

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Medicinske osnove zdravilskih metod
Course title	Medical Basics of Complementary and Alternative Medicine Methods

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fitoterapija	Ni smeri študija	I. letnik	I.
Phytotherapy	No study field	I st year	I st

Vrsta predmeta/Course type	obvezni/obligatory
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Univerzitetna koda predmeta/University course code	FIT_I_UN2
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Predavanja Lectures	Sem. vaje Tutorial	Kab. vaje Cabinet tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45	15				90	6

Nosilec predmeta/Lecturer:	prof. dr. Borut Peterlin
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Jeziki/Languages:	Predavanja/Lectures:	slovenski/Slovenian
	Vaje/Tutorial:	slovenski/Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:	Prerequisites:
<ul style="list-style-type: none"> Vpis v prvi letnik študijskega programa. Študent mora pred izpitom pripraviti in predstaviti seminarsko nalogo. 	<ul style="list-style-type: none"> The prerequisite for inclusion is enrolment in the first year of study. Students have to successfully prepare and present a seminar paper before the examination.

Vsebina:	Content (Syllabus outline):
<ul style="list-style-type: none"> <i>Osnove medicinske znanosti</i> Zgodovina, skrb za bolnika, anamneza in pregled, simptomi in znaki bolezni, diagnoza, predpisovanje zdravil, medicinska etika, epidemiologija, medicinske raziskave, medicina podprta z dokazi, nujna stanja <i>Mehanizmi bolezenskih znakov in simptomov</i> <i>Osnovne zdravilske metode</i> Zgodovina, skupne značilnosti in specifičnosti posameznih metod: življenski 	<ul style="list-style-type: none"> <i>Fundamentals of medical science</i> History, medical care of the patient, medical history and examination, symptoms and signs of disease, diagnosis, prescribing drugs, medical ethics, epidemiology, controlled trials, evidence-based medicine, emergencies <i>Mechanisms of symptoms and signs of disease</i> <i>Basic healing methods</i>

<p>stil, mind-body, biokemične, biomehanske, bioenergetske metode</p> <ul style="list-style-type: none"> • <i>Indikacijska področja, mehanizmi delovanja metod, strokovni dokazi o učinkovitosti in škodljivosti</i> • <i>Integrativna preventivna medicina</i> • <i>Mesto zdravilskih metod v medicini</i> 	<p>History, common characteristics and specificities of healing therapies: life-style, mind-body, biochemical, biomechanical and bioenergetic methods</p> <ul style="list-style-type: none"> • <i>Indication areas, mechanism of methods' action, evidence of efficacy and harm</i> • <i>Integrative preventive medicine</i> • <i>Healing methods in alopatic medicine</i>
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<p>Temeljna literatura in viri/Readings:</p> <p>Temeljna literatura/Basic literature</p> <ul style="list-style-type: none"> • Mihevc M. (2016). <i>Klinični priročnik za študente splošne medicine</i>. Univerzitetna založba Univerze, Dostopna na: https://dk.um.si/Dokument.php?id=109110 • Micozzi. M. (2018). <i>Fundamentals of complementary, alternative and integrative medicine</i>. 6th.ed., Elsevier. <p>Priporočljiva literatura/Recommended literature</p> <ul style="list-style-type: none"> • CAM 2020. <i>The contribution of Complementary and Alternative medicine to sustainable healthcare in Europe</i>. Dostopno na: http://www.camdoc.eu/Pdf/CAM%202020%20final.pdf.
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<p>Cilji in kompetence:</p> <p><i>Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:</i></p> <ul style="list-style-type: none"> • celovito kritično razmišljanje, sposobnost analize, sinteze in predvidevanja rešitev s področij zdravilskih metod; družboslovnih in humanističnih ved, ter drugih ved (interdisciplinarnost); • obvladovanje raziskovalnih metod, postopkov in procesov; • sposobnost kreativne uporabe znanja pri delu s pacientom; • sposobnost reševanja kompleksnih problemov pri delu s pacientom z multidisciplinarnim pristopom: analiza situacije, načrtovanje ukrepov, izvedba načrta, vrednotenje in samovrednotenje; • profesionalna komunikacija s strokovnjaki drugih znanstvenih področij in usposobljenost za delovanje v medpoklicnih timih; • vsestransko in sistematično obravnavo pacienta glede na relevantne fizične, psihične, socialne, kulturne, duhovne in družbene dejavnike; • zavezanost profesionalni etiki, vključujoč znanje o metodah evalvacije in 	<p>Objectives and competences:</p> <p><i>The learning unit mainly contributes to the development of the following general and specific competences:</i></p> <ul style="list-style-type: none"> • comprehensive critical thinking, the ability to analyse, synthesise and predict solutions in the field healing therapies, humanities, educational, social, organisational, and other sciences (interdisciplinarity); • mastering research methods, procedures, processes and technology; • the ability to creatively use knowledge in treating patients; • the ability to solve complex issues in treating patients using the multidisciplinary approach: analysis of the situation, planning the measures, implementing the plan, evaluating and self-evaluating; • professional communication with experts from other scientific fields and qualification to work in interprofessional teams; • comprehensive and systematic treatment of the patient with regard to relevant physical, psychological, social, cultural, spiritual and social factors;
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<p>optimizacije svojega dela ter o varovanju dostojanstva, zasebnosti in zaupnosti pacientov;</p> <ul style="list-style-type: none"> • uvajanje in izvajanje sodobnih zdravilskih metod pri delu s pacientom in v sistemu zdravstvenega varstva. 	<ul style="list-style-type: none"> • dedication to professional ethics, including knowledge of methods of self-evaluation and self-optimization, as well as of protecting the dignity, privacy and confidentiality of patients; • introduction and implementation of contemporary healing practices in treating patients and in the health care system.
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<p>Predvideni študijski rezultati:</p>	<p>Intended learning outcomes:</p>
<p>Študent/študentka:</p> <ul style="list-style-type: none"> • pozna zgodovino medicinske znanosti in zdravilskih metod, • razume osnovne medicinske koncepte, ki vključujejo skrb za bolnika, anamnezo in pregled, simptome in znake bolezni, diagnozo, predpisovanje zdravil, medicinsko etiko, epidemiologijo, medicinske raziskave, medicino podprto z dokazi, nujna stanja, • pozna osnovne mehanizme bolezenskih znakov in simptomov, • pozna osnove glavnih kategorij zdravilskih metod, njihove skupne značilnosti in specifičnosti, • pozna indikacijska področja in mehanizme delovanja zdravilskih metod, • se usposobi za kritično presojo o učinkovitosti in škodljivosti zdravilskih metod, • razume preventivni potencial zdravilskih metod, • razume mesto zdravilskih metod v medicini. 	<p>Students:</p> <ul style="list-style-type: none"> • know the history of medical science and healing methods, • understand the basic medical concepts which include medical care of the patient, history and examination, symptoms and signs of disease, diagnosis, prescribing drugs, medical ethics, epidemiology, controlled trials, evidence-based medicine, emergencies, • know the basic mechanisms of symptoms and signs of disease, • know the bases of the main categories of healing methods, their common characteristics and specificities, • know indication areas, mechanism of healing methods' action, evidence of efficacy and harm of healing practices, • develop skills for critical evaluation of efficacy and harm of healing practices, • recognize the preventive potential of healing methods, • recognize the place of healing practices in allopathic medicine.

<p>Metode poučevanja in učenja:</p>	<p>Learning and teaching methods:</p>
<ul style="list-style-type: none"> • <i>predavanja</i> z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov), • <i>seminarske vaje</i>: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, portfolio (reševanje problemov, študije primera, kritično presojanje, diskusija, refleksija izkušenj, vrednotenje, projektno delo, timsko delo). 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving), • <i>seminar tutorial</i>: preparation, presentation and a successful defence of a project paper, portfolio (problem solving, case studies, methods of critical thinking, discussion, reflection of experience, evaluation, project work, teamwork).

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p data-bbox="201 271 296 297">Načini:</p> <ul data-bbox="252 309 655 416" style="list-style-type: none"> <li data-bbox="252 309 357 336">• izpit <li data-bbox="252 347 655 416">• izdelava, predstavitev in zagovor seminarske naloge <p data-bbox="201 495 564 521">Ocenjevalna lestvica: ECTS.</p>	<p data-bbox="775 304 842 331">60 %</p> <p data-bbox="775 342 842 369">40 %</p>	<p data-bbox="928 271 1018 297">Types:</p> <ul data-bbox="979 309 1383 454" style="list-style-type: none"> <li data-bbox="979 309 1085 336">• exam <li data-bbox="979 347 1383 454">• preparation, presentation and defence of the seminar paper <p data-bbox="928 495 1238 521">Grading scheme: ECTS.</p>