejstvo, pri starostnikih pomeni polifarmakoterapijo. Vse to in pa dejstvo, da so vsako leto na razpolago novejša in dražja zdravila, se odraža v rasti izdatkov za zdravila. Omenjeno potrjuje tudi analiza izdatkov za zdravstvo. V prispevku tako najprej predstavimo izdatke za zdravila v Sloveniji v zadnjih letih, v nadaljevanju pa rezultate raziskave, kjer smo proučevali ravnanje posameznikov na področju porabe zdravil. In sicer nas je zanimalo, kako pogosto anketiranci posegajo po zdravilih brez recepta in zdravilih na recept. Pri slednjih nas je zanimalo tudi, ali zdravila jemljejo dosledno, torej natančno po navodilih tako glede količine kot časa jemanja. Na koncu pa smo želeli tudi ugotoviti, ali anketiranci kdaj preverijo vrednost v lekarni prevzetih predpisanih zdravil.

Ključne besede: zdravila na recept in brez recepta, izdatki za zdravstveno varstvo, polifarmakoterapija, Slovenija

Consumption of Medicines and Consumer Behavior

Life expectancy is increasing significantly in industrialized countries. As a result, the proportion of older people in the population structure is increasing. All this brings about changes at the individual level, at the family level, at the community level and at the level of the state. One of the areas where the impact is evident is certainly in health care expenditure. Regular use of health services is very closely linked to longevity - members of the older generation are by far the most frequent users of health services at all levels. Polymorbidity, often inevitable in old age, means polypharmacotherapy in the elderly. All this, and the fact that we are taking newer and more expensive medicines every year, is reflected in the growth of expenditure on medicines. This is also confirmed by the analysis of health expenditure. In this paper, we first present the expenditure on pharmaceuticals in Slovenia in recent years, followed by the results of a survey in Slovenia, in which we investigated the behavior of individuals with regard to the consumption of medicines. Namely, we were interested in how often people turn to over-the-counter and prescription medicines. In the case of the latter, we were also interested in whether individuals took the medication consistently, i.e. exactly according to the instructions, both in terms of quantity and timing. Finally, we also wanted to find out whether individuals ever check the cost of the prescription medicines.

Keywords: prescription and over-the-counter medicines, health care expenditure, polypharmacotherapy, Slovenia

Spanje, motnje spanja in njihova obravnava

Potreba po zadostnem spanju je ena izmed fizioloških funkcij, ki jih organizem potrebuje za preživetje. Kakovostni spanec je nenadomestljiv pogoj za zdravo telesno in duševno delovanje. Zato je pomembna higiena spanja, ki je vezana na vsakega posameznika. Pri zdravljenju nespečnosti ima pomembno vlogo poleg kliničnega psihologa tudi kompetentna medicinska sestra, ki pri promociji o motnjah spanja aktivno sodeluje, saj se s sodobnim načinom življenja večajo težave z nespečnostjo in s tem kronične bolezni, ki nastanejo kot posledica nespečnosti. Namen prispevka je opredeliti vlogo medicinske sestre in intervencije za paciente, ki imajo težave z nespečnostjo. Naloga medicinske sestre je predvsem ugotavljanje nespečnosti pacientov, poznavanje in izvajanje nefarmakoloških pristopov k zmanjšanju nespečnosti pacientov. Prav tako sta pomembni njena vloga pri izobraževanju pacientov o spalnigi in motivacija, da nove spalne navade sprejmejo in izvajajo. Medicinske sestre morajo imeti dovolj znanja in spretnosti, da lahko uspešno pomagajo pacientom, ki imajo težave z nespečnostjo.

Ključne besede: spanje, motnje spanja, higiena spanja, medicinska sestra

Sleep, Sleeping Disorders and their Treatment

The need for adequate sleep is one of the physiological functions the body needs to survive. Quality sleep is an irreplaceable requirement for healthy physical and mental functioning. Therefore, sleep hygiene tailored to each individual is important. In addition to the clinical psychologist, a competent nurse also plays an important role in the treatment of insomnia. He/She actively participates in the promotion of sleep disorders, as the modern lifestyle increases the problems of insomnia and consequently chronic diseases due to insomnia. The aim of this paper is to define the nurse's role and intervention in patients with insomnia problems. The nurse's role is primarily to identify patients' insomnia and to be aware of and implement non-pharmacological approaches to reduce insomnia in patients. Their role in educating patients about sleep hygiene and motivating them to adopt and implement new sleep habits is also important. Nurses must have sufficient knowledge and skills to successfully help patients suffering from insomnia.

Keywords: sleep, sleep disorders, sleep hygiene, nurse

Utjecaj obrazovanja na razinu kulture sigurnosti u zdravstvenoj zaštiti

Prema definiciji Health and Safety Commisison Velike Britanije »kultura sigurnosti« je okruženje koje nastaje kao proizvod individualnih i grupnih vrijednosti, stavova, percepcija, kompetencija i obrazaca ponašanja. Cilj rada bio je prikazati utjecaj obrazovanja na razinu kulture sigurnosti u zdravstvenoj zaštiti. Provedena je meta-analiza i sustavan pregled znanstvene i stručne literature iz područja obrazovanja, kvalitete zdravstvene zaštite, kulture sigurnosti i prijave neželjenih događaja. Potrebno je u temeljne kurikulume uvesti dopune s naglaskom na sigurnost i kulturu sigurnosti pacijenata. Na taj način moguće je poboljšati kulturu sigurnosti, kako bi se odgovorilo na izazove i napravilo transformaciju u sigurnu, isplativu i kvalitetnu zdravstvenu zaštitu. Zajedničkim naporima zdravstvenih djelatnika uz institucionalnu podršku moguće je poboljšati kulturu sigurnosti kako bi se odgovorilo na izazove i napravila transformacija u sigurnu, isplativu i kvalitetnu zdravstvenu zaštitu. Razmišljanje o sustavu izgradnje kulture sigurnosti trebalo bi osvijestiti već na početku obrazovanja medicinskih sestara, kako bi se postiglo razumijevanje razlika između krivnje i sistemskih pristupa prema neželjenim događajima.

Cljučne riječi: obrazovanje, kultura sigurnosti, medicinska sestra

Influence of Education on the Level of Safety Culture in Health Care

As defined by the Health and Safety Commission of Great Britain, a "safety culture" is an environment that develops as a product of individual and group values, attitudes, perceptions, competencies, and behaviours. The aim of this study was to show the impact of education on the level of safety culture in health care. A meta-analysis and systematic review of the scientific and professional literature in the field of education and quality of health care, safety culture and incident reporting was conducted. Basic curricula need to be supplemented with a focus on patient safety and safety culture. In this way, it is possible to improve the safety culture to respond to the challenges and make a change towards safe, cost effective and quality health care. Through the combined efforts of health workers with institutional support, it is possible to improve safety culture to respond to challenges and make a shift to safe, cost-effective and high-quality health care. Thinking about building a safety culture should be made conscious at the beginning of nursing education to achieve an understanding of the differences between guilt and systemic approaches to adverse events.

Keywords: education, safety culture, nurse

Izvajanje integrirane oskrbe v projektnem okolju Tržič

V projektnem okolju Tržič, Dom Petra Uzarja in konzorcijska partnerja Osnovno zdravstvo Gorenjske OE Zdravstveni dom Tržič in Lekarna Deteljica d.o.o., skupno izvajamo projekt »Preoblikovanje obstoječih mrež ter vstop novih izvajalcev za nudenje skupnostnih storitev in programov za starejše«. Storitve na terenu izvaja 24 strokovnjakov s področja fizioterapije, delovne terapije, zdravstvene nege ter drugi zdravstveni delavci in sodelavci. To nam omogoča nudenje celostne integrirane oskrbe starejših v domačem okolju, kar omogoči večji napredek vsakemu posamezniku. V domačem okolju so se pokazale velike potrebe po storitvah fizioterapije, psihološke podpore, socialnih delavk z namenom urejanja dodatka za pomoč in postrežbo ter zdravstvene nege. Na večji prepoznavnosti pridobiva tudi delovna terapija s svetovanjem v zvezi z medicinskimi pripomočki in prilagoditvami okolja. Velika prednost izvajanja integrirane oskrbe se je pokazala pri izboljšanju zdravstvenega stanja starejših v domačem okolju. Izboljšanja so predvsem na področju fizične moči in ravnotežja ter s tem zmanjšanja števila padcev. Napredek se kaže tudi v zmanjšanju upada kognitivnih funkcij. Vključitev magistra farmacije in zdravstvenih tehnikov pri pripravi in razdeljevanju zdravil zmanjšuje napake pri jemanju zdravil in posledične zaplete.

Ključne besede: zdravstvena oskrba, socialna oskrba, starejši, zdravstvena nega na domu, medpoklicno sodelovanje

Implementation of Integrated Care in the Tržič Project Environment

In the Tržič project environment, Dom Petra Uzarja and the consortium partner Osnovno zdravstvo Gorenjske OE Zdravstveni dom Tržič and Lekarna Deteljica d.o.o., we are jointly implementing the project "Transformation of existing networks and entry of new contractors for the provision of community services and programmes for the elderly". On-site services are provided by 24 experts in the field of physiotherapy, occupational therapy, nursing and other medical professionals and associates. This allows us to provide comprehensive integrated care for the elderly in the home environment, allowing for greater progress for each individual. In the home environment there was a great need for physiotherapy services, psychological support, social workers to sort out the allowance for help and care, and nursing care. Occupational therapy with counseling in relation to medical equipment and environmental adaptations is also gaining recognition. A major benefit of the implementation of integrated care has been seen in the improvement of the health of the elderly in their home environment. The improvements are mainly in the area of physical strength and balance and therefore a reduction in the number of falls. Progress has also been made in reducing decline in cognitive functions. Involving a pharmacy technician and health care professionals in the preparation and distribution of medications reduces medication errors and resulting complications.

Keywords: health care, social care, the elderly, home nursing care, interprofessional collaboration

Celostna obravnava posvojiteljev in otroka

Temeljno izhodišče strokovnih delavk in delavcev, ki delajo na področju posvojitve je, da se otroku poišče dobre starše, ki mu bodo nudili vse, kar potrebuje in ne obratno, da bi si starši izbrali otroka, ki bi bil po njihovih zahtevah, željah in merah najustreznejši. Dobra praksa socialnega dela na področju posvojitve je sestavljena iz kakovostne zakonodaje, strokovnega dela in dobre organizacije služb na tem področju. Strokovni delavci morajo tako pri svojem delu združevati teoretsko znanje, etiko stroke, zakonodajo ter potrebe in želje uporabnikov in v zvezi z njimi ohraniti zagovorniško držo. Socialno delo na področju posvojitve definiramo kot stroko, ki spodbuja socialne spremembe, reševanje problemov v človeških odnosih in opolnomočenje ter osvoboditev ljudi za to, da se doseže večje blagostanje celotne družbe. Znotraj postopka posvojitve ima pomembno vlogo tudi zdravstveni delavec oziroma medicinska sestra, ki sodeluje v samem postopku. Pomembna je njena skrb za posvojenca, biološke starše ter zdravstveno vzgojno delo pri posvojitvi. Skrb je jedro, bistvo delovanja in predstavlja osrednjo vrednoto v zdravstveni negi. Medicinska sestra mora izhajati iz dejstva, da je vsak človek edinstven, kar mora upoštevati pri spoštovanju in doživljanju dostojanstva, kar je tudi njena moralna zapoved, ki jo narekuje tudi kodeks etike.

Ključne besede: posvojitev, celostna obravnava, strokovni delavci, medicinska sestra

Integrated Treatment of Adopters and Children

The fundamental starting point of professionals working in the field of adoption is to find good parents for the child who will provide everything the child needs, not the other way around, so that the parents can choose a child who best suits their needs, desires and standards. A good practice of social work in the field of adoption consists of laws, professional work and good organisation of services in this field. Professionals must therefore combine theoretical knowledge, professional ethics, laws and the needs and wishes of the users in their work and adopt an advocacy attitude towards them. We define social work in adoption as a profession that promotes social change, solves problems in human relationships and empowers and liberates people to achieve greater well-being for society as a whole. Within the adoption process, the health worker or nurse involved in the process itself also plays an important role. Their care for the adoptee, the biological parents and their health education work during the adoption is important. Nursing care is the core, the essence of functioning and represents a central value in nursing. The nurse must start from the fact that each person is unique, which he/she must take into account when respecting and experiencing dignity, which is also his/her moral imperative also given by the code of ethics.

Keywords: adoption, integrated treatment, professionals, nurse

Različni vidiki zadovoljstva specializantov družinske medicine tekom specializacije

Zdravnik družinske medicine pri svojem delu uporablja celovit pristop in specifično reševanje problemov, ki vodi do v osebo usmerjene zdravstvene oskrbe in sočasnega obvladovanja več problemov. Zadovoljstvo zaposlenih je izrazito pozitivno emocionalno stanje posameznika, ki je rezultat načina doživljanja dela, pojmovanja in ocenjevanja stanja delovnega okolja, izkušenj pri delu ter načina občutenja vseh elementov dela in delovnega mesta. Namen naše raziskave je bil preveriti kateri vidiki zadovoljstva specializantov družinske medicine so pomembno povezani s številom specializantov pri glavnem mentorju. Raziskava je bila zasnovana kot kvantitativna presečna oblika študije. Za namen zbiranja podatkov je bil uporabljen vprašalnik, ki je bil sestavljen iz treh delov. V analizo je bilo vključenih naključno izbranih 105 od 353 (29,75 %) slovenskih specializantov družinske medicine. Ugotovili smo da je zadovoljstvo specializantov družinske medicine pomembno povezano s številom specializantov, ki so dodeljeni glavnemu mentorju, in sicer z vidika splošnega zadovoljstva z delovnimi pogoji (Kruskal-Wallisov test: $\chi^2=9,166$; $df=3$; $p=0,027$) in zadovoljstva z organiziranostjo (Kruskal-Wallisov test razlik: $\chi^2=7,165$; $df=3$; $p=0,067$). Število specializantov družinske medicine, ki so dodeljeni glavnemu mentorju, pomembno vpliva na različne vidike njihovega zadovoljstva, kar bi bilo smiselno upoštevati pri razporeditvi specializantov k glavnim mentorjem.

Ključne besede: specializant družinske medicine, zadovoljstvo, mentorstvo

Various Aspects of Satisfaction of Family Medicine Trainees during Their Training Programme

The family physician applies a comprehensive approach and specific problem solving to his or her work, resulting in person-centered health care and the simultaneous treatment of multiple problems. Employee satisfaction is a distinctively positive emotional state of an individual that results from how one experiences work, how one understands and evaluates the state of the work environment, what work experience one has and how one feels about all elements of work and the workplace. The aim of our research was to investigate which aspects of family medicine trainee satisfaction were significantly related to the number of trainees assigned to the main supervisor. Our study was designed as a quantitative cross-sectional study. A questionnaire consisting of three parts was used to collect data. 105 out of 353 (29.75%) Slovenian family medicine trainees were randomly invited to participate in our research. We found that satisfaction of family medicine trainees was significantly related to the number of trainees assigned to the main supervisor in terms of overall satisfaction with working conditions (Kruskal-Wallis test: $\chi^2=9.166$; $df=3$; $p=0.027$) and satisfaction with the organisation (Kruskal-Wallis difference test: $\chi^2=7.165$; $df=3$; $p=0.067$). The number of family medicine trainees allocated to the main supervisor has a significant impact on various aspects of their satisfaction, which should be meaningfully considered when allocating trainees to main supervisors.

Keywords: family medicine trainees, satisfaction, mentoring

Uporaba negativnega tlaka pri zdravljenju kronične rane

Oskrba in zdravljenje kroničnih ran predstavlja velik izziv specialistom po celem svetu. Prav tako kronične rane predstavljajo veliko psihofizično breme pacientom ter finančno breme zdravstvenim ustanovam, zaradi česar obstajajo težnje k odkritju najbolj optimalnega zdravljenja kroničnih ran. Ker se število prebivalcev, starejših od 60 let, povečuje, odstotek kroničnih ran strmo narašča. Da bi se to breme zmanjšalo, je izrednega pomena zdravljenje kroničnih ran na najsodobnejši način. Na tržišču se pojavljajo številne nove metode, ki od zdravstvenega osebja zahtevajo kontinuirano izobraževanje s področja oskrbe ran. Kadar so le-te neuspešne, pa se lahko poslužujemo sodobnejših metod. V devetdesetih letih dvajsetega stoletja je bila odkrita nova metoda, ki danes velja za zlati standard celjenja ran - zdravljenje ran z negativnim tlakom. Terapija z negativnim tlakom je neinvazivna oblika terapije, ki se uporablja za zdravljenje akutnih ali kroničnih ran. S pomočjo posebne naprave ustvarja kontroliran negativni tlak in s tem pospešuje sekundarno celjenje tako, da ustvarja za to idealno okolje. V prispevku je predstavljen princip delovanja terapije z negativnim tlakom in nekatere raziskave, v katerih so preverjali uspešnost te metode.

Ključne besede: kronična rana, negativni tlak, sodobne metode

Use of Negative Pressure in the Treatment of Chronic Wounds

The care and treatment of chronic wounds is a major challenge for specialists around the world. Moreover, chronic wounds place a great psychophysical burden on patients and a financial burden on medical institutions, so there is a tendency to find the most optimal treatment for chronic wounds. As the population is over 60 years old, the percentage of chronic wounds is increasing sharply. To reduce this burden, it is extremely important to treat chronic wounds in the most modern way. There are many new wound dressings coming on the market that require continuing education of medical professionals in the field of wound care. When these are unsuccessful, we can use more modern methods. In the 1990s, a new method was discovered that is now considered the gold standard of wound healing - the treatment of negative pressure wounds. Negative pressure therapy is a non-invasive form of therapy used to treat acute or chronic wounds. Using a special device, it creates a controlled negative pressure, accelerating secondary healing by creating an ideal environment for it to occur. The paper presents the principle of negative pressure therapy and some research in which the effectiveness of this method has been tested.

Keywords: chronic wound, negative pressure, modern methods

Analiza koncepta holistične zdravstvene nege in razlogi za neizvajanje

Koncept holistične zdravstvene nege je koncept katerega lastnost je, da povezuje vse štiri koncepte metaparadigme (človek, okolje, zdravje in zdravstvena nega) v smiselno celoto. Holistična zdravstvena oskrba je širok pojem, a v grobem je celovita oskrba, ki temelji na ideji holizma in poudarja, da je človek združena celota. Na vsakem koraku izvajanja zdravstvene nege se poudarja celosten pristop k človeku, a izvajalci zdravstvene nege le malokrat vemo kaj vse ta celostni koncept zajema. Namen prispevka je na podlagi pregleda literature analizirati in predstaviti koncept holistične zdravstvene nege in holistično medicinsko sestro. Raziskava temelji na študiji primera. Na podlagi intervjuja z diplomirano medicinsko sestro v referenčni ambulanti družinske medicine, smo želeli ugotoviti pomen celostne obravnave pacienta in opredeliti razloge za morebitno neizvajanje tovrstne obravnave. Rezultati kažejo, da ni jasne definicije holistične zdravstvene oskrbe, ki bi specifično in natančno ter nedvoumno opredeljevala ta proces. Za izvajanje omenjenega koncepta medicinske sestre potrebujemo znanje in čas. Glavni razlog za neizvajanje holistične zdravstvene oskrbe še vedno ostaja pomanjkanje časa, sledi mu finančna odvisnost ustanove, osebnost pacienta in izvajalca ter po pričanju literature izvajalčevo pomanjkanje strokovnega znanja.

Ključne besede: koncept, holistična zdravstvena nega, holistična medicinska sestra, celostni pristop

Analysis of the Concept of Holistic Nursing and Reasons for Non-Implementation

The concept of holistic nursing care is a concept whose characteristic is to combine all four concepts of the metaparadigm (human, environment, health and nursing care) into a meaningful whole. Holistic nursing care is a broad concept, but in broad terms it is comprehensive care based on the idea of holism and emphasising that the human being is a unified whole. A holistic approach to the person is emphasised in every step of nursing practice, but nurses rarely know what this holistic concept encompasses. The purpose of this article is to analyse and present the concept of holistic nursing care and holistic nurse based on a literature review. The research is based on a case study. An interview was conducted with a nurse in the family medicine reference clinic. We aimed to determine the importance of providing holistic treatment to the patient and to identify the reasons for possible non-implementation of such treatment. The results show that there is no clear definition of holistic nursing care that would specifically, precisely and unambiguously define this process. Nurses need knowledge and time to implement the mentioned concept. The main reason for not providing holistic nursing care is still lack of time, followed by financial dependence of the institution, personality of the patient and the provider. According to the literature, it is also due to the lack of expertise of the provider.

Keywords: concept, holistic nursing care, holistic nurse, holistic approach

Telesna dejavnost in pomen za zdravje

Telesna dejavnost ima zelo pomembno vlogo v vseh življenjskih obdobjih. Potrebna je za socialni, biološki in mentalni razvoj ter za ohranjanje vitalnosti in varovanje pred različnimi boleznimi. Človeško telo je ustvarjeno za gibanje zato redna telesna vadba predstavlja temelj zdravega življenjskega sloga. Za zdravje potrebujemo uravnoteženo, varno in učinkovito telesno dejavnost, ki naj bo tudi primerno izvajana glede na intenzivnost, pogostost kot tudi glede trajanje same dejavnosti. V današnjih časih je sedeč življenjski slog vse bolj razširjen, kar se lahko na različne načine kaže na človeškem organizmu. Uporabili smo kvantitativno metodo zbiranja podatkov. Za zbiranje podatkov smo izbrali anketni vprašalnik, ki je vseboval dva sklopa. Prvi sklop je zajemal demografske podatke anketirancev, drugi sklop pa je vseboval pet vprašanj zaprtega tipa. Z anketo smo ugotovili, da se anketiranci redno ukvarjajo s športom, vendar ne obiskujejo organiziranih oblik vadbe. Telesna dejavnost ima za vsakega človeka veliko pozitivnih učinkov tako na psihično kot na fizično zdravje. Priporočljivo je, da vzorec zdravega življenjskega sloga z dovolj telesne dejavnosti izvajamo in spodbujamo vseh okoljih kjer živimo, delamo, se družimo. Pri telesni vadbi mora človek uživati, se sprostiti in mu ne sme predstavljati mučenja in stresa.

Ključne besede: telesna dejavnost, zdrav življenjski slog, zdravje, skrb za zdravje

Physical Activity and Importance for Health

Physical activity is important at all stages of life. It is important for social, biological and mental development and also for maintaining vitality and protecting against disease. The human body is made for movement, so regular exercise is the foundation for a healthy lifestyle. For our health we need balanced, safe and effective physical activity which should be done properly in terms of intensity, frequency and also duration of activity. Sedentary lifestyle is more and more prevalent nowadays, which can affect the human body in various ways. In our research paper we have used a quantitative method of data collection. To collect the results, we selected a questionnaire that contained two sets. The first set included demographic data of the respondents and the second set contained seven closed-type questions. During the survey, we found that the respondents exercise regularly but do not participate in organised physical activity programmes. Physical activity has many positive effects on everyone's mental and physical health. A healthy lifestyle with sufficient physical activity should be implemented and encouraged in the environments where we live, work and socialise. During physical activity, a person should enjoy, relax and not be tormented and stressed.

Keywords: physical activity, healthy lifestyle, health, health care

Praktični pouk v času epidemije covid-19

Učitelji praktičnega pouka na srednjih šolah smo vsakodnevno izpostavljeni odgovornosti za dijake na praktičnem pouku. Zadnji dve leti se je odgovornost povečala v veliki meri zaradi prisotnosti virusa SARS-CoV-2. Opravljanje praktičnega pouka izvajamo v kliničnem okolju. Naše klinično okolje predstavlja Splošna bolnišnica Celje, ki je bila v največjem izbruhu tudi bolnišnica za bolnike okužene s covidom. Dijaki so v učnem procesu in mentorji jih moramo usmerjati pri izvajanju intervencij zdravstvene nege kar je za njih zelo težko. Prisotnost virusa pa delo še poveča in prav zaradi tega smo bili nekaj časa odrezani od izvajanja praktičnega pouka iz kliničnega okolja in smo ga izvajali v specializiranih učilnicah. Vmitev v klinično okolje pa je za vse predstavljala velik strah in neznano okolje ter dosledno upoštevanje varnostnih ukrepov in testiranja. Prilagajati se moramo naravi dela in vključevati v proces dela na oddelkih. Število dijakov pri enem učitelju je določeno po pravilniku o normativih in standardih za izvajanje izobraževalnih programov in vzgojnega programa na področju srednjega šolstva. Normativi se niso spremenili in število dijakov se ni zmanjšalo. V prispevku je predstavljena organizacija praktičnega pouka za dijake srednje zdravstvene šole v času epidemije in odgovornost, ki jo v tej situaciji prevzemajo učitelji praktičnega pouka.

Ključne besede: dijak, učitelj praktičnega pouka, praktični pouk, covid-19

Practical Lessons in the Time of Covid-19

Teachers who teach practical lessons in secondary schools are faced daily with the responsibilities for pupils in practical lessons. In the last two years, the responsibility has increased mainly due to the emergence of the SARS-CoV-2 virus. Practical classes take place in a clinical environment. Our clinical environment is represented by the Celje General Hospital, which was also the hospital for patients infected with Covid during the largest outbreak. The students are in the process of learning and the mentors have to guide them in performing nursing procedures, which is very difficult for them. The presence of the virus increases the workload and so for some time we were unable to do practical teaching in the clinical environment but had to do it in dedicated classrooms. However, returning to the clinical environment meant great fear and an unfamiliar environment for everyone, as well as strict adherence to safety measures and testing. We have to adapt to the nature of the work and be involved in the work process of the department. The number of students per teacher is determined by the rules on norms and standards for the implementation of educational programmes and the educational programme at the secondary education. The standards have not changed and the number of students has not decreased. The paper presents organisation of practical lessons for nursing students in secondary school and responsibility of a teacher of practical lessons during Covid-19.

Keywords: student, teacher of practical lessons, practical teaching, Covid-19

Etično odločanje v zdravstveni negi

Etična načela in pravila kodeksov predstavljajo vodilo pri razvijanju profesionalnih etičnih, moralnih stališč ter vrednot, podlago za etično odločanje, pomoč pri obrazložitvi etičnih odločitev ter omogočajo etičnost strokovnega dela. Etično odločanje predstavlja splet kognitivnih in čustvenih procesov. Izveden je bil pregled literature v slovenskem in angleškem jeziku preko podatkovne zbirke Google Učenjak in podatkovnih baz bibliografskega sistema virtualne knjižnice Slovenije COBISS, Cumulative Index to Nursing and Allied Health Literature - CIHAHL/EBSCO Host in Pubmed. Pri iskanju literature je bil upoštevan časovni kriterij starost literature (od 2011 do 2021) in vključitev izvirmih znanstvenih, preglednih in strokovnih člankov. Literatura ponuja dovolj informacij o pomenu etike in upoštevanju etičnih načel ter pravil. Manj pozornosti je namenjeno modelom etičnega odločanja v zdravstveni negi. Modeli etičnega odločanja predstavljajo pomembno orodje za pomoč pri iskanju rešitev znotraj etičnih problemov in dilem. Literatura opisuje različne modele etičnega odločanja, ki so sestavljeni iz posameznih stopenj/korakov v odločanju. Etično odločanje je pomemben vidik pri iskanju rešitev pri obravnavi etičnih problemov in etičnih dilem. Ugotovitve raziskave prispevajo k prepoznavanju pomena etičnega odločanja v zdravstveni negi. Pomembno bi bilo podrobneje raziskati posamezne modele etičnega odločanja.

Ključne besede: etika, zdravstvena nega, modeli etičnega odločanja

Ethical Decision Making in Nursing

Ethical principles and code rules provide guidelines for the development of professional ethical and moral views and values and are a basis for ethical decision-making processes. They help to justify ethical decisions and enable ethical professional practice. Ethical decision making represents a network of cognitive and emotional processes. The literature review was conducted in the Slovenian and English using the Google Scholar database and the databases of the Virtual Library of Slovenia bibliographic system COBISS, Cumulative Index to Nursing and Allied Health Literature - CIHAHL/EBSCO Host and Pubmed. The literature search considered literature published between 2011 and 2021, original scientific articles, reviews and professional articles. The literature provides sufficient information on the significance of ethics and the consideration of ethical principles and rules. Less attention has been paid to models of ethical decision making in nursing. Models of decision making are an important tool in finding solutions to ethical problems and dilemmas. Various models of ethical decision making have been described in the literature, encompassing individual levels/steps in the decision-making process. Ethical decision making is an important aspect in the search for solutions to ethical issues and dilemmas. The research findings help to recognise the importance of ethical decision making in nursing. Future research should focus on a detailed investigation of each decision-making model.

Keywords: ethics, nursing, ethical decision-making models

Stereotipi, predsodki in vrednotni sistem študentov zdravstvene nege

Med študenti zdravstvene nege se lahko pojavljajo stereotipi in predsodki, ki tudi na kliničnem usposabljanju ali (kasneje) na delovnem mestu vodijo do neenake obravnave ali celo do diskriminacije pacientov. Namen raziskave je preučiti stereotipe, predsodke in vrednote študentov študijskega programa Zdravstvena nega na UNM FZV. Zastavili smo si sedem ciljev, iz katerih smo določili raziskovalna vprašanja. Raziskava temelji na kvantitativnem raziskovalnem pristopu. Za zbiranje podatkov je bilo uporabljeno spletno anketiranje, ki je potekalo maja in junija 2021. Anketo je izpolnilo 106 študentov, od tega 22 % študentov in 78 % študentk, 22 % študentov prvega, 35 % drugega in 43 % tretjega letnika ter 58 % rednega in 42 % izrednega študija. Študenti v povezavi s stereotipi in predsodki niso izražali izrazito negativnih ali izrazito pozitivnih stališč, so pa izrazili veliko strinjanje s trditvijo, da imajo diplomirane medicinske sestre/diplomirani zdravstveniki v družbi nižji ugled od zdravnikov. Kot najpomembnejšo vrednoto so študenti izpostavili zdravje, sledijo partnersko in družinsko življenje, varnost in mir, finančna stabilnost ter pravo prijateljstvo.

Ključne besede: tipizirane sodbe, nepreverjena stališča, neenaka obravnava

Stereotypes, Prejudices and the Value System of Nursing Students

Stereotypes and prejudices can arise among nursing students, which can also lead to unequal treatment or even discrimination against patients in clinical training or (later) in the workplace. The aim is to examine the stereotypes, prejudices and values held by undergraduate nursing students UNM FHS. We set seven objectives against which we set research questions. The research is based on a quantitative research approach. An online survey conducted in May and June 2021 was used to collect data. The survey was completed by 106 students, 22% male and 78% female, 22% first-year students, 35% second-year students and 43% third-year students, and 58% full-time students and 42% part-time students. Students were neither outspokenly negative nor outspokenly positive about stereotypes and prejudice, but strongly agreed with the statement that graduate nurses have a lower standing in society than doctors. Students emphasised health as the most important value, followed by partner and family life, safety and peace, financial stability and true friendship.

Keywords: typified judgments, unverified opinions, unequal treatment

Stupanj anksioznosti u LGB osoba

Cilj istraživanja je ispitati razinu anksioznosti homoseksualne populacije, te u kojim područjima njihovog života se ona najviše javlja i ispitati stavove i mišljenja heteroseksualne populacije prema LGBT+ osobama kako bi se pokazalo ima li skupina pozitivno ili negativno mišljenje. Istraživanje je provedeno anonimno putem interneta. Za ovo istraživanje koristile su se dvije ankete, jedna namijenjena za skupinu homoseksualnih osoba, a druga namijenjena heteroseksualnoj skupini. U prvoj skupini (homoseksualna skupina ispitanika) sudjelovale su 84 osobe, od toga 36 muškaraca (45 %), te 46 žena (55 %), dok se druga skupina (heteroseksualna skupina ispitanika) sastoji od 162 ispitanika, od toga 46 muškaraca (28 %), te 116 (72 %) žena. Istraživanje je pokazalo da su homoseksualni muškarci suspektiji na razvitak anksioznog poremećaja od homoseksualnih žena. Najveću problematiku prikazuje otvorenost homoseksualne osobe o svojoj seksualnoj orijentaciji, jer ona može uvelike utjecati na razinu anksioznosti pojedinca. Stavovi populacije unutar istraživanja su pretežno pozitivni, što daje dobru podlogu za napredak odnosa homoseksualne populacije s ostatkom društva.

Ključne riječi: aksioznost, homoseksualnost, seksualna orijentacija

Level of Anxiety in LGB People

The purpose of this study is to examine the extent of anxiety in the homosexual population and to find out in which areas of their lives it is most prevalent. Additionally, we aim to explore the heterosexual population's opinions and ways of thinking about the LGBT+ community to find out whether the group has a positive or negative opinion. The research was conducted anonymously through the Internet. Two questionnaires were used in this research, one for the homosexual group and one for the heterosexual group. In the first group (homosexual group) 84 people participated, 36 men (45%) and 46 women (55%). The second group (heterosexual group) consisted of 162 subjects, 46 men (28%) and 116 women (72%). Research has shown that homosexual men are more susceptible to developing anxiety disorder than lesbians. The biggest problem is the openness of homosexual people about their sexual orientation, because it can significantly affect the development of an anxiety disorder in a person. The opinions of society gathered in this study are mostly positive, which is a good basis for progress in relations between the homosexual population and the rest of society.

Keywords: anxiety, homosexuality, sexual orientation

Predpisovanje zdravil v času epidemije covid-19 v letu 2020

Leto 2020 je zaznamovala pandemija bolezni covid-19, ki je močno posegla v naše delo, življenjski slog, duševno zdravje, vplivala pa je tudi na predpisovanje in izdajanje zdravil, predvsem v prvem valu epidemije. Namen retrospektivne opazovalne raziskave je bil analizirati mesečno porabo ambulantno predpisanih zdravil v letu 2020 in jo primerjati z enakimi mesečnimi obdobji v letu 2019. Podatke o predpisanih zdravilih smo analizirali po anatomsko-terapevtsko-kemični klasifikaciji (ATC metodologiji) v definiranih dnevni odmerkih na 1000 prebivalcev na dan (DID). Vsaj en recept za zdravila za zdravljenje peptične razjede in gastroezofagealne refluksne bolezni (gerb) (A02B) je maja 2020 prejelo 23 % oseb več kot v enakih mesecih preteklega leta, vsaj en recept za zdravila za zdravljenje diabetesa (A10) je prejelo 39 % več oseb, zdravila za spreminjanje ravni serumskih lipidov (C10) je maja 2020 prejelo 46 % več oseb, antihipertenzive (C08, C09) je prejelo 42 % več oseb, medtem ko je zdravila za sistemsko zdravljenje bakterijskih infekcij (J01) prejelo v aprilu in maju 2020 40 % oz. 46 % manj kot v enakem obdobju leta 2019. Na podlagi rezultatov lahko sklepamo, da je predpisovanje vseh zdravil, razen zdravil za sistemsko zdravljenje bakterijskih okužb (J01) naraslo v maju 2020, tik ob koncu prvega vala epidemije covid-19 tudi v obdobju, ko so lekame lahko izdale zdravilo samo za obdobje enega meseca.

Ključne besede: epidemija, bolezen covid-19, predpisovanje zdravil, definirani dnevni odmerki

Prescribing Medications during the Covid-19 Epidemic in 2020

The year 2020 was marked by the Covid-19 pandemic, which greatly affected our lifestyle, mental health and also the prescribing and dispensing of medications, especially during the first wave of the epidemic. The purpose of the retrospective observational study was to analyse the monthly consumption of outpatient medications in 2020 and compare it to the same monthly periods in 2019. Prescribed medication data were analysed using the anatomical-therapeutic-chemical classification (ATC/DDD methodology) in defined daily doses per 1000 inhabitants per day (DDD/TID). In May 2020, 23% more people received at least one prescription for medications to treat peptic ulcer (gerb) (A02B), 39% more people received medications to treat diabetes (A10), 46% more people received a prescription for serum lipid-modifying medications (C10) and 42% more people received antihypertensive medications (C08, C09) than in the same months a year earlier. The number of people who received medications for systemic treatment of bacterial infections (J01) in April and May 2020 decreased by 40% and 46%, respectively, compared to the same period in 2019. From the results, it can be concluded that the prescription of all medications except medications for systemic treatment of bacterial infections (J01) increased in May 2020, exactly at the end of the first wave of the Covid-19 epidemic, during the period when pharmacies could only dispense the medication for one month.

Keywords: epidemic, Covid-19 disease, medication prescribing, defined daily doses

Vpliv sedečega delovnega mesta na hrbtenico pri pedagoških delavcih

V preteklosti je bilo gibanje ključno za preživetje. Dandanes sodobni način življenja postaja vse bolj sedeč in nedejaven. Dolgotrajno, nepravilno in neprekinjeno sedenje brez odmora povezujemo z razvojem različnih motenj, povezanih z zdravjem in nastankom kroničnih nenalezljivih bolezni. Vpliva lahko celo tako na splošno umrljivost kot tudi na umrljivost zaradi srčno-žilnih bolezni. Sedeče delovno mesto je pogosto povezano z mišično-skeletnimi bolečinami v spodnjem delu hrbta. Za spremembo neprekinjenega načina sedenja mora vsak posameznik prispevati ne samo z željo temveč tudi z aktivno vključitvijo. Za vadbo na delovnem mestu bi vsak posameznik porabil manj časa kot za kavo. Z raziskavo smo želeli preučiti vplive sedečega delovnega mesta pri pedagoških delavcih. Zanimalo nas je v kolikšni meri prekinjajo sedeč način na delovnem mestu, kolikokrat so občutili bolečine v hrbtenici, če sploh in kako izkoriščajo prosti čas. S kvalitativnim raziskovalnim pristopom smo na vzorcu pedagoških delavcev Fakultete za zdravstvene vede proučili kakšen je vpliv sedečega načina delovnega mesta na njihovo telo.

Ključne besede: sedeče delovno mesto, bolečine v hrbtu, pedagoški delavci

Influence of the Sedentary Workplace on the Spine in Pedagogical Workers

In the past, exercise was the key to survival. Today, modern lifestyles are becoming increasingly sedentary and inactive. Prolonged, irregular and uninterrupted sitting without a break has been linked to the development of various health disorders and chronic non-communicable diseases. It may even affect both overall mortality and cardiovascular mortality. The sedentary workplace is often associated with musculoskeletal pain in the lower back. To change the constant sitting, each individual must contribute not only with desire but also with active participation. Each individual would spend less time exercising at work than drinking coffee. The aim of this research was to investigate the effects of sedentary workplaces among pedagogical workers. We were interested in the extent to which they interrupted the sedentary mode at work, how often they experienced back pain, if at all, and how they used their free time. Using a qualitative research approach, we investigated the effects of a sedentary workplace on their bodies in a sample of pedagogical workers at the Faculty of Health Sciences.

Keywords: sedentary workplace, back pain, pedagogical workers

Minerali in vitamini, kdaj in koliko pri starostnikih

S staranjem se potrebe po določenih hranilih spreminjajo, številni starostniki pa se soočajo z različnimi boleznimi, ki prizadenejo njihove prehranjevalne navade. Vse to vpliva na vsebnost mineralov in vitaminov v telesu. V prvi vrsti lahko to storijo s prehrano, če pa to ni mogoče so na voljo različni dodatki. Ocena prehranskega stanja starostnika, bi morala biti vodilo svetovanja usposobljenih zdravstvenih delavcev. V prehrani starostnika pa sta najpomembnejša minerala železo in kalcij, vitamini pa A, vitamin B12, vitamin B6, vitamin C, vitamin D in vitamin E. Svetovanje prehranskega dopolnila starostnikom, za nadomeščanje mineralov ali vitaminov, mora biti prilagojeno posameznikovim dejanskim potrebam. V zdravstveno vzgojnem procesu je pomembno, da se starostnika primerno informira z verodostojnimi podatki, dejstvi, tveganji in varni uporabi prehranskega dopolnila mineralov ali vitaminov. Vsekakor pa v prvi vrsti ostaja cilj zdravstvene vzgoje spodbujanje primeme, raznolike zdrave prehrane.

Ključne besede: minerali, vitamini, starostniki

Minerals and Vitamins, When and How Much in the Elderly

As we age, our need for certain nutrients changes, and many seniors deal with a variety of illnesses that affect their eating habits. All of this affects the level of minerals and vitamins in the body. You can do this primarily through diet, but if this is not possible, there is a variety of supplements available. Assessment of the nutritional status of the elderly should guide advice from qualified healthcare professionals. The most important minerals in the diet of the elderly are iron and calcium, and vitamins A, vitamin B12, vitamin B6, vitamin C, vitamin D and vitamin E. Advice on supplements for the elderly to replace minerals or vitamins must be tailored to the actual needs of the individual. In health education, it is important to adequately inform the elderly with credible data, facts, risks and safe use of a mineral or vitamin supplement. In any case, the promotion of an appropriate, varied and healthy diet remains of paramount importance.

Keywords: minerals, vitamins, the elderly

Ukrepi in zdravstveni sistemi v prvem valu pandemije covid-19

V prispevku bo narejen pregled izvajanja ukrepov v času prvega vala pandemije covid-19. Poudarek bo na tem kako so se zdravstveni sistemi po različnih državah (Kitajska, Italija, Španija in Švedska) spopadali z izrednimi razmerami. Pobude Svetovne zdravstvene organizacije, Nacionalnega centra za informacije o biotehnologiji (National Center for Biotechnology Information - NCBI), Organizacije za gospodarsko sodelovanje in razvoj (Organisation for Economic Co-operation and Development – OECD) in drugih organizacij v zadnjih 15 letih so po vsem svetu vzbudile zanimanje za merjenje uspešnosti zdravstvenih sistemov med državami in znotraj držav. Glavni in najpomembnejši cilj katerega koli zdravstvenega sistema je splošno sprejet, in to je izboljšanje zdravja. Ker zdravje določajo številni dejavniki, vključno z dejavniki, ki niso povezani z zdravstveno oskrbo, kot sta onesnaževanje okolja in spremembe zdravstvenega stanja, ne moremo vseh pripisovati le uspešnosti zdravstvenega sistema. Zato se mora merilo uspešnosti zdravstvenega sistema osredotočiti na izvajanje zdravstvenih intervencij za posameznike v stiski, ker je to ključni proces, s katerim lahko zdravstveni sistemi prispevajo k izboljšanju zdravja prebivalstva in k zmanjšanju neenakosti v zdravju. Poleg izboljšanja zdravja je še ena bistvena naloga zdravstvenega sistema zmanjšanje finančnih ovir za dostopnost zdravstvene oskrbe, zlasti za zaščito gospodinjstev pred visokimi stroški.

Ključne besede: covid-19, zdravstveni sistem, ukrepi

Interventions and Health Systems in the First Wave of the Covid-19 Pandemic

This paper examines the implementation of interventions during the first wave of the Covid-19 pandemic. The focus is on how health systems in each country (China, Italy, Spain and Sweden) dealt with the emergency. Initiatives by the World Health Organization, the National Center for Biotechnology Information (NCBI), the Organisation for Economic Co-operation and Development (OECD), and other organisations over the past 15 years have generated global interest in measuring health systems performance between and within countries. The most important and significant goal of any healthcare system is widely recognised: to improve health. Since health is determined by a number of factors, including factors unrelated to health care, such as environmental pollution and changes in health status, not all of these can be attributed to health system performance alone. Therefore, measurement of health system performance should focus on the delivery of health interventions to people in need, as this is a key process through which health systems can contribute to improving population health and reducing health inequalities. In addition to improving health, another essential role of health systems is to reduce financial barriers to accessing health care, especially to protect households from high costs.

Keywords: Covid-19, health system, measures

Projekt Well@School: razvijanje izobraževalnega programa za spodbujanje duševnega zdravja in dobrega počutja v šolah

Duševno zdravje je pomemben temelj zdravega odraščanja, v zadnjem obdobju pa strokovnjaki opažajo porast težav z duševnim zdravjem pri osnovnošolskih otrocih. Osrednji cilj projekta Erasmus+ Well@School, v katerem sodelujejo partnerji iz petih evropskih držav, je razvoj nove platforme za odprt dostop specifičnih znanj za medicinske sestre in druge strokovne delavce, ki delajo s šolsko populacijo otrok. V začetni fazi projekta so bile izvedene fokusne skupine s ciljem pridobiti mnenja oseb, ki delajo na področju zdravstvene vzgoje in preventive, o potrebnih kompetencah in predlogih za razvoj digitalne platforme na področju duševnega zdravja. V fokusne skupine je bilo vključenih 15 strokovnjakov: učitelji, svetovalne delavke, psihologinje, medicinske sestre. V pogovorih so izpostavili ključne probleme na področju duševnega zdravja, s katerimi se srečujejo učenci, katere kompetence so ključne za promocijo duševnega zdravja v osnovnih šolah, kako bi bilo potrebno dopolniti podiplomsko visokošolsko izobraževanje strokovnjakov, ki delajo na področju promocije duševnega zdravja osnovnošolskih otrok, kateri so po njihovih izkušnjah najučinkovitejši načini za spodbujanje duševnega zdravja in katere digitalne metode bi lahko prispevale k spodbujanju duševnega zdravja otrok. V prispevku predstavljamo izsledke raziskave, ki smo jo izvedli v JV Sloveniji, na osnovi izsledkov v vseh partnerskih državah pa je v pripravi spletni izobraževalni program.

Ključne besede: duševno zdravje, osnovnošolci, kompetence strokovnih delavcev, izobraževalni program

Well@School Project: Developing an Educational Programme to Promote Mental Health and Well-Being in Schools

Mental health is an important foundation for growing up healthy. However, experts are noticing an increase in mental health problems among primary school children. The main goal of the Erasmus+ Well@School project, involving partners from five European countries, is to develop a new platform for open access to specific skills for nurses and other professionals working with school children. In the initial phase of the project, focus groups were conducted with the aim of obtaining the opinions of people working in the field of health education and prevention on the skills needed and suggestions for the development of a digital platform in the field of mental health. 15 experts participated in the focus groups: teachers, counsellors, psychologists and nurses. During the discussions, they highlighted the key mental health issues faced by students, what competencies are crucial for mental health promotion in primary schools, how to supplement postgraduate higher education of professionals working in the field of mental health promotion for primary school children, what are the most effective ways to promote mental health and what digital methods could contribute to the promotion of children's mental health. In this paper we present the results of a survey conducted in SE Slovenia. Based on the results in all partner countries, an online educational programme is currently being prepared.

Keywords: mental health, primary school pupils, competencies of professionals, educational programme

Ispitivanje oštećenja vida kod školske djece na prostoru općine Vitez

Razvoj oka i djetetovih vidnih sposobnosti predstavlja dinamičan proces koji se nastavlja i nakon rođenja. Slabovidnost je najčešće oštećenje vida kod djece i vodeći uzrok sljepoće na jednom oku, bez prisutne vidljive bolesti oka, zbog čega se djeca u pravilu ne žale na smetnje vida. Cilj rada je utvrditi prevalencu poremećaja vida kod školske djece na području općine Vitez u odnosu na dob i spol. Tokom 2018.–2019. godine na području općine Vitez proveden je skrining vida kod djece od 1.–5. razreda osnovne škole, kojim je obuhvaćeno ukupno 986 učenika. Za ispitivanje oštine vida koristio se Snellenov optotip na tri metra. Učenicima kod kojih su uočena odstupanja od uobičajenih vrijednosti preporučena je daljnja dijagnostička pretraga. Od ukupnog broja učenika njih 99 (10,04 %) je upućeno oftalmologu, tj. 48 (48,48 %) dječaka i 51 (51,51 %) djevojčica. Od tog broja najveći udio učenika je uzrasta 7 godina, tj. 34 (34,34 %). Tokom istraživanja 63 (6,39 %) učenika je nosilo naočale prije skrininga. Kako se kod slabovidnosti radi o gubitku vida koji je preventivnim mjerama moguće izliječiti u preko 90 %, potrebno je pravovremeno provoditi dijagnostičko testiranje kako bi i liječenje bilo pravovremeno.

Gljučne riječi: oštećenje vida, skrining, školska djeca, unapređenje zdravlja

Examination of Visual Impairment among School Children in the Municipality of Vitez

The development of the eye and visual abilities of the child is a very dynamic process that continues even after birth. Myopia is the most common visual impairment in children and the leading cause of blindness in one eye, without any visible eye disease. This is the reason why children generally do not complain of vision problems. The aim of the study is to determine the prevalence of visual impairment among school children in Vitez municipality according to age and gender. In 2018–2019, vision screening was conducted in the area of Vitez municipality for children from 1st to 5th grade of primary school, which included a total of 986 pupils. The three-metre Snellen optotype was used to examine visual acuity. Further diagnostic tests are recommended for students with deviations from normal values. Out of the total number of students, 99 of them (10.04%) were referred to an ophthalmologist, 48 (48.48%) boys and 51 (51.51%) girls. Out of this number, most of the students were 7 years old, 34 (34.34%). During the study, 63 (6.39%) students were wearing glasses before screening. Visual impairment can be cured in more than 90% of cases by preventive measures and it is necessary to conduct timely diagnostic tests to provide timely treatment.

Keywords: visual impairment, screening, prevention, health promotion

Vrhni menedžment javnih zdravstvenih zavodov potrebuje specifičen izobraževalni program

Delovno mesto v vrhnjem menedžmentu od posameznika zahteva široko paleto znanj, pridobljenih s formalnimi ali neformalnimi izobraževanji. Od vrhnjega menedžmenta javnih zdravstvenih zavodov, kamor uvrščamo direktorje zavodov, strokovne direktorje in pomočnike direktorjev za zdravstveno nego se pričakuje, da imajo osnovna znanja s področja ekonomije, menedžmenta, zakonodaje, medicine in zdravstvene nege, v Sloveniji pa trenutno ni formalnega izobraževalnega programa druge stopnje, ki bi zadovoljil in pokrila omenjene vsebinske potrebe. S kvantitativnim pristopom raziskovanja smo izvedli raziskavo, na katero se je od vseh 216 zaposlenih v vrhnjem menedžmentu javnih zdravstvenih zavodov v Sloveniji odzvalo 146 (67,6 %) zaposlenih, od tega 52 (35,6 %) direktorjev zavodov, 21 (14,3 %) strokovnih direktorjev in 66 (45,2 %) pomočnikov direktorjev za zdravstveno nego, medtem ko jih sedem (4,7 %) svojega položaja ni opredelilo. Ugotovljamo, da zaposleni v vrhnjem menedžmentu izražajo jasno potrebo po specifičnih znanjih, ki jih med lastnim formalnim izobraževanjem, niso pridobili. Kar 96,6 % (141) anketiranih tudi meni, da v Sloveniji potrebujemo nov program ali vsaj kombinacijo obstoječih programov, ki bi vključeval tako vsebine menedžmenta kot ekonomije, zakonodaje, medicine in zdravstvene nege. Menimo, da bi s tem zapolnili vrzel v znanju zaposlenih v vrhnjem menedžmentu javnih zdravstvenih zavodov, ki so odgovorni za kakovostno menedžiranje zavodov in vodenje zaposlenih.

Ključne besede: vrhni menedžment, javni zdravstveni zavod, nov izobraževalni program

Top Management of Public Health Institutions Needs a Specific Educational Programme

A top management position requires a person to have a wide range of skills acquired through formal or non-formal education. The top management of public healthcare institutions, which includes directors of institutions, professional directors and deputy nursing directors, is expected to have basic knowledge of economics, management, legislation, medicine and nursing, but there is currently no formal second-level educational programme in Slovenia that meets and covers the above content requirements. Using a quantitative research approach, we conducted a survey to which 146 (67.6%) of the 216 top management employees of public healthcare institutions in Slovenia responded. Of these, 52 (35.6%) were directors of institutions, 21 (14.3%) were professional directors, and 66 (45.2%) were deputy directors of healthcare institutions, while seven (4.7%) did not define their position. We find that top management employees express a clear need for specific skills that they did not acquire during their own formal education. 96.6% (141) of respondents also believe that Slovenia needs a new programme, or at least a combination of existing programmes, that includes management content as well as business, law, medicine, and nursing. We believe that this would fill the knowledge gap of top management of public healthcare institutions, which is responsible for quality management of institutions and management of employees.

Keywords: top management, public health institutions, new education programme

Promocija samo-oskrbe pacienta s kronično boleznijo

Upravljanje s kronično boleznijo pri starejših ljudeh je kompleksno in zahteva različne strategije. Cilj študije je preučiti ovire za učinkovito samo-oskrbo in strategije, ki presegajo tradicionalno izobraževanje in spodbujajo samo-učinkovitost pri bolnikih s kronično boleznijo. Raziskovalna vprašanja so bila naslednja: (a) Kakšne so ovire za učinkovito samo-oskrbo pri pacientih s kronično boleznijo? in (b) Kakšne so lahko netradicionalne strategije in pristopi medicinskih sester za spodbujanje samo-oskrbe pacientov s kronično boleznijo? Izvedli smo sistematični pregled literature. Zbiranje podatkov je potekalo s pomočjo podatkovnih baz CINAHL, Google Scholar, Health Source, Academic Search Complete in PsycARTICLES. Sinteza in tematske analize so bile izvedene pri 24 člankih. Rezultati so pokazali, da obstajajo tri ovire za učinkovito samo-oskrbo, in sicer zdravstvena pismenost, dostop in podpora pacientom v času obravnave. Ugotovljene so bile štiri pomembne strategije za spodbujanje samo-oskrbe: programi za samoupravljanje, tele-zdravje, mobilne aplikacije, igre in družbeni mediji. Ugotovitve kažejo, da lahko samo-oskrbo pri pacientih s kroničnimi boleznimi izboljšamo z novimi pristopi obravnave. Nadgradnja edukacije pacientov s kroničnimi boleznimi, ki omogoča opolnomočenje pacientov za samo-oskrbo, posledično izboljša izid zdravljenja in zniža stroške zdravstvene obravnave.

Ključne besede: edukacija, kronična bolezen, medicinska sestra, samo-oskrba

Promoting Self-care of a Patient with a Chronic Disease

Managing chronic diseases in older people is complex and requires different strategies. The aim of this study is to explore barriers to effective self-care and strategies that go beyond traditional education to promote self-efficacy in patients with chronic diseases. The research questions were as follows: (a) What are the barriers to effective self-care in patients with chronic conditions? and (b) What nontraditional strategies and approaches can nurses use to promote self-care in patients with chronic conditions? We conducted a systematic review of the literature. Data collection was performed using the CINAHL, Google Scholar, Health Source, Academic Search Complete and PsycARTICLES databases. Synthesis and thematic analyses were conducted on 24 articles. The results showed that there are three barriers to effective self-care, namely health literacy, access and patient support during treatment. Four key strategies to promote self-care were identified: self-management programmes, telehealth, mobile apps, gaming and social media. The results suggest that self-care can be improved in patients with chronic diseases through new treatment approaches. Consequently, better education of patients with chronic diseases to empower them to self-care improves treatment outcomes and reduces medical treatment costs.

Keywords: education, chronic disease, nurse, self-care

Otrok z motnjo v duševnem razvoju in vedenjskimi in čustvenimi težavami – prikaz primera

Motnje vedenja in čustvovanja se lahko pojavljajo kot simptom neprepznanih potreb pri otroku z motnjo v duševnem razvoju. Lahko so posledica travmatičnih dogodkov v otroštvu. Takšni otroci zahtevajo multidisciplinarno obravnavo, katerega del so tudi izvajalci zdravstvene nege. Obravnave so zahtevne, dolgotrajne in pogosto ne dajo pričakovanih izidov. V teoretičnem delu predstavljamo podatke zbrane s preučitvijo domače in tuje strokovne in znanstvene literature, pri čemer bomo iskali ključne besede. V empiričnem delu smo uporabili kvalitativno metodo in opravili raziskavo posameznega primera družbenih entitet. Raziskava je bila izvedena pri otroku z motnjo v duševnem razvoju ter motnjami vedenja in čustvovanja. Otrok ima največ težav na vedenjskem in čustvenem področju, najverjetneje tudi zaradi travmatizirajočih dogodkov. Pogostost vedenjskih odklonov kaže na to, da so težave otrok s takšnimi oblikami vedenja zelo kompleksne ter potrebujejo specifične strokovne pristope. Osnova je individualen in celostni pristop z vključevanjem aktivnega vedenjskega modela (behavioristična smer), ki uporablja tehnike klasičnega pogojevanja, instrumentalnega pogojevanja in modelnega učenja. Vsi zaposleni potrebujejo posebna znanja in veščine.

Ključne besede: vedenjski odkloni, otrok, motnja v duševnem razvoju, medicinska sestra

Children with Intellectual Disabilities And Behavioural And Emotional Problems – Case Study

Behavioral and emotional disorders may occur as a symptom of unrecognised needs in a child with intellectual disabilities. They may be the result of traumatic events in childhood. Such children require multidisciplinary treatment that includes nursing care providers. The treatments are demanding, lengthy and often do not lead to the expected results. In the theoretical part, we will present the data we collected by examining domestic and foreign professional and scientific literature in search of keywords. In the empirical part, we will use a qualitative method and conduct a study on a single case of social entities. The research sample will include one person, i.e. a child with intellectual developmental behavioural and emotional disorders. The child has most of the problems in the behavioural and emotional areas, most likely also due to traumatic events. The frequency of behavioural deviations indicates that the problems of children with such behaviors are very complex and require specific professional approaches. The basis is an individualised and holistic approach involving an active behavioural model (behavioural course) that uses the techniques of classical conditioning, instrumental conditioning and model learning. All employees require specific knowledge and skills.

Keywords: behavioural disorders, child, intellectual disabilities, nurse

Opolnomočenje medicinskih sester v urgentni dejavnosti o pomenu supervizije

Zdravstvene ustanove predstavljajo kompleksno delovno okolje. Zaposleni v zdravstvu se pri svojem delu srečujejo z nenehno se spreminjajočim se okoljem, kar od njih zahteva veliko mero prilagodljivosti. V emocionalno zahtevnih okoljih se zaposleni soočajo še z izzivi, kot so kadrovske pomanjkanje, pomanjkanje usposabljanja, prezasedenost bolnišnic, nezadostne zdravstvene storitve, preobremenitve, različni delovniki, veliko delovnih ur in pomanjkanje podpore s strani vodstva. Ker se zdravstveni delavci zavedajo stresnosti svojega dela in posledic le tega na kvaliteto njihovega dela, si želijo in iščejo načine in metode za obvladovanje takšnih situacij. Zdravstveni delavci se zavedajo zahtevnosti in odgovornosti svojega dela, ter dejavnikov, ki vplivajo na njihovo delovno zmogljivost, kar se odraža v delovni učinkovitosti, medsebojnih odnosih, bodi si z sodelavci, bodisi s pacienti. V ta namen se po svetu, v zadnjem času tudi pri nas, vpeljuje supervizija. Supervizija uči spregovoriti in prepoznati probleme, ki jih zaznamo kot odstopanje od svojih vrednot, pričakovanj in norm. Proces opolnomočenja v zdravstveni negi je najučinkovitejša metoda za napredovanje medicinskih sester ter nenazadnje pripomore k dvigu samozavesti pri delu. Pridobitev moči oziroma opolnomočenje je proces, kjer se posamezniki oziroma skupine usposobijo, da spremenijo svoj položaj, za kar potrebujejo možnosti, sredstva, sposobnosti in avtoriteto, da to dejansko storijo.

Ključne besede: opolnomočenje, supervizija, zdravstveni delavci

Empowerment of Nurses in the Emergency Department on the Importance of Supervision

Healthcare facilities present a complex work environment. Healthcare workers face an ever-changing environment in their work that requires them to be highly flexible. In an emotionally demanding environment, employees also face challenges such as staff shortages, lack of training, overcrowded hospitals, inadequate health services, overload, varying work schedules, long working hours and lack of management support. Being aware of the stress of their work and its consequences on the quality of their work, health professionals want and seek ways and methods to deal with such situations. Healthcare professionals are aware of the complexity and responsibility of their work and the factors that affect their ability to work, which is reflected in work efficiency and interpersonal relationships, whether with co-workers or patients. For this purpose, supervision is being introduced all over the world, and recently in our country. Supervision teaches us to address and recognise problems that we perceive as deviations from our values, expectations and norms. The process of empowerment in nursing is the most effective method for nurses' advancement, not the least of which is helping build self-confidence at work. Gaining power or empowerment is a process of training individuals or groups to change their position, which requires opportunities, resources, abilities and authority to actually do so.

Keywords: empowerment, supervision, healthcare workers

E-mentorstvo in uporaba infomacijsko-komunikacijske (IK) tehnologije pri mentorstvu v zdravstveni negi

Prispevek preučuje inovativne metode e-mentorstva ter uporabo IK tehnologij v mentorskem procesu v okviru študijskega programa Zdravstvene nege. Kot podlaga se uporablja mednarodni projekt Quality mentorship for developing competent nursing students (QualMent) v katerem sodelujejo mentorji iz partnerskih institucij iz štirih EU držav: Slovenije, Finske, Litve in Španije. V projektu sodeluje tudi EFN. Informacijsko in komunikacijske tehnologije so spremenile način dostopa do informacij in način ravnanja z njimi, pomenijo novo komunikacijo v družbi in nov način gradnje odnosov, ki se preslikava v vse sfere delovanja družbe in posameznika. Močno vpliva torej tudi na področje izobraževanja in s tem tudi na področje mentorskega procesa v programih katerih pomemben del je tudi usposabljanje v delovnem okolju. Obstaja velika raznolikost novih tehnologij, ki se odzivajo na različne učne metodologije, njihova glavna prednost pa je, da študentom omogočajo aktivnejšo vlogo pri učenju. Prispevek se osredotoča na raziskovanje možnosti uporabe IK tehnologij in e-mentorstva pri izvedbi kliničnega usposabljanja v okviru študijskega programa Zdravstvena nega ter tudi na odnos mentorjev do uporabe te tehnologije, saj ta odločilno vpliva na to v kolikšni meri se bodo mentorji pri svojem delu posluževali nove tehnologije. Pri obravnavi teme se opiramo na ugotovitve dosedanjih raziskav ter na ugotovitve v sklopu izvajanja projekta QualMent.

Ključne besede: inovativne metode, e-mentorstvo, IK tehnologije, klinično usposabljanje

E-mentoring and the Use of Information and Communication (IC) Technology in Nursing Mentoring

This paper examines innovative methods of e-mentoring and the use of IC technologies in the mentoring process in the context of the Nursing Study Programme. It is based on the international project Quality mentorship for developing competent nursing students (QualMent), which involves mentors from partner institutions in four EU countries: Slovenia, Finland, Lithuania and Spain. EFN is also participating in it. Information and communication technologies have changed the way information is accessed and handled. They have paved the way for new communication in society and a new way of building relationships, which is reflected in all areas of society and individual activities. Therefore, they have a strong impact on the field of education and therefore on the field of mentoring process in programmes that include job training. There is a wide variety of new technologies that respond to different learning methods, and their main advantage is that they allow students to play a more active role in learning. The paper focuses on exploring the possibility of using IC technologies and e-mentoring in the implementation of clinical training in the Nursing Study Programme, as well as mentors' attitudes towards the use of these technologies, as this has a critical impact on the extent to which mentors will use new technologies in their work. In addressing this issue, we draw on the findings of previous research and the findings of the QualMent project.

Keywords: innovative methods, e-mentoring, IC technologies, clinical practice

Korelacija med telesnim sestavom in kazalniki motene presnove glukoze pri otrocih s prekomerno telesno maso in debelostjo

Debelost pri otrocih je dejavnik tveganja za razvoj sladkorne bolezni tipa 2 ter ostalih presnovnih motenj in je v ospredju preventivnih javnozdravstvenih ukrepov. Kopičenje maščobne mase v telesu vodi v motnje endokrinega sistema in sproščanje različnih citokinov, ki vodijo v kronično vnetje. Mišična masa ima zaščitno presnovno funkcijo in je pri obravnavi otrok z debelostjo pogosto zapostavljena. V pričujoči raziskavi smo preučevali povezave med parametri telesnega sestava in ožjim naborom kazalnikov sladkorne bolezni (glukoza v krvi na tešče, glikirani hemoglobin (HbA1c), holesterol v krvi in krvni tlak) pri otrocih s prekomerno telesno maso in debelostjo, napoteni v Šolo zdravega življenja na sekundarnem zdravstvenem nivoju. Povečan delež maščobne mase je povezan z izpostavljenimi dejavniki tveganja za razvoj sladkorne bolezni, zlasti HbA1c v območju preddiabetesa, povišanim nivojem glukoze na tešče in povišanim krvnim tlakom. Namen raziskave je prikazati pomen upoštevanja razmerja komponent telesne mase, kot pomembnega dela kliničnega vrednotenja posledic debelosti.

Gljučne besede: debelost, otroci, telesni sestav, motena presnova glukoze

Relationship between Body Composition and Impaired Glucose Tolerance Factors in Children with Obesity

Pediatric obesity is a growing public health concern and a known risk factor for the development of type 2 diabetes and related metabolic disorders. Excessive accumulation of body fat leads to an imbalance in endocrine function and the release of pro-inflammatory factors. The present study examined the correlations between body composition measurements and certain diabetes risk factors (fasting serum glucose, glycated hemoglobin (HbA1c), cholesterol levels and blood pressure) in children with obesity referred to secondary care. In children without diabetes, increased total body fat could be associated with a high prevalence of observed diabetes risk factors, including HbA1c in the prediabetes range, impaired fasting blood glucose and elevated blood pressure. Because both muscle and adipose tissue perform important metabolic functions, a higher percentage of lean body mass is associated with a lower risk of metabolic disorders. The aim of this study is to demonstrate the importance of body composition measurement as an important component of clinical evaluation of obesity complications.

Keywords: obesity, children, body composition, impaired glucose tolerance

Fizičko i psihičko zdravlje zdravstvenih radnika tokom pandemije covid-19

Fizičko i psihičko zdravlje čine zdravlje pojedinca i međusobno utiču jedno na drugo. Pandemija covid-19 je u potpunosti promijenila život svakog pojedinca. Velike posljedice su primjećene i na fizičkom i na psihičkom zdravlju zdravstvenih radnika koji su radili tokom pandemije ili koju su oboljeli od covid-19. Strah, anksioznost, frustracija i bespomoćnost su samo neki od osjećaja sa kojima se svakodnevno susreću. Takođe su prisutne i fizičke smetnje kao na primjer, poremećaj rada srca, disbalans hormona, snižena respiratorna funkcija. Pandemija je dovela do novih radnih uslova, kao što je rad u zaštitnoj opremi uz maksimalan oprez, a to predstavlja veliko psihičko i fizičko opterećenje na zdravstvene radnike. Naša odgovornost je bila višestruka, kako prema pacijentima i saradnicima, tako i prema našim porodicama i nama lično. Sve ovo je dovelo do iscrpljivanja zdravstvenih radnika. Zdravlje je postalo imperativ i mjera sveukupnog života.

Ključne besede: covid-19, zdravstveni radnici, zdravlje

Physical and Mental Health of Health Workers during the Covid-19 Pandemic

Physical and mental health make up a person's health and influence each other. The Covid-19 pandemic completely changed everyone's life. Major impacts have been observed for both the physical and mental health of healthcare workers who worked during the pandemic or got infected by Covid-19. Fear, anxiety, frustration and helplessness are just some of the feelings they encounter on a daily basis. In addition, there are physical disorders such as heart disorders, hormonal imbalance and decreased respiratory function. The pandemic has led to new working conditions, such as working in protective equipment under extreme caution, which places a great mental and physical strain on healthcare workers. Our responsibilities have been many, both to patients and staff, and to our families and ourselves personally. All this has led to exhaustion of the healthcare workers. Health has become an imperative and a benchmark for all of life.

Keywords: Covid-19, healthcare workers, health

Nursing Students' Experiences from the Clinical Training in Time of Covid-19 Pandemic – a Qualitative Study

The outbreak of the Covid-19 pandemic changed the organisation of clinical training and forced nursing students to undertake practical education in unusual conditions. To analyse the experiences of nursing students related to clinical education during the Covid-19 pandemic, semi-structured interviews were conducted with nursing students from the Bachelor and Master's studies of the Medical University of Lublin who participated in practical training in different clinical settings during the Covid-19 pandemic in 2020–2021. Interviews were recorded and transcribed verbatim, then thematic analysis was carried out. The research protocol was approved by the Bioethics Committee of the Medical University of Lublin (KE-0254/289/2020). Interviews were recorded with 20 nursing students. The analysis revealed seven main categories: "role of clinical mentors"; "obstacles in clinical and academic environment"; "factors favouring professional development"; "theory-practice gap"; "personal and professional development"; "emotions and ethical challenges"; "professional identity". Clinical education during the Covid-19 pandemic led nursing students to have experiences. They saw themselves as an important part of the healthcare system and worked on the front lines with other healthcare professionals. However, they also experienced many barriers in developing professional competences, leading to apprehension about their future nursing careers.

Key words: clinical education, nursing students, qualitative research, Covid-19 pandemic

Izkušnje študentov zdravstvene nege s kliničnega usposabljanja v času pandemije covid-19 – kvalitativna študija

Izbruh pandemije covid-19 je spremenil organizacijo kliničnega usposabljanja, zaradi česar študenti zdravstvene nege opravljajo praktično izobraževanje v posebnih razmerah. Namen raziskave je bil analizirati izkušnje študentov zdravstvene nege, povezane s kliničnim izobraževanjem med pandemijo covid-19. Izvedeni so bili polstrukturirani intervjuji z 20 študenti zdravstvene nege dodiplomskega in magistrskega študija Medicinske univerze v Lublinu, ki so se udeležili praktičnega usposabljanja na različnih kliničnih področjih med pandemijo covid-19 v letih 2020–2021. Intervjuji so bili posneti in dobesedno prepisani, nato pa je bila opravljena tematska analiza. Raziskovalni protokol je odobril Odbor za bioetiko na Medicinski univerzi v Lublinu (KE-0254/289/2020). Analiza intervjujev izpostavlja sedem glavnih kategorij: »klinični mentorji«, »vloga«, »ovire v kliničnem in akademskem okolju«, »dejavniki, ki spodbujajo poklicni razvoj«, »razkorak med teorijo in prakso«, »osebni in poklicni razvoj«, »čustva in etični izzivi«, »poklicna identiteta«. Klinično izobraževanje v času pandemije covid-19 je prineslo študentom bogate izkušnje. Ob delu v prvi vrsti boja proti epidemiji in v sodelovanju z ostalim zdravstvenim osebjem so se videli kot pomemben del zdravstvenega sistema, vendar so naleteli tudi na številne ovire pri razvoju strokovnih kompetenc, kar je povzročilo strah glede njihove prihodnje kariere na področju zdravstvene nege.

Gljučne besede: klinično izobraževanje, študenti zdravstvene nege, kvalitativne raziskave, pandemija Covid-19

Rojeni za gibanje

Telesna dejavnost (gibanje) predstavlja eno izmed šestih sestavin zdravega življenjskega sloga. Telo je natančen zemljevid, ki kaže odsljikavo našega življenjskega sloga. Zato telo predstavlja eno izmed pomembnih vstopnih točk, preko katere lahko s telesno dejavnostjo uspešno delujemo tako na naše fizično počutje, kot tudi na vse komponente zdravega življenjskega sloga. Strokovnjaki na področju gibanja preko ustrezne, strokovno vodene športne vadbe in ozaveščanja o pomembnosti gibanja, kažemo ljudem pot do zdravega življenjskega sloga. Programi športne vadbe morajo biti prilagojeni posamezniku in njegovemu trenutnemu telesnemu stanju. To pomeni, da je potrebno najprej ugotoviti začetno stanje telesa iz vidika gibalne učinkovitosti ob upoštevanju različnih zdravstvenih stanj in šele nato načrtovati ustrezne športne programe. Pri načrtovanju vadbe uporabljamo 4 neodvisne spremenljivke, ki jih kratko poimenujemo s kratico FITT, kar pomeni: frekvenca vadbe (koliko vadb na teden in kakšno število ponovitev), intenzivnost vadbe (velikost napora), trajanje vadbe (čas izvedbe posamezne naloge) in tip vadbe (tek, vaje za moč, gibljivost, ravnotežje ...).

Ključne besede: telesna dejavnost, zdrav življenjski slog, športna vadba

Born to Move

Physical activity (movement) is one of the six components of a healthy lifestyle. The body is an accurate map that reflects our lifestyle. Therefore, the body is one of the important entry points through which physical activity can successfully influence our physical well-being as well as all components of a healthy lifestyle. Experts in the field of physical activity show people the way to a healthy lifestyle through appropriate, professionally guided sports training and awareness of the importance of movement. Training programmes must be tailored to the individual and their current physical condition. This means first determining the initial state of the body in terms of physical fitness, taking into account the various medical conditions, and only then planning appropriate physical activity programmes. In planning the training, we use 4 independent variables, called FITT for short, i.e.: Frequency (how many exercises per week and how many repetitions), Intensity (amount of effort), Time (time spent on each task) and Type of exercise (running, strength training, agility, balance...).

Keywords: physical activity, healthy lifestyle, sports training

E- izobraževanje medicinskih sester – stanje in izzivi

V sodobni družbi ima znanje vse večji pomen za gospodarski in družbeni razvoj. E-izobraževanje, katerega bistvena značilnost je uporaba sodobne informacijske in telekomunikacijske tehnologije, odpira nove perspektive in možnosti za pridobivanje in kreiranje znanja medicinskih sester. Organizacije se vse pogosteje soočajo z novimi težjimi izzivi, posledica je nenehno, pravočasno prilagajanje in njihova sposobnost hitrega reagiranja na nastale situacije. Uporabili smo kvantitativno metodo zbiranja podatkov. Podatke smo zbrali z anketo, ki je bila razdeljena med 100 zaposlenih v zdravstveni negi v različnih zdravstvenih ustanovah. Namen raziskave je ugotoviti, katere so prednosti in pomanjkljivosti izobraževanja na daljavo, ter raziskati, kateri dejavniki predstavljajo izziv v e-izobraževanju. Zaposleni v zdravstveni negi moramo nenehno skrbeti, da naše znanje ostaja dovolj aktualno saj s tem sledimo razvoju stroke. Izobraževanje na daljavo v času epidemije prispeva k večji kakovosti dela medicinskih sester in ima več pozitivnih kot negativnih dejavnikov. Dodatna IKT znanja, seznanjenost z najnovejšimi spoznanji stroke in lažja dostopnost so dejavniki, ki zagotovo vplivajo na motivacijo za izobraževanje medicinskih sester tudi v času epidemije.

Ključne besede: e-izobraževanje, medicinske sestre, izobraževanje na daljavo, znanje, epidemija

E-education of Nurses - Status and Challenges

In modern society, knowledge is of increasing importance for economic and social development. E-learning, the main feature of which is the use of modern information and telecommunication technologies, opens new perspectives and opportunities for the acquisition and expansion of nurses' knowledge. Organisations are increasingly faced with new and more difficult challenges, which requires constant, timely adaptation and their ability to respond quickly to new situations. We used a quantitative method of data collection. The data was collected through a survey distributed among 100 nursing workers in various health care facilities. The aim of the survey is to find out what are the advantages and disadvantages of online teaching and what are the factors that pose a challenge to e-learning. Nursing staff must constantly ensure that our knowledge remains relevant as we pursue our profession. Online teaching during the epidemic contributes to a higher quality of nurses' work and has more positive factors than negative ones. Additional ICT knowledge, familiarity with the latest findings of the profession and easier accessibility are factors that certainly influence the motivation to continue educating nurses even during an epidemic.

Keywords: e-learning, nurses, online teaching, knowledge, epidemic

The Role of Healthcare Workers in Education and Treatment of Patients with Lung Cancer

Lung cancer continues to be a major global health problem. The proportion of adenocarcinomas is increasing in North America and to some extent in Europe, leading to a changing clinical picture characterised by the early development of metastases. Newer diagnostic techniques have allowed more accurate tumour staging and treatment planning. In patients with non-small cell cancer, surgical resection at early stages offers significant cure rates. Combined chemotherapy and radiotherapy have significantly improved treatment outcomes for patients with locally advanced cancer, and patients with metastatic disease are now candidates for newer chemotherapy regimens with more favourable outcomes than in the past. Small cell lung cancer is highly responsive to chemotherapy and recent advances in radiation therapy have improved the prospects for long survival. New techniques for screening and innovative approaches for both local and systemic treatment provide hope for substantial advances in the control of this disease in the near future.

Keywords: non-small cell cancer, small cell lung cancer, chemotherapy, radiotherapy

Vloga zdravstvenih delavcev pri izobraževanju in zdravljenju bolnikov s pljučnim rakom

Pljučni rak ostaja velik svetovni zdravstveni problem. Delež rakov, ki so adenokarcinomi, za katere je značilna spreminjajoča se klinična slika in zgodnji razvoj metastaz, v Severni Ameriki in do neke mere v Evropi narašča. Novejše diagnostične tehnike so omogočile natančnejše določanje stopnje tumorja in načrtovanje zdravljenja. Pri bolnikih z nedrobnoceličnim rakom nudi kirurška resekcija znatne stopnje ozdravitve v primerih zgodnje faze. Kombinirana kemoterapija in radioterapija je očitno izboljšala rezultate zdravljenja bolnikov z lokalno napredovalim rakom, bolniki z metastatsko boleznijo pa so zdaj kandidati za novejši režime kemoterapije z ugodnejšimi rezultati kot v preteklosti. Drobnocelični pljučni rak se zelo odziva na kemoterapijo, nedavni napredek pri radioterapiji pa je izboljšal možnosti za dolgo preživetje. Nove tehnike presejanja in inovativni pristopi k lokalnemu in sistemskemu zdravljenju nudijo upanje za bistven napredek proti tej bolezni v bližnji prihodnosti.

Ključne besede: nedrobnocelični rak, drobnocelični pljučni rak, kemoterapija, sevalna terapija

Izvajanje terapije s pomočjo psa v domovih za starejše

Staranje prebivalstva in potrebe starejših postavljajo družbo pred izziv ureditve integrirane dolgotrajne oskrbe starejših. Pri skrbi za starejše v Sloveniji prevzemajo pomembno vlogo domovi za starejše. Na kakovost bivanja v domovih vplivajo številni dejavniki, tudi usklajeno in strokovno delo tima, katerega pomemben član je delovni terapevt. Delovni terapevt lahko v obravnavo v skladu s standardi dela vključi tudi terapijo s pomočjo psa. Namen raziskave je preučiti pogostost in način vključevanja terapije s pomočjo psa v delovnoterapevtsko obravnavo v slovenskih domovih za starejše, oblikovati poenoten protokol terapije ter ugotoviti njen doprinos k integrirani zdravstveno-socialni oskrbi in kakovosti bivanja v domovih. Podatki so pridobljeni s pomočjo anketnega vprašalnika, ki so ga reševali delovni terapevti, zaposleni v slovenskih domovih. Izmed 90 domov, kjer je potekalo anketiranje, terapevtski programi s pomočjo psa potekajo v 51 domovih, najpogosteje se izvajajo aktivnosti in terapija s pomočjo psa ter družabništvo. Delavni terapevti pri stanovalcih opažajo pozitivne učinke terapije, želijo si poenoten protokol in dodatna znanja s tega področja. Z individualno načrtovanimi cilji, sprotnim dokumentiranjem in vrednotenjem izidov lahko delovni terapevt s terapijo s pomočjo psa doprinese k izboljšanju počutja, splošnemu zdravju ter produktivnosti starejših in kakovosti življenja v domovih za starejše.

Ključne besede: starostnik, integrirana dolgotrajna oskrba, dom za starejše, delovna terapija, terapija s pomočjo psa

Implementing Dog-Assisted Therapy in Nursing Homes

The aging population and the needs of the elderly challenge society to organise integrated long-term care for the elderly. In Slovenia, nursing homes play an important role in the care of the elderly. Many factors can affect the quality of life of a patient in a nursing home. One of them is coordinated and professional teamwork, the most important member of which is an occupational therapist. An occupational therapist can include dog-assisted therapy into occupational therapy treatment in accordance with work standards. The aim of the study is to investigate the frequency and ways of integrating dog-assisted therapy into occupational therapy treatment in Slovenian nursing homes, to develop a unified therapy protocol and to determine its contribution to integrated health and social care and quality of life in nursing homes. The data was obtained using a questionnaire completed by occupational therapists employed in Slovenian nursing homes. The survey took place in 90 nursing homes, 51 of which have a dog-assisted therapy programme. The most common activities performed were dog-assisted activities, therapy and companionship. Occupational therapists note positive results from dog-assisted therapy with nursing home residents. They would like to see a consistent protocol and additional knowledge in this area. Through individually planned goals, ongoing documentation and evaluation of outcomes, an occupational therapist can use a dog to help improve overall health and well-being and also enhance the quality of life for the elderly in nursing homes.

Keywords: elderly, integrated long-term care, nursing home, occupational therapy, dog-assisted therapy

Obravnava pacienta s kronično rano po konceptih metaparadigme

Rane so neizogiben del našega življenja. Kronična rana vse bolj predstavlja tegobo današnjega časa zaradi staranja prebivalstva in daljšanja življenjske dobe. Dolgotrajno celjenje kroničnih ran posega v kvaliteto posameznikovega življenja. V veliki meri je pacient pri oskrbi kronične rane odvisen od storitev s strani patronažne medicinske sestre, samooskrbe in pomoči domačih. Obravnava kronične rane se je skozi čas spreminjala, danes so nam na voljo številni materiali in obloge, ki pa zahtevajo dobro poznavanje le teh. Namen raziskave je predstaviti pacientko z kronično rano po konceptih metaparadigme, ki je sestavljena iz štirih konceptov, človek, okolje, zdravje in zdravstvena nega. Uporabili smo kvalitativno metodologijo raziskovanja na etnografski študiji primera. Podatke smo zbirali s tehniko strukturiranega intervjuja in analizo dokumentacije. Za namen raziskave je bil izbran namenski vzorec, intervjuvana je bila ena oseba. Pridobljene podatke smo razvrstili v štiri kategorije – koncept človek, koncept zdravje, koncept okolje in koncept zdravstvena nega. Ugotovili smo, da prisotnost kronične rane pri pacientki vpliva na njeno kvaliteto življenja, na njeno samopodobo in nenazadnje jo omejuje pri opravljanju določenih aktivnosti ter, da ima pri oskrbi kronične rane veliko vlogo patronažna medicinska sestra.

Ključne besede: kronična rana, koncept metaparadigme, kvaliteta življenja, patronažna medicinska sestra

Treatment of Patients with Chronic Wounds Based on Metaparadigm Concepts

Wounds are an inevitable part of our lives and nowadays chronic wounds represent an increasingly present condition due to the ageing population and increasing life expectancy. Prolonged healing of chronic wounds affects the quality of life of the individual. The management of a patient with chronic wounds depends largely on the services of home care nurses, self-care and support from the patient's family. The treatment of chronic wounds has changed over time, and a number of materials and wound dressings are now available, but these require good knowledge. The aim of this study is to present a patient with a chronic wound using the four metaparadigm concepts: human, environment, health and health care. We conducted an ethnographic case study using qualitative research methodology. Information was collected using a structured interview technique and documentation analysis. A special sample was selected for the survey and one person was interviewed. The data obtained was classified into four categories – the concept of humanity, the concept of health, the concept of environment and the concept of health care. We found that the presence of a chronic wound affects the patient's quality of life and self-esteem and also limits her in performing certain activities. We also found that a home care nurse plays a major role in caring for her chronic wound.

Keywords: chronic wound, metaparadigm concept, quality of life, home care nurse

Pojavnost i posljedice izloženosti Romkinja obiteljskom nasilju u romskim obiteljima

Istraživanje pojavnosti i posljedica izloženosti Romkinja obiteljskom nasilju u romskim obiteljima i odnos žrtava prema prijavljivanju nasilja je provedeno jednokratnim istraživanjem po tipu tzv. nacrtu »poprečnog presjeka« u jednoj vremenskoj točki (proljeće 2020) metodom anketiranja, a na proporcionalnom, stratificiranom uzorku od 350 Romkinja iz 12 »romskih naselja« na području Međimurske županije. Istraživanjem se utvrdila prevalencija izloženosti Romkinja nasilju u obitelji, mjesto doživljavanja nasilja, prisutnost fizičkih znakova i posljedica nasilja na tijelu, spremnost Romkinja na prijavu nasilja i razlozi neprijavlivanja, te detektirani subjekti od najvećeg povjerenja žrtava nakon doživljenog nasilja. Preko 2/5 (40,6 %) Romkinja prilikom doživljenog nasilja zadobilo je modrice, dok su otvorene rane ili ugučuća bila rjeđe (12,9 %), potres mozga ili povreda glave (9,4 %), odnosno prijelome kostiju (9,4 %). Vlastiti dom daleko najčešće mjesto gdje Romkinje bivaju izvrgnute nasilju i to je iskazalo 64,0 % ispitanica, dok se kao drugo najčešće mjesto navodi neko drugi zatvoren objekt odnosno nečiju tuđu dom (24,9 %) ispitanica. Kao najčešći razlog izostanka prijavljivanja doživljenog nasilja 46,6 % ispitanica navodi sram a jednako toliko je bio onih koje su navele na nisu željele da drugi saznaju za nasilje (46,6 %) između ostalog i zato jer se samookrivljavaju za doživljeno nasilje kao razlogom neprijavlivanja (41,1 %).

Ključne riječi: rodno nasilje, obiteljsko nasilje, materijalna deprivacija, uvjeti života, anticiganizam

Prevalence and Consequences of Exposure of Romani Women to Domestic Violence in Romani Families

The research on the incidence and consequences of exposure of Romani women to domestic violence in Roma families and the attitude of victims towards reporting violence was conducted through a one-time research of the so-called »cross section« at one point in time (spring 2020) using the survey method on a proportional stratified sample of 350 Romani women from 12 »Roma settlements« in the area of Međimurje County. The survey determined the prevalence of exposure of Romani women to domestic violence, the location of the experience of violence, the presence of physical signs and consequences of violence on the body, the willingness of Romani women to report violence and the reasons for not reporting it and identified persons whom victims trust most after experiencing violence. More than 2/5 (40.6 %) of Romani women suffered bruises during violence, while open wounds or sprains were less common (12.9 %), as well as concussions or head injuries (9.4 %) or bone fractures (9.4 %). One's own home is by far the most common place where Romani women are exposed to violence. This was reported by 64.0% of respondents, while the second most common place is another closed facility or another person's home (24.9 %). In addition, 46.6 % of respondents gave shame as the most common reason for not reporting violence, and the same number said that they did not want others to find out about the violence (46.6 %), partly because they believe that they are to blame for the violence (41.1 %).

Keywords: gender violence, domestic violence, deprivation, living conditions, antigypsyism

Odnos zdravstvenega osebja do osebne zaščitne opreme v času epidemije

V zdravstvu smo velikokrat izpostavljeni negativnim dejavnikom, ki lahko ogrožajo naše življenje in zdravje, zato moramo zdravstveni delavci poznati osebna zaščitna sredstva, ki nas lahko pred temi dejavniki obvarujejo in kakšna je njihova pravilna uporaba. Vsaka nova bolezen, ki izbruhne med prebivalstvom, običajno prinese strah in negotovost, kar izvira iz njenega nepoznavanja. Tudi epidemija SARS-CoV-2 je prinesla negotovost in da bi preprečili njeno širjenje, je zelo pomembna pravilna uporaba osebnih zaščitnih sredstev, predvsem med zdravstvenim osebjem. V raziskavi je bila uporabljena kvalitativna metoda dela. Za izvedbo raziskave je bil izdelan polstrukturiran intervju, s pomočjo katerega smo intervjuvali šest oseb. Raziskava je potekala v Domu upokojencev Brežice. Raziskava je pokazala, da imajo sodelujoči ustrezen odnos do uporabe osebne zaščitne opreme. Njihovo poznavanje in način uporabe zaščitne opreme je dobro, zavedajo se pomena njene uporabe, predpisano uporabo tudi dosledno upoštevajo. Še vedno ni z gotovostjo znano kdaj postane okužena oseba infektivna, zato je ustrezna uporaba zaščitne opreme med zdravstvenim osebjem toliko bolj pomembna. S tem poskušamo zajeziiti prenos okužbe in navsezadnje s takšnimi dejanji lahko vplivamo na usodo bolnika.

Ključne besede: epidemija, SARS-CoV-2, osebna zaščitna sredstva

Attitudes of Medical Staff towards Personal Protective Equipment During an Epidemic

In healthcare, we are often exposed to negative factors that can endanger our lives and health. Therefore, healthcare workers need to know the personal protective equipment that can protect us from these factors and how to use it properly. Any new disease outbreak in the population usually brings fear and uncertainty resulting from ignorance. The SARS-CoV-2 epidemic has also caused uncertainty and the proper use of personal protective equipment, especially among medical staff, is very important to prevent it from spreading. A qualitative working method was used in the study. A semi-structured interview was used to conduct the research, with the help of which we interviewed six people. The research took place in the nursing home in Brežice. The research showed that the participants have an appropriate attitude towards the use of personal protective equipment. They are well acquainted with the use of protective equipment and are aware of the tendencies of its use, which they also consistently take into account. The modes of transmission of SARS-CoV-2 are still not fully understood. This makes the proper use of protective equipment by healthcare workers all the more important. In this way we try to limit the transmission of the infection and ultimately through such measures we can influence the fate of the patient.

Keywords: epidemic, SARS-CoV-2, personal protective equipment

Porod na domu

Porod na domu je star toliko, kot je staro človeštvo, vendar v modrem svetu velja, da je zaradi nepredvidljivih težav varneje roditi v porodnišnici, saj je možnost ustrezne strokovne pomoči ob zapletih večja. Varnost načrtovanega poroda na domu ostaja predmet strokovnih in laičnih razprav, tudi v državah, kjer je sicer dobro integriran v družbo in zdravstveni sistem. Porod na domu v Sloveniji trenutno ni organiziran tako, da bi zagotavljal varnost za življenje matere in otroka. Porod na domu v centru mesta ali v bližini porodnišnice ni enako varen, kot porod na domu v odročnejšem kraju. V primeru zapletov pri porodu so minute še kako dragocene. Glavna prednost porodov v porodnišnici je prav ta dosegljivost strokovnjakov in opreme v primeru usodnih zapletov, ki pa je v primeru porodov izven porodnišnic ne moremo zagotoviti. Zdravniška stroka je uradno še vedno proti porodom na domu. Trenutno se izven porodnišnic rodi približno 0,1 % otrok, so pa v ta odstotek vštet tudi nenačrtovani porodi zunaj porodnišnic, ko porod nosečnico preseneti. Porodnice, ki želijo roditi doma, želijo ob porodu predvsem bolj intimno in domače vzdušje, ki jim ga porodnišnica ne more nuditi. Ministrstvo za zdravje zato namesto porodov doma podpira ustanavljanje babiških porodnih centrov v obstoječih prostorih porodnišnic ali v neposredni bližini porodnišnic.

Ključne besede: porod, porod na domu, varnost

Home birth

Home birth is as old as mankind, but in the modern world, due to unforeseen problems, it is considered safer to give birth in a maternity hospital because of the greater possibility of appropriate professional help in case of complications. The safety of planned home birth remains a subject of professional and lay discussions, even in countries where it is otherwise well integrated into society and the health care system. Home birth in Slovenia is currently not organised in a way that ensures the safety of the life of mother and child. A birth in a hospital is undoubtedly the safest, as specialists and equipment are available there in case of serious complications. During childbirth, minutes are very precious. Examples of good practices from abroad are not always transferable to our environment, because our health system and professionals are not adapted to home birth. That is why home birth is not favorable. Currently, about 0.1% of children in Slovenia are born outside maternity hospitals, but this percentage also includes unplanned births outside maternity hospitals, when the birth surprises a pregnant woman. Expectant mothers choose home births primarily because of the intimate home environment where they can give birth in a more relaxed manner. A maternity hospital can hardly offer them that. At the same time, they also have a better connection with their partner, which makes it easier for them to accept a new role. To meet the wishes of these mothers, the Ministry of Health supports the establishment of midwife-led maternity centers in the existing premises of maternity hospitals or in the immediate vicinity of maternity hospitals, where a very home-like and intimate atmosphere could be created.

Keywords: childbirth, home birth, safety

Učinki manualne terapije pri osebah s tenzijskim glavobolom - sistematični pregled literature

Tenzijski glavobol sodi med najpogostejše primarne glavobole z visokim socio-ekonomskim vplivom na posameznika in družbo. Pri posamezniku povzroči bolečino in nastanek mišično-kostnih okvar, ki vplivajo na psiho-socialno in delovno okolje ter kakovost življenja. Manualna terapija predstavlja eno od možnosti zdravljenja. Namen prispevka je na podlagi sistematičnega pregleda literature predstaviti učinkovitost postopkov manualne terapije pri osebah s tenzijskim glavobolom. Pri iskanju smo se omejili na raziskave objavljene po letu 2010 v angleškem jeziku in dostopne v polnem besedilu po ključnih besedah tension-type headache [Title/Abstract] AND manual therapy [Title/Abstract] AND mobilisation, manipulation v podatkovnih zbirkah PubMed, ScienceDirect in PEDro. V kvalitativno analizo smo zajeli osem raziskav, v katerih so bile uporabljene različne tehnike manualne terapije. Rezultati so pokazali, da so različni manualni terapevtski postopki vplivali na zmanjšanje bolečine, povečanje obsega gibljivosti in povečanje praga bolečine. Pripomogli so tudi k zmanjšanju psiho-socialnih simptomov, izboljšanju funkcijske in čustvene zmožnosti ter kakovosti življenja preiskovancev. Smiselna je kombinacija različnih tehnik manualne terapije. Učinki manualne terapije s časom izzvenijo, zato je merjenje dolgoročnih učinkov potrebno dodatno raziskati.

Ključne besede: manualne tehnike, učinkovitost, bolečina

The Effect of Manual Therapy in Patients with Tension-Type Headache - Systematic Literature Review

Tension-type headache is one of the most common primary headaches, which has a great socioeconomic importance for both individuals and society. It causes pain and the development of musculoskeletal disorders that affect the social or occupational environment and the quality of life of those affected. Manual therapy is one of the treatment options. The aim of this article is to present the efficiency of manual therapy techniques in people with tension-type headache based on a literature review. The search for articles was conducted in the PubMed, ScienceDirect and PEDro databases, using the keywords in English tension-type headache [Title/Abstract] AND manual therapy [Title/Abstract] AND mobilisation, manipulation. The qualitative analysis included eight studies in which different manual therapy techniques were used. The results showed that different manual therapy techniques produced pain reduction, increased range of motion and increased pressure pain threshold. They also helped to reduce psychosocial symptoms, improve functional and emotional disability, and increase the participants' quality of life. It would be useful to combine different manual therapy techniques. Long-term effects have not been demonstrated and need further investigation.

Keywords: manual techniques, efficiency, pain

Analiza biomarkera stresa kod školske djece s poteškoćama u govoru

Mucanje je govorni poremećaj koji je karakteriziran čestim ponavljanjima glasova ili slogova, jednosložnih riječi, produžavanjem glasova i blokadama. Javlja se osobito u situacijama povišene uzbuđenosti i izaziva fiziološke promjene. U okviru opisane pilot studije istražene su količine biomarkera stresa; kortizola i α -amilaze u slini kod djece koja mucaju. U istraživanju je sudjelovao 12 školske djece uključene u terapiju mucanja koja se provodila u ValMod centru logopedija u Varaždinu. Sudjelovanje u istraživanju bilo je dobrovoljno i anonimno. Rezultati pokazuju da se količina izlučenog kortizola smanjuje tijekom provedbe terapije mucanja, dok veće promjene u količini izlučene α -amilaze nisu uočene. Cjelovitim pristupom proučavanju pojavnosti stresa kod ispitanika koji mucaju, a koji uključuje mjerenje biomarkera stresa i njihovo koreliranje s psihološkim pokazateljima, doprinosi se boljem razumijevanju mucanja i njegovog utjecaja na zdravlje djece.

Cljučne riječi: djeca školske dobi koja mucaju, kortizol, amilaza, slina

Analysis of Stress Biomarkers in School-Age Children with Speech Difficulties

Stuttering is a speech disorder characterised by frequent repetition of voices or syllables, monosyllabic words, prolongation of voices, and blockages. It occurs especially in situations of increased arousal and causes physiological changes. In the pilot study described above, the level of the stress biomarkers cortisol and α -amylase were examined in the saliva of children who stutter. The study involved 12 school children participating in stuttering therapy at the ValMod Logotherapy Center in Varaždin. Participation in the study was voluntary and anonymous. The results show that the amount of secreted cortisol decreases during the implementation of stuttering therapy, while major changes in the amount of secreted α -amylase were not observed. A comprehensive approach to the study of stress in individuals who stutter, including the measurement of stress biomarkers and their correlation with psychological indicators, could contribute to a better understanding of stuttering and its impact on children's health.

Keywords: school-age children who stutter, cortisol, amylase, saliva

Sindrom sagorevanja kod zdravstvenih radnika – Balint grupa kao lek

Sindrom sagorevanja prepoznat je kao jedan od najvećih zdravstvenih rizika kod ljudi koji se bave profesijama povezanim sa brigom o drugima. Međutim, simptomi sindroma sagorevanja često su trivijalizovani i tretirani kao uobičajen umor od prekomernog rada. Dijagnoza se postavlja tek kada posledice ovog stanja počnu da privlače pažnju okoline. To dalje povećava rizik za nastanak depresivnog poremećaja kod profesionalaca. Jasno je da demoralisani i depresivni profesionalci ne mogu da pomognu svojim klijentima. U Balint grupama se uče osnovni principi relacije u našem profesionalnom radu. Time se unapređuje kvalitet rada koji u sebi nosi više procesa – princip uvažavanja zdravlja, princip uvažavanja ličnosti klijenta i princip sveobuhvatnosti (holistički pristup klijentu). Kada postoji stalna opservacija i razmišljanje o sopstvenim mislima i ponašanju, raste i mogućnost za promenu i modifikaciju ponašanja. Na populaciji zdravstvenih radnika u Srbiji, potvrđeno je da je učestvovanje u Balint grupama povezano sa većim stepenom empatije i smanjenjem sindroma sagorevanja kod lekara. Smatra se da su profesionalci koji su prošli obuku u Balint grupama, psihološki veštiji i tolerantniji prema klijentima, reflektivniji su i svesniji svojih osećanja, imaju veći stepen zadovoljstva poslom, sposobniji su u tolerisanju osećaja bespomoćnosti i manje je verovatno da će patiti od sindroma sagorevanja.

Ključne besede: sindrom sagorevanja, mentalno zdravlje, Balint grupa

Burnout Syndrome in Healthcare Workers – Balint Group as Medicine

Burnout syndrome is recognized as one of the greatest health risks for people who have professions that involve caring for others. However, the symptoms of burnout syndrome are often trivialized and treated as ordinary fatigue due to overwork. The diagnosis is not made until the consequences of this condition begin to attract the attention of the environment. This further increases the risk of developing a depressive disorder in working people. It is clear that demoralized and depressed professionals cannot help their clients. Balint groups learn the basic principles of relationships in our professional work. This improves the quality of work, which includes several processes - the principle of respect for health, the principle of respect for the client's personality and the principle of comprehensiveness (holistic approach to the client). With constant observation and reflection on one's thoughts and behaviour, the possibility of changing and modifying behaviour also grows. In the population of healthcare workers in Serbia, it has been confirmed that participation in Balint groups is associated with higher levels of empathy and a reduction in burnout syndrome among physicians. It is believed that professionals trained in Balint groups are more psychologically skilled and tolerant towards clients, more reflective and aware of their feelings, have a higher level of job satisfaction, can better tolerate feelings of helplessness and are less likely to suffer from burnout syndrome.

Keywords: burnout syndrome, mental health, Balint group

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The Relation between Mental and Physical Health: a Public and Community Health Issue

Mental health and physical health are interrelated. Mental health problems may have impact on other health problems and vice versa. Comorbidity between physical and mental health problems is common, and it is widely studied. Comorbidity can be addressed at individual and at population level. At a clinical level, health professionals should approach every person in a holistic manner in order not to miss any health needs. Integrated care is needed to address those needs. Furthermore, a public and community health approach should be implemented; health promotion interventions focus on preventing the risk factors that contribute to the development of chronic diseases and enhance the positive aspects that promote health and therefore, improve communities' quality of life.

Keywords: mental health, physical health, comorbidity, public and community health, quality of life

Povezanost duševnega in telesnega zdravja – vidik javnega zdravja in skupnostne skrbi

Duševno in telesno zdravje sta medsebojno povezana. Težave z duševnim zdravjem lahko vplivajo na zdravstvene težave in obratno. Komorbidnost med telesnimi in duševnimi zdravstvenimi težavami je pogosta in je široko raziskana. Komorbidnost se lahko obravnava na individualni in populacijski ravni. Pri klinični obravnavi bi morali zdravstveni delavci pristopiti k vsaki osebi na celosten način, da bi tako prepoznali in naslovili vse njene zdravstvene potrebe. Integrirana oskrba je pristop, s katerim skušamo doseči celostno obravnavo posameznika. Poleg tega so pomembni programi javnega zdravja in skupnostne oskrbe ter program za promocijo zdravja, ki se osredotočajo na preprečevanje dejavnikov tveganja, ki prispevajo k razvoju kroničnih bolezni, in krepijo pozitivne vidike, ki spodbujajo zdravje in s tem izboljšujejo kakovost življenja skupnosti.

Ključne besede: duševno zdravje, telesno zdravje, komorbidnost, javno zdravje in skupnostna skrb, kakovost življenja

Absentizem in ekonomske posledice demence v Sloveniji v obdobju 2015–2018

Zaradi zgodnje demence, ki se razvije pred 65. letom imajo lahko oboleli posamezniki, ki so v delovnem razmerju težave pri delu ali celo z dela izostajajo. Namen naše raziskave je bil prikazati začasno odsotnost z dela oseb z demenco v obdobju 2015–2018 in ekonomske posledice. Stroški začasne odsotnosti z dela so izračunani na podlagi podatkov pridobljenih iz zdravstveno podatkovnih zbirk Nacionalnega inštituta za javno zdravje. Ocenjeni stroški nadomestila plače za odsotnost z dela temeljijo na povprečni bruto plači. Storitve zdravstvene službe, kot je začasna odsotnost z dela, so za demenco izračunane po diagnozah Mednarodne klasifikacije bolezni-10 izdaja. Začasna odsotnost z dela zaradi diagnoze demenca je v obdobju 2015–2018 znašala letno okoli 61.310,00 EUR, kar pomeni 0,6 % med vsemi izračunanimi neposrednimi in posrednimi stroški za to obdobje, ki znašajo 11.037.275,00 EUR. Rezultati so močno podcenjeni, saj so redki primeri demence diagnosticirani pred 65. letom, a se ti ljudje prav tako soočajo z zdravstvenimi težavami, ki vodijo v slabšo kakovost življenja, kar se kaže tudi v odsotnosti z dela. Zato je zgodnje diagnosticiranje in zdravljenje demence ključnega pomena. Zdravstveni absentizem je po eni strani pravica zaposlenih, hkrati pa predstavlja tudi enega od negativnih kazalnikov zdravstvenega stanja zaposlenih ter težav s katerimi se soočajo osebe z demenco ter njihovi svojci.

Ključne besede: demenca, bolniški stalež, posredni stroški

Absenteeism and Economic Consequences of Dementia in Slovenia in 2015–2018

Early dementia, which develops before the age of 65, can affect individuals who are still working, have difficulties at work or are even absent from work. The aim of our study was to show the temporary absence from work of people with dementia in 2015–2018 and the economic consequences. The costs of temporary absence from work were calculated using data from the National Institute of Public Health databases. The estimated cost of compensation for absence from work is based on average gross salary. Health services such as temporary absence from work are calculated for dementia according to the diagnoses of the International Classification of Diseases, edition 10. Temporary absence from work due to a diagnosis of dementia amounted to approximately 61,310.00 EUR per year in the period 2015–2018, which represents 0.6% of all calculated direct and indirect costs for this period, amounting to 11,037,275.00 EUR. The results are highly underestimated, as rare cases of dementia are diagnosed before the age of 65. However, these people face health problems that lead to a poorer quality of life, which is also reflected in absence from work. Therefore, early diagnosis and treatment of dementia are crucial. On the one hand, health absenteeism is a right of workers, on the other hand, it is one of the negative indicators of the health status of workers and the problems faced by people with dementia and their relatives.

Keywords: dementia, sick leave, indirect costs

Medpoklicno sodelovanje oddelka za zdravstveno nego

Medpoklicno sodelovanje v zdravstveni negi je vedno bolj pomembno področje proučevanja in raziskovanja. Dobro medpoklicno sodelovanje je v zdravstvu velikega pomena in vpliva na boljši izid zdravljenja. Zdravstveno oskrbo je potrebno organizirati tako, da spodbuja povezovanje in sodelovanje različnih poklicnih skupin. Izbrali smo kvantitativno deskriptivno metodo raziskovanja. Uporabljen je bil obrazec, ki smo ga oblikovali v ta namen s pomočjo negovalnih diagnoz, opredeljenih v NANDI in s pregledom literature. Pridobljene podatke smo primerjali z ocenjevalno lestvico. Raziskava je bila izvedena na oddelku za zdravstveno nego Splošne bolnišnice Jesenice v letu letih 2016 in 2020. Statistična analiza podatkov je narejena s pomočjo programa Microsoft Excel 2016. V prispevku so predstavljeni rezultati raziskave, s katero smo želeli ugotoviti, ali se stopnja samooskrbe poveča, če je v rehabilitacijo vključeno večje število strokovnjakov različnih poklicnih skupin.

Gljučne besede: medpoklicno, zdravstvena nega, multidisciplinarni tim, samooskrba

Interprofessional Cooperation of the Nursing Department

Interprofessional cooperation in nursing is an increasingly important area of study and research. Good interprofessional cooperation is of great importance in health care and has an impact on better treatment outcome. Health care needs to be organised in a way that promotes networking and participation of different professional groups. We chose a quantitative, descriptive research method. For this purpose, we used a form that was created using the nursing diagnoses defined in NANDI and by reviewing the literature. The data for the empirical part will be obtained and compared with the evaluation scale. The research was conducted in the Department of Nursing of the General Hospital Jesenice in 2016 and 2020. Statistical analysis of the data will be done using Microsoft Excel 2016. Since we do not have the data yet, we cannot present the results at this time. We expect that the research will show that the level of self-care increases when a greater number of professionals from different professions are involved in rehabilitation.

Keywords: interprofessional, nursing, multidisciplinary team, self-care

Uvajanje kazalnika kakovosti higiene rok v domovih za starejše občane

Kontaminirane roke zdravstvenih delavcev in sodelavcev so idealen medij za prenos patogenih mikroorganizmov iz uporabnikove kože, sluznice, okolice, na kožo, sluznico ali okolico drugega uporabnika. S higieno rok se pojmuje umivanje in razkuževanje rok, kirurško umivanje in razkuževanje rok, uporaba rokavic, izvajanje tehnike nedotikanja in nega rok. Standardni ukrepi za preprečevanje okužb so vzdrževanje higiene rok, uporaba osebne varovalne opreme, čiščenje in razkuževanje uporabnikove okolice, čiščenje in razkuževanje pripomočkov, preprečevanje poškodb z infektivnimi ostrimi predmeti, varno upravljanje z odpadki in upoštevanje ukrepov kontaktne, kapljične in aerogene izolacije. Namen prispevka je predstaviti kazalnik kakovosti higiene rok v socialno varstvenem zavodu, katerega uvedba ima cilj zagotoviti boljšo oskrbo in zdravstveno nego uporabnikov. Opravljena je bila raziskava opazovanja higiene rok, kjer smo ugotovili, da so zaposleni v DSO Črnomelj izvedli ustrezno higieno rok pred stikom s pacientom v 88,16 %, pred čistim/aseptičnim opravilom v 100 %, po možnem stiku s telesnimi tekočinami/izločki v 92,86 %, po stiku s pacientom v 95 %, po stiku s pacientovo okolico pa v 69,23 %. Skupno je bila higiena rok ustrezna v 88,16 %. Pridobljeni rezultati kažejo na to, da bodo v DSO Črnomelj potrebna kontinuirana izobraževanja in delavnice na temo preprečevanja in obvladovanja širjenja bolnišničnih okužb, s poudarkom na ustreznem izvajanju higiene rok.

Ključne besede: higiena rok, razkuževanje, opazovanje 5. trenutkov za higieno rok

Implementation of Hand-Hygiene Guidelines in Nursing Homes

Contaminated hands of medical staff with various pathogenic organisms are the optimal medium for transfer of microorganisms from the resident's hands, mucous membranes or environment to the skin or mucous membranes of another resident. Hand hygiene includes hand washing and disinfection, surgical hand washing and disinfection, the use of PPE, cleaning and disinfection of the resident's environment, cleaning and disinfection of utensils and accessories, prevention of injuries with contaminated sharp objects, safe handling of waste and compliance of contact, drip and aerogenic isolation measures. The purpose of this article is to present the guidelines for quality hand hygiene in nursing homes, thereby improving the quality of care provided to residents. A survey was conducted in Črnomelj nursing home which concluded that the employees of Črnomelj nursing home comply with the rules of hand hygiene with the following efficiency: 88.16% before contact with residents, 100% before clean/aseptic work, 92.86% after possible contact with body fluids/secretions, 95% after contact with residents and 69.23% after contact with resident's environment. The overall efficiency was reported to be 88.16%. The obtained data suggests that further and regular training on prevention and control of hospital-acquired infections with emphasis on hand hygiene is needed in Črnomelj nursing home.

Keywords: hand hygiene, disinfection, 5 moments for hand hygiene

Preprečevanje incidentov in okužb pri zaposlenih v zdravstveni negi

Eno večjih nevarnosti pri zaposlenih v zdravstveni negi predstavlja uporaba ostrih pripomočkov pri delu in možnost poškodbe ter posledično okužbe. Tej nevarnosti niso izpostavljeni le tisti, ki jih uporabljajo, ampak tudi drugi, ki prihajajo v stik s pacientom neposredno ali posredno. Zato je pri preprečevanju poškodb in morebitnih posledičnih okužb pomembno v prvi vrsti zavedanje možnosti poškodbe in okužbe, varna uporaba ostrih pripomočkov in tudi varno odlaganje le teh. Z raziskavo smo želeli ugotoviti, kako dosledno zaposleni v praksi upoštevajo navodila za varno delo, zakaj prihaja do incidentov in poznavanje ukrepov ob nastalem incidentu. Uporabili smo kvantitativni raziskovalni pristop in deskriptivno metodo dela. Podatke smo zbirali s strukturiranim anketnim vprašalnikom. Vzorec je zajemal 108 zaposlenih v zdravstveni negi. Ugotovili smo, da zaposleni pogosto upoštevajo preventivne postopke za delo. V veliki meri je prisotno pokrivanje uporabljenih ostrih predmetov. Dve tretjini jih že ima izkušnjo z incidentom, najpogosteje zaradi hitenja in odlaganja ostrih pripomočkov v okolico. Zaposleni poznajo postopek ukrepanja ob incidentu. Incidenti niso bili vedno prijavljeni, saj so ocenili pacienta kot nerizičnega.

Ključne besede: incident, okužbe, ostri pripomočki, preventiva

Preventing Incidents and Infections among Healthcare Workers

One of the biggest hazards for healthcare workers is the use of sharps at work and the potential for injury and subsequent infection. This risk is not only for those who use them, but also for others who come into direct or indirect contact with the patient. Therefore, awareness of the potential for injury and infection, safe use of sharps and safe disposal of sharps are of primary importance in preventing injury and possible subsequent infection. The aim of this survey was to find out how consistently employees follow safe work instructions in practice, why incidents occur and what actions they are aware of when an incident does occur. We used a quantitative research approach and a descriptive working method. Data were collected using a structured questionnaire. The sample consisted of 108 nursing workers. We found that employees often follow preventive procedures for work. There is a high level of handling of used sharps. Two thirds of them have experienced an incident, mostly due to rushing and disposing of sharps in the surroundings. Employees are familiar with the incident action procedure. Incidents were not always reported as the patient was not considered to be at risk.

Keywords: incident, infections, sharps, prevention

Poznavanje paliativne oskrbe

Paliativna oskrba, ki postavlja pacienta z napredovano boleznijo in njegove bližnje vedno bolj v ospredje, je v slovenskem prostoru vedno bolj prepoznana. Gre za aktivno celostno obravnavo bolnikov z neozdravljivo boleznijo in podporo njihovim bližnjim. Namen raziskave je bil ugotoviti poznavanje paliativne oskrbe med zdravstvenimi delavci, splošno populacijo in študenti zdravstvene nege ter ozaveščenost o urejenosti paliativne oskrbe za paciente, ki paliativno oskrbo potrebujejo v regijski bolnišnici in tudi ugotoviti potrebe po vzpostavitvi paliativne enote v dolenjski regiji. Podatke smo pridobili s tehniko anketiranja. V raziskavo, ki je bila izvedena na strokovnem srečanju ob svetovnem dnevu zdravja, je bilo vključenih 183 udeležencev, zaposlenih v zdravstvu, socialnem varstvu, vzgoji in izobraževanju ter študentov zdravstvene nege. Ugotovili smo, da je več kot polovica sodelujočih v raziskavi ocenila, da ima samo približno znanje o paliativni oskrbi. Tretjina sodelujočih, zaposlenih v zdravstvu, pa sploh ne ve, kako je v regionalni splošni bolnišnici poskrbljeno za paciente, ki potrebujejo paliativno oskrbo. Glede potreb po vzpostavitvi oddelka za paliativno oskrbo v regionalni splošni bolnišnici pa več kot polovica anketiranih meni, da je omenjen oddelek potreben.

Ključne besede: paliativna oskrba, pacient, neozdravljiva bolezen, svojci

Knowledge about Palliative Care

Palliative care, which provides better and better care for patients with advanced illness and their relatives, is gaining more and more recognition in Slovenia. It is an active, holistic treatment of patients with incurable diseases and supports their loved ones. The research determined the knowledge of palliative care among health care workers, the general population and nursing students, as well as the awareness of the regulation of palliative care for patients in need of palliative care in regional hospitals and the need to establish a palliative care unit in the Dolenjska region. The data was collected using a survey technique. The survey, which was conducted as part of an expert meeting on the occasion of World Health Day, included 183 people working in health care, social care, education and as students of health care. We found that more than half of the study participants estimated that they had only an approximate knowledge of palliative care. One third of the participants who are health care workers do not even know how patients who need palliative care are cared for in regional general hospitals. Regarding the need to establish a palliative care department in regional general hospitals, more than half of the respondents believe that this department is necessary.

Keywords: palliative care, patient, incurable disease, owners

Spodbujanje krvodajalstva

Krvodajalstvo predstavlja množično prostovoljsko udejstvovanje ljudi, ki nesebično sodelujejo na krvodajalskih akcijah in na takšen način pomagajo pacientom pri ohranitvi življenja. Namen raziskave je bil identificirati dejavnike, ki vplivajo na posameznike, da se odločijo za darovanje krvi. Uporabljen je bil pregled strokovne in znanstvene literature v dostopni bibliografski bazi COBISS, PubMed in Cinahl, z omejitvenimi kriteriji leto izida od 2012 do 2021, slovenski in angleški jezik ter dostopnost besedila. V podrobnejšo analizo vsebine je bilo vključenih 9 člankov. Določenih je bilo 14 kod, ki so bile združene v dve kategoriji: izzivi pri pridobivanju krvodajalcev in spodbujanje krvodajalstva. Na podlagi zbranih podatkov je moč sklepati, da ima veliko ljudi znanje o pomenu darovanja krvi ter zakaj je tako pomembno, da imamo zadostne količine krvi, pa vendar so še vedno prisotne ovire za darovanje. Boljše razumevanje dejavnikov, ki spodbujajo posameznike za darovanje bi pripomoglo k večjemu številu krvodajalcev.

Ključne besede: krvodajalstvo, transfuzijska medicina, krvodajalci, motivacija

Promotion of Blood Donation

Blood donation is a mass voluntary effort by people who selflessly participate in blood donations and in this way help patients to save lives. The aim of the study was to identify the factors that influence individuals in their decision to donate blood. A review of professional and scientific literature in the accessible bibliographic databases COBISS, PubMed and Cinahl was performed, with the limiting criteria being year of publication from 2012 to 2021, Slovenian and English language and accessibility of the text. 9 articles were included in the more detailed content analysis. 14 codes were identified and classified into two categories: challenges in obtaining blood donors and promotion of blood donation. From the data collected, it can be concluded that while many people are aware of the importance of blood donation and why it is so important to have adequate amounts of blood, there are still barriers to donation. A better understanding of the factors that motivate people to donate would help to increase the number of blood donors.

Keywords: blood donation, transfusion medicine, blood donors, motivation

Raziskovanje in ovire pri izvajanju k pacientu usmerjene zdravstvene nege

Koncept k pacientu usmerjene zdravstvene nege predstavlja premik od tradicionalnega in na bolezen usmerjenega pristopa k tistemu, ki v celoti vključuje pacientove potrebe. Prepoznavanje potrebe po oskrbi, usmerjeni na pacienta, ni novo, vendar organizacija oskrbe ostaja izziv. Praksa, zasnovana na dognanjih, je premišljena vključitev najboljših razpoložljivih dognanj v neposredno nego. Od medicinskih sester se pričakuje, da zagotavljajo kakovostno, varno, učinkovito, hitro in v pacienta usmerjeno zdravstveno nego. Z razvojem univerzitetnega izobraževanja medicinskih sester se je število znanstvenih objav močno povečalo, medtem ko implementacija njihovih dognanj zaostaja, kar zavira hitrejši razvoj na dognanjih temelječe prakse. Zagotavljanje visoko kakovostne oskrbe temelji na raziskovanju in z dokazi podprto prakso.

Ključne besede: k pacientu usmerjena zdravstvena nega, raziskovanje, ovire

Research and Barriers to the Implementation of Patient-Centered Nursing

The concept of patient-centered nursing represents a shift away from a traditional and disease-oriented approach to one that fully incorporates the need of the patient. The recognition of the need for patient-centered care is not new, but the organisation of care remains a challenge. Finding-based practice is the thoughtful incorporation of the best available findings into direct care. Nurses are expected to provide high quality, safe, efficient, prompt, and patient-centered care. With the development of university education of nurses, the number of scientific publications has increased significantly, while the implementation of their findings has lagged behind, hindering the more rapid development of the finding-based practice. Quality nursing care is based on research and evidence-based practice.

Keywords: patient-centered nursing, research, barriers

Socialna izoliranost invalidov v času epidemije covid-19

Invalidi so ljudje, ki zaradi svojih telesnih, duševnih, intelektualnih ali senzoričnih okvar ne morejo polno in učinkovito sodelovati v družbi okoli njih. Epidemija covid-19 s katero se srečujemo že od decembra 2019, ko je izbruhnila na Kitajskem, je v veliki meri prizadela tudi invalide, saj so bili kot mnogi drugi prikrajšani za socialno druženje v svojem okolju zaradi ukrepa socialne izolacije. V raziskavah se že pojavljajo podatki o tem, kako je socialna izolacija vplivala na depresijo invalidov. Uporabili smo deskriptivno metodo in kvalitativno tehniko zbiranja podatkov, študijo primera. Za izhodišče smo uporabili pregled domače in tuje literature, ter zakonske podlage, ki so bile v veljavi v drugem valu epidemije v Sloveniji, ko je bila odrejena socialna izolacija in omejitve povezane z njo. Skozi literaturo smo ugotovili, da na socialno izoliranost vpliva več različnih dejavnikov. Menimo pa, da bi se določeno delo lahko izvajalo tudi v domačem okolju ob pravih navodilih. S tem bi nekoliko omilili posledice socialne izolacije, še posebno ob predprazničnem času, ki prihaja. Ob dejavnostih bi se invalidom, ki imajo osebno asistenco, omogočila dodatna dejavnost, s tem pa bi se morda odprla tudi lažja komunikacija med invalidom in osebnim asistentom o sami stiski invalidov ob izvajanju socialne izolacije.

Ključne besede: epidemija, covid-19, socialna izoliranost, invalidi

Social Isolation of People with Disabilities during the Covid-19 Epidemic

People with disabilities are unable to fully and effectively participate in the society that surrounds them because of their physical, mental, intellectual or sensory impairments. The Covid-19 epidemic, which has broken out in China since December 2019, has also greatly affected people with disabilities, as many others have been unable to participate in the society around them due to social isolation. Research has already shown how social isolation has affected the depression of people with disabilities. We used a descriptive method and a qualitative technique to collect the data, a case study. As a starting point, we used a review of the domestic and foreign literature, as well as the legal bases that were in force in the second wave of the epidemic in Slovenia, as the social isolation and its associated limitations. Based on the literature, we found that social isolation is influenced by several different factors. With a good relationship between disabled people and their parents and personal assistant, the consequences of the epidemic can be somewhat mitigated. However, we believe that some work could also be done in the domestic environment, with the right instructions. This would somewhat alleviate the consequences of social isolation, especially during the pre-holiday period, which is soon to come. People with personal assistance would be allowed an additional activity that may bring an easier opening in communication.

Keywords: epidemic, Covid-19, social isolation, people with disabilities

Aplikacija NutriApp - Preprosto in učinkovito prehransko presejanje

Disfagija, težave pri prehranjevanju in požiranju, povzroči izgubo teže in dehidracijo. Podhranjenost se lahko razvije kot posledica pomanjkanja vnosa s hrano, povečanih zahtev povezanih z bolezenskim stanjem, zapleti osnovne bolezni, kot je slaba absorpcija in prekomerna izguba hranil ali kombinacije omenjenih dejavnikov. Podhranjenost je neodvisen dejavnik tveganja za višjo obolevnost, podaljšano hospitalizacijo, počasnejše okrevanje, višjo umrljivost, povečano tveganje za zaplete in zmanjšano kvaliteto življenja. V prispevku bo predstavljena aplikacija NutriApp, ki je enostavno orodje za hitro in učinkovito presejanje za vse bolnike kadarkoli in kjerkoli s predstavitvijo primera. Aplikacija je razvita na podlagi dovoljenja strank, na katere se ta orodja nanašajo. Namen aplikacije je preprečiti razvoj podhranjenosti in s tem povezanih tveganj z izvedbo zgodnjega presejanja in uvedbo prehranske terapije. S to inovativno aplikacijo, ki jo lahko uporabljajo samo usposobljeni zdravstveni delavci, se izvede preprosto presejanje. Do rezultata se pride samo v 5 korakih. Aplikacija NutriApp, se namesti na Android iz Google play in iOS iz App Store in je v lasti družbe Abbott in njenih dajalcev licence.

Ključne besede: dysphagija, podhranjenost, aplikacij, NutriApp

Nutriapp Application - Simple and Effective Nutritional Screening

Dysphagia causes difficulty eating and swallowing and causes weight loss and dehydration. Malnutrition can result from lack of food intake, increased disease-related requirements, complications of the underlying disease such as poor absorption and excessive nutrient loss or a combination of these factors. Malnutrition is an independent risk factor for higher morbidity, prolonged hospitalisation due to slower recovery, higher mortality, increased risk of complications and lower quality of life. In this paper, the NutriApp application is presented along with a case study. NutriApp is a simple tool to quickly and efficiently check patients' symptoms, anytime and anywhere. It was developed with the permission of the clients for whom this tool is applicable. The purpose of this innovative application is to prevent the development of malnutrition and associated risks and to initiate nutritional therapy at an early stage. The result is achieved in 5 simple steps and can only be used by trained healthcare professionals. The NutriApp application can be installed on Android via Google play and on iOS via the App Store and is the property of Abbott and its designated licensees.

Keywords: dysphagia, malnutrition, application, NutriApp

Mnenje zdravstvenih delavcev in sodelavcev glede obravnave pacientov po klinični poti

Klinične poti so prepoznane kot orodje za zagotavljanje kakovosti zdravstvene obravnave pacientov predvsem v bolnišnicah. Uveljavile so se v vseh bolnišnicah, vendar pa dokazov o njihovem vplivu na zdravstveno obravnavo pacienta ni veliko. V tem prispevku so predstavljeni rezultati študije med zdravstvenimi delavci in sodelavci o njihovih izkušnjah glede obravnave pacientov po klinični poti in sicer za paciente s kronično ledvično boleznijo, po akutni možganski kapi in po vstavitvi totalne endoproteze kolka in sicer iz vidika v kolikšni meri se jim zdijo posamezna ravnanja o obravnavi pacienta pomembna in v kolikšni meri to drži pri njihovem delu. Uporabljen je bil kvantitativni raziskovalni pristop. Anketni vprašalnik je bil razvit namensko. V obdobju junij-september 2021 je bilo s strani zdravstvenih delavcev in sodelavcev ene bolnišnice izpolnjenih 169 vprašalnikov. Povprečne ocene pomembnosti navedenih ravnanj s petstopenjsko lestvico so bile visoke (4,17–4,73). Povprečne ocene, koliko navedena dejanja udeležajo pri delu, so pri vseh ravnanjih nižje od povprečnih ocen pomembnosti (3,71–4,42). Zdravstveni delavci in sodelavci se zavedajo pomembnosti navedenih ravnanj, vendar pa ocenjujejo, da so pri udeležanju kliničnih poti še vrzeli.

Ključne besede: bolnišnična zdravstvena dejavnost, kakovost obravnave v pacientov, uporaba kliničnih poti, vidik zdravstvenih delavcev in sodelavcev, kvantitativni pristop

Opinion of Healthcare Professionals and Associates in Relation to the Patient Health Care of Clinical Pathways

Clinical pathways are a recognised tool for ensuring the quality of patient care, especially in hospitals. They are well established in all hospitals, but there is little evidence of their impact on the health care of patients. This paper presents the results of a study in which healthcare professionals and associates were asked about their experiences of patient health care, particularly patients with chronic kidney disease, after an acute stroke and after total hip arthroplasty, and the extent to which this applied to their work in relation to clinical pathways. A quantitative research approach was used. The questionnaire was specifically designed. Between June and September 2021, 169 questionnaires were completed by healthcare professionals and associates at one hospital. The mean estimate of the importance of these behaviours on a five-point scale was high (4.17–4.73). The mean estimate of the extent to which these measures occur at work was lower than the mean estimate of the importance of all measures (3.71–4.42). Health professionals and associates are aware of the importance of these measures, but believe that there are still gaps in their implementation in clinical pathways.

Keywords: hospital healthcare activities, quality of health care, use of clinical pathways, perspective of healthcare professionals and associates, quantitative approach

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Programi obrazovanja odraslih kao podrška u zdravstvenoj i socijalnoj skrbi starijih osoba u zajednici

Ljudski se vijek produžio i ta činjenica obvezuje socijalni i zdravstveni sustav na kreiranje politika koje osiguravaju provođenje, često dugotrajne skrbi. Dugotrajna skrb iziskuje velika izdvajanja iz javnih financija, bilo da je riječ o formalnoj skrbi u institucijama poput domova za starije i nemoćne ili izvaninstitucionalnoj skrbi kao što je socijalna pomoć i zdravstvena zaštita u kući. Osim formalnih izvora skrbi važna je i neformalna skrb, obiteljska ona neplaćena, kada se za stare roditelje brinu djeca ili drugi članovi obitelji. Bez obzira na izvor pomoći primarna zadaća sustava je osigurati pomoć kada je kod starije osobe funkcionalna sposobnost narušena. Porastom udjela starije populacije nameće se potreba osiguravanja osposobljenih osoba koje sudjeluju u skrbi navedene populacije. Cilj rada je prikazati program kojim se želi povećati broj osposobljenih osoba koje će s ostalim stručnim djelatnicima pomoći u osiguravanju kvalitetne skrbi u kući ili u Domovima za starije. Jedan od takvih Programa je izrađen u suradnji Zdravstvenog veleučilišta s Nastavnim zavodom za Javno zdravstvo dr. Andrija Štampar iz Zagreba. Potrebe su velike, samo na području Grada Zagreba usluge smještaja starijim osobama pruža 11 gradskih domova i 25 privatnih, dok svoje usluge nudi i 6 pravnih osoba i to bez osnivanja ustanove te 35 obiteljskih domova.

Ključne besede: starija osoba, dugotrajna skrb, obrazovanje odraslih

Adult Educational Programmes as a Means of Supporting Health and Social Care of the Elderly in the Community

People's life spans have lengthened, forcing social and healthcare systems to develop policies to ensure the implementation of often long-term care. Long-term care requires large allocations from public finances, whether for formal care in institutions such as retirement and nursing homes, or for extra-institutional care in the form of social assistance and home health care. There is also informal, mostly family and unpaid care. Regardless of the source, the main role of the healthcare system is to provide help when the functional ability of the elderly is impaired. As the proportion of the elderly population increases, there is a need to ensure that enough people participate in caring for them. This paper presents a programme that aims to increase the number of qualified people to help other professionals provide quality care at home or in homes for the elderly. Such a programme was developed in collaboration between University of Applied Health Studies and the Teaching Institute of Public Health Dr. Andrija Štampar from Zagreb. The need is great, because in the area of the City of Zagreb alone, accommodation services for the elderly are provided in 11 municipal and 25 private homes for the elderly. 6 legal entities offer their services without having their own facility, as well as 35 family homes for the elderly.

Keywords: elderly, long-term care, adult education

Častni pokrovitelj konference

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