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CELOSTNA OBRAVNAVA PACIENTA

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**HOLISTIC APPROACH
TO THE PATIENT**

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HOLISTIC APPROACH TO THE PATIENT

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Koncept holizma in njegove determinante

Skrb za pacienta se je, v medicinski paradigmi zdravstvene nege kakor tudi v znanstveno raziskovalni paradigmi, v zadnjem desetletju, drastično preusmerila na področje holističnega pristopa. Pacient ni le oseba z določeno vrsto bolezni, temveč je primarno posameznik, ki bolj ali manj suvereno izvršuje svojo pravice in dolžnosti znotraj svojega socialnega kroga. V družbi ima svojo vlogo, preko katere se tudi sam do določene mere identificira in posledično iz tega črpa moč za spopadanjem z različnimi izzivi. Pri tem se opiramo na premiso, da je pacient subjekt, s svojimi življenjskimi navadami, slogom, socialnim krogom, ekonomskimi sposobnosti in drugimi življenjskimi in bivanjskimi okoliščinami. Tudi študije, na področju zdravstvene nege in na splošno medicinske znanosti, so večkrat pokazale pozitivne učinke celovitih pristopov do pacienta, z upoštevanjem tako njegovega psihičnega kakor fizičnega stanja. Slednje nas je privedlo do vprašanja, katere so tiste determinante, ki opredeljujejo celoviti oziroma holistični pristop ter kako široko obsegajoč je krog dometa takšne obravnave. Z namenom definirati koncept holizma, smo opravili krajšo analizo ugotovitev 15ih izvirmih in preglednih znanstvenih člankov. Pri iskanju za nas relevantnih publikacij, smo si postavili jezikovni parameter, saj smo upoštevali le članke objavljene v slovenskem ali angleškem jeziku. Pri tem smo upoštevali tudi časovni okvir objave, saj smo upoštevali le članke, ki niso starejši od pet let.

Ključne besede: holizem, celovit pristop, obravnava pacienta, interdisciplinarna zdravstvena nega

The Concept of Holism and its Determinants

The paradigm of patient treatment in the field of nursing as well as in the scientific field has in the last decade drastically shifted towards a holistic approach. Namely, the patient is no longer considered as only a human with a certain type of illness, but primarily an individual who, to different extents, sovereignly exercises his rights and duties within his social circle. He holds a role in society, through which he also identifies himself to a certain extent and from it draws the strength to cope with different challenges. The forementioned is based on the premise that the patient is a subject with its own life habits, style, social circle, economic abilities and other life and living circumstances. Even studies, in the field of nursing and medical science in general, have repeatedly shown the positive effects of comprehensive approaches to the patient, taking into account both the psychological and physical conditions. This raises the question of what the determinants that define a comprehensive or holistic approach are and how wide the scope of such treatment is. Thus, we performed a short analysis of 15 scientific articles. We set a language parameter, since we only considered articles published in Slovenian or English, and took into account the time frame of the publication as well, as we only considered articles that are not older than five years.

Keywords: holism, comprehensive approach, patient treatment, interdisciplinary healthcare

Holistična zdravstvena nega

Holistična zdravstvena nega je celovita oskrba pacienta. Ni samo delo, je filozofija in način življenja. To pa pomeni neprestano izobraževanje na več področjih. Obravnava pacientove telesne, duševne, čustvene, duhovne in socialne vidike. Metode dela so kot pri klasični medicini, le da v svoje delovanje vključuje še alternativno in komplementarno medicino. Zdravstvena nega, ki temelji na holizmu poudarja, da je poleg zdravljenja z zdravili in zdravstveno nego, pomembno še izobraževanje pacienta, njegovo osebno sodelovanje, njegovo mnenje, čustva, psihično stanje, kultura, ekonomski status, socialne razmere, alternativne oblike zdravljenja, ter ostali načini spoprijemanja z boleznijo. Pri vsaki izvedbi postopka zdravstvene nege se poudarja celosten pristop k pacientu. Uporablja se na vseh nivojih zdravstva: primarnem, sekundarnem in terciarnem nivoju. Začetni temelji holistične zdravstvene nege temeljijo na delu Florence Nightingale, ki je poudarjala povezavo med bolnikom in njegovim okoljem. Namen prispevka je, s pregledom literature predstaviti in analizirati holistično zdravstveno nego in holistično medicinsko sestro na različnih področjih zdravstvene nege in pri različnih boleznih, ter njene začetne temelje.

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

Holistic Nursing

Holistic nursing is a comprehensive patient care. It is not only work, it is a philosophy and way of life. This means continuous education in several areas. Holistic nursing addresses the patient's physical, mental, emotional, spiritual and social aspects. Its working methods are the same as in traditional medicine, but it also incorporates alternative and complementary medicine. Nursing based on holism emphasizes that, in addition to drug treatment and nursing care, the patient's education is also important, as well as his/her personal involvement, his/her opinion, feelings, mental state, culture, economic status, social situation, alternative treatments and other ways of dealing with the disease. An integrated approach to the patient is emphasized in each nursing procedure. It is used at all levels of healthcare: primary, secondary and tertiary. The initial foundations of holistic nursing are based on the work of Florence Nightingale. She highlighted the link between the patient and his/her environment. The purpose of the paper is to present and analyse holistic nursing and holistic nurses through a literature overview based on different nursing areas and different diseases.

Keywords: holistic nursing, holistic nurse, holistic approach

Posebnosti odškodninske odgovornosti v slovenskem zdravstvu

Odgovornost izvajalca zdravstvene dejavnosti se v Sloveniji za škodo presoja praviloma kot poslovna odškodninska odgovornost, ki izhaja iz pogodbe o zdravljenju. Izjemoma izvajalec zdravstvene dejavnosti odgovarja kot poslodajca brez naročila, če opravi življenjsko nujno zdravstveno obravnavo za pacienta, ki ni sposoben privolitve. Slovenska pravna teorija in sodna praksa na splošno odklanjata stališče, da so medicinske naprave (na primer zobozdravniški svedri) nevarna stvar, zdravstvena dejavnost pa nevarna dejavnost, kar bi utemeljevalo objektivno odgovornost. Medtem ko za delo zaposlenega zdravnika po splošnih pravilih odgovarja njegov delodajalec, je z zakonom predpisano obvezno zavarovanje poklicne odgovornosti zdravnikov, ki delajo neposredno s pacienti. Zakon o nalezljivih boleznih določa pogoje za objektivno odškodninsko odgovornost države za posledice obveznega cepljenja. Predpisi o zdravstvenem zavarovanju med drugim urejajo odškodninske terjatve Zavoda za zdravstveno zavarovanje Slovenije. Leta 2019 je Zdravniška zbornica Slovenije pripravila osnutek zakona o nekrivdni odgovornosti države v primeru zdravljenja, ki doslej (še) ni bil sprejet.

Ključne besede: odškodninska odgovornost, zdravstvo, Slovenija

Specific Features of Civil Liability in Slovenian Healthcare

In Slovenia, liability for damages of the healthcare service provider is generally assessed as contractual liability, resulting from the treatment contract. Exceptionally, the health service provider is liable according to the rules on benevolent intervention in another's affairs if emergency medical assistance is given to a patient who is not capable of consent. The Slovenian legal theory and case law do not consider medical devices (for example, dental drills) as dangerous things and medical services as dangerous activities, which would justify strict liability. While employers are liable for the work of doctors they employ according to general rules, doctors working directly with patients must be insured against liability for damages. The Infectious Diseases Act regulates the conditions under which the state assumes strict (no-fault) liability for the consequences of mandatory vaccination. The provisions on health insurance regulate, inter alia, compensation claims of the Health Insurance Institute of Slovenia. In 2019, the Medical Chamber of Slovenia prepared a draft law on strict liability in case of treatment, which has not yet been adopted so far.

Keywords: civil liability, healthcare, Slovenia

Stavovi studenata i medicinskih sestara o važnosti neverbalne komunikacije

Komunikacija je važan interakcije medicinske sestre i pacijenta, a neverbalna komunikacija između medicinske sestre i pacijenta utječe na interpretaciju poruka koje izmjenjuju. U radu su prikazani rezultati istraživanja stavova studenata sestrištva i zaposlenih medicinskih sestara o važnosti nekih elemenata neverbalne komunikacije u sestrištvu kroz sljedeća obilježja: važnost kontrole vlastite neverbalne komunikacije, važnost praćenja neverbalne komunikacije pacijenta, učestalost kontrole vlastite neverbalne komunikacije, samoprocjena uspješnosti kontrole i upravljanja vlastitom neverbalnom komunikacijom te važnost pojedinih elemenata neverbalne komunikacija na ukupni učinak komunikacije s pacijentom. Rezultati istraživanja opisani su korištenjem metoda deskriptivne statistike.

Cljučne riječi: komunikacija, neverbalna komunikacija, sestrištvo

Attitudes of Students and Nurses about the Importance of Nonverbal Communication

Communication is an important part of the nurse-patient interaction, and non-verbal communication between the nurse and the patient effects the interpretation of the messages they exchange. The paper presents the results of a research on the attitudes of nursing students and employed nurses about the importance of some elements of non-verbal communication in nursing through the following features: the importance of controlling one's own non-verbal communication, the importance of monitoring the patient's non-verbal communication, the frequency of controlling one's own non-verbal communication, self-assessment of the success of controlling and managing one's own non-verbal communication and the importance of some elements of non-verbal communication for the overall effect of communication with the patient. The research results are described by descriptive statistics methods.

Keywords: communication, non-verbal communication, nursing

Nurse as a Coordinator of Health Education at School - a Holistic Approach to the Health of Children and Adolescents

An important task of the school is health education of children and youth. The content of health education should take into account a holistic approach to health in the physical and psychosocial dimensions, and the development of life skills in students. The school nurse's task is to support the development of students' and employees' competences in the field of caring for health throughout their lives. The aim of this study is to present the role of a nurse in meeting educational and health needs of children and adolescents at school. It includes a review of the medical literature and a focus group interview with school nurses. Poland is one of the countries with the longest experience in establishing a health promoting school in Europe. The current model in this regard is the organisation of learning and work at school, which promotes the health and well-being of students, teachers and other school staff, as well as cooperation with the parents. During the moderated discussion, all nurses stated that they should participate in the programming, delivery and evaluation of health education. Students at school need health education as an essential element in building resources for health. Adapting health education to the individual needs of students is primarily the task of the school nurse.

Keywords: school nurse, role, students, health education, holistic approach to school health

Medicinska sestra kot koordinator zdravstvenega izobraževanja v šoli – celovit pristop k zdravju otrok in mladostnikov

Pomembna naloga šola je zdravstveno izobraževanje otrok in mladostnikov. Vsebine zdravstvenega izobraževanja bi morale upoštevati celovit pristop k zdravju, vključujoč fizične in psihosocialne dimenzije ter razvoj življenjskih veščin učencev. Naloga šolske medicinske sestre je podpora razvoja vseživljenjskih kompetenc učencev in zaposlenih na področju skrbi za zdravje. Cilj te študije je predstaviti vlogo medicinske sestre za zagotavljanje izobraževalnih in zdravstvenih potreb otrok in mladostnikov v šoli. Vključuje pregled medicinske literature in razgovor s ciljno skupino šolskih medicinskih sester. Poljska je ena od evropskih držav, ki imajo dolgoletne izkušnje na področju spodbujanja zdravja v šolah. Trenutni model v tem smislu vključuje organizacijo učenja in dela v šoli, ki spodbuja zdravje in dobro počutje učencev, učiteljev ter ostalih zaposlenih, obenem pa tudi sodelovanje s starši. Med moderirano razpravo so vse medicinske sestre povedale, da bi morale sodelovati pri programih, izvajanju in ocenjevanju zdravstvenega izobraževanja. Učenci potrebujejo zdravstveno izobraževanje v šoli kot bistveni element gradnje virov za skrb za zdravje. Prilagajanje zdravstvenega izobraževanja individualnim potrebam učencev je naloga predvsem šolske medicinske sestre.

Ključne besede: šolska medicinska sestra, vloga, učenci, zdravstveno izobraževanje, celovit pristop k zdravju v šoli

Krepitev kompetenc za vzgojno-izobraževalno vlogo medicinskih sester

Sodobni čas in poudarjanje promocije zdravja je privedel do drugačnih, bolj celostnih, interdisciplinarnih oz. multidisciplinarnih pristopov k zdravstveno-vzgojnemu delu, pri katerih je pacient soudeležen. Zdravje je temeljna vrednota, zato zdravstveni sektor na nacionalni in evropski ravni zahteva močan, samozavesten in sposoben kader za izvajanje postopkov in procesov celostne oskrbe pacienta v zdravstvenem in socialnem varstvu z vidika kakovosti, odgovornosti in humanosti. Velja, da pravičen dostop do kakovostne zdravstvene vzgoje in vseživljenjskega učenja ostajata temelja sodobne promocije zdravja. Vsaka zdravstvena vzgoja je, ne glede na to, na kateri ravni se pojavlja, sestavljena tako iz izobraževalnega kot tudi iz vzgojnega procesa. Na področju zdravstvene vzgoje je naslon na temeljne vzgojo-izobraževalne vede ključen, a raziskave kažejo, da izobraževalci večkrat ne vedo, katero učno metodo uporabiti pri določeni temi za spodbudo aktivnega učenja. Metode izobraževanja so elementi, ki jih najhitreje opazimo. So »viden« del izobraževanja, ki ima v ozadju »nevidne« dele teoretskih konceptov, razvoja prakse in osebnih prepričanj ter profesionalnih zmožnosti izobraževalcev. V prispevku na izbranem vzorcu analiziramo potrebe medicinskih sester po specifičnih znanjih s področja didaktike, s poudarkom na prepoznavanju razkoraka med želenimi in dejanskimi zmožnostmi realizacije vzgojno-izobraževalne vloge v svojem delovanju.

Ključne besede: medicinska sestra, vzgojno-izobraževalna vloga, metode izobraževanja, izobraževanje na področju zdravja

Strengthening Nurses' Competences for their Educational Role

Modern times and the emphasis on health promotion have led to different, more holistic interdisciplinary or multidisciplinary approaches to health-education work in which the patient is a participant. Health is a fundamental value and the health sector at the national and European levels requires strong, confident and competent human resources to implement the procedures and processes of integrated patient care in health and social care in terms of quality, responsibility and humanity. Equitable access to quality health education and lifelong learning remain the cornerstones of modern health promotion. In health education, reliance on basic educational sciences is crucial; nevertheless, research shows that educators often do not know which teaching method to use on a given topic to stimulate active learning. Educational methods are the elements that are most readily noticed. They are the "visible" part of education, which has behind it the "invisible" parts of theoretical concepts, practice development and personal beliefs and professional skills of educators. In this paper, we analyse nurses' needs for specific didactic skills on a selected sample, focusing on the identification of the gap between the desired and actual competencies to realise the educational role in their practice.

Keywords: nurse, educational role, educational methods, health education

Kineziološka aktivnost, ekrani i djeca predškolske dobi

Pojedina istraživanja ukazuju da se djeca sve manje kreću. Od rane dobi koriste razne ekrane. Cilj ovog istraživanja bio je provjeriti koliko vremena predškolska djeca provode pred ekranima, te provjeriti ovisi li vrijeme provedeno pred ekranima o spolu i dobi. Također je cilj bio provjeriti jesu li dječaci aktivniji od djevojčica. Istraživanje je provedeno online, metodom snježne grude. Sudjelovalo 332 djece predškolske dobi iz raznih dijelova Hrvatske. U istraživanju je sudjelovalo 163 (49,1 %) dječaka i 169 (50,9 %) djevojčica. Median za vrijeme korištenja ekrana iznosi 60, a median za kineziološku aktivnost djece iznosi 27. Nije utvrđena statistički značajna razlika u vremenu provedenom pred ekranima između dječaka i djevojčica ($p > 0,05$), iako je utvrđeno da su dječaci kineziološki aktivniji od djevojčica ($p < 0,004$). Mlađa predškolska djeca (djeca stara 2, 3 ili 4 godine) manje vremena provode pred ekranima od starije predškolske djece (djece stare 5, 6 ili 7 godina) ($p < 0,008$). Kretanje je neophodno za pravilan rast i razvoj djece. Sve više korištenja ekrana i vremena koje djeca provode sjedeći može imati negativni utjecaj na zdravlje djece. Potrebno je provoditi daljnja istraživanja s ciljem utvrđivanja kineziološke aktivnosti djece i vremena koje djeca primjenjuju ekrane. Djecu je potrebno poticati na aktivno igranje.

Ključne riječi: djeca predškolske dobi, kretanje, vrijeme provedeno pred ekranima

Kinesiology Activity, Screens and Preschool Children

Research indicates that children move less than before. They use various screens from an early age. The aim of this research was to determine how much time preschool children spend in front of the screens and whether this time depends on gender and age. The aim was also to determine whether boys are more active than girls. The research was conducted online, using the snowball method. It included 332 preschool children from various parts of Croatia, of which 163 (49.1%) were boys and 169 (50.9%) were girls. The median for screen time is 60, and the median for children's kinesiological activity is 27. No statistically significant difference was found in the time spent in front of the screens between boys and girls ($p > 0.05$), although it was determined that boys are more kinesiologicaly active than girls ($p < 0.004$). Younger preschool children (children aged 2, 3 or 4) spend less time in front of the screens than older preschool children (children aged 5, 6 or 7) ($p < 0.008$). Movement is necessary for children's proper growth and development. The increasing use of screens and the amount of time children spend sitting can have a negative impact on children's health. It is necessary to carry out further research with the aim of determining the kinesiological activity of children and the how much of the time they use screens. Children should be encouraged to play actively.

Keywords: children of preschool age, movement, time spent in front of screens

Validacija slovenske verzije vprašalnika ACDS za merjenje adherence

Adherenca pri zdravljenju kroničnih bolezni je pomemben dejavnik za uspešno obravnavo kroničnih bolnikov. V Sloveniji še nimamo prosto dostopnega in validiranega orodja za ocenjevanje adherence pri zdravljenju. Namen raziskave je bil preveriti zanesljivost in veljavnost vprašalnika Lestvica adherence pri kroničnih boleznih (Adherence in Chronic Diseases Scale - ACDS). Vprašalnik smo dvosmerno prevedli in ga vsebinsko ovrednotili. Od julija do septembra 2021 smo v validacijsko raziskavo vključili odrasle (18–80 let) bolnike z arterijsko hipertenzijo na redni terapiji. Notranjo konzistenco smo preverili s Cronbach α koeficientom, veljavnost pa z eksploratorno faktorsko analizo. Vključenih je bilo 119 bolnikov. Cronbach alfa koeficient je bil 0,394 (nezadostna notranja konzistenca). Faktorska analiza je pokazala, da lahko izločimo tri komponente, kar ni skladno z originalno enofaktorsko verzijo. Po izključitvi postavk 4 in 6, ki sta kazali najnižje korelacije z drugimi postavkami, smo validacijo ponovili. Koeficient Cronbach alfa je bil 0,617, faktorska analiza je pokazala dvofaktorsko strukturo. Slovenska verzija ACDS lestvice se ni izkazala kot zanesljiv in veljaven merilni inštrument. Za spremljanje adherence pri kroničnih bolnikih bi potrebovali zanesljivo merilno orodje, ki pa ga je potrebno natančno in dosledno validirati.

Ključne besede: adherence, Lestvica adherence pri kroničnih boleznih (ACDS), validacija

Validation of the Slovenian Version of ACDS Adherence Measure

Adherence in treatment of chronic diseases is an important factor in successful management of chronic patients. In Slovenia, we do not yet have a freely available and validated questionnaire for assessing adherence. Our purpose was to assess the reliability and validity of the Slovenian version of the Adherence in Chronic Diseases Scale (ACDS). A two-way translation and content evaluation was performed on the questionnaire. The validation study included adult patients (18–80 years) with arterial hypertension on regular medication therapy. Cronbach's alpha coefficient was used to assess the scale reliability and exploratory factor analysis to assess validity. The questionnaire was completed by 119 patients. Cronbach's alpha coefficient was 0.394 (insufficient internal consistency). Exploratory factor analysis reported a three-factor solution, which was not consistent with the one-factor solution of the original questionnaire version. Excluding items 4 and 6, which showed the lowest correlations with other items, returned Cronbach's α coefficient of 0.617, while factor analysis revealed a two-factor structure. The Slovenian version of the ACDS questionnaire did not prove to be a reliable and valid measuring instrument. We need a reliable instrument to measure adherence in chronic patients, which, however, needs an accurate and consistent validation.

Keywords: treatment adherence, Chronic Disease Adherence Scale (ACDS), validation

Analiza koncepta duhovnosti

Duhovnost je dinamična razsežnost človeka in je njemu nekaj najbolj osebnega. Duhovnost delimo v dve dimenziji: vertikalno in horizontalno. Duhovno zdravje je poleg telesnega, emocionalnega, intelektualnega in socialnega zdravja temelj holistične filozofije. Uporabljen je bil pregled izvirnih in preglednih znanstvenih člankov, objavljenih leta 2022 ter 2017–2022 v bibliografski bazi podatkov CINAHL, COBISS, Google učenjak, PubMed, in dlib.si ter v revijah *Obzornik zdravstvene nege* in *Informatica Medica Slovenica*. Iskanje je potekalo s ključnimi besedami: »duhovnost«, »duhovno zdravje«, »duhovna oskrba«, »duhovna zdravstvena nega«. Uporabljena je bila metoda pregleda literature in analiza vsebine. Izmed 22 identificiranih objav je bilo v končno analizo vključenih 15 znanstvenih člankov, od tega sta bila 2 izvira znanstvena članka, 13 pa preglednih znanstvenih člankov. Z metodo analize vsebine je bilo identificiranih 5 kategorij: (1) razumevanje duhovnosti in duhovna oskrba, (2) zaznavanje duhovne potrebe in izvajanje prakse duhovne oskrbe, (3) holistični pristop pri zdravstveni obravnavi, (4) pomen znanja in izobraževanja iz duhovne zdravstvene nege, (5) pomen paliativne zdravstvene nege. Iz znanstvenih člankov in strokovne literature smo ugotovili, da so bili tisti zdravstveni delavci, ki imajo dodatna znanja iz področja duhovne zdravstvene nege in oskrbe bolj suvereni pri svojem delu in upoštevajo holistični pristop.

Ključne besede: duhovnost, duhovno zdravje, duhovna zdravstvena nega, holistični pristop

Analysis of the Concept of Spirituality

Spirituality is a dynamic dimension of man and something most personal to him. Spirituality is divided into two dimensions: vertical and horizontal. In addition to physical, emotional, intellectual and social health, spiritual health is the foundation of holistic philosophy. An overview was performed of the original and transparent scientific articles published in 2022 and 2017–2022 in the bibliographic databases CINAHL, COBISS, Google Scholar, PubMed, and dlib.si and in the journals “*Obzornik zdravstvene nege*” and *Informatica Medica Slovenica*. The search included the following keywords: spirituality, spiritual health, spiritual care, spiritual healthcare. A method of literature review and content analysis was used. The results showed that of the 22 publications, 15 scientific papers were included in the final analysis, of which 2 were original scientific papers and 13 were transparent scientific papers. The method of content analysis identified 5 categories: (1) understanding spirituality and spiritual care, (2) the perception of spiritual need and the implementation of spiritual care practice, (3) holistic approach in patient treatment, (4) the importance of knowledge and education in spiritual nursing, (5) the importance of palliative care. Based on the scientific articles and literature, we found that those health professionals who have additional knowledge in the field of spiritual care are more sovereign in their work and follow the holistic approach.

Keywords: spirituality, spiritual health, spiritual healthcare, holistic approach

Fizioterapija kod pacijenta s lumboišijalgijom kao posljedicom amputacije natkoljenice – prikaz slučaja

Križobolja je česta bolest i veliki socioekonomski problem. Lumboišijalgija kao posljedica neadekvatnog liječenja križobolje nije nijedak problem s kojim se susreću pacijenti s križoboljom. Pacijentu je nakon teške ozljede amputirana lijeva noga. Nakon nekog vremena javljaju se bolovi u križima i duž noge. Fizioterapija nije davala rezultate. Pacijent razvija strah zbog neizvjesnosti, pokreta, pogoršanja simptoma, novih recidiva, te ima sve manje mogućnosti obavljanja aktivnosti svakodnevnog života. Operiran je zbog hernije diska, a određeni simptomi i dalje ostaju. Nakon operacije individualnim i cjelovitim fizioterapijskim procesom došlo je do znatnog poboljšanja (smanjenje straha, bolova i parestezija u donjem ekstremitetu, povlačenje hernijacija diska u ostalim segmentima lumbalne kralježnice). Cjelovitim i individualnim pristupom te pravilnim odabirom fizioterapijske intervencije moguće je kod pacijenta s kompleksnim poteškoćama križobolje postići veću razinu funkcionalnosti kralježnice i tijela. Uspostavljanjem veće razine povjerenja u profesionalnost fizioterapeuta smanjuje se strah od neizvjesnosti te pokretanja tijela.

Gljučne riječi: lumboišijalgija, amputacija donjeg ekstremiteta, strah, adekvatan fizioterapijski pristup

Physiotherapy in a Patient with Lumboishialgia as a Result of Lower Extremity Amputation - Case Study

Low back pain is a common disease and a major socioeconomic problem. Lumbosciatica as a result of inadequate treatment of low back pain is not a rare problem faced by patients with low back pain. The patient's left leg was amputated after a severe injury. After a while, pain appeared in the lower back and along the leg. Physiotherapy did not give results. The patient developed fear due to uncertainty, movement, worsening of symptoms, new relapses, and had fewer and fewer opportunities to perform activities of daily life. He was operated on for a herniated disc, and certain symptoms still remain. After the operation, with an individual and complete physiotherapy process, there was a significant improvement (reduction of fear, pain and paresthesias in the lower extremity, reduction of disc herniations in other segments of the lumbar spine). With a comprehensive and individual approach and the correct selection of physiotherapy intervention, it is possible to achieve a higher level of functionality of the spine and body in patients with complex low back pain problems. By establishing a higher level of trust in the professionalism of the physiotherapist, the fear of uncertainty and moving the body is reduced.

Keywords: lumboschialgia, amputation of the lower limb, fear, adequate physiotherapy approach

Občutenje notranje skladnosti pri zaposlenih v zdravstveni negi

Občutenje notranje skladnosti je mehanizem za soočanje z izzivi, ki jih postavlja življenje. Občutenje notranje skladnosti je mehanizem in osebna lastnost posameznika, ki lahko obvaruje zaposlene v zdravstveni negi pred različnimi tveganji za zdravje. Zaposleni v zdravstveni negi z močnejšim občutenjem notranje skladnosti občutijo manj obremenitev na delovnem mestu, manj so prisotni negativni učinki stresa, višja je samoocena lastne strokovne usposobljenosti, bolje opravljajo svoje delo in višja je tudi ocena lastnega zdravstvenega stanja. Namen raziskave je bil ugotoviti in predstaviti pomen posedovanja občutenja notranje skladnosti pri zaposlenih v zdravstveni negi. Za merski instrument je bil uporabljen mednarodni vprašalnik za merjenje občutenja notranje skladnosti. Statistično populacijo so predstavljali zaposleni v zdravstveni negi v gorenjskih zdravstvenih in socialnovarstvenih ustanovah ($n = 788$), realizacija vzorca je bila 28,2 % ($n = 222$). V raziskavi smo ugotovili, da je občutenje notranje skladnosti med zaposlenimi v zdravstveni negi povezano z delovnim okoljem in tudi s socio-demografskimi značilnostmi anketiranih. Raven občutenja notranje skladnosti lahko spreminjamo in povečujemo, k slednjemu pomembno pripomore raziskovanje virov zdravja, izobraževanje zaposlenih in zagotavljanje ugodnih delovnih pogojev.

Ključne besede: občutenje notranje skladnosti, delovno okolje, zdravstvena nega

Inner Harmony among Nursing Employees

A sense of inner harmony is a mechanism for coping with the challenges in everyday life. It is a mechanism and a personal characteristic of an individual that can protect nursing employees from various health risks. Nursing employees with a stronger sense of inner harmony feel less strain at work, the negative effects of stress are less present, self-assessment of their own professional competence is higher, they perform their work better, and the assessment of their own health status is also higher. The purpose of the research was to identify and present the importance of having a sense of inner harmony in nursing employees. An international questionnaire was used as the measurement instrument to measure the sense of inner harmony. The statistical population was represented by employees in nursing care in Gorenjska health and social care institutions ($n = 788$), the response rate was 28.2% ($n = 222$). Research showed that inner harmony among the nursing staff was associated with work environment as well as with socio-demographic characteristics of the respondents. The level of inner harmony can be modified and increased, and important contributions to the latter are the exploration of health resources, employee training and ensuring quality work environments.

Keywords: sense of inner harmony, work environment, nursing

Specialna HumanUP masaža zatilja pri osebah s cervikalnimi sindromi

Zatilni glavoboli predstavljajo približno 60 % kroničnih glavobolov, povzročenih zaradi sprememb v vratnem delu hrbtenice. Tovrstne glavobole običajno zdravimo s kinezioterapijo in protibolečinsko fizioterapijo. Možen vzrok za nastanek teh glavobolov je tenzijski pritisk obratnih mišic na nasadišča vretenc, posebej atlasa. Masaža HumanUP je metoda, kjer z vibracijskim pritiskom poskušamo spremeniti prikrjajšavo in minimalno dislokacijo vretenc. Masaža HumanUP se izvaja z masažnim aparatom, s katerim od 1 do 3 minute masiramo nasadišča obvretenčnih mišic. Testirali smo 63 kroničnih pacientov z zatilnim glavobolom, ki so že prej absolvirali vse metode fizikalne terapije. Bolečine smo testirali z VAS lestvico, MSQ, MIDAS in HIT-6 vprašalniki, vprašalnikom, sestavljenim iz 36 splošnih vprašanj, in z linearnimi meritvami gibljivosti sklepov vratnega dela hrbtenice. Preiskovance smo vključili v raziskavo, ki traja približno 6 mesecev. Pri 87,5 % preiskovancev se je po prvem tretmaju zmanjšala intenziteta bolečin po VAS lestvici za 42 %, po drugem tretmaju za 53 % in po tretjem tretmaju za 77 %. Merjenja antefleksije, retrofleksije in notranje rotacije so pokazala izboljšanje gibljivosti za najmanj 26 % že po prvem tretmaju, za 45 % po drugem in za 55 % po tretjem tretmaju. Predstavljena metoda HumanUP masaže zatilja je nova oblika fizioterapije in obenem razmišljanje o vzrokih vratnih bolečin ter zatilnih glavobolov.

Ključne besede: zatilni glavoboli, cervikalni sindromi, fizioterapija zatilja

Special HumanUP Neck Massage for People with Cervical Syndrome

Occipital headaches represent approx. 60% of chronic headaches caused by changes in the cervical spine. These headaches are usually treated with kinesiotherapy and analgesic physiotherapy. A possible cause for these headaches is the tension pressure of the neck muscles on the vertebral joints, especially the atlas. HumanUP massage is a method where we try to change the deprivation and minimal dislocation of the vertebrae with vibration pressure. HumanUP massage is performed with a special massage tool, which we use to massage spinal muscle implantation approx. 1 to 3 minutes. We tested 61 chronically ill patients with occipital headache who had previously tested all methods of physical therapy. Pain was tested with the VAS scale, MSQ, MIDAS, HIT-6 tests and a questionnaire consisting of 36 general questions and measurements of linear cervical spine joint mobility. Patients will be included in the study, approx. 6 months long. In 87.5 % of the patients, the VAS scale after the first treatment was reduced by 42%, after the second treatment by 53% and after the third treatment by 77%. Measurements of anteflexion, retroflexion and internal rotation showed improvements in mobility by at least 26% after the first treatment, 45% after the second and 55% after the third treatment. The presented HumanUP massage method is a new form of physiotherapy and thinking about the development of neck pain and occipital headaches.

Keywords: neck headaches, cervical syndrome, neck physiotherapy

Neizvedena zdravstvena nega

Koncept neizvedene zdravstvene nege je dokaj nova tema oz. novodobno odkrita težava zdravstvene nege. Do konca prvega desetletja tega stoletja je bilo napisanih zelo malo prispevkov na to temo. Medicinske sestre in raziskovalci so opazili, da prihaja do vse večje stopnje neizvedene, nedokončane ali preložene zdravstvene nege ter začeli to težavo raziskovati. Tovrstno raziskovanje koncepta neizvedene zdravstvene nege je nujno zaradi premajhnega števila zaposlenih, vamosti pacientov, delovnih razmer ter zaradi izidov obravnave pacientov na vseh področjih zdravstvene nege. Glavni vzroki opuščanja izvajanja zdravstvene nege so premalo številčen in premalo izobražen strokovni kader, organizacija dela, finančne razmere in nenadni dogodki. Med najpogostejša področja, kjer je zdravstvena nega neizvedena, sodijo načrtovanje odpusta pacienta, osebna higiena, čustvena podpora, dokumentiranje bilance tekočin ter nadzor. Posledice neizvedene zdravstvene nege se kažejo tudi na zaposlenih. V empiričnem delu sem uporabila opisno raziskovalno metodo s pregledom znanstvene literature. Na podlagi izvlečkov sem uporabila 15 znanstvenih člankov. Velika večina avtorjev kot glavni dejavnik za neizvedeno zdravstveno nego navaja preobremenjenost medicinskih sester.

Ključne besede: neizvedena zdravstvena nega, medicinska sestra

Missed Nursing Care

The concept of missed nursing care is a relatively new topic or a newly discovered problem in nursing care. Until the end of the first decade of this century, very few papers had been written on this topic. Nurses and researchers noticed an increase in the rate of missed, unfinished or delayed nursing care and began investigating this problem. Such research of the concept of missed nursing care is necessary because of understaffing, patient safety, working conditions and patient outcomes in all areas of nursing care. The main causes of missed nursing care are inadequate staffing in terms of numbers and educational level, the organisation of work, financial conditions and sudden events. The most common areas of missed nursing care include discharge planning, personal hygiene, emotional support, documentation of fluid balance and supervision. The consequences of missed nursing care are also felt by nursing staff. In the empirical part, I used the descriptive research method with a scientific literature review. Based on abstracts, I selected 15 scientific articles. The vast majority of authors identified higher nurse workloads as the main factor for missed nursing care.

Keywords: missed nursing care, nurse

Opolnomočenje zaposlenih

Tempo in standardi današnjega življenja je v razvitem svetu vse večji. Tako kot na ostalih področjih je to čutiti tudi v zdravstvu. Da smo lahko kakovostni, učinkoviti in konkurenčni, moramo izvajati kakovostne zdravstvene storitve po najnovejših smericah in protokolih, ki se odkrivajo po svetu. K temu v največji meri pripomorejo raziskave. Če pa želimo, da nam vse to uspe, moramo tako zaposlene na vseh ravneh organizacije, vključno z vodilnimi ustrezno opolnomočiti z ustreznimi znanji. Znanje je obenem ključni element v procesu opolnomočenja v zdravstvu. Zaposlenim dati možnost in spodbudo pri nadgrajevanju svoje profesionalne poti z možnostjo pridobivanja novega znanja in nadgrajevanja že obstoječega znanja, moči, zadolžitve ter obenem odgovornosti za svoje delo in za to ustrezno pozornost. Kar pa je najpomembnejše, da se zaposleni zavedajo, da njihovo delo pomembno prispeva k zastavljenemu cilju, s tem pa pridobijo občutek vrednosti in pripadnosti organizaciji. Z opolnomočenjem bodo zaposleni pridobili dodatna znanja ali nadgradili že obstoječe znanje, s katerimi se bodo lažje soočili z vsakodnevnimi izzivi, voljo in moč, da bodo motivirani za delo ter sredstva, s katerimi jim bo to uspelo. Z vsem tem bodo podjetju zagotavljali uspeh v prihodnosti. V prispevku bomo prikazali, kako se z opolnomočenjem zaposlenih spopadajo po svetu.

Ključne besede: opolnomočenje, znanje, moč, zaposleni

Employee Empowerment

The pace and standards of today's life are increasing in the developed world. As in other fields, this can also be felt in healthcare. In order to maintain a high quality of work and be efficient and competitive, we must provide quality healthcare services according to the latest guidelines and protocols that are being discovered around the world. The most significant contribution to this comes from research. However, if we want all of this to succeed, we must empower employees at all levels of the organization, including managers, with the appropriate skills. Knowledge is also a key element in the process of empowerment in healthcare. Giving staff members the opportunity and encouragement to advance their careers by giving them the chance to gain new knowledge, improve their existing knowledge, gain power, and take on more responsibility and accountability for their work. The most important thing is that employees realize that their work significantly contributes to the set goal, thereby gaining a sense of value and belonging to the organization. Through empowerment, employees will acquire additional skills or build on the already existing knowledge, with which they will be able to face everyday challenges more easily. They will also gain the will and motivation to work and the means with which they will succeed. With all this, they will ensure the company's success in the future. In this article, we will show how employee empowerment is approached around the world.

Keywords: empowerment, knowledge, power, employees

Ovire pri uvajanju integriranih kliničnih poti: primer medorganizacijskega sodelovanja

Integrirane klinične poti se uvajajo, da bi zagotovili najboljše in najučinkovitejše zdravljenje. Za izboljšanje integracije zdravstvenih storitev je medorganizacijsko sodelovanje, temelječe na procesih, ki vključujejo zdravstvene delavce v več organizacijah, v zadnjem času postalo vse bolj pomembno, zlasti zaradi omejenih finančnih virov, staranja prebivalstva in komorbidnih kroničnih bolezni. Pomembno je razumeti ovire za razvoj medorganizacijskega sodelovanja, saj lahko to pomaga razložiti počasen napredek ter omejeno učinkovitost in uspešnost nekaterih medorganizacijskih sodelovanj v zdravstvu in tako spodbuditi uspešno izvajanje integrirane oskrbe. Namen prispevka je na primeru predoperativnega zdravljenja pacientov z osteoartritisom kolka ali kolena v Sloveniji proučiti vzroke neuvajanja integrirane klinične poti. Izvedeni so bili poglobljeni intervjuji z zdravstvenimi delavci in pacienti. Rezultati kažejo, da je glavna ovira pomanjkanje kadra, zaupanja, komunikacije, doživljanje pritiskov in neenotna informacijska in komunikacijska tehnologija.

Ključne besede: integrirana klinična pot, poglobljeni intervjuji, medorganizacijsko sodelovanje, zdravstvene ustanove

Obstacles in Implementing Integrated Clinical Pathways: Case of Inter-organisational Collaboration

Integrated clinical pathways are implemented to ensure the best and most effective treatment. To improve the integration of health services, inter-organisational collaboration between health facilities based on processes involving health professionals in multiple organisations has recently become increasingly important, especially due to limited financial resources, ageing populations and comorbid chronic diseases. It is important to understand the barriers to the development of inter-organisational collaboration as this may help to explain the slow progress and limited efficiency and effectiveness of some cases of inter-organisational collaboration in healthcare, thus promoting successful implementation of integrated care. The aim of the article is to reveal the reasons for the non-implementation of an integrated clinical pathway in the case of preoperative treatment of patients with hip or knee osteoarthritis in Slovenia. In-depth interviews were conducted with health professionals and patients. The results show that the main barrier is a lack of staff, trust, communication, experiencing pressure and inconsistent information and communication technology.

Keywords: integrated clinical pathway, in-depth interviews, inter-organizational collaboration, healthcare facilities

Nova znanstvena spoznanja s področja fascije - novi izzivi v rehabilitaciji

Pomen fascije in vloga, ki jo ima v naših telesih, sta bila dolgo podcenjevana pri raziskovalcih in strokovnjakih s področja gibanja in rehabilitacije. Najnovejša znanstvena dognanja potrjujejo, da je fascija ključnega pomena za zaznavanje našega telesa, mišice ne morejo delovati ali vzdrževati oblike brez fascijalnega tkiva. Ima ključno vlogo pri zaznavanju položaja telesa in bolečine, saj število receptorjev v njej presega število receptorjev v mišičnem tkivu. Fascija vključuje vse kolagensko fibrozno tkivo, ki kot tridimenzionalna mreža prepleta naše telo. Sem spadajo tetive, ligamenti, sklepne kapsule, ovojnice notranjih organov in vezivo, ki prepleta in obdaja mišično tkivo. Vsakdo od nas »nosi« v svojem telesu med 18 in 23 kg vezivnega tkiva. Fascija skladišči četrtno celotne količine vode in ima funkcijo oskrbe celic in organov s hranilnimi snovmi. Odziva se na stres in ima sposobnost adaptacije ter nenehne preнове, po enem letu se v našem telesu zamenja (angl. collagen turnover) približno polovica kolagenskih vlaken. To »na novo« odkrito tkivo in z dokazi podprta znanja s področja pomena fascijalnega tkiva za funkcioniranje našega telesa so na področju obravnave težav kostno mišičnega sistema spodbudila nove pristope zdravljenja.

Ključne besede: fascija, rehabilitacija, vezivno tkivo, miofascijalni sistem

New Scientific Findings in the Field of Fascia - New Challenges in Rehabilitation

The importance of fascia and the role it plays in our bodies has long been underestimated by researchers as well as exercise and rehabilitation professionals. The latest scientific findings confirm that fascia is crucial for the perception of our body. Muscles cannot function or maintain their shape without fascial tissue. It plays a key role in the perception of body position and pain, as the number of receptors in it exceeds the number of receptors in muscle tissue. Fascia includes all the collagenous fibrous tissue that intertwines our body as a three-dimensional network. These include tendons, ligaments, joint capsules, envelopes of internal organs, and the connective tissue that interweaves and surrounds muscle tissue. Each of us "carries" between 18 and 23 kg of connective tissue in our body. Fascia stores a quarter of the total amount of water and has the function of supplying cells and organs with nutrients. It reacts to stress and has the ability to adapt and constantly renew itself. In one year period approximately half of the collagen fibers in our body are replaced (collagen turnover). This "newly" discovered tissue and evidence-based knowledge of the importance of fascial tissue for the functioning of our body have facilitated new treatment approaches in the field of treating problems of the musculoskeletal system.

Keywords: fascia, rehabilitation, connective tissue, miofascial system

Priložnosti na področju delovne terapije v paliativni oskrbi

Življenje vsakega posameznika je niz navad, rutin, pravil in ritualov s katerimi se sooča v vseh življenjskih obdobjih. Spreminjanje starostne strukture prebivalstva in starajoča se družba so dejavniki, ki doprinašajo k naraščanju števila neozdravljivih kroničnih obolenj. Tovrstna obolenja pogosto spremljajo moteči simptomi, ki vplivajo na kakovost življenja neozdravljivo bolnega in njegove družine. Priložnosti na področju delovne terapije v paliativni oskrbi smo raziskali s pregledom literature v Digitalni knjižnici Univerze v Ljubljani v treh podatkovnih bazah. Pridobljene vire smo ožili s pomočjo metode PRIZMA in v končni pregled vključili 12 člankov. Na podlagi sinteze virov smo oblikovali tri vsebinske teme. Ker je poslanstvo delovnega terapevta da posamezniku omogoča vključevanje v njemu pomembne vsakodnevne aktivnosti in s svojimi strokovnimi metodami in tehnikami doprinese h kakovosti njegovega življenja in posledično kakovosti življenja njegove družine menimo, da je nepogrešljiv član tima paliativne oskrbe. Ena izmed prioritetenih nalog delovnega terapevta je, da se vključuje v pripravo paliativnega načrta in njegove izvedbe. Paliativni načrt je lahko koristen pripomoček že v času zdravljenja in lajšanja simptomov, urejanja družinskih zadev, ob slovesu oz. smrti ter v času žalovanja tako za posameznika kot vse njegove bližnje ter ostale člane paliativnega tima.

Ključne besede: delovna terapija, izzivi, paliativna oskrba, paliativni tim, kakovost življenja

Opportunities in Palliative Care Occupational Therapy

Everyone's life consists of a set of habits, routines, rules and rituals that they go through at all stages of their lives. The changing age structure of the population and an ageing society are the factors contributing to an increase in incurable chronic diseases. These diseases are often accompanied by distressing symptoms that affect the quality of life of the terminally ill person and his or her family. The possibilities in the field of occupational therapy in palliative care were investigated by reviewing the literature in the Digital Library of the University of Ljubljana in three databases. We narrowed down the sources found using the PRIZMA method and included 12 articles in the final review. Based on the synthesis of the sources, we created three content themes. Since the occupational therapist's role is to enable the patient to participate in important activities of daily living and to contribute to the patient's quality of life and, consequently, to the quality of life of his or her family with his or her professional methods and techniques, we believe that he or she is an indispensable member of the palliative care team. One of the primary roles of the occupational therapist is to participate in the development of the palliative plan and its implementation. A palliative care plan can already be a useful tool in the treatment and relief of symptoms, in the management of family issues, in the process of farewell or death, and in the grieving process of the individual.

Keywords: occupational therapy, challenges, palliative care, palliative team, quality of life

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Sodobni potrošnik in zdravila v času epidemije covid-19

Sodobni potrošnik želi biti vedno bolj aktivno vključen v skrb za lastno zdravje. Tako se ob pojavu različnih bolezenskih simptomih in znakih pogosto poslužujejo različnih virov informacij, od strokovnih (zdravniki, farmacevti, strokovne in znanstvene revije ...) do laičnih (družina, prijatelji in znanci, ljudje z istimi boleznimi, oglasi ...). Ob tem se pogosto odloči za samozdravljenje s pomočjo katerega želi sam razrešiti in pozdraviti trenutno bolezensko stanje, še preden obišče izbranega osebnega zdravnika ali urgentni center. To pa vključuje tudi nakup zdravil brez recepta. K temu je dodatno pripomogla tudi epidemija covid-19, saj je potrošnik/pacient v tem obdobju imel otežkočen dostop do osebnega zdravnika in drugih specialistov, kar ga je prisililo k iskanju različnih virov informacij predvsem preko spleta in družbenih omrežij ter obiskov lekarn. V prispevku predstavimo rezultate raziskave med prebivalci Slovenije, kjer smo ugotavljali razloge za odločitev o samozdravljenju, čas trajanja le-tega ter razloge za njegovo opustitev in posledično obseg izdatkov za zdravila brez recepta v času epidemije covid-19. Obenem smo proučevali tudi spremembe v zaupanju v različne vire informacij povezane z zdravili brez recepta.

Ključne besede: zdravila brez recepta, covid-19, viri informacij, samozdravljenje, Slovenija

Modern Consumer and Medications during the Covid-19 Epidemic

Modern consumers increasingly want to actively take care of their own health. Thus, when various symptoms and signs of illness appear, they often turn to various sources of information, ranging from professionals (doctors, pharmacists, professional and scientific journals, etc.) to lay people (family, friends and acquaintances, people with the same diseases, advertising, etc.). In this context, patients often choose to self-medicate to address and cure their current condition before visiting their primary care physician or an emergency room. This includes purchasing over-the-counter medications. The Covid-19 epidemic further contributed to this, as the consumer/patient had difficulty accessing a personal physician and other specialists during this time, forcing them to seek out various sources of information, primarily through the Internet and social media, as well as visits to pharmacies. In this paper, we present the results of a survey including the Slovenian population, in which we investigated the reasons for the decision to self-medicate, the duration of self-medication, the reasons for not self-medicating, and, consequently, the level of spending on OTC medicines in the context of the Covid-19 epidemic. At the same time, we also examined changes in reliance on various sources of information related to OTC medicines.

Keywords: over-the-counter medicines, Covid-19, information sources, self-medication, Slovenia

Znanje opće populacije o ginekološkim karcinomima i mjere prevencije

U skupinu ginekoloških karcinoma ubrajaju se karcinom vrata maternice, karcinom jajnika, jajovoda endometrija, rodnice i stidnice. Karcinom vrata maternice, drugi je prema učestalosti kod žena, odmah iza karcinom dojke. Cilj istraživanja bio je utvrditi razinu informiranosti žena o skupini ginekoloških karcinoma i mjerama prevencije. Istraživanje je provedeno u periodu od 20.–30. travnja 2022. godine te je u njemu sudjelovalo 149 osoba ženskog spola. Dobiveni rezultati pokazuju kako je većina sudionica informirana o vrstama ginekoloških karcinoma, simptomima i rizičnim čimbenicima, no isto tako smatraju ženka populacija nije dovoljno informirana o istima. Također, veliki udio njih (69,2 %) redovito odlazi na ginekološke preglede i radi PAPA test. Temeljem dobivenih rezultata, može se zaključiti kako je ženska populacija u Republici Hrvatskoj dobro informirana o ginekološkim karcinomima te redovito odlazi na preventivne preglede. Nadalje, postoji potreba za kontinuiranom edukacijom i informiranjem o navedenoj tematici te motivacijom žena za odlazak na redovite preventivne preglede kako bi se bolest mogla otkriti u ranom stadiju i započeti njeno liječenje.

Ključne riječi: ginekološki karcinomi, PAPA test, prevencija, medicinska sestra

Knowledge of the General Population about Gynecological Cancers and Prevention Measures

The group of gynecological cancers includes cancer of the cervix, ovary, fallopian tube, endometrium, labia and pubis. Cervical cancer is the second most common cancer in women, right after breast cancer. The aim of the research was to determine the level of information among women about the group of gynecological cancers and prevention measures. The research was conducted in the period of 20–30 April 2022 and included 149 women. The results show that most of the participants are informed about the types of gynecological cancers, symptoms and risk factors, but they also believe that the female population is not sufficiently informed about them. Also, a large proportion of them (69.2%) regularly go for gynecological examinations and do a PAPA test. Based on the obtained results, it can be concluded that the female population in the Republic of Croatia is well informed about gynecological cancers and regularly goes for preventive examinations. Furthermore, there is a need for continuous education and information on the mentioned topic, and for motivating women to go for regular preventive examinations so that the disease can be detected at an early stage and its treatment can be started.

Keywords: gynecological cancers, PAPA test, prevention, nurse

Učinkovitost udarnih globinskih valov pri kalcinirajoči tendinozi mišice supraspinatus

Kot alternativa, ko konzervativno zdravljenje kalcinirajoče tendinoze mišice supraspinatus ni uspešno, in pred kirurškimi posegi, predstavljajo udarni globinski valovi (UGV) zelo uporabno fizioterapevtsko orodje. Namen raziskave je bil ugotoviti, kako starost vpliva na učinke terapije z UGV, kakšno je izboljšanje aktivne gibljivosti ramenskega sklepa po terapiji z UGV ter kako terapija z UGV vpliva na subjektivno oceno bolečine. V retrospektivno raziskavo je bilo vključenih 60 pacientov v starosti od 34 do 64 let. Kot merilni inštrument smo uporabili fizioterapevtska poročila, meritve aktivne gibljivosti ramenskega obroča in 11-stopenjsko številčno lestvico. Subjektivna ocena bolečine je pokazala, da se je bolečina po terapijah z UGV v povprečju zmanjšala za 3,83 stopnje s SO 2,48, pri 5 pacientih je bolečina ostala nespremenjena. Po terapijah z UGV je prišlo do izboljšanja aktivne gibljivosti abdukcije pri 36 pacientih (60 %), medtem ko se pri 24 pacientih (40 %) aktivna gibljivost abdukcije ni izboljšala. UGV so učinkoviti pri zdravljenju kalcinirajoče tendinoze mišice supraspinatus, kar potrjuje hipoteza, s katero smo predvidevali statistično značilno povečanje aktivne gibljivosti abdukcije ramenskega sklepa pri 50 % obravnavanih. Učinek terapije z UGV se kaže v zmanjšanju bolečine. Potrdili smo hipotezo, ki govori, da terapija z UGV statistično značilno ($p = 0,000$) spreminja subjektivno oceno bolečine.

Ključne besede: udarni globinski valovi, kalcinirajoča tendinoza, bolečina, gibljivost

Effectiveness of Extracorporeal Shock Waves in Calcifying Tendinosis of the Supraspinatus Muscle

As an alternative to unsuccessful conservative treatment of calcifying tendinosis of supraspinatus and before surgery, extracorporeal shock wave therapy (ESWT) has proven to be a useful tool in physiotherapy. The aim of the study was to examine the influence of age on the results with ESWT, the improvements in active flexibility of shoulder joint after the therapy and the effects of the therapy on subjective assessment of pain. The retrospective survey included 60 patients (32 female and 28 male), aged 34 to 64. Reports from physiotherapists, measurements of active abduction flexibility of the shoulder joint and 11-point numerical scale were used as measuring instruments. The subjective pain assessment showed the relief of pain after treatments with ESWT for most patients, on average for 3.38 degrees with SO 2.48; five patients reported no change in pain levels. After ESWT, an improved active abduction flexibility was detected in 36 patients (60%), while in 24 patients (40%), there was no noticeable improvement in active abduction flexibility. ESWT is effective in the treatment of calcifying tendinosis of the supraspinatus muscle, which confirmed the hypothesis assuming statistically significant increase of active abduction flexibility of the shoulder joint in 50% of the patients. The effects of the ESWT therapy can also be seen in pain relief. This confirmed our hypothesis that the ESWT changes the subjective assessment of pain with statistical significance ($p = 0,000$).

Keywords: extracorporeal shock waves, calcifying tendinosis, pain, flexibility

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Ocenjevanje dinamičnega ravnotežja

Ravnotežje je sposobnost človeškega telesa, da ohrani položaj težišča znotraj baze podpore na podlagi vidnih, vestibularnih informacij in somatskih čutil. Ravnotežje je bistveno za ohranjanje stabilnosti pri prehodu iz statične v dinamično držo, kjer imajo pomembno vlogo tudi mišice spodnjih okončin. Namen študije je na podlagi pregleda literature predstaviti učinkovitost testa ravnotežja Y (YBT). Iskanje literature je potekalo v podatkovnih zbirkah PubMed, Science Direct, Google scholar in CINAHL s ključnimi besedami v angleškem jeziku (active balance [Title/Abstract]) AND (core control [Title/Abstract])) AND (star excursion balance test [Title/Abstract]) OR (y balance test [Title/Abstract]) AND (dynamic balance [Title/Abstract]). Analizirali smo deset raziskav, v katerih so proučevali izboljšanje dinamičnega ravnotežja pri preiskovancih z različno simptomatiko. Rezultati so pokazali pozitivno korelacijo med mišicami spodnjih okončin in izvedbo testa Y, kar kaže na visoko stopnjo zanesljivosti pri oceni dinamičnega ravnotežja.

Ključne besede: aktivno ravnotežje, nadzor jedra, test ravnotežja z zvezdno ekskurzijo, test ravnotežja y, dinamično ravnotežje

Dynamic Balance as an Important Component of Agility

Balance is the ability of the human body to maintain the position of the center of gravity within a base of support based on visual, vestibular information and somatic senses. Balance is essential for maintaining stability when transitioning from a static to a dynamic posture, where the muscles of the lower limbs also play an important role. The purpose of the study is to present the effectiveness of the Y Balance Test (YBT) based on literature review. The literature search was carried out in the PubMed, Science Direct, Google scholar and CINAHL databases using the keywords in the English language (active balance [Title/Abstract]) AND (core control [Title/Abstract])) AND (star excursion balance test [Title /Abstract]) OR (y balance test[Title/Abstract]) AND (dynamic balance[Title/Abstract]). We analyzed ten studies, in which the improvement of dynamic balance was studied in subjects with various symptoms. The results showed a positive correlation between the muscles of the lower limbs and the performance of the Y test, which indicates a high degree of reliability in the assessment of dynamic balance.

Keywords: active balance, core control, star excursion balance test, y balance test, dynamic balance

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Stališča družinskih zdravnikov o vzrokih za neupoštevanje kliničnih smernic

V pregledni presečni epidemiološki raziskavi med 57 naključno izbranimi zdravniki družinske medicine v Sloveniji smo kvalitativno analizirali njihova mnenja in stališča o možnih vzrokih za neupoštevanje smernic pri vsakdanjem delu. V okviru zastavljenega odprtega vprašanja smo prejeli 177 odgovorov. Kode, ki so jih predstavljali posamezni odgovori, smo glede na vsebino razdelili v 6 kategorij: organizacijske omejitve - pomanjkanje časa in dostopnost smernic, omejitve povezane z lastnostmi in kvaliteto smernic, pomanjkanje znanja vseh članov tima oziroma delo po izkušnjah, kompleksnost pacientov, slabo sodelovanje pacientov in finančne omejitve. Izsledki raziskave predstavljajo dobro izhodišče za bodoče organizacijske spremembe na področju primarnega zdravstva v cilju bolj strokovne in kakovostne obravnave bolnikov. Smiselni ukrepi za boljšo implementacijo kliničnih smernic v vsakdanje delo zdravnika družinske medicine so tako več časa za pacienta, boljša dostopnost diagnostičnih preiskav, boljša organizacija dela referenčnih ambulant, digitalizacija in spletna orodja za lažje iskanje po smernicah ter zmanjševanje previsokih glavarinskih količnikov, administrativnih obremenitev, dela na več deloviščih in predolgi čakalni dob na sekundarnem in terciarnem nivoju zdravstvene oskrbe.

Ključne besede: klinične smernice, družinska medicina, oprema, znanje, preobremenjenost

Family Physicians' Views on the Causes of Non-Adherence to Clinical Guidelines

In a transparent cross-sectional epidemiological survey among 57 randomly selected family medicine doctors in Slovenia, we qualitatively analyzed their opinions and attitudes about the possible causes of non-observance of guidelines in their daily work. We received 177 responses to the open question. The codes represented by the individual answers were divided into 6 categories according to the content: organizational limitations - lack of time and availability of guidelines, limitations related to the characteristics and quality of guidelines, lack of knowledge of all team members or work based on experience, complex patients, non-cooperative patients and financial limitations. The research findings represent a good point for future organizational changes in the field of primary healthcare with the goal of better treatment of patients. Reasonable measures for a better implementation of the clinical guidelines in the everyday work of a family medicine doctor are more time for the patient, easier accessibility of diagnostic tests, better organization of the work in nurse model practices, digitization and online tools for easier search within the guidelines, as well as reducing numbers of registered patient on GP, administrative burdens, parallel workplaces and excessively long waiting times at the secondary and tertiary level of healthcare.

Keywords: clinical guidelines, family medicine, equipment, knowledge, overworking

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Sveučilište Sjever – Sveučilišni centar Varaždin

Trajnost znanja studenata sestrinstva iz kolegija OPKBI i mišljenja o kvaliteti nastave

Ispitati trajnost usvojenog znanja studenata Preddiplomskog studija Sestrinstvo Sveučilišta Sjever i mišljenje o kvaliteti realizacije nastave iz izbornog kolegija Osnove prevencije i kontrole bolničkih infekcija. Istraživanje je provedeno metodom ankete, a instrument je bio polustrukturirani upitnik i test znanja. Dobrovoljno je sudjelovao 121 student 1., 2. i 3. godine stručnog preddiplomskog studija sestrinstva na Sveučilištu Sjever, koji je završio izborni kolegij Osnove prevencije i kontrole bolničkih infekcija. Svi ispitanici su dobili očekivana znanja iz prevencije i kontrole bolničkih infekcija koje vremenom značajno ne opada (ukupni rezultat 4,4), praktični rad u kabinetu je koristan i vrlo važan dio nastave (99 %), korištene su različite tehnike nastave (predavanja 95 %, demonstracije 88 %, praktičan rad 96 %, učenje po modelu 79 %), različita nastavna sredstva (auditivna 94 % i multimedijalna 92 %) te različiti oblici rada. Nije utvrđena značajna razlika u ukupnom znanju ispitanika ovisno o godini studija ili bazičnom srednjoškolskom obrazovanju. Svi studenti su pokazali visoku razinu znanja iz prevencije i kontrole bolničkih infekcija koja je bila trajna. Postoji pad znanja prema višim godinama studija, ali ne uvijek statistički značajan. Korištene nastavne metode bile su uspješne u postizanju trajnog znanja.

Ključne riječi: bolničke infekcije, izborni kolegij, znanje, trajnost znanja

Permanence of Nursing Students' Knowledge after BPCHI Course and Opinion on the Quality of Teaching

The purpose of the research was to examine the permanence of the acquired knowledge of the students on the Nursing Undergraduate Study at the University North and the opinion on the quality of the education from the Basics of Prevention and Control of Hospital Infections elective course. The research was conducted using the survey method, with the instruments being a semi-structured questionnaire and a knowledge test. 121 students of the 1st, 2nd and 3rd year of professional undergraduate nursing studies at the University North, who completed the Basics of Prevention and Control of Hospital Infections elective course, participated voluntarily. All respondents received the expected knowledge of the prevention and control of hospital infections, which does not decrease significantly over time (total score 4.4), practical work in the cabinet is a useful and very important part of the teaching (99%), different teaching techniques were used (lectures 95%, demonstrations 88%, practical work 96%, learning by model 79%), different teaching aids (auditory 94% and multimedia 92%) and different work forms. No significant difference was found in the overall knowledge of the respondents depending on the study year or basic high school education. All students showed a high level of knowledge in the prevention and control of hospital infections, which was permanent. There is a decline in knowledge towards higher years of study, but not always statistically significant. Used teaching methods were successful in achieving permanent knowledge.

Keywords: hospital infections, elective course, knowledge, durability of knowledge

Biologija empatije

Empatijo pogosto navajamo kot pomembno čustveno lastnost človeka, ki je še posebej pomembna za zaposlene v zdravstvu in skrbstvenih poklicih. SSKJ empatijo definira kot »vživljanje v drugega človeka«. Čeprav je empatija psihološka lastnost, ima biološke osnove. Raziskovanje bioloških osnov empatije je močno povezano z razvojem nevrobiologije po odkritju zrcalnih nevronov pred tremi desetletji. Ugotovljene so bile nekatere pomembne povezave med hormoni in drugimi substancami ter prisotnostjo empatije, med temi študijami je zlasti pogosto izpostavljen oksitocin. Namen prispevka je prikaz pregleda kliničnih študij, v katerih so proučevali vpliv oksitocina na empatijo. V spletni bazi PubMed smo s ključnimi besedami »empathy«, »oxytocin« in »clinical trial« med 72 zadetki izbrali 10 člankov, ki opisujejo rezultate izvirnih kliničnih študij oz. raziskav na različnih populacijah. Razumevanje bioloških osnov empatije nam omogoča razumevanje oseb z zmanjšano sposobnostjo vživljanja (npr. osebe z avtizmom), pomaga pa tudi pri razumevanju odnosov na medosebni in družbeni ravni.

Ključne besede: empatija, biološki mehanizmi, oxytocin, klinične študije

The Biology of Empathy

Empathy is often described as an important emotional quality of a person, which is especially important for employees in healthcare and care professions. In dictionary, empathy is defined as "empathizing with another person". Although empathy is a psychological trait, it is rooted in biology. Research of the biological basis of empathy is closely related to the development of neurobiology and the discovery of mirror neurons three decades ago. Some significant associations have been found between hormones and other substances and the expression of empathy, with oxytocin being particularly often highlighted in these studies. The purpose of the paper is to present a review of clinical studies in which the association of oxytocin and empathy was studied. Using the keywords "empathy", "oxytocin" and "clinical trial", 72 articles were found, from which we selected 10 articles describing the results of original clinical studies on different populations. Understanding the biological basis of empathy allows us to understand people with a reduced ability to empathize (e.g. people with autism), and it also helps us understand relationships on an interpersonal and social level.

Keywords: empathy, biologic mechanisms, oxytocin, clinical trials

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Konflikt med delom in družino pri zaposlenih v nujni medicinski pomoči

V prispevku preučujemo konflikt med delom in družino ter konflikt med družino in delom zaposlenih v predbolnišnični nujni medicinski pomoči. Za omenjeno delovno področje so značilni težki delovni pogoji, fizične in psihične obremenitve, izmensko ter nadurno delo. Namen raziskave je raziskati, prisotnost konflikta med poklicnim in družinskim življenjem zaposlenih v predbolnišnični nujni medicinski pomoči. V raziskavi ugotavljamo, da morajo anketiranci zaradi količine časa, ki ga posvetijo delovnim obveznostim izpustiti družinske aktivnosti in pri njih ne morejo sodelovati v časovnem obsegu kot si to sami želijo. Prav tako ugotavljamo, da imajo ženske ter zdravniki/ce več težav s konfliktom med delom in družino. Potrebno bo sprejeti ciljno usmerjene znanstveno podprte ukrepe za izboljšanje stanja na področju konfliktov med delom in družino ter konfliktov med družino in delom zaposlenih v predbolnišnični nujni medicinski pomoči.

Ključne besede: konflikt, delo, družina, nujna medicinska pomoč

Work-family Conflict among Emergency Medical Aid Employees

In this paper, we examine the work-family and family-work conflict of employees in pre-hospital emergency medical services. This field of work is characterized by difficult working conditions, physical and psychological stress overload, shift work and overtime. The purpose of the study is to investigate the presence of work-family conflict of employees in pre-hospital emergency medical services. The research shows that respondents miss out on family activities due to the amount of time they devote to their work commitments and are thus not able to participate in these activities to the extent they would prefer. We also discover that women and doctors have greater difficulties with work-family conflict. It would be necessary to take targeted, scientifically supported measures to improve the situation of work-family and family-work conflict of employees working in pre-hospital emergency medical services.

Keywords: conflict, work, family, emergency medical service

Integracija fitoterapije in ekoterapije v sodobno medicino

Z razmahom kemijske znanosti in eksperimentalne farmakologije se je v 19. in 20. stoletju postopno razvila sodobna zahodna medicina. Pri zdravljenju so se zdravilne rastline v Evropi vse bolj umikale sintetičnim spojinam, večtisočletno znanje o zdravilni vrednosti rastlin je bilo izrinjeno na obrobje. Povsem drugačen je bil razvoj v indijski in kitajski medicini, ki sta sodobna znanstvena dognanja vpeli v okvir tradicionalnega znanja. Paradokсно pa danes na Zahodu, in Slovenija ni izjema, s prevelikim navdušenjem sprejemamo orientalske prakse, namesto da bi izhajali iz svoje zares bogate zeliščarske tradicije. Razviti bi morali sodobno fitoterapevtsko stroko, ki bi kritično ovrednotila zeliščarsko tradicijo in jo smiselno povezala s principi sodobne znanosti in klinične medicine, osnovane na biopsihosocialnem modelu zdravja. V zdravljenje bi bilo smotno po orientalskem zgledu vključiti pripravke iz rastlin in gliv, dietetiko, kineziologijo ter različne ekoterapevtske pristope. Dober terapevt bi moral biti več kombiniranja omenjenih metod in klasičnih medicinskih pristopov, ki bi jih moral prilagoditi tako prepoznanemu bolezenskemu procesu kot pacientovim potrebam in željam.

Ključne besede: integrativna medicina, fitoterapija, ekoterapija

Integration of Phytotherapy and Ecotherapy into Modern Medicine

With the immense progress of the chemical science and experimental pharmacology, modern Western medicine gradually developed in the 19th and 20th centuries. Medicinal plants increasingly gave way to synthetic compounds in treatment procedures in Europe, and thousands of years of knowledge about the medicinal value of plants was pushed to the margins. The development of Indian and Chinese medicine was completely different, integration of the modern scientific findings into the framework of traditional knowledge took place. Paradoxically, in Western cultures, and Slovenian is no exception, oriental practices are accepted with too much enthusiasm. Instead of this, we should develop our own approaches derived from our truly rich herbal tradition, that is a modern phytotherapy that would critically evaluate the herbal tradition and meaningfully connect it with the principles of modern science and clinical medicine based on the biopsychosocial model of health. The treatment should include preparations from plants and fungi, dietetics, kinesiology and various ecotherapeutic approaches following the oriental example. A good therapist should be skilled in combining the aforementioned methods and classical medical approaches, with an aim to address both the recognized disease process as well as the patient's needs and wishes.

Keywords: integrative medicine, phytotherapy, ecotherapy

Konsumacija alkohola među mladima u Republici Hrvatskoj, Republici Sloveniji i Republici Mađarskoj

Prema Svjetskoj zdravstvenoj organizaciji (SZO) skupinu mladih čine osobe u dobi između 10 i 24 godina. Razdoblje odrastanja obilježeno je mnogobrojnim promjenama; tjelesnim, psihičkim, kognitivnim, emocionalnim, spolnim i socijalnim te predstavlja rizik za razvoj društveno neprihvatljivih oblika ponašanja poput konzumacije alkohola, droga i pušenja te rizičnog spolnog ponašanja, kriminalna ponašanja, nasilna i agresivna delinkventna ponašanja i sl. Pregledom literature utvrđeno je prema rezultatima Europskog istraživanja o pušenju, pijenju alkohola, uzimanju droga i drugim oblicima ovisnosti među učenicima (ESPAD) kako su zemlje poput Republike Hrvatske (RH), Republike Slovenije i Republike Mađarske u promatranom razdoblju (2011.–2019.) iznad europskog prosjeka s obzirom na učestalost konzumacije alkohola. Prema rezultatima istraživanja alkohol je u odnosu na 2011. godinu i dalje prema percepciji mladih lako dostupno sredstvo (89 %, 88 %, 84 % vs 87 %, 82 %, 84 %) te ga je jednom ili više puta u životu konzumirao veliki udio mladih, uz zabilježen blagi trend opadanja u odnosu na 2011. godinu. Sukladno rezultatima Europskog istraživanja može se zaključiti kako je konzumacija alkohola među mladima veliki javnozdravstveni problem u promatranim zemljama te zahtjeva provedbu zakonskih mjera uz provođenje preventivnih mjera usmjerenih pravovremenoj edukaciji mladih o štetnosti konzumacije alkohola za organizam, društveni i obiteljski život.

Ključne riječi: konzumacija alkohola, mladi, Republika Hrvatska, Republika Slovenija, Republika Mađarska

Alcohol Consumption among Young People in Croatia, Slovenia and Hungary

According to the World Health Organisation (WHO), young people are those in the age range 10–24 years. The period of growing up is marked by a number of intense changes: physical, psychological, cognitive, emotional, sexual and social. Young people are at risk of developing socially unacceptable behaviour patterns such as smoking, use of alcohol or illicit drugs, risky sexual behaviour, criminal activities, violent and aggressive delinquent behaviour, etc. The results of the European School Survey Project on Alcohol and Other Drugs (ESPAD) for the period 2011–2019 indicate that the three countries under consideration in this paper, Croatia, Slovenia and Hungary, are above the European average when it comes to frequency of alcohol use. In comparison to 2011, alcohol continued to be perceived by young people as an easily available substance (89%, 88%, 84% vs. 87%, 82%, 84%) and it has been consumed at least once by the majority of the respondents. There is, however, a slight downward trend since 2011. The results of the European Survey indicate that alcohol consumption among young people is a serious public health issue in the observed countries. This situation requires full implementation of the legislation, but also preventive activities with the youth and timely awareness-raising about the harm that alcohol use can bring to the body and mind, as well as social and family life.

Keywords: alcohol consumption, young people, Republic of Croatia, Republic of Slovenia, Hungary

Ocena znanja, komunikacije in stališč do paliativne oskrbe

Paliativna oskrba je namenjena izboljšanju kakovosti življenja bolnikov z življenjsko nevarno boleznijo in njihovih družin. Pomen komunikacije v zdravstvu je že dolgo priznan kot temelj dobre oskrbe, slednja pa je še posebej izpostavljena v procesu paliativne oskrbe, ki lahko vključuje pogovore o napovedih, preferencah in prednostnih nalogah ter o upih in strahovih glede umiranja in smrti. Komunikacija med osebo, ki prejema paliativno oskrbo, njeno družino in zdravstvenimi delavci zato predstavlja bistvo pozitivne izkušnje ob koncu življenja. Slabe komunikacijske izkušnje in procesi so povezani s čustveno in moralno stisko ter tudi stresom povezanim z delom zdravstvenih delavcev. Številne raziskave poudarjajo potrebo po odprtih in odkritih pogovorih s pacienti in njihovimi bližnjimi v kritičnih trenutkih. Namen študije je bil oceniti znanje, komunikacijo in stališča do paliativne oskrbe med izvajalci zdravstvene nege. Raziskava je temeljila na kvantitativni metodi dela s tehniko anketiranja. Rezultati raziskave so pokazali, da se izvajalci zavedajo pomembnosti komunikacije v paliativni oskrbi, vendar v praksi z umirajočimi težko komunicirajo, hkrati pa jim zaradi vse večjih potreb po paliativni oskrbi za to primanjkuje časa. Raznoliki zdravstveni delavci zato potrebujejo dodatno usposobljenost za paliativne pristope k oskrbi, pri čemer je učinkovita komunikacija bistvena sestavina takšne prakse.

Ključne besede: paliativna oskrba, znanje, komunikacija, stališča

Assessment of Knowledge, Communication and Attitudes towards Palliative Care

Palliative care aims to improve the quality of life of patients with a life-threatening illness and their families. The importance of communication in healthcare has long been recognized as the basis for good care, particularly in the process of palliative care, which may include conversations about the prognosis, preferences and priorities, and hopes and fears about dying and death. Communication between the person receiving palliative care, his or her family and healthcare professionals is therefore paramount to a positive end-of-life experience. Poor communication experiences and processes are associated with emotional and moral distress, as well as stress related to the work of healthcare professionals. Many studies emphasize the need for open and honest conversations with patients and their families at critical moments. The aim of this study was to assess nurses' knowledge, communication and attitudes toward palliative care. The study was based on the quantitative method of working with the survey technique. The research results showed that healthcare providers are aware of the importance of communication in palliative care, but in practice they have difficulties in communicating with dying patients and, at the same time, lack the time to do so due to the growing need for palliative care. Many healthcare professionals therefore need additional training in palliative care approaches, and effective communication is an essential component of such practice.

Keywords: palliative care, knowledge, communication, attitudes

Kombinacija fizioterapije in delovne terapije po možganski kapi

Večji del starejše populacije si želi starost preživeti čim dlje v svojem domačem okolju, kljub zmanjšani zmožnosti zaradi možganske kapi. Zato je cilj vsake obravnave na sekundarnem nivoju, da se osebe po možganski kapi poskuša rehabilitirati na najvišjo stopnjo neodvisnosti, ki nam jo dopušča stopnja okvare. Kakovostno medpoklicno sodelovanje je med delovnimi terapevti in fizioterapevti v sekundarnem zdravstvu velikega pomena in vpliva na boljši izid rehabilitacije ter večji poudarek na celostni pogled pri izvedbi obravnave. Vpliv sodelovanja znotraj terapevtskih strok se vedno bolj uveljavlja ter prinaša hitrejše in zanesljivejše izide pri zastavljenih rehabilitacijskih ciljih. V fizioterapiji se ob zastavljanju osnovnih ciljev rehabilitacije po možganski kapi osredotočamo na izboljšanje motorične funkcije prizadete strani in čim večjo neodvisnost pacienta preko progresivne vertikalizacije, izboljšanja senzorne zaznave, kardiorespiratorne funkcije, posturalne kontrole ter ponovnega učenja motoričnih nalog. Ponovno učenje izvedbe nekaterih vsakdanjih motoričnih nalog je lahko še bolj uspešno v kombinaciji z delovno terapijo. V delovni terapiji je pomembno, da osebe obravnavamo kakovostno in jim v sklopu obravnave damo izkušnjo in jih naučimo pravilne izvedbe aktivnosti, ki je glavni medij delovnoterapevtske obravnave. Osnovni namen delovne terapije je, da posamezniku omogočimo sodelovanje v aktivnostih, ki so za posameznika pomembne in odražajo njihove vrednote.

Ključne besede: možganska kap, fizioterapija, delovna terapija, rehabilitacija v akutni fazi, rehabilitacijski cilji

Combination of Physiotherapy and Occupational Therapy after Stroke

After a stroke, the goal of any therapeutic intervention in a hospital setting is rehabilitation of the patient to the highest independence level possible, depending on the severity of the stroke and other comorbidities. Cooperation between physiotherapists and occupational therapists in a hospital setting has a big impact on the rehabilitation outcome and gives a more holistic approach to patients after stroke. The influence of cooperation between different therapeutic profiles is nowadays more often used for delivering quicker and safer solutions in regard to the goals that are set at the beginning. In physiotherapy, we set our short-term and long-term goals for rehabilitation after stroke in the acute phase with the purpose of enhancing the motor function of the affected side and achieving more independence of the patients by using interventions that focus on progressive verticalization, improvement of sensory perception, cardiorespiratory status, postural control and re-learning of motor tasks. Re-learning to perform daily activities can be more efficient when done in combination with occupational therapy. In occupational therapy, it is important that we perform quality interventions that offer the patient an experience which helps them re-learn to perform daily tasks, and to be included in activities and/or tasks that are important to them and help them be more satisfied with their overall quality of life.

Keywords: stroke, physiotherapy, occupational therapy, rehabilitation in the acute phase, rehabilitation goals

Promet lekova u Bosni i Hercegovini i usaglašenost regulative sa susjednim državama i Evropskom unijom

Promet lekova je materija koja je u svim zemljama regulisana isključivo zakonima, a podrazumeva širok niz pitanja od kojih zavisi da li će lek biti stavljen u promet. Imajući u vidu da su na tržištu Bosne i Hercegovine u prometu lekovi koji su proizvedeni u drugim državama, veoma često u zemaljama Evropske unije, to je veoma bitno odrediti stepen usaglašenosti regulative o prometu lekova u BiH u odnosu na zemlje regiona i Evropske unije. Za komparaciju legislative EU uzeta je Hrvatska imajući u vidu da je članica EU i da je bila u obavezi uskladiti celokupnu zakonsku regulativu, pa i onu koja se odnosi na lekove. Autori su mišljenja da u regulativi o prometu leokova u BiH postoje izvesna odstupanja u odnosu na susedne zemlje, odnosno zemlje Evropske unije. U radu će se koristiti metod deskripcije, analize i komparacije. Autori zaključuju da je regulativa o prometu lekova u BiH relativno usklađena, sa izvesnim odstupanjima koja nisu od važnosti koja bi uticala na ometanje distribucije i prometa lekova, ali da ipak postoji nesigurnost, jer je u procesu prenošenje nadležnosti u ovoj materiji sa institucija BiH na institucije Republike Srpske. Međutim, autori su mišljenja da će se Politika o lekovima i u Republici Srpskoj, kao i najveći dio postojeće legislative, zasnovati na Evropskim vrednostima.

Ključne reči: promet lekova, regulativa, usaglašenost, lekovi

Circulation of Medicines in Bosnia and Herzegovina and Regulatory Compliance with the Neighbouring Countries and the European Union

Circulation of medicines is regulated in all countries exclusively by the law and implies a great number of questions based on which it is determined if the medicine will be put in circulation. Cosidering that there are medicines on the Bosnian and Hercegovinian market that are manufactured in other countries, mostly in the countries of the European Union, it is very important to determine the degree of compliance with the regulations on medicine circulation in the region and the countries of the European Union. To compare the legislation, Croatia was selected as it is a member of European Union and was obligated to comply with all regulations, including those that govern medicinal products. The authors believe that the regulations on medicine circulation in Bosnia and Hercegovina deviate to a certain extent from those of the neighbouring EU countries. This work uses the methods of description, analysis and comparison. The authors conclude that the regulations on medicine circulation in Bosnia and Hercegovina is relatively compliant, with certain deviations which are not significant in a sense that they would hinder the distribution and circulation of medicines, but there is still uncertainty because of the tranfer of competence from the institutions of Bosnia and Hercegovina to those of the Republic of Srpska. However, the authors are of the opinion that the policy on medicines in the Republic of Srpska, as well as the majority of the existing legislation, will be based on European values.

Keywords: medicine circulation, regulation, compliance, medicines

Empatija u zdravstvu - da li su zdravstveni djelatnici empatični?

Empatija kao pojam i teorijsko polazište sve više postaje sastavnica u psihoanalizi. U suvremenoj psihologiji zauzima sve veću ulogu kao i u znanstvenim istraživanjima. Empatija predstavlja osjećaj da se s nekim podijele njegovi doživljaji i da se razumije što osoba proživljava, kako se osjeća, o čemu razmišlja i što je prethodilo trenutnom njenom emocionalnom stanju. Podrazumijeva sposobnost razumijevanja svijeta iz tuđe perspektive. Korištenje empatije dovodi do jačanja želje za suosjećanjem da se pomogne i ublaži patnja drugoga. Cilj rada bio je prikazati važnost empatije u zdravstvu i kod zdravstvenih djelatnika. Proveden je sustavni pregled znanstvene i stručne literature iz područja kvalitete zdravstvene zaštite. U modelu zdravstvene skrbi empatija je temeljna. Kada se govori o ulozi empatije kod zdravstvenih djelatnika smatra se jednom od ključnih komunikacijskih vještina koja je usmjerena na pacijente. U posljednjih nekoliko desetljeća zauzima široki pristup i uključena je u mnoge kodekse ponašanja kao i smjernice koje je potrebno implementirati i u sustav obrazovanja zdravstvenih djelatnika.

Ključne riječi: empatija, osjećaj, zdravstveni djelatnik

Empathy in Healthcare - are Healthcare Professionals Empathetic?

Empathy as a concept and theoretical starting point is more and more becoming a component in psychoanalysis. In modern psychology, as well as in scientific research, it plays an increasingly important role. Empathy represents the feeling of sharing one's experiences with someone and understanding what the person is experiencing, how they feel, what they are thinking about and what preceded their current emotional state. It implies the ability to understand the world from someone else's perspective. Using empathy leads to a stronger desire for compassion to help and alleviate the suffering of another. The paper aimed to show the importance of empathy in healthcare and among healthcare professionals. A systematic review of scientific and professional literature in the field of healthcare quality was carried out. In the healthcare model, empathy is fundamental. When talking about the role of empathy in healthcare professionals, it is considered one of the key communication skills that are focused on patients. In the last few decades, it takes a broad approach and has been included in many codes of conduct as well as guidelines that need to be implemented in the education system of health professionals.

Keywords: empathy, feeling, healthcare worker

Mental Health Promotion in the Global Society

Young people's mental health (MH) problems are a worldwide issue of concern. MH disorders among primary school children remain a crucial issue. Professionals who have sufficient competency in mental health issues are crucial for responding to this situation. The aim of the study was to describe the school professionals' perceptions of competencies and effective methods to promote MH in primary schools. Qualitative design study was conducted in the European countries. Multidisciplinary (teachers, school nurses, psychologists, and social workers) focus group interviews (N = 9) were conducted in Greece, Lithuania, Slovenia, Bulgaria and Finland. Data was analyzed using the qualitative content analysis. The competencies perceived as required for MH promotion in primary schools were related to (1) the knowledge of child development and MH in school age, (2) coping skills, and (3) perceptions of educators as health promoters. Similar topics were perceived as rather insufficient in basic education and highlighted as school professionals' future education needs. Talking to children and families, a safe and pluralistic school environment, and structured models of support and early intervention were perceived as effective methods. Digital tools, online materials and online support were addressed as effective digital methods. Focus group interviews revealed that school professionals need multiple competences for mental health promotion in school. The competences must be supported in both basic and ongoing education of school professionals.

Keywords: mental health promotion, primary school children, school environment

Promocija duševnega zdravja v globalni družbi

Težave z duševnim zdravjem mladih (MZ) so zaskrbljujoč globalni problem. Vse bolj so zaskrbljujoči trendi motenj MZ med osnovnošolci. Strokovnjaki, ki so dovolj usposobljeni za vprašanja duševnega zdravja, so ključni za reševanje teh težav. Cilj raziskave je bil pridobiti mnenje šolskih strokovnih delavcev o kompetencah in učinkovitih metodah za spodbujanje MZ v osnovnih šolah. Kvalitativna študija je bila izvedena v evropskih državah. Multidisciplinami (učitelji, medicinske sestre, psihologi in socialni delavci) intervjuji s fokusnimi skupinami (N = 9) so bili izvedeni v Grčiji, Litvi, Sloveniji, Bolgariji in na Finskem. Podatki so bili analizirani s kvalitativno vsebinsko analizo. Kompetence, ki so bile zaznane kot potrebne za spodbujanje MZ v osnovnih šolah, so bile povezane z (1) poznavanjem otrokovega razvoja in MZ v šolski dobi, (2) spretnostmi soočanja in (3) dojemanjem učiteljev kot promotorjev zdravja. Podobne teme so bile zaznane kot precej nezadostne v izobraževalnem procesu in izpostavljene kot izobraževalne potrebe šolskih strokovnih delavcev v smislu vseživljenjskega učenja. Pogovori z otroki in družinami, varno in pluralistično šolsko okolje ter strukturirani modeli podpore in zgodnje intervencije so bili zaznani kot učinkovite metode. Digitalna orodja, spletna gradiva in spletna podpora so bili izpostavljeni kot učinkovite digitalne metode. Intervjuji s fokusnimi skupinami so pokazali, da šolski strokovnjaki potrebujejo več kompetenc za promocijo duševnega zdravja v šolah. Kompetence je treba podpirati tako v osnovnem kot v nadaljnjem izobraževanju šolskih strokovnih delavcev.

Ključne besede: duševno zdravje mladih, osnovnošolci, šolsko okolje

Vloga medicinske sestre pri prepoznavanju arterijske hipertenzije v bolnišničnem okolju

Arterijska hipertenzija ali visok krvni tlak je kronična bolezen, ki je razširjena po celem svetu. Odkrita je pri več kot 40 % odrasle populacije. Je eden izmed glavnih in najpomembnejših vzrokov/dejavnikov ogroženosti za srčno-žilne zaplete, kot so infarkt, možganske kapi, anevrizme ... Za Slovenijo je znano, da ima potrjeno diagnozo arterijske hipertenzije že skoraj vsak drugi Slovenec, veliko pa se jih ne zaveda, da so oboleli za visokim krvnim tlakom, saj ga ne občutijo. Ti ljudje po navadi nimajo nikakršnih težav, občasno se lahko pojavi kakšen glavobol ali omotica, tudi motnje vida, vendar nič hujšega. Zato je priporočljiva preventivna kontrola krvnega tlaka, se pravi vsakodnevno merjenje le-tega. Dolgotrajno zvišan in nezdravljen povišan krvni tlak lahko nepopravljivo okvari telesne organe in zaradi tega kasneje lahko nastopi tudi smrt, saj visok krvni tlak neposredno poškoduje ožilje, ki vpliva na funkcijo organov. Po najnovejših smemih za obravnavo arterijske hipertenzije velja, da o povišanem krvnem tlaku govorimo, ko ta preseže mejno vrednost 140/90 mm Hg (normalna vrednost krvnega tlaka sega do 130/80 mm Hg). Veliko lahko naredimo sami, s primernim – zdravim načinom življenja, kot so omejitve soli (do 5 g/dan), alkohola (zmerno količine), opustitev kajenja, zdrava prehrana (veliko zelenjave ter sadja, vlaknin, beljakovin z malo maščob, polnozrnatih žit ...), nadzor telesne teže (z zmanjšanjem telesne teže zmanjšamo krvni tlak).

Ključne besede: Arterijska hipertenzija, medicinska sestra, bolnišnično okolje, zdravstvena nega, krvni tlak

Role of a Nurse in Recognising Arterial Hypertension in the Hospital Environment

Arterial hypertension or high blood pressure is a chronic disease which is spread all around the world. More than 40% of the adult population are dealing with it. It is one of the main and most important causes/factors of the risk of cardiovascular complications, such as heart attack, strokes and aneurysms. In Slovenia, almost every second person has a confirmed diagnosis for arterial hypertension. However, most of them do not know about their high blood pressure because they do not feel it. These people usually do not have any health problems, they have occasional headaches, dizziness or visual impairment. Therefore, it is recommended to monitor blood pressure every day. Prolonged and untreated high blood pressure can cause damage to the body's organs and can subsequently lead to death, as it directly damages the vascular system, which affects the function of the organs. According to the latest guidelines for the treatment of arterial hypertension, we consider a high blood pressure when it exceeds the 140/90 mm Hg limit (normal blood pressure reaches up to 130/80 mm Hg). We can do a lot on our own – with a healthy lifestyle, such as salt restriction (up to 5g/day), alcohol restriction, quitting smoking, healthy diet (fruits, vegetables, low-fat protein, whole grains), weight control (by losing weight, we decrease blood pressure).

Keywords: arterial hypertension, nurse, hospital environment, nursing, blood pressure

Zdravstvena nega in zadovoljstvo študentov s kliničnim usposabljanjem

Klinično usposabljanje, ki je s študijskim programom predpisana oblika študija v učnem zavodu je pomembno, saj dopolnjuje in nadgrajuje teoretične vsebine, ki jih študenti spoznajo med izobraževanjem na področju zdravstvene nege. Med opravljanjem kliničnega usposabljanja se študent največkrat znajde v zanj neznanem okolju, zato je tudi zadovoljstvo z opravljanjem kliničnega usposabljanja med študenti različno, s tem pa tudi nivo usvojenega znanja. Namen tokratne študije je ugotoviti zadovoljstvo študentov s kliničnim usposabljanjem. Izvedli smo kvantitativno raziskavo in uporabili deskriptivno metodo dela. Analizirali smo 6644 v celoti izpolnjenih anketnih vprašalnikov za zadnjih pet študijskih let. Povprečne ocene zadovoljstva s kliničnim usposabljanjem so v povprečju zelo visoke (PV = 4,6) in kažejo zadovoljstvo. Izkazalo se je še, da se v zadovoljstvu po posameznih študijskih letih pri 13 od 22 kriterijih pojavljajo tudi statistično značilne razlike ($p < 0,05$). Menimo, da je zadovoljstvo s kliničnim usposabljanjem študentov UNM FZV zelo dobro, da pa je temu zagotovo pripomoglo tako motiviranje študentov s strani visokošolskih učiteljev že na kabinetnih vajah in predavanjih, kot tudi kontinuirano izobraževanje kliničnih mentorjev.

Ključne besede: zdravstvena nega, klinično usposabljanje, zadovoljstvo

Nursing and Student Satisfaction with Clinical Training

Clinical training, which is a form of study in an educational institution prescribed by the study program, is important as it complements and builds on the theoretical content learned by students during their nursing education. In clinical training, the student often finds himself in an unfamiliar environment, so the satisfaction with the clinical training course varies among students, as does the level of the acquired knowledge. The purpose of this study is to determine the students' satisfaction with clinical training. We carried out quantitative research and used a descriptive method of work. We analyzed 6,644 fully completed questionnaires for the last five academic years. Average scores for satisfaction with clinical training are on average very high (PV = 4.6) and indicate satisfaction. It also turned out that there were also statistically significant differences in satisfaction according to individual study years for 13 out of 22 criteria ($p < 0.05$). We believe that the satisfaction with the clinical training of the UNM FZV students is very good, and that this was certainly helped by the motivation of the students by the university teachers already in the cabinet exercises and lectures, as well as the continuous training of the clinical mentors.

Keywords: nursing, clinical training, satisfaction

Perspektiva zdravstvenih delavcev in staršev na življenjski slog osnovnošolskih otrok

Življenjski slog posameznika in njegovo zdravje sta med seboj neločljivo povezana, saj z njim posameznik kompleksno vpliva na svoje zdravje in počutje. Namen raziskave je bil preučiti in predstaviti dejavnike, ki soustvarjajo življenjski slog današnjih osnovnošolskih otrok ter kako le ti vplivajo na njihovo zdravje. Uporabljena je bila kvalitativna raziskovalna paradigma. Dve fokusni skupini s po petimi udeleženci so predstavljali starši in zdravstveni delavci. Podatki so bili zbrani z delno strukturiranimi intervjujema. Pridobljeni podatki so bili analizirani s pomočjo metode analize vsebine. Z analizo intervjujev smo identificirali tri kategorije: (1) življenjski slog, (2) perspektiva zdravstvenih delavcev in skrbnikov in (3) medsebojno sodelovanje. Ugotovljeno je bilo, da se današnji otroci zelo nezdravo prehranjujejo, poročajo o slabem gibanju in izpostavljajo ovire in dejavnike tveganja, ki v veliki meri posegajo v življenjski slog otrok. Tvegana vedenja so po mnenju staršev velik vzrok skrbi. Šola je pomembno okolje za spodbujanje zdravja, zato bi se morali zdravstveni delavci aktivneje vključevati v šolski prostor z vsebinami iz področja promocije zdravja in vzgoje za zdravje, ter z namenom usposabljanja vzgojiteljev in staršev. Trend nezdravih in tveganih navad je še vedno prisoten in narašča. Izrednega pomena je, da otroke priučimo, razvijemo zdrave navade in njihov odnos do zdravega načina življenja, zato je pomembno medsebojno sodelovanje vseh, ki so vpeti v vzgojo otrok.

Ključne besede: otroci in mladostniki, zdrav način življenja, promocija zdravja, vzgoja za zdravje

The Perspective of Healthcare Professionals and Parents on the Lifestyle of Primary School Children

Lifestyle and health are inextricably linked, with lifestyle having a complex impact on health and well-being. The aim of the study was to investigate and present the factors that shape the lifestyles of today's primary school children and how they affect their health. A qualitative research paradigm was used. Two focus groups with five participants each consisted of parents and health professionals. Data was collected through semi-structured interviews. The data obtained was analysed using the content analysis method. Three categories were identified based on the analysis of the interviews: (1) lifestyle, (2) perspective of health professionals and caregivers, and (3) mutual cooperation. It was found that today's children have very unhealthy diets, report poor exercise and highlight barriers and risk factors that interfere to a large extent with their lifestyles. Parents see risky behaviours as a major cause for concern. Schools are important environments for health promotion, and health professionals should be more actively involved in the school environment with health promotion and health education content, and with the aim of training educators and parents. The trend towards unhealthy and risky habits is still present and growing. Teaching children, developing healthy habits and attitudes towards healthy lifestyles is of paramount importance, so it is important that everyone involved in their education works together.

Keywords: children and adolescents, healthy lifestyles, health promotion, health education

Poznavanje potreb pacientov v paliativni oskrbi med izvajalci zdravstvene nege

V današnjem času je vse več kroničnih nenalezljivih bolezni, ki so vodilni vzrok smrti v svetu. Zaradi rakavih bolezni letno umre okoli petnajst tisoč ljudi. Stroka je še vedno bolj naklonjena zdravljenju bolezni, kakor pripravi pacienta na proces umiranja. Ob postavitvi diagnoze neozdravljive bolezni je potrebno takoj in neprekinjeno izvajati paliativno oskrbo. Paliativna oskrba je celostna in aktivna pomoč, ki jim je bila postavljena diagnoza neozdravljive bolezni. Vključuje pomoč svojcem tako v procesu bolezni kakor tudi med procesom žalovanja. Umirajoči pacient ima potrebe, ki jih izvajalci zdravstvene nege morajo poznati. Kadar so zadovoljene na vseh nivojih, lahko pričakujemo netravmatično, »dobro smrt«. V številnih raziskavah je ugotovljeno, da je znanje izvajalcev zdravstvene nege o paliativni oskrbi pomanjkljivo oziroma nezadostno. Namen študije je bil oceniti poznavanje paliativne oskrbe med izvajalci zdravstvene nege in ugotoviti potrebe pacientov v paliativni oskrbi. Raziskava je temeljila na kvantitativni metodi dela s tehniko anketiranja. Rezultati raziskave so pokazali, da imajo pacienti v paliativni oskrbi veliko nezadovoljenih, prezrtih potreb, zlasti na področju socialnih (stik s prijatelji, družbo) in duhovnih potreb (pravica do vere, upanja, miru ...). Ugotavljamo, da o teh potrebah izvajalci težko komunicirajo z umirajočimi še težje pa s svojci umirajočih. Poznavanje potreb pacientov v paliativni oskrbi je ključen dejavnik za zagotavljanje kakovostne obravnave na področju paliativne oskrbe.

Ključne besede: pacient, potrebe v paliativni oskrbi, izvajalci zdravstvene nege

Knowledge of Patient Needs in Palliative Care among Nursing Providers

Nowadays, there are more and more chronic non-communicable diseases, which are the main cause of death in the world. About 15,000 people die of cancer every year. The profession still tends to treat disease rather than prepare the patient for the proces of dying. Once a terminal illness is diagnosed, palliative care must be provided immediately and continuously. Palliative care is a comprehensive and active help for people who have been diagnosed with a terminal illness. This also includes supporting the relatives during the illness process as well as during the mourning process. A dying patient has needs of which the nursing staff must be aware. If these are met at all levels, we can expect a non-traumatic, "good death". Numerous studies have found that the nursing providers' knowledge of palliative care is poor or inadequate. The aim of this study was to assess the nursing providers' knowledge about palliative care and to identify patients' palliative care needs. The research was based on the quantitative method of working with the survey technique. The research results showed that patients in palliative care have many unmet, ignored needs, such as social (contact with friends, society), spiritual needs (right to religion, hope, peace ...). We find that it is difficult for practitioners to communicate with dying people, and even more difficult to communicate with the relatives of the dying. Knowing the needs of patients in palliative care is a key factor in ensuring quality care in palliative care.

Keywords: patient, palliative care needs, nursing care providers

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Navigacijska zdravstvena pismenost v luči sporočanja zdravstvenih informacij

Navigacijska zdravstvena pismenost je danes tesno povezana s kompleksnostjo zdravstvenega sistema ter informacijami, ki jih sporočajo zdravstvene ustanove in ključni deležniki, na spletnih straneh. Namen raziskave je preučiti trenutno sporočanje informacij na spletnih straneh vladnih in zdravstvenih ustanov v Sloveniji in na podlagi informacij oblikovati predloge morebitnih rešitev v sistemu. Izvedena je bila kvalitativna raziskava s pregledom spletnih strani 28 vladnih organizacij in 95 zdravstvenih ustanov na primarni, sekundarni in terciarni ravni zdravstvenega varstva, s pomočjo izbranih ključnih besed povezanih z zdravjem ter na področju 10 izbranih najpogostejših kroničnih bolezni/stanj v Sloveniji. Prednosti v dostopnosti informacij vladnih institucij se kažejo v vzpostavljeni skupni spletni strani celotne državne uprave, kar omogoča poenoteno sporočanje zdravstvenih informacij. Večina zdravstvenih informacij je objavljenih na spletni strani Nacionalnega inštituta za javno zdravje. Potrebno je urediti enotno poročanje na relevantnih spletnih straneh ter omogočiti uporabniku usmerjeno navigacijo po zdravstvenem sistemu, kar bo pripomoglo k poenotenju in uskladitvi vseh aktivnosti, ki se v zdravstvenem sistemu ponujajo uporabnikom, zmanjšanje neenakosti v zdravju ter racionalizacijo financiranja zdravstvenih storitev.

Ključne besede: navigacijska zdravstvena pismenost, zdravje, zdravstvena nega, informacije

Navigational Health Literacy in the Light of Communicating Health Information

Navigational health literacy is closely related to the complexity of the health system and the information communicated by health institutions and key stakeholders on websites. The purpose of the research is to examine the current communication of information on the websites of the government and health institutions in Slovenia and, based on the information, to formulate proposals for possible solutions in the system. A qualitative research was conducted with a review of the websites of 28 government organizations and 95 healthcare institutions at the primary, secondary and tertiary levels of healthcare, using selected keywords related to health and the 10 most common chronic diseases/conditions in Slovenia. The advantages of accessibility of information from the government institutions can be seen in the established joint website of the entire state administration, which enables a unified communication of health information. Most health information is published on the website of the National Institute of Public Health. It is necessary to organize a uniform reporting on the relevant websites and enable user-oriented navigation through the health system, which will help unify and coordinate all activities offered to users in the health system, reduce health inequalities and rationalize the financing of health services.

Keywords: navigational health literacy, health, nursing, information

Misija Rak – aktualni prebojni ukrep Evropske Komisije in držav EU

Prispevek osredotoča pozornost na nov ukrep v okolju Evropske Unije (EU), kar so misije. Namenjene so ustvarjanju prebojev za reševanje najbolj perečih problemov v finančni perspektivi 2021–2027. Misija rak je nadgradnja že obstoječega Evropskega plana borbe proti raku; posebej dodaja nujne aktivnosti razumevanje problema, preventive in zagotavljanja kakovosti življenja posameznika. Konec leta 2022 je pričela njena faza implementacije. Potreben je učinkovit management na državnem in mikro nivojih organizaciji in institucij. Da bo misija maksimirala rezultate, ne le klinične, ampak aktivacije vseh politik ukrepanja, Treba je razumeti, kako deluje okolje EU, njegovo ozadje in kontekst ter še zlasti, kateri instrumenti in metodologije ukrepanja so na razpolago za ukrepanje: na področju zdravja, nege, za večjo aktivacijo lokalne skupnosti, za usposabljanja in izobraževanja. Pomemben je razvoj izobraževanj in usposabljanj, spodbujati gre nove inovativne pristope, povezovati različne deležnike na državnem, lokalnem in mednarodnem nivoju, spodbujati raziskave, večjo zaposlenost in dostojno plačilo še zlasti za področja nege in več vključevanje v EU projekte. Prispevek uvodoma predstavi kontekst problemov in izzivov EU okolja in ozadje misij kot novega specifičnega in hkrati celostnega vsebinskega ukrepanja. Sledi predstavitev misije rak: izpostavljeni so slovenski primeri dobre prakse, znanstveno-raziskovalno področja raka in inovativno delo, ki ga misija postavlja v kontekst celostne obravnave pacienta in pristop »zdravja v vseh politikah«.

Ključne besede: misija, rak, celostna obravnava pacienta, zdravje v vseh politikah, ukrepi EU

Cancer Mission – Actual Break-Through Measure of European Commission and European Union Member States

This paper is focused on the new European Union measure - missions. The missions' purpose is a break-through for heavy problems solving in the financial perspective 2021–2027. The Cancer Mission upgrades Europe's Beating Cancer Plan; this mission is adding urgent action regarding broader understanding, prevention and quality life of survivors. At the end of 2022, the mission implementation phase started. Efficient management is needed on national and micro level of an organisation and institutions. In order to maximise results of the Mission, not only clinical ones, activation of all policies is a must. It is to understand how EU environment works, its background and context. Also it is to know instruments and methodology how to act for health and care, to activate local community, how to educate and who and how to train. The development of education and training is important, it is to push innovative access, networking on state, local and international level. To achieve this, research in the field should be stimulated and also employment in healthcare should be promoted, also with decent payment. Involvement in EU projects is also important. At first, the paper presents the EU context of problems and challenges, also missions' background as they are a new and a specific content measure. Mission Cancer is presented, an related cases of good practices science and research work in Slovenia, while putting patient in the center of "health in all policies".

Keywords: mission, cancer, patient focused care, health in all policies, EU measures

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Seksualnost, seksualno ponašanje i kontracepcija učenika trećih razreda srednje škole

Naglo povećanje seksualne aktivnosti među učenicima oba spola i ranija dob pri ulasku u seksualne kontakte ih izlaže različitim rizicima, od neplanirane trudnoće do spolno prenosivih bolesti. Cilj istraživanja bio je ispitati seksualno ponašanje te korištenje kontracepcije kod učenika trećih razreda. Ispitanici istraživanja su učenici trećih razreda Medicinske škole Pula i Tehničke škole Pula. Glavni instrument istraživanja je anketni upitnik »Seksualno ponašanje«. Rezultati ukazuju na spoznaju kako se ipak više od polovice ispitanika nije upustilo u seksualne odnose, a druga polovica koja je stupila u spolne odnose u većini koriste zaštitu. Najveći broj ispitanika do sad nije imao spolne odnose, a od učenika koji su imali spolne odnose $N = 43$ (41,35 %), značajno najveći broj ih je imao više od 5 puta $N = 31$ (72,09 %). Učenici smatraju da postoji 40 % vjerojatnosti da će se oni sami zaraziti od spolno prenosivih bolesti tijekom spolnog odnosa, dok značajno veću vjerojatnost pridaju zarazi spolnim odnosom kod drugih. Rad na prevenciji spolno prenosivih bolesti važan je preduvjet očuvanja reproduktivnog zdravlja u zrelijoj dobi.

Ključne riječi: seksualnost, seksualno ponašanje, kontracepcija

Sexuality, Sexual Behavior and Contraception among Third-grade Secondary School Students

The sudden increase in sexual activity among the students of both sexes and the earlier age at which they enter into sexual contact exposes them to various risks, from unplanned pregnancy to sexually transmitted diseases. In this sense, the research goal of the work is to examine sexual behaviour and the use of contraception among third graders. The research included third-grade students of the Pula Medical School and the Pula Technical School. The main instrument of the research is the survey questionnaire "Sexual Behaviour". The obtained results indicate that more than a half of the respondents did not engage in sexual relations, and the other half who did engage in sexual relations mostly used protection. The largest number of the surveyed students have not had sexual relations so far, and of the students who have had sexual relations, $N = 43$ (41.35%), significantly the largest number have had relations more than 5 times, $N = 31$ (72.09%). Students believe that there is a 40% probability that they themselves will become infected with sexually transmitted diseases during sexual intercourse, while they attribute a significantly higher probability to infection through sexual intercourse with others. Work on the prevention of sexually transmitted diseases is an important prerequisite for preserving reproductive health at an older age.

Keywords: sexuality, sexual behaviour, contraception

Burnout Syndrome among Nursing Students

Personality characteristics might be important factors influencing the individual's abilities to cope with the burnout syndrome. The aim of the study was to examine the relationship between personality factors, such as self-evaluation and sense of coherence, and the burnout syndrome among nursing students. The research included 130 nursing students (average age 20.85 ± 2.94 , 97% females). The Scale Burnout Inventory (SBI) was used for assessing the burnout levels, together with the Sense of Coherence Questionnaire (SOC) and Rosenberger's Self Esteem Scale (SES). A significantly negative correlation was found between the burnout syndrome and self-esteem ($p \leq 0.01$), as well as sense of coherence ($p \leq 0.01$), which means that the higher level of self-esteem and sense of coherence was associated with the lower burnout syndrome levels among students. Personality factors are strongly linked to the burnout syndrome in students. It is important therefore to recognise and manage the predisposition for the development of the burnout syndrome, as it tends to reoccur in professional practice. It is thus considered that improving the skills of coping with the stress among students is beneficial in preventing subsequent occurrence of burnout in the profession of a nurse.

Keywords: nursing, burnout, self-esteem, a sense of coherence

Sindrom izgorelosti med študenti zdravstvene nege

Osebnostne lastnosti lahko pomembno vplivajo na posameznikovo sposobnost obvladovanja stresa in pojav sindroma izgorelosti. Namen raziskave je bil preučiti povezanost med osebnostnimi dejavniki, kot sta samopodoba in občutek koherence ter sindromom izgorelosti med študenti zdravstvene nege. V raziskavi je sodelovalo 130 študentov zdravstvene nege (povprečna starost $20,85 \pm 2,94$ let, 97 % žensk). Lestvica Burnout Inventory (SBI) je bila uporabljena za ocenjevanje stopnje izgorelosti. Uporabljena sta bila tudi vprašalnik občutka koherentnosti (SOC) in Rosenbergerjeva lestvica samopodobe (SES). Med sindromom izgorelosti in samopodobo je bila ugotovljena signifikantna negativna povezava ($p \leq 0,01$), pa tudi občutek koherence ($p \leq 0,01$), kar pomeni, da je bila višja stopnja samospoštovanja in občutek koherence povezana z nižjo stopnjo sindroma izgorelosti med študenti. Osebnostni dejavniki so torej močno povezani s pojavom izgorelosti pri študentih. Zato je pomembno prepoznavati predispozicije za razvoj sindroma izgorelosti in jih obvladovati, saj se sicer lahko spet izrazi v obdobju poklicne prakse. Zato velja, da je izboljšanje veččin obvladovanja stresa pri študentih koristno pri preprečevanju kasnejšega pojava izgorelosti v poklicu medicinske sestre.

Gljučne besede: zdravstvena nega, izgorelost, samospoštovanje, občutek koherentnosti

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Razlozi za rekreativnim bavljenjem tjelesnom aktivnošću

Brojne su dobrobiti bavljenja tjelesnom aktivnosti na ljudski organizam ali nedostatak kretanja i dalje predstavlja problem uurbanog načina života suvremenog čovjeka. Kako bi podigli svijest što većeg broja ljudi o važnosti redovitog provođenja tjelesne aktivnosti moramo pronaći motive zbog kojih se osobe uključuju u vježbanje. Cilj ovog istraživanja bio je utvrditi motive bavljenja tjelesnom aktivnosti kojem je pristupilo 108 ispitanika od čega 37 žena i 71 muškarac u dobi od 18 do 65 godina koji se rekreativno bave tjelesnom aktivnosti. Za procjenu je korištena hrvatska verzija upitnika EMI-2 koji se sastoji od četrnaest motiva za vježbanje. Rezultati ovog istraživanja pokazuju da je ženama najvažniji motiv za vježbanjem upravo kontrola težine i u odnosu na muškarce najveću važnost daju uživanju u vježbanju i upravljanju stresom dok su muškarci motiviraniji zbog povećanja snage i izdržljivosti a najveću važnost u odnosu na žene daju izazovu i natjecanju.

Cljučne riječi: tjelesna aktivnost, motivacija, žene, muškarci

Reasons for Recreational Physical Activity

There are numerous benefits of physical activity for the human body, but lack of movement is still a problem of the accelerated pace of modern life. In order to raise the awareness of as many people as possible about the importance of regular physical activity, we need to find the motives why people engage in exercise. The aim of this study was to determine the motives for access to physical activity, which was attended by 108 respondents, of which 37 were women and 71 men, aged between 18 and 65, who are recreationally engaged in physical activity. For the evaluation, the Croatian version of the EMI-2 questionnaire was used, which consists of fourteen motivational exercises. The results of this research show that, for women, the most important motivation to exercise is weight control and, with regard to men, they give the highest importance to enjoying the exercise and managing stress, while men are more motivated by the increase of strength and endurance, and give the highest importance, in relation to women, to challenge and competition.

Keywords: physical activity, motivation, women, men

Učinkovitosti hipoterapije pri otrocih s cerebralno paralizo

Hipoterapija je terapija s konjem, pri kateri se izkorišča tridimenzionalne gibalne impulze za izboljšanje gibalnih funkcij pacienta. Cerebralna paraliza (CP) je neprogresivna motnja na področju gibanja in drže. Cilji uporabe hipoterapije na nevrološkem in motoričnem področju pri otrocih s CP zajemajo izboljšanje ravnotežja, drže in simetrije, zmanjšanje spastičnosti in inhibicijo nehotenih gibov ter ponavljajočih se nenormalnih vzorcev. Raziskava je empirično kvalitativna, z uporabo polstrukturiranega intervjuja. V raziskavi je sodelovalo šest fizioterapevtov iz vse Slovenije, ki izvajajo hipoterapijo. Postavili smo dve raziskovalni vprašanji: kakšne so izkušnje hipoterapevtov in kakšna je učinkovitost hipoterapije pri otrocih CP? Podatke smo uredili s pomočjo kod in kategorij. Podatkov smo razporedili v dve kategoriji, 17 podkategorij, ki pojasnjujejo izkušnje in mnenja hipoterapevtov. Pri izkušnjah je izpostavljena pomembnost pretekle prakse, individualno odločanje na otroka s CP o primernosti in postopku izvedbe hipoterapije. Učinke smo razdelili na nivoju okvare, dejavnosti in participacije. Respondenti merijo učinke večinoma le za namen raziskave ali predstavitve hipoterapije. Vsi respondenti priznavajo prenos pridobljenih sposobnosti v domače in šolsko okolje.

Ključne besede: hipoterapija, cerebralna paraliza, mnenja fizioterapevtov, izkušnje fizioterapevtov

Effectiveness of Hippotherapy in Children with Cerebral Palsy

Hippotherapy is horse therapy that uses three-dimensional movement impulses to improve movement functions. Cerebral palsy (CP) is a non-progressive movement and posture disorder. The goals of using hippotherapy in the neurological and motor areas in children with CP include improving balance, posture and symmetry, reducing spasticity and inhibiting involuntary movements and abnormal patterns. The research is empirically qualitative, using a semi-structured interview. Six physiotherapists from all over Slovenia who practice hippotherapy participated in the research. We posed two research questions. What are the experiences of hippotherapists and what is the effectiveness of hippotherapy in children with CP? We organized the data using codes and categories. We arranged the data into two categories, 17 subcategories that explain the experiences and opinions of hippotherapists. The experience highlights the importance of past practice, individual decision-making for a child with CP on the suitability and procedure of implementing hippotherapy. We divided the effects on the level of impairment, activity and participation. The respondents measure effects mostly only for the research or presentation of hippotherapy. All respondents acknowledge the transfer of the acquired skills to the home and school environment.

Keywords: hippotherapy, cerebral palsy, opinions of physiotherapists, experience of physiotherapist

Prevalenca Hepatitisa B in C pri uporabnikih CPZOPD Novo mesto

Hepatitis je vnetje jeter, ki ga povzročajo različni dejavniki, kot so okužbe, pretirano uživanje alkohola, razna zdravila, kemične snovi in strupi ali avtoimuna obolenja. Najpogostejši vzrok hepatitisa je okužba z virusom hepatitisa B in C (HBV in HCV), ki lahko vodi v razvoj jetrne ciroze in karcinoma jeter. Med intravenski uporabniki drog je posebej visok delež okuženih s HCV. S to raziskavo smo želeli ugotoviti pogostost okužbe s HBV in HCV pri uporabnikih Centra za preprečevanje zdravljenja odvisnosti od prepovedanih drog (CPZDO) v Zdravstvenem domu Novo mesto (NM). Naredili smo presečno raziskavo med uporabniki CPZDO NM. Potekala je od februarja do marca 2021. Podatke smo analizirali glede na demografske in socialne značilnosti. V raziskavo je bilo vključenih 90 uporabnikov CPZDO NM, med njimi 14 žensk. 31 (34 %) uporabnikov je bilo kadarkoli v življenju izpostavljenih okužbi s HCV, od tega jih je 12 (13 %) z znano okužbo, ki so bili že zdravljeni, 8 (9 %) z aktivno svežo okužbo in 11 (12 %) s spontano prebolelo okužbo, ki ni bila nikoli zdravljena. 5 uporabnikov (6 %) je bilo kadarkoli v življenju okuženih s HBV. Spol, starost, izobrazba ne vplivajo na pogostost okužbe s HCV ali HBV. Bivanje v zaporu in brezdomstvo vplivata na pogostost okužb s HCV ali HBV. Prevalenca okužbe s HCV pri uporabnikih CPZDO NM 34 %, s HBV pa 6 %.

Ključne besede: Hepatitis B, Hepatitis C, Prevalenca, Center za zdravljenje odvisnosti od prepovedanih drog

Prevalence of Hepatitis B and C in Users of the CPZOPD Novo Mesto

Hepatitis is an inflammation of the liver caused by various factors such as infections, excessive alcohol consumption, various drugs, chemical substances and poisons or autoimmune diseases. The most common cause of hepatitis is infection with hepatitis B and C viruses, which can lead to the development of liver cirrhosis and liver carcinoma. There is a high proportion of people infected with hepatitis C among intravenous drug users. With this research, we wanted to determine the frequency of hepatitis B and C infection among the users of the Centre for the Treatment of Addiction to Prescribed Medicines (CPZDO) in the Novo Mesto Health Centre (NM). We conducted a cross-sectional survey among CPZDO NM users. It took place from February to March 2021. We analyzed the data according to demographic and social characteristics. 90 users of CPZDO NM were included in the study, of which 14 were women. 31 (34%) users were exposed to HCV infection at some point in their life, of which 12 (13%) had a known infection and had already been treated, 8 (9%) had an active recent infection and 11 (12%) had a infection that was never treated. 5 users (6%) were infected with HBV at some point in their lives. Gender, age, education do not affect the frequency of HCV or HBV infection. Incarceration and homelessness influence the frequency of HCV or HBV infection. The prevalence of HCV infection in CPZDO NM users is 34%, and HBV is 6%.

Keywords: Hepatitis B, Hepatitis C, Prevalence, Substance abuse treatment centres

Problematika zdravstvene oskrbe migrantov v Sloveniji

Tako v Sloveniji, kot drugod po svetu se dandanes vsakodnevno srečujemo z migranti. To so ljudje, ki so iz znanih ali neznanih razlogov zapustili svojo domovino, mesto, okolje. Z migranti se srečujemo predvsem zdravstveni delavci, saj selitve mnogokrat terjajo psihično in fizično izčrpanost posameznika. Medicinske sestre imamo pri pacientih, ki so migranti veliko vlogo, saj moramo prepoznati njihove potrebe, razumeti njihovo kulturo in se držati ter pri njihovi obravnavi slediti njihovim načelom, kajti to spada med pacientove in človekove pravice. Velika težava pri obravnavi migrantov predstavlja predvsem jezik, saj v veliko primerih ne najdemo skupnega jezika, ki ga govorimo. Veliko vlogo pri tem odigra neverbalna komunikacija, ki jo mora vsak zdravstveni delavec prepoznati in razbrati, saj nam le ta veliko pove o počutju in zdravstvenem stanju pacienta nasploh. Opravili smo raziskavo, ki je temeljila na kvalitativni tehniki zbiranja podatkov. Podatki so bili pridobljeni s pomočjo izvajanja intervjujev. Intervju smo izvedli s petimi medicinskimi sestrami. Ugotovili smo, da imajo medicinske sestre pri zdravstveni oskrbi migrantov največje težave z jezikovnimi spretnostmi, saj menijo, da se je zelo težko sporazumevati verbalno, ker ne najdejo skupnega jezika. Raziskava je pokazala, da se zdravstveno osebje trudi, da so migranti celostno obravnavi ter med njimi ne delajo razlik.

Ključne besede: problematika, zdravstvena oskrba, migranti, medicinska sestra

Problem of Migrants' Healthcare in Slovenia

Both in Slovenia and elsewhere in the world, we meet migrants on a daily basis. These are people who, for known or unknown reasons, left their homeland, city, environment. Migrants come in contact mainly with healthcare workers, as relocations often require mental and physical exhaustion of the individual. As nurses, we have a big role in treating patients who are migrants, because we have to recognize their needs, understand their culture and adhere to and follow their principles when treating them, because this is part of the patient's and human rights. A major problem in the treatment of migrants is mainly language, as in many cases we do not find a common language that we can all speak. Non-verbal communication therefore plays a big role, which every healthcare worker must recognize and understand, because it tells us a lot about the well-being and health status of the patient in general. We conducted a research based on the qualitative data collection technique. The data was obtained by conducting interviews. We conducted an interview with five nurses. We found that the nurses in migrant healthcare have the greatest challenges with language skills; they find it very difficult to communicate verbally, because they cannot find a common language. The survey showed that the medical staff tries to treat migrants holistically and does not differentiate between them.

Keywords: issue, healthcare, migrants, nurse

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Nastava na daljinu i pojava/prevencija stresa kod studenata različitih studija

Kako je pandemija bolesti Covid-19 primorala brzi prelazak visokih učilišta na modalitet izvođenja nastave na daljinu (distance learning), cilj istraživanja bio je ispitati doživljavaju li studenti online nastavu u vrijeme pandemije stresnom te utvrditi najčešće stresore s kojima su se studenti susreli tijekom takvog oblika izvođenja nastave. U periodu od travnja do lipnja 2021. godine provedeno je presječno istraživanje u kojem je sudjelovalo ukupno 703 studenta koji studiraju na sedam različitih studijskih programa. Dobiveni rezultati upućuju kako je online nastava bila najstresniji modalitet obrazovanja za 52,3 % studenata svih studijskih programa. Nadalje, najčešći stresori kod studenata bili su opsežnost fakultetskih obaveza (49,4 %), premalo slobodnog vremena (47,1 %) te nemogućnost usklađivanja posla s obavezama na studiju (30 %). S obzirom da studenti doživljavaju online nastavu stresnom, ali i iz razloga što je stres česta pojava u svakodnevnom životu, opravdanom se može smatrati preporuka za upoznavanje studenata sa simptomima i prepoznavanjem te prevencijom i tehnikama smanjivanja stresa.

Ključne riječi: nastava na daljinu, online nastava, stres, prepoznavanje stresa, prevencija stresa, studenti

Distance Learning and the Occurrence/Prevention of Stress among Students of Different Programmes

As the pandemic of the Covid-19 disease forced a rapid transition of higher education institutions to the modality of conducting classes at a distance (i. e. distance learning), the aim of the research was to examine whether students experience online classes during the pandemic as stressful and to determine the most common stressors that students encountered in this teaching format. The cross-sectional survey was conducted in the period from April to June 2021, with a sample of 703 students studying in seven different study programs. The obtained results indicate that online teaching was the most stressful modality of education for 52.3% of the students across all study programs. Furthermore, the most common stressors among students were the extensiveness of university duties (49.4%), too little free time (47.1%), as well as the inability to reconcile work with study obligations (30%). Given that students perceive online classes as stressful, but also because stress is a frequent phenomenon in everyday life, the recommendation to acquaint students with symptoms and recognition, as well as prevention and stress reduction techniques, can be considered justified.

Keywords: distance learning, online classes, stress, recognition of stress, stress prevention, students

Vodja tima v Urgentnem centru

Nižji management v zdravstveni negi zastopajo timske medicinske sestre, ki s svojim delom pripomorejo k boljši povezavi med izvajalci zdravstvene nege in preostalim managementom. Timska medicinska sestra izvaja vodenje, organiziranje, usklajevanje dela in nadzorovanje dela zdravstvene nege na posameznem oddelku. Namen je ugotoviti ali je v Urgentnem centru potreben vodja tima ter začrtati kriterije za razporeditev zaposlenega na mesto vodje tima v urgentni dejavnosti. V raziskavi smo uporabili kvalitativni raziskovalni pristop. Izvedli smo kvalitativno opisno raziskavo. Podatki so bili zbrani z delno strukturiranimi intervjuji in analizirani z metodo vsebinske analize (Hsieh in Shannon, 2005). V Splošni bolnišnici Jesenice bi se z uvedbo timske medicinske sestre okrepilo sodelovanje med izvajalci zdravstvene nege in preostalim managementom, predvsem bi pripomogli k izboljšanju organiziranja in usklajevanja dela znotraj posamezne enote. Torej je smiselno uvesti delovišče vodje tima. Za dobrega vodja so potrebna leta izkušenj. Vodja tima mora imeti strokovno znanje pa tudi znanje managementa in imeti mora določene osebne lastnosti. V Urgentnem centru Splošne bolnišnice Jesenice je delo medicinskih sester organizirano tako, da ni definirano delovišče vodja tima. Pri vsakodnevnem delu zaposlenih v zdravstveni negi se pogosto pojavi potreba po sprotnem usklajevanju in reševanju problemov. Z opredelitvijo delovišča timske medicinske sestre v urgentni dejavnosti bi zaposleni imeli ves čas prisotnega vodjo, ki jih lahko usmerja, bodri in jim nudi pomoč.

Ključne besede: management v zdravstveni negi, timska medicinska sestra, kompetence timske medicinske sester

Emergency Centre Team Leader

Lower management in nursing is represented by team nurses, whose work contributes to a better connection between the nursing providers and the rest of the management. The team nurse manages, organizes, coordinates and supervises nursing work in each department. The purpose is to determine whether a team leader is needed in the emergency centre and to outline the criteria for assigning an employee to the position of the team leader in the emergency department. In the research, we used the qualitative research approach. We conducted a qualitative descriptive research. Data was collected through semi-structured interviews and analyzed using the method of content analysis (Hsieh & Shannon, 2005). In the Jesenice General Hospital, the introduction of a team nurse would strengthen the cooperation between the nursing providers and the rest of the management, and above all, it would help improve the organization and coordination of work within each unit. Therefore, it is reasonable to implement a team leader position. For leadership skills, years of experience are needed. A leader must have knowledge of the field, management skills and certain personal characteristics. In the Emergency Centre of the Hospital Jesenice, healthcare workers do not have a team leader. The need for real-time coordination and problem-solving often arises in nurses' daily work. By defining the workplace of a team nurse in the emergency department, the employees would have a leader present at all times who can direct, encourage and offer them assistance.

Keywords: management in nursing, team nurse, competencies of team nurses

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Briga o zdravlju zdravstvenih radnika

»Zdravlje je stanje potpune fizičke, mentalne i društvene dobrobiti, a ne samo odsustvo bolesti ili nemoći.« (WHO). Ovom definicijom se prepoznaju mentalna, fizička i društvena dimenzija zdravlja. Procjena rizika na radnom mjestu je bitan i prvi korak u prevenciji nesreća na radu i oboljenja. Današnji, ubrzan način života, vremenska ograničenja, a često i nedostatak novca nose sa sobom potrebu za izlaganjem većim fizičkim naporima koji prelaze granice izdržljivosti. Posao zdravstvenih radnika jedan je od onih koji zasigurno sadrži frustrirajuće elemente, kao što su potreba za stalnom koncentracijom, rad u smjenama, nedovoljno zaposlenih, prevelik obim posla, visoka odgovornost za ljude itd. Bilo koji sistem u organizmu može se naći na udaru: gastrointestinalni, kardiovaskularni, dermatološki, endokrinološki itd. Specifične karakteristike okruženja: 1. umjetna rasvjeta (intenzivno svjetlo); 2. uvijek zatvoreni prozori i vrata; 3. niska temperatura (klimatizacijski uređaji); 4. zvuk monitora i ostalih aparata; 5. senzorna buka i 6. noćni rad. Anketiranjem zdravstvenih radnika, tokom aprila 2022. godine, ispitivali smo godine života, godine radnog staža i zdravstveno stanje samih zdravstvenih radnika. Sa ovom anketom došli smo do zaključka da su nepovoljni radni uslovi zdravstvenih radnika doveli do velikog broja oboljelih, kako mladih tako i starijih radnika. Od svih anketiranih zdravstvenih radnika, njih 56,7 % ima dokazana hronična oboljenja.

Ključne besede: radni uslovi, stres, hronične bolesti

Caring for the Health of Health Workers

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmities” (WHO). This definition recognizes the mental, physical and social dimensions of health. Risk assessment at the workplace is important and the first step in the prevention of occupational accidents and illnesses. Today's fast-paced lifestyle, time constraints and often the lack of money bring with them the need for exposure to greater physical efforts that exceed the limits of endurance. The job of health workers is one of those that certainly contains frustrating elements, such as the need for constant concentration, shift work, insufficient employees, excessive workload, high responsibility for people, etc. Any system in the body can be affected: gastrointestinal, cardiovascular, dermatological, endocrinological, etc. Specific characteristics of the environment include: (1) artificial lighting (intense light); (2) always closed windows and doors; (3) low temperature (air conditioning devices); (4) sound of monitors and other devices; (5) sensory noise; and (6) night work. By surveying the healthcare workers in April 2022, we examined their age, years of service and the health status of the healthcare workers themselves. With this survey, we came to the conclusion that the unfavorable working conditions of healthcare workers led to a large number of diseases for both younger and older workers. Of all health workers surveyed, 56.7% have proven chronic diseases.

Keywords: working conditions, stress, chronic diseases

Mnenje študentov fizioterapije o znanju za raziskovanje in o dokazih podprti praksi

Fizioterapija kot zdravstvena in znanstvena stroka mora slediti razvoju. Mnenje študentov fizioterapije o znanju za raziskovanje in o dokazih podprti praksi je pomembno za zagotavljanje kakovostne zdravstvene oskrbe, kar prikazujemo s prispevkom. Opravili smo kvantitativno raziskavo, ki je temeljila na neeksperimentalni metodi empiričnega raziskovanja na vzorcu 97 študentov študijskega programa fizioterapije na Fakulteti za zdravstvo Angele Boškin. Uporabili smo strukturiran vprašalnik, ki smo ga razvili na osnovi pregleda literature. Statistično značilno razliko med letniki študentov fizioterapije smo ugotovili pri poznavanju virov, preko katerih lahko dostopajo do literature ($p = 0,002$), na področju znanja iskanja literature v podatkovnih bazah ($p = 0,001$), pri trditvi, da imajo dovolj znanja o oblikovanju raziskovalnega vprašanja ($p = 0,005$), o hierarhiji dokazov v znanstveno-raziskovalnem delu ($p = 0,009$), poznavanju razlike med raziskovanjem in na dokazih podprti praksi ($p = 0,040$) ter poznavanju treh komponent na dokazih podprte prakse ($p = 0,040$). Ugotovili smo mnenje študentov fizioterapije o znanju za raziskovanje in o dokazih podprti praksi. Ugotovitve izvedene raziskave nam predstavljajo izhodišče za nadaljnji izobraževalni proces.

Ključne besede: študenti fizioterapije, znanje, raziskovanje, na dokazih podprta praksa

Physiotherapy Students' Opinions of Research Knowledge and Evidence-based Practice

Physiotherapy as a medical and scientific discipline needs development. Physiotherapy students' perceptions of research skills and evidence-based practice are important for the provision of quality healthcare, as shown in this article. We conducted a quantitative study based on a non-experimental empirical research method with a sample of 97 students in the physiotherapy program at the Angela Boškin Faculty of Healthcare. We used a structured questionnaire developed based on a literature review. Statistically significant differences were found between different years of physiotherapy students in the knowledge of sources through which they can access literature ($p = 0.002$), the knowledge of literature search in databases ($p = 0.001$), the statement that they have sufficient knowledge for formulating a research question ($p = 0.005$), the hierarchy of evidence in scientific research ($p = 0.009$), knowledge of the difference between research and evidence-based practice ($p = 0.040$), and knowledge of the three components of evidence-based practice ($p = 0.040$). We sought physiotherapy students' perceptions of their knowledge of research and evidence-based practice. The findings of the research we conducted provide a starting point for the further educational process.

Keywords: physiotherapy students, knowledge, research, evidence-based practice

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Dolgotrajno preživetje patogenih bakterij v prostoživečih amebah

Prostoživeče amebe so protozoi ki so široko prisotni v različnih naravnih habitatih, kot so voda, prah in prst, ter različnih antropogenih habitatih, kot so hladilni stolpi in klimatske naprave. Prostoživeče amebe se običajno hranijo z algami, glivami in bakterijami s procesom fagocitoze. V vodnem okolju so poleg ameb prisotni tudi človeški patogeni, vključno s bakterijami *Francisella tularensis* in *Legionella pneumophila*. Omenjene bakterije imajo sposobnost preživetja fagocitoze in uporabljajo amebe kot svoje naravne gostitelje. Zanimivo je, da je vsaka od teh bakterij pokazala edinstven znotrajcelični življenjski slog v amebah. Do zdaj je zelo malo znanega o sposobnosti patogenih bakterij da dolgo časa preživijo znotraj prostoživečih ameb. Poleg tega, vloga ameb pri prenosu bakterije *L. pneumophila* na ljudi je še vedno večinoma neznana. V tej študiji je v obdobju enega leta spremljano preživetje *L. pneumophila* znotraj trofozoitov in cist *Acanthamoeba castellanii*. Pridobljeni rezultati bodo prispevali k boljšemu razumevanju ekologije te bakterije in prenosa na človeka.

Ključne besede: prostoživeče amebe, *Francisella tularensis*, *Legionella pneumophila*

Long-term Survival of Pathogenic Bacteria in Environmental Amoebae

Free-living amoebae (FLA) are protozoa widely present within different natural habitats, such as water, dust and soil, and various anthropogenic habitats, such as cooling towers and air conditioning units. FLA usually feed on algae, fungi and bacteria by process of phagocytosis. However, some human pathogens, also commonly found within aquatic environments, including *Francisella tularensis* and *Legionella pneumophila*, are able to survive the uptake by amoebae. Moreover, these pathogens are using amoebae as their natural hosts. Interestingly, each of these bacteria showed a unique intracellular lifestyle within the protozoa. Until now, very little has been known about the ability of pathogenic bacteria to reside within the FLA for a long period of time, and the role of amoebae in the transmission of these bacteria to humans is still largely unknown. Within this study, the survival rate of *L. pneumophila* was followed within the trophozoites and cysts of *Acanthamoeba castellanii* during a one-year period. The results obtained will contribute to a better understanding of the ecology of this bacterium and its transmission to humans.

Keywords: Free-living amoebae, *Francisella tularensis*, *Legionella pneumophila*

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 novejše 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

Čustvena regulacija pri zaposlenih v zdravstvu

Zaposleni v zdravstveni negi se na delovnem mestu vsakodnevno soočajo z izzivi, ki od njih zahtevajo uspešno čustveno regulacijo, kar je lahko povezano tudi s stopnjo blagostanja. V naši raziskavi so nas zanimale korelacije in razlike med težavami v čustveni regulaciji, doživljanjem blagostanja in demografskimi zanjilnostmi zaposlenih v zdravstveni negi. Raziskava je bila izvedena v Sloveniji. V njej je sodelovalo 231 udeležencev, ki so zaposleni v zdravstveni negi. Odgovorili so na spletni vprašalnik, ki je vseboval Krajšo verzijo lestvice težav v regulaciji čustev (DERS-I8), vprašalnik za merjenje blagostanja (PERMA-Profilier) ter vprašanja o demografskih podatkih. Rezultati so pokazali, (1) da imajo zaposleni v zdravstveni negi, ki doživljajo večjo stopnjo blagostanja, manj težav v regulaciji čustev in obratno, (2) da imajo zaposleni v zdravstveni negi z daljšo delovno dobo v zdravstveni negi, manj težav v čustveni regulaciji, ampak ne tudi večjega blagostanja, vendar gre v obeh primerih za zanemarljivo velikost korelacij, (3) da imajo zaposleni v zdravstveni negi z višjo izobrazbo manj težav v regulaciji čustev, (4) da pri zaposlenih v zdravstveni negi ni statistično pomembne razlike med spoloma v težavah v čustveni regulaciji in doživljanju blagostanja, (5) da pri zaposlenih v zdravstveni negi ne obstaja statistično pomembna razlika v težavah v regulaciji čustev glede na zakonski stanom anketirancev.

Ključne besede: čustva, korelacija čustev, blagostanje, zdravstvena nega

Correlations, Differences and Emotional Regulation in Healthcare Workers

Healthcare employees face daily challenges at work that require them to successfully regulate emotions, which may also be related to the level of well-being they experience. In our research, we were interested in correlations and differences in difficulties in emotional regulation, well-being and demographic data in healthcare employees. The research was conducted in Slovenia and consisted of 231 participants who work in healthcare. They responded to an online questionnaire containing the Shorter Version of the Difficulties in Emotion Regulation Scale (DERS-I8), a questionnaire for measuring well-being (PERMA-Profilier) and questions about demographic data. The results showed (1) that healthcare employees who experience a higher level of well-being have fewer problems in emotion regulation and vice versa, (2) that healthcare employees with longer working experience in healthcare have fewer problems in emotional regulation but not greater well-being, however, in both cases the size of the correlations is negligible, (3) that employees in healthcare with a higher education have fewer problems in the regulation of emotions, with a statistically significant correlation, (4) that there is no statistically significant difference between the sexes in problems with emotional regulation and experiencing well-being, (5) that there is no statistically significant difference with regard to the marital status in problems with emotion regulation among healthcare employees.

Keywords: emotions, correlation of emotions, well-being, healthcare

Self-care as Outcome Dyad Patient/Caregiver

To collect uniform nursing information, it is necessary to identify a standardized set of data that can 'intercept' the essential elements of clinical nursing practice across settings and patient groups. Healthcare in patients with chronic and acute diseases is focused on prevention and control exacerbation. And so, in this context, it is more important to recognize the patient's self-care and to improve nursing care. The scope of this study is to describe the patient's self-care affected by different chronic and acute diseases and caregiver contribution to self-care, to examine how the patient's self-care influences the quality of life, to investigate the relationship between the self-care of patients and caregiver contribution. Patients admitted to Saint Francis Hospital, aged ≥ 65 years, with one or more chronic diseases such as hypertension, diabetes, Chronic Obstructive Pulmonary Disease (COPD) and at least one other condition were included. Patient's self-care and caregiver contribution to self-care will be measured with the Self-Care of Chronic Illness Index (SCCII) and the Caregiver Contribution to Self-Care of Chronic Illness Index (CC -SCCII).

Keywords: self-care, caregiver, chronic condition, dyad

Samooskrba kot rezultat diade bolnik/negovalca

Za zbiranje enotnih informacij o zdravstveni negi je treba določiti standardiziran nabor podatkov, ki lahko 'izpostavijo' bistvene elemente klinične prakse zdravstvene nege v različnih okoljih in skupinah bolnikov. Zdravstvena nega bolnikov s kroničnimi in akutnimi boleznimi je usmerjena v preprečevanje in obvladovanje poslabšanj. In zato je v tem kontekstu zelo pomembno prepoznati pacientovo samooskrbo in izboljšati zdravstveno nego. Namen te študije je opisati bolnikovo samooskrbo, ki jo prizadenejo različne kronične in akutne bolezni, in prispevek negovalca k samooskrbi, preučiti, kako pacientova samooskrba vpliva na kakovost življenja, raziskati razmerje med samooskrbo in prispevek bolnikov in negovalcev. Vključeni so bili bolniki, sprejeti v bolnišnico Saint Francis, stari ≥ 65 let, z eno ali več kroničnimi boleznimi, kot so: hipertenzija, sladkorna bolezen, kronična obstruktivna pljučna bolezen (KOPB) in vsaj eno drugo kronično stanje. Samooskrbo pacienta in prispevek negovalca k samooskrbi smo merili z indeksom samooskrbe kronične bolezni (SCCII) in indeksom prispevka negovalca k samooskrbi kronične bolezni (CC -SCCII).

Gljučne besede: samooskrba, negovalec, kronično stanje, diada

Mišično skeletna obolenja zaposlenih pri delu z računalnikom

Obolenja roke, vratu in/ali rame so najpogostejša posledica dolgotrajnega dela z računalnikom. Poleg fizičnih dejavnikov na delovnem mestu je njihova prevalenca povezana s psihosocialnimi in osebnimi dejavniki tveganja. Namen raziskave je bil oceniti prevalenco obolenja roke, vratu in/ali rame pri pisarniških delavcih v izbranem slovenskem podjetju. Ugotavljali smo povezanost teh obolenj in dejavnikov tveganja. V kvantitativno obdelavo podatkov je bilo vključenih 65 preiskovancev, večinoma žensk, v starosti med 29 in 59 letom. Spletna različica Maastrichtskega vprašalnika je bila poslana zaposlenim preko elektronske pošte, ki pretežno delajo za računalnikom. Z metodo opazovanja so bili proučevani dejavniki delovnega mesta. Najpogosteje so bila navedena obolenja vratu s prevalenco 0,48. Eksploratorna faktorska analiza je izločila trinajst faktorjev, med njimi jih je nekaj izkazalo povezanost z obolenji vratu in zgornjega uda. Pri opazovanju je bilo največ nepravilnosti na delovnem mestu zaznanih pri naslonjalu stola, višini in bleščanju zaslona. Prevalenca mišično-skeletnih obolenj zgornjega uda preiskovancev je primerljiva z dvema slovenskima raziskavama in tudi raziskavami v drugih državah razvitega sveta. Ugotovitve o povezanosti z dejavniki tveganja in obolenji se malce razlikujejo od ugotovitev drugih raziskav.

Ključne besede: mišično skeletno neudobje, delo z računalnikom, dejavniki tveganja, ergonomija

Musculoskeletal Disorders among Employees Working with Computers

Hand, neck and/or shoulder disorders are the most common results of prolonged computer work. In addition to physical factors at work, their prevalence is linked to psychosocial and personal risk factors. The purpose of the study was to assess the prevalence of hand, neck and/or shoulder disorders in office workers in a selected Slovenian company. We looked for associations between these diseases and risk factors. 65 subjects, mostly women, aged between 29 and 59 years, were included in the quantitative data processing. The online version of the Maastricht questionnaire was sent to the employees who work mainly at the computer via e-mail. The observational method was used to study the workplace factors. Neck disorders were the most commonly reported, with a prevalence of 0.48. Exploratory factor analysis extracted thirteen factors, several of which showed associations with neck and upper limb disorders. The most common workplace anomalies observed were the chair back, height and screen glare. The prevalence of upper limb musculoskeletal disorders in the subjects is comparable to two Slovenian studies and to studies in other countries of the developed world. The findings on the association with risk factors and diseases differ slightly from those of other studies.

Keywords: musculoskeletal discomfort, computer work, risk factors, ergonomics

Kazalci duševnega zdravja na delovnem mestu pri zdravstvenih delavcih

Duševno zdravje je poleg telesnega zdravja nujno za uspešno delovanje posameznika kot tudi družbe kot celote. Opredeljujemo ga kot človekovo notranje psihično stanje, ki se odraža v človekovih odnosih z drugimi in v njegovem delovanju in sposobnostih spopadanja z nalogami, obremenitvami in težavami. Z raziskavo smo želeli preučiti, kako se medosebni odnosi na delovnem mestu in delovna obremenjenost povezujejo s pozitivnimi in negativnimi dejavniki duševnega zdravja zdravstvenih delavcev. Raziskava temelji na deskriptivni kvantitativni metodi z uporabo tehnike anketiranja. Rezultati so pokazali, da ima največji vpliv na kvaliteto življenja zdravstvenih delavcev opora s strani nadrejenih. Pokazalo se je tudi, da se z višanjem obremenjenosti zdravstvenih delavcev viša tudi depresivna simptomatika. Rezultati pa ne odražajo statistično značilnega vpliva značilnosti delovnega mesta, kot so raznolikost delovnih nalog, avtonomija, opora s strani sodelavcev in nadrejenih in obremenjenost z delom na odnos do sebe, na spopadanje s stresom in na anksioznost. Posameznik preživi velik del življenja na delovnem mestu, zato vpliv le tega na njegovo zdravje ter počutje ni zanemarljiv.

Ključne besede: duševno zdravje, zdravstveni delavci, značilnosti delovnega mesta

Indicators of Healthcare Workers' Mental Health in the Workplace

Mental health, as well as physical, is essential for the well-being of individuals and of society as a whole. Mental health refers to a person's inner psychological state that can manifest in personal relationships and their functioning, and in capabilities to face tasks and problems. The aim of our research was to determine the link between interpersonal relations in the workplace and workload with positive or negative factors in the mental health of healthcare workers. The research is based on a descriptive quantitative method and a survey was used to collect the data. It shows that the support from superiors has the biggest impact on the quality of life of healthcare workers. It was also found that higher workload correlates with higher levels of depressive symptoms. However, the results do not show a statistically distinct influence of other work-related characteristics, such as the variety of work tasks, autonomy and support from coworkers and superiors, on stress management and anxiety. Individuals spend a considerable deal of time in the workplace, therefore its influence on the workers' health and wellbeing is very significant.

Keywords: mental health, healthcare workers, work-related characteristics

Siromaštvo i materijalna deprivacija Roma u izoliranom romskim naseljima / getima u međimurskoj županiji

U Hrvatskoj živi 16.975 Roma, a iako njihov broj ne prelazi 0,4 % u ukupnom stanovništvu Hrvatske, Romi čine važnu etničku zajednicu. Siromaštvo među Romima je mnogo raširenije nego u drugim skupinama ili u društvu u cjelini. Prema liniji siromaštva shvaćenoj kao 60 % srednjeg neto dohotka po glavi stanovnika, 76 % Roma, u usporedbi s 20 % ostatka stanovništva koje živi u blizini romskih naselja/geta, živi u apsolutnom siromaštvu. Cilj i svrha istraživanja bila je usporediti podatke iz sekundarnih izvora o siromaštvu u romskoj zajednici s pokazateljima materijalne deprivacije prikupljenim u terenskoj studiji, a koji se smatraju jednom od najvažnijih dimenzija siromaštva i socijalne isključenosti, jer ukazuju na šire materijalne nedostatke za zadovoljenje osnovnih životnih potreba. Istraživanje je provedeno u proljeće 2020. metodom anketiranja, a na proporcionalnom stratificiranom uzorku od 350 Romkinja iz 12 romskih naselja/geta Međimurske županije koje žive u zatvorenim, uglavnom izoliranim romskim naseljima/getima. Rezultati su pokazali jaku materijalnu deprivaciju romske populacije, posebice Romkinja, pri čemu njih 78,29 % živi u uvjetima umjerene materijalne oskudice, a 2,29 % u uvjetima teške materijalne oskudice, što potvrđuje podatke dostupne iz sekundarnih izvora i ukazuje na potrebu za hitnom društvenom intervencijom.

Ključne riječi: siromaštvo, materijalna deprivacija, romi, geto, međimurska županija

Poverty and Material Deprivation of the Roma in Isolated Roma Settlements/Ghettos in the Međimurje County

There are 16,975 Roma living in Croatia, and although their number does not exceed 0.4% in the total population of Croatia, Roma make up an important ethnic community. Poverty among the Roma is much more widespread than in other groups or in the society as a whole. According to the poverty line understood as 60% of the median net income per capita, 76% of the Roma compared to 20% of the rest of the population living near the Roma settlements/ghettos live in absolute poverty. The aim and purpose of the research was to compare the data from secondary sources on the poverty in the Roma community, with indicators of material deprivation collected in the field study, which is considered as one of the most important dimensions of poverty and social exclusion, since it indicates wider material disadvantages for meeting the basic living needs. The research was conducted in the spring of 2020 by the method of surveying, and on a proportionate stratified sample of 350 Roma women from 12 Roma settlements/ghettos in the Međimurje County living in closed, mostly isolated Roma settlements/ghettos. The results have shown strong material deprivation of the Roma population, in particular the Roma women, with 78.29% of them living in conditions of moderate material deprivation, and 2.29% living in conditions of severe material deprivation, thus confirming the data available from secondary sources and the need for urgent social intervention.

Keywords: poverty, material deprivation, roma, ghettos, međimurje county

Etična opredelitev splošne populacije do izvedbe abortusa

Abortus ali splav pomeni prekinitev življenja pred rojstvom. Stališča splošne populacije do abortusa so precej različna. Izvedba abortusa je težka odločitev za žensko in obsojanja zaradi tega ji prav gotovo niso v pomoč. Z raziskavo smo želeli ugotoviti, kakšno je mnenje splošne populacije do izvedbe abortusa. Raziskava je temeljila na deskriptivno kvantitativni metodi dela, kjer smo za zbiranje primarnih podatkov uporabili tehniko anketiranja. Vzorec je zajemal 110 anketirancev, kateri so na ankete odgovarjali preko spleta. Z raziskavo ugotavljamo, da je večina anketirancev naklonjena abortusu, še posebej to odločitev podpirajo v primeru posilstva. Velika večina anketirancev je mnenja, da ima abortus tako fizične kot psihične posledice na žensko, kar kaže na to, da odločitev za izvedbo abortusa ni lahka. Je pa le 48 % anketirancev mnenja, da ima partner pravico odločati o abortusu, ostali pravijo, da to ni partnerjeva pravica (20 %) oz. so ostali neopredeljeni (32 %). Anketiranci so mnenja, da bi etične predsodke pri takšnih odločitvah lahko zmanjšali z večjo izobraženostjo prebivalstva. Sprejetje abortusa je izredno težka odločitev, ki ima lahko hude posledice za žensko, saj se zaveda, da bo na takšen način onemogočila življenje svojemu nerojenemu otroku. Vendar pa bi moralo biti vsaki posameznici omogočeno, da odloča o svojem telesu in svoji prihodnosti.

Ključne besede: abortus, umetna prekinitev nosečnosti, etična dilema

Ethical Principles of the General Population about Abortion

Abortion or termination of pregnancy is the termination of life before birth. The general population's attitude toward abortion varies widely. Abortion is a difficult decision for a woman to make, and being judged for it is certainly not helpful. With the survey, we wanted to find the general population's opinion about abortion. The research was based on a descriptive quantitative working method, in which we used the survey technique to collect the primary data. The sample consisted of 110 respondents who answered the surveys online. The survey shows that the majority of the respondents support abortion, especially in the case of rape. The vast majority of the respondents believe that abortion has both physical and psychological consequences for a woman, suggesting that the decision to have an abortion is not an easy one. However, only 48% of the respondents think that the partner has the right to decide about abortion, the rest say that it is not the partner's right (20%) or remain undetermined (32%). The respondents believe that ethical bias in such decisions could be reduced by better public education. Accepting abortion is an extremely difficult decision that can have serious consequences for a woman, as she is aware that in this way she will make life impossible for her unborn child. Nevertheless, every individual should have the opportunity to make decisions about his or her body and future.

Keywords: abortion, artificial termination of pregnancy, ethical dilemma

Strategije za izboljšanje kakovosti spanja pacientov v enoti intenzivne terapije: pregled literature

Pacienti so v enotah intenzivne terapije izpostavljeni številnim dejavnikom, ki lahko negativno vplivajo na njihovo spanje. Namen pregleda literature je bil preučiti najnovejše ugotovitve s področja izboljševanja kakovosti spanja pacientov v enotah intenzivne terapije. Iskanje literature je potekalo od marca do maja 2022. Preiskali smo PubMed, CINAHL, Science Direct in Cochrane Library na osnovi vključitvenih kriterijev. V kombinaciji ključnih besed (intensive care units, promotion, sleep quality, sleep) in s pomočjo Boolovih operaterjev (AND, OR) smo oblikovali iskalno strategijo. Iskali smo recenzirane prispevke v angleškem jeziku, ki so bili objavljeni med 2012 in 2022. Proces iskanja in analize literature je prikazan v diagramu PRISMA. Analizo in sintezo podatkov smo izvedli z metodo tematske analize. Za oceno kakovosti raziskav smo uporabili orodje Critical Appraisal Skills Programme. Našli smo 159 prispevkov, v končno analizo smo jih vključili 10 (2 pregleda literature, 6 empiričnih raziskav ter 2 pregleda literature z meta-analizo). Z odprtim kodiranjem smo identificirali 98 kod, ki smo jih razporedili v štiri kategorije: dejavniki, ki vplivajo na kakovost spanja, posledice slabe kakovosti spanja, farmakološki ukrepi, nefarmakološki ukrepi. Iz pregleda literature ugotavljamo, da je za promocijo spanja pri pacientih v enotah intenzivne terapije mogoče uporabiti različne farmakološke in nefarmakološke intervencije.

Ključne besede: enota intenzivne terapije, kakovost spanja, pacient, zdravstvena nega

Nursing Strategies to Improve Sleep Quality in Intensive Care Patients: Literature Review

Patients in intensive care units are exposed to a number of factors that can have a negative effect on their sleep. The purpose of the literature review was to examine the latest findings in the field of improving the quality of sleep of patients in intensive care units. Literature search was done between March and May 2022. We based our search through PubMed, CINAHL, Science Direct in Cochrane Library on the inclusion criteria. Search strategy was developed, combining keywords (intensive care units, promotion, sleep quality, sleep) and Boolean operators (AND, OR). We searched for peer-reviewed papers in English, published between 2012 and 2022. The process of searching and analyzing the literature is shown in the PRISMA diagram. Data analysis and synthesis were performed using the thematic analysis method. To assess the quality of the research, we used the Critical Appraisal Skills Program tool. We found 159 papers, of which 10 (2 literature reviews, 6 empirical studies and 2 literature reviews with meta-analysis) were included in the final analysis. Using open coding, we identified 98 codes, which were divided into four categories: factors affecting sleep quality, consequences of poor sleep quality, pharmacological measures, non-pharmacological measures. From the literature review, we find that various pharmacological and non-pharmacological interventions can be used to improve the quality of sleep in patients in intensive care units.

Keywords: intensive care unit, sleep quality, patient, nursing care

Ekonomske posledice bolnišničnih obravnav zaradi demence v Sloveniji 2015–2018

V večini držav po svetu so glavni porabniki finančnih sredstev zdravstvene blagajne bolnišnične obravnave. Namen pričujočega dela je prikazati rezultate analize stroškov bolnišničnih obravnav zaradi demence v Sloveniji v obdobju 2015–2018, metodologijo izračuna bremena bolnišničnih obravnav, razpoložljive vire podatkov ter njihove omejitve. Bolnišnične obravnave so za demenco izračunane po diagnozah MKB 10-klasifikacije. Kot vir podatkov v tej raziskavi so bile uporabljene različne zbirke podatkov Nacionalnega inštituta za javno zdravje. Stroški bolnišničnih obravnav zaradi demence so v tem obdobju bili na letni ravni ocenjeni na 1.005.064 eur in predstavljajo 9,1 % med vsemi izračunanimi neposrednimi in posrednimi stroški zaradi demence. Ker v sistem izračunov vstopa mnogo faktorjev napak in približkov je končna ocena bremena bolnišničnih obravnav v državi s tega vidika podcenjena. Na podlagi zgodnjega diagnosticiranja je zdravljenje te bolezni ključno z vidika kakovosti življenja osebe z demenco in njenih svojcev, saj so tudi zdravila najučinkovitejša v zgodnji fazi bolezni. Pri zgodnjem odkrivanju bolezni pa z ekonomskega vidika to pomeni dolgoročno nižje stroške bolnišničnih obravnav, tudi zato, ker bolezen počasneje napreduje ter ustrezna obravnava prepreči hude zaplete. Vse to pa pripomore k zmanjšanju, oz. prerazporeditvi sredstev iz zdravstvene blagajne.

Ključne besede: demenca, stroški bolnišničnih obravnav, kakovost življenja

Economic Consequences of Hospital Dementia Treatment in Slovenia 2015–2018

In most countries around the world, the main consumers of the health fund's financial resources are hospital treatments. The purpose of the present work is to show the results of the analysis of the costs of hospital treatment due to dementia in Slovenia in the period 2015–2018, to show the methodology for calculating the burden of hospital treatment, the available data sources and their limitations. Hospital treatments are calculated for dementia according to the diagnoses of the ICD-10 Revision. The National Institute of Public Health databases were used as the data source. The costs of hospital treatment due to dementia in this period were estimated at EUR 1,005,064 per year and represent 9.1% of all calculated direct and indirect costs due to dementia. Since many error factors and approximations enter the system of calculations, the burden of hospital treatment is underestimated. Based on early diagnosis, the treatment of dementia is crucial from the point of view of the quality of life of the person with dementia and their relatives. Medicines are also most effective in the early stages of the disease. From an economic point of view, early detection of the disease means lower costs of hospital treatment in the long term, also because the disease progresses more slowly and appropriate treatment prevents serious complications. All this helps to reduce or redistribute the funds from the health fund.

Keywords: dementia, costs of hospital treatment, quality of life

Izkušnje projekta TPO STAR 112

V članku predstavljamo ugotovitve projekta »Starejši zmorejo izvajati TPO po navodilih dispečerja na številki 112«. Namen projekta je bil pripraviti program za usposabljanje starejših odraslih za učinkovito izvajanje temeljnih postopkov oživljanja (TPO) z uporabo avtomatskega zunanega defibrilatorja (AED), po navodilih zdravstvenega dispečerja preko mobilnega telefona; glavni cilj pa oblikovanje kratkega usposabljanja iz TPO, s poudarkom na simulaciji klica na številko 112, prilagojenega starejšim odraslim. Študenti treh različnih fakultet, ki so sodelovali v projektu, so z namenom ugotavljanja potreb, najprej izvedli polstrukturirane intervjuje s člani Dnevnikih centrov aktivnosti za starejše v Ljubljani. Na podlagi pridobljenih podatkov smo nato zasnovali program usposabljanja. Udeleženci delavnic so se usposobili (1) uporabiti funkcijo prostoročnega telefoniranja ob klicu 112, (2) izvajati TPO po navodilih dispečerja in (3) samostojno uporabiti AED. Več kot tretjina (36 %) sodelujočih na delavnicah se še nikoli ni usposabljala za izvajanje TPO, skoraj četrtina (24 %) pa se je tovrstnih usposabljanj udeležila pred več kot desetimi leti. Večina (92 %) je mnenja, da so po udeležbi na delavnicah sposobni izvajanja enominutnega oživljanja, še večji delež (96 %) pa se čuti pripravljenih, da na pomoč ponesrečencu pristopijo tudi v realnih situacijah.

Ključne besede: starejši odrasli, temeljni postopki oživljanja, klic v sili, prostoročno telefoniranje

Experience from the TPO STAR 112 Project

The article presents the findings of the project “Older people can perform CPR when instructed by a 112 dispatcher”. The purpose of the project was to develop a training program for older adults to effectively perform basic resuscitation procedures (CPR) using an automated external defibrillator (AED) and following the instructions of medical dispatchers via mobile phone. The main objective is to design a short training course in CPR, with an emphasis on simulating a 112 call, adapted to older adults. Students from three different faculties, who participated in the project, first conducted semi-structured interviews with members of the Daily Activity Centres for the Elderly in Ljubljana with the aim of identifying their needs. Based on the data obtained, a training program was designed. Workshop participants were trained to (1) use the hands-free function when a 112 call is made, (2) perform CPR following the dispatcher’s instructions on call and (3) use the AED independently. More than a third (36%) of workshop participants had never received training in CPR, and almost a quarter (24%) had attended such training more than ten years ago. The majority (92%) feel that they are able to perform one-minute resuscitation after attending the workshops, and an even higher proportion (96%) feel ready to help a casualty in real-life situations.

Keywords: older adults, basic resuscitation procedures, emergency call, hands-free calling

Življenjski slog študentov zdravstvene nege

V obdobju mladostništva je pomembna promocija zdravja ter preventivno zdravstveno varstvo z namenom ustvarjanja zdravega življenjskega sloga. Namen raziskave je proučiti življenjski slog treh zaporednih generacij študentov rednega študija visokošolskega strokovnega študijskega programa prve stopnje Zdravstvena nega Univerze v Novem mestu Fakultete za zdravstvene vede ter primerjati življenjski slog študentov iste generacije v 1. in 3. letniku študija. Zastavili smo si pet ciljev, iz katerih smo določili raziskovalna vprašanja. Raziskava temelji na kvantitativnem raziskovalnem pristopu. Za zbiranje podatkov je bilo uporabljeno spletno anketiranje. V raziskavo so bili vključeni študenti treh zaporednih generacij 1. letnika (2019/20, 2020/21, 2021/22) ter študenti 3. letnika v študijskem letu 2021/22. V raziskovalni vzorec so bili vključeni 203 študenti 1. letnika ter 53 študentov 3. letnika. Študenti so svoje splošno zadovoljstvo s posredovanimi informacijami o zdravem življenjskem slogu, ki so jih pridobili v okviru študijskega programa, ocenili s povprečnimi ocenami: prva generacija 3,20, druga generacija 2,70 in tretja 3,10. Študenti bi si v okviru študijskega programa želeli pridobiti več informacij o stresu, duševnem zdravju, zdravi spolnosti ter motnjah hranjenja.

Ključne besede: študenti rednega študija, dejavniki nezdravega življenjskega sloga, potrebe po vsebinah zdravega življenjskega sloga

Lifestyle of Nursing Students

In the period of adolescence, health promotion and preventive healthcare with the aim of creating a healthy lifestyle are important. The purpose of the research is to study the lifestyle of three consecutive generations of full-time students of the first-level professional higher education study program Nursing Care at the University of Novo mesto, Faculty of Health Sciences, and to compare the lifestyle of students of the same generation in the 1st and 3rd years of study. We set five goals, based on which we determined the research questions. The research is based on the quantitative research approach. An online survey was used to collect data. Students of three generations of the 1st year (2019/20, 2020/21, 2021/22) and 3rd year students in the academic year 2021/22 were included in the research. The research sample included 203 first-year students and 53 third-year students. The students rated their overall satisfaction with the provided information about a healthy lifestyle, which they obtained within the study program, with the average scores: 3.20 in the first generation, 2.70 in the second generation and 3.10 in the third. As part of the study program, students would like to obtain more information about stress, mental health, sexual health and eating disorders.

Keywords: full-time students, unhealthy lifestyle factors, needs for healthy lifestyle content

Zdravstvena nega in sodelovanje v multidisciplinarnih timih

Sodelovanje v interdisciplinarnem timu je pomemben vidik zagotavljanja kakovosti zdravstvene oskrbe. Z raziskavo smo poskušali ugotoviti, kako zdravstveni delavci zaznavajo interdisciplinarno sodelovanje in merila kakovosti v tipični slovenski splošni bolnišnici. Študija primera v slovenski bolnišnici je bila izvedena z uporabo anketnega pristopa (N = 150). Raziskava je pokazala, da so anketiranci v povprečju najvišje ocenili jasno evidentiranje ciljev zdravljenja in soglasja pacienta oziroma družine v dokumentaciji ter sistematično spremljanje zdravstvenih in socialnih potreb pacientov. Rezultati tudi kažejo, da zdravstveni delavci redko sodelujejo z nevladnimi organizacijami ali skupinami za samopomoč glede na potrebe bolnikov. V vseh primerih so zdravniki izjave ocenili nižje kot medicinske sestre in drugi zdravstveni delavci. Vendar pa so zdravniki v povprečju bolje ocenili splošno oceno kakovosti oskrbe pacienta v primerjavi z medicinskimi sestrami. Da medicinske sestre ocenjujejo kakovost interdisciplinarnega sodelovanja višje kot druge poklicne skupine v interdisciplinarnem timu lahko pojasnimo z dejstvom, da so medicinske sestre manj kritične do interdisciplinarnega sodelovanja, saj so močno vpletene v dinamične odnose med medicinskimi sestrami, pacienti in njihovimi družinami ter večino svojega časa preživijo s pacientom.

Ključne besede: zdravstvena nega, multidisciplinarno sodelovanje, timsko delo

Nursing and Cooperation in Multidisciplinary Teams

Cooperation in an interdisciplinary team is an important aspect of ensuring the quality of medical care. With the research, we tried to fill the research gap and find out how health workers perceive interdisciplinary cooperation and quality criteria in a typical Slovenian general hospital. A case study in a Slovenian hospital was conducted using a survey approach (N = 150). The research showed that, on average, the respondents rated the clear recording of treatment goals and the patient's or family's consent in the documentation as well as the systematic monitoring of the patients' health and social needs. The results also show that health professionals rarely collaborate with non-governmental organizations or self-help groups based on patients' needs. In all cases, doctors rated the statements lower than nurses and other health professionals. However, on average, doctors rated the overall quality of patient care better, while nurses scored significantly worse. The fact that the quality assessments of nurses are higher than those of other professional groups in the interdisciplinary team can be explained by the fact that nurses are less critical of interdisciplinary collaboration, as they are strongly involved in the unique relationship between nurses, patients and their families, and spend most of their time with the patient.

Keywords: nursing, multidisciplinary cooperation, teamwork

Obravnavo bolnika z demenco v urgentnem centru – študija primera

V urgentnem centru se vsakodnevno soočamo z bolniki z demenco, zato je še kako pomembna pravilna, varna, sočutna, razumevajoča ter odgovorna obravnava le teh. Demenca je veliko več kot le motnja spomina. Povzroča spremembe v vedenju, mišljenju, pa tudi osebnostne spremembe pri bolniku. Je skupek različnih simptomov, ki posameznika pomembno prizadenejo na vseh področjih njegovega življenja. Prispevek temelji na kvantitativni metodi raziskovanja, izvedena je bila deskriptivna singularna študija primera. Preko študije primera smo prikazali obravnavo bolnika z demenco. Prikazali smo izzive pri delu, potek obravnave ter zdravstvene nege bolnika z demenco. Ključni so podatki o bolniku, ki jih dobimo od osebe, ki bolnika pripelje v urgentni center. Pri bolniku z demenco močno izstopa motnja sporazumevanja. V urgentnem centru je delo zelo dinamično ter raznoliko. Pravilna obravnava ter soočanje z različnimi zdravstvenimi stanji bolnikov pa je pri našem delu ključnega pomena. Ovire pri sporazumevanju predstavljajo lahko že običajne starostne spremembe čutil, naglušnost, slabovidnost, neprimerna zobna proteza, sprememba okolja. Sporazumevanje bolnika z demenco dodatno ovirajo motnje pozornosti, spomina, zmanjšana sposobnost razumevanja in izražanja.

Ključne besede: demenca, obravnava bolnika z demenco, urgentni center

Treatments of Dementia Patients in an Emergency Centre - Case Study

In the emergency centre, we deal with patients with dementia every day, which is why proper, safe, compassionate, understanding and responsible treatment is very important. Dementia is much more than just a memory disorder. It causes changes in the behaviour and ability to think, as well as personality changes, in the patient. It is a set of various symptoms that significantly affect the individual in all areas of his life. The work is based on the quantitative research method, a descriptive singular case study was carried out. Through the case study, we demonstrated the treatment of a patient with dementia. We showed the challenges at work, the course of treatment and nursing care of a patient with dementia. The key is in the information about the patient that we receive from the person bringing the patient to the emergency centre. Communication is the most common problem with a patient with dementia. The work in the emergency centre is very dynamic and varied. The correct treatment and dealing with different medical conditions of patients is crucial in our work. Obstacles to communication can be caused by normal age-related changes in the sense of hearing loss, impaired vision, inappropriate dentures and a change in the environment. The communication of a patient with dementia is additionally hindered by disturbances, such as attention deficit disorder, memory loss, reduced ability to understand and express oneself.

Keywords: dementia, treatment of a patient with dementia, emergency center

Vpliv enournega sedenja na mišično togost in učinki kratkih aktivnih odmorov

Namen raziskave je bil primerjati učinek enournega sedenja s kratkimi aktivnimi odmori in brez njih na togost mišic, izmerjeno z elastografijo strižnih valov (SWE). Dolgotrajno neprekinjeno sedenje povzroča nelagodje, kar lahko delno pripišemo utrujenosti mišic zaradi stalnega položaja. Najpogostejše mišice, za katere posamezniki poročajo o nelagodju, so mišice vratu, rame, zgornjega in spodnjega dela hrbta in mišice zadnjice. Izvajanje aktivnih odmorov je obetavna alternativa, saj je nedavni pregled pokazal, da so aktivni odmori učinkoviti pri zmanjševanju neugodja in bolečine ter ne vplivajo negativno na delovno storilnost. Udeleženci v študiji (8 žensk, 2 moška, starost: $24,9 \pm 1,2$ leta) so na dveh ločenih obiskih (z aktivnimi odmori in brez njih) opravili dve enoumi izpostavljenosti sedenju. Aktivni odmori (~2–3 minute) so bili izvedeni 15 in 45 minut po začetku sedenja in so obsegali preproste raztezne in aktivacijske vaje. Pred sedenjem, med njim (30 minut) in po njem (1 uro) je bil s SWE izmerjen strižni modul mišic zgornjega dela m. trapezius, ledvenega dela m. erector spinae in m. rectus femoris. Čeprav je bilo ugotovljenih le malo statistično pomembnih učinkov, naša preliminarna raziskava kaže, da dolgotrajno sedenje poveča togost mišic (+10–16 %) in da so lahko kratki aktivni odmori učinkoviti za preprečevanje povečanja togosti. Ta študija kaže tudi na uporabnost ocen SWE v kontekstu raziskovanja v ergonomiji.

Ključne besede: strižni modul, intervencija na delovnem mestu, ocena ultrazvoka, sedeče delo

Preliminary Investigation of the Effects of Sitting with and without Short Active Breaks on Muscle Stiffness Assessed with Shear-wave Elastography

The aim of the study was to compare the effect of sitting for one hour with and without short active breaks on muscle stiffness measured by shear wave elastography (SWE). Prolonged continuous sitting causes discomfort, which can be partly attributed to muscle fatigue due to standing. The most common muscles for which individuals report discomfort are the muscles of the neck, shoulder, upper and lower back and gluteus muscles. Taking active breaks is a promising alternative, as a recent review showed that active breaks are effective in reducing discomfort and pain and do not adversely affect work performance. Participants in the study (8 females, 2 males, age: 24.9 ± 1.2 years) underwent two 1-hour exposures to sitting during two separate visits (with and without active breaks). Active breaks (2-3 minutes) were performed at 15-minute and 45-minute time marks and comprised of simple stretching and activation exercises. Before, during (30 minutes) and after (1 hour) of sitting, shear modulus of upper trapezius, lumbar region of erector spinae and rectus femoris muscles was measured with SWE. Although few statistically significant effects were detected, this preliminary trial suggests that prolonged sitting increases muscle stiffness (+10-16%) and that short active breaks can be effective to prevent this. This study also demonstrates the utility of SWE assessments in applied ergonomics context.

Keywords: shear modulus, workplace intervention, ultrasound assessment, sitting work

Učinki vadbe in drugih neoperativnih ukrepov za zmanjšanje diastaze rektusov po porodu: pregled literature

Diastaza preme trebušne mišice (Diastasis recti abdominis; DRA) je opredeljena kot čezmerni razmik med trebušnimi mišicami (m. recti abdominis) in je pogosta pri nosečnicah in ženskah po porodu. Ta razmik je del naravnih sprememb, ki se dogajajo med vsako nosečnostjo, vendar pa lahko v nekaterih primerih spremembe trebušne mišične strukture postanejo čezmerne in ostanejo tudi po porodu. Tekom nosečnosti prihaja do hormonskih sprememb, ki vodijo v spremembe elastičnosti vezivnega tkiva, mehanskih obremenitev trebušne stene s strani rastočega ploda in premikanja trebušnih organov, kar vse prispeva k spremembam trebušnih mišic. Pri večini nosečnic se zaradi raztezanja in tanjšanja linea albe poveča inter-rektusna razdalja (IRD), vendar je to načeloma prehodnega značaja in se po porodu zmanjša ter sčasoma vrne na normalno vrednost. Iz dosedanjih raziskav ni povsem jasno, katere vrste konservativnih intervencij so najučinkovitejše za preprečevanje in/ali zmanjšanje DRA. Namen tega prispevka je bil pregledati že objavljene študije, ki so preučevale vpliv konservativnega zdravljenja poporodne DRA. Po temeljitem iskanju podatkovnih baz PubMed in Scopus smo našli 14 člankov in objavljena literatura kaže, da so intervencije, ki vključujejo vadbo trebušnih mišic na splošno učinkovite pri zdravljenju DRA v različnih poporodnih obdobjih. Preliminarni podatki nakazujejo tudi morebiten učinek električne stimulacije, ki jo je mogoče uporabiti v kombinaciji z vadbo. Vadba trebušnih mišic je temelj učinkovitih protokolov za zmanjšanje IRD, vendar optimalna kombinacija vaj trenutno še ni znana.

Ključne besede: kinesiotaping, električna stimulacija, vadba trebušnih mišic

Effects of Exercise and other Non-operative Interventions to Reduce Postpartum Rectal Diastasis: Literature Review

Diastasis recti abdominis (DRA) is defined as an excessive separation between the bellies of the recti abdominis muscles and is common in pregnant and post-partum women. It is a part of natural changes that happen in each pregnancy, however, in some cases the changes in the abdominal musculature can become excessive and persist after childbirth. The changes occur due to hormonal fluctuations that cause elastic changes of the connective tissue, mechanical stresses placed on the abdominal wall by the growing fetus and displacement of the abdominal organs. Most pregnant women experience an increase in the inter-recti distance (IRD) due to stretching and thinning of the linea alba, and in most cases, the IRD decreases after birth and returns to normal in time. It is unclear what types of non-surgical interventions are the most effective to prevent and/or reduce it. The aim of this paper was to review the studies investigating conservative treatment approaches for treating post-partum DRA. After a thorough search of PubMed and Scopus databases, we reviewed 14 articles. The literature suggests that abdominal exercise programs are generally effective in treating DRA in different post-partum timeframes. Preliminary but promising evidence exists of the effectiveness of electrical stimulation, used in combination with exercise. Abdominal exercises are at the forefront of effective IRD reduction protocols, however, optimal exercise combination is still currently unknown.

Keywords: kinesiotaping, electrical stimulation, abdominal exercise

Važnost holističkog pristupa u procjeni kvalitete života starijih osoba

Kvaliteta života jedan je od glavnih pojmova u istraživanju starenja, a s obzirom na subjektivnost doživljaja, različita je za svaku osobu. Čine je objektivni i subjektivni aspekti, koji se povezuju sa zadovoljstvom i utjecajem na društvo ili pojedinaca. Mjerenje i procjena kvalitete života starijih osoba služe kao alat za poboljšanje njihove kvalitete življenja s obzirom na specifičnosti područja u kojima žive. Prilikom procjene i utvrđivanja potreba, potrebno je pristupati na holistički način, obuhvaćajući sve aspekte života. Cilj istraživanja je bio utvrditi postojanje razlika u kvaliteti života između starijih osoba u ruralnim kopnenim i otočnim sredinama Dubrovačko-neretvanske županije. Istraživanje je provedeno na uzorku starijih osoba oba spola, grupiranih u dvije skupine, anketiranjem putem upitnika zasnovanih na samoprocjeni. Rezultati istraživanja su pokazali da postoje statistički značajne razlike u određenim domenama kvalitete života i pojedinim sociodemografskim pokazateljima, ovisno o tome žive li starije osobe u otočnom ili ruralnom kopnenom području Dubrovačko-neretvanske županije, ali s pozitivnijim odgovorima u smjeru otočnog područja. Dokazano je da postoji mogućnost prognoze pojedinih domena kvalitete života na temelju promatranih varijabli istraživanja, na osnovu kojih je moguće poboljšati zadovoljstvo životom starije populacije, a što je od velikog značaja za planiranje ciljane javnozdravstvene i socijalne politike s ciljem podizanja kvalitete života.

Ključne riječi: starije osobe, kvaliteta života, zadovoljstvo životom, holistički pristup

Importance of a Holistic Approach in Assessing the Quality of Life of the Elderly

Quality of life is one of the most important concepts in research on aging, and given the subjectivity of the experience, it is different for each person. It consists of objective and subjective aspects, related to satisfaction and impact on the society or the individual. Measuring and evaluating the quality of life of the elderly serves as a tool to improve it, taking into account the specifics of the area in which they live. In assessing and identifying individual needs, a holistic approach that includes all aspects of life is required. The aim of the research was to determine whether there are differences in the quality of life of the elderly on the mainland and on the islands of the Dubrovnik-Neretva County. The research was conducted on a sample of the elderly of both genders, divided into two groups, using questionnaires based on self-assessment. The research results showed that there were statistically significant differences in certain areas of quality of life and in certain sociodemographic indicators, depending on whether the elderly live in the island area or in the rural mainland of the Dubrovnik-Neretva County, with more positive responses towards the island area. It has been shown that it is possible to predict certain aspects of quality of life based on the observed research variables, which could improve the life satisfaction of the older population. This is of great importance in planning targeted public health and social policies aimed at improving the quality of life.

Keywords: elderly, quality of life, life satisfaction, holistic approach

Pomen razvoja integriranih kliničnih poti za celovito obravnavo pacientov

V Sloveniji poteka razvoj kliničnih poti od leta 2002. Potrebno je bilo premostiti številne ovire. Glede na prepoznane trende utrjevanja na pacienta osredotočene zdravstvene obravnave, uvajanje integriranega pristopa ter prizadevanj za uporabo sodobnih metod in orodij za zagotavljanje kakovosti in varnosti je potrebno preiti na razvoj integriranih kliničnih poti. Aktualni sta vprašanji vpliva (integriranih) kliničnih poti na izide pacientov, komunikacijo in stroškovno učinkovitost ter kaj je potrebno za nadgradnjo obstoječih kliničnih poti za izvajanje integrirane zdravstvene obravnave. V študiji primera, ki se izvaja v Splošni bolnišnici Novo mesto v okviru projekta »Vpliv integriranih kliničnih poti na izide pacientov, komunikacijo in stroškovno učinkovitost« (ARSS št. L7-2631) je bil uporabljen kvantitativni in kvalitativni pristop. Vključen je pregled obstoječe dokumentacije, anketiranje, fokusne skupine in intervjuvanje zdravstvenih delavcev in sodelavcev v povezavi s kliničnimi potmi za obravnavo pacientov z endoprotezo kolka, s kronično ledvično boleznijo in po možganski kapi. V tem prispevku so predstavljene dosedanje ugotovitve v okviru projekta, ki traja od 2020–2023. Znotraj bolnišnice se je oblikovala različna praksa pri razvoju kliničnih poti, ki dejansko pripomorejo k učinkovitosti. Predlagane dopolnitve za razvoj integriranih kliničnih poti so vsebinske in tehnične, njihova izvedljivost in vpliv na učinkovitost je v fazi vrednotenja.

Ključne besede: zdravstveno varstvo, orodja kakovosti, vrednotenje učinkovitosti, vloga pacienta

Importance of Developing Integrated Clinical Pathways for Comprehensive Patient Care

Clinical pathways have been developed in Slovenia since 2002. In the process, many obstacles had to be overcome. Given the recognized trends towards the consolidation of patient-centered healthcare, introduction of an integrated approach and efforts to use modern methods and tools to ensure quality and safety, it is necessary to move to the development of integrated clinical pathways. Current issues include the impact of (integrated) clinical pathways on patient outcomes, communication and cost-effectiveness, and what is needed to improve existing clinical pathways to implement integrated healthcare. A quantitative and qualitative approaches were used in the case study conducted at the Novo mesto General Hospital as part of the Impact of Integrated Clinical Pathways on Patient Outcomes, Communication and Cost-Effectiveness project (ARSS No. L7-2631). The project included a review of the existing literature, surveys, focus groups and interviews with healthcare professionals and colleagues regarding clinical pathways for the treatment of patients with hip arthroplasty, chronic kidney disease and post-stroke. This paper presents the findings discovered so far in the project, which runs from 2020 to 2023. Different practices have evolved within the hospital relative to the development of clinical pathways that actually contribute to efficiency. The proposed additions for the development of integrated clinical pathways are substantive and technical, and their feasibility and impact on efficiency are reviewed.

Keywords: healthcare, quality tools, performance evaluation, role of the patient

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