

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Higiena z ekologijo
Course title	Hygiene with Ecology

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Fizioterapija / 1. stopnja Physiotherapy / 1 st Cycle	Ni smeri študija No study field	2. / 3. letnik 2 nd / 3 rd year	4. / 5. 4 th / 5 th

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code FTH 2_3 IPSpl UN2

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
30		30			60	4

Nosilec predmeta/Lecturer: Mateja Šimec, viš. pred.

Jeziki/ Languages:	Predavanja/Lectures:	slovenski / Slovenian
	Vaje/Tutorial:	slovenski /Slovenian

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti: **Prerequisites:**

Vpis v drugi ali tretji letnik študijskega programa.	A prerequisite for inclusion is enrolment in the second or third year of study.
------------------------------------------------------	---------------------------------------------------------------------------------

Vsebina: **Content (Syllabus outline):**

<i>Predavanja:</i> <ul style="list-style-type: none"> Zgodovina higiene. Področja in metode dela; povezava z drugimi vejami medicine in drugimi vedami. Osnove ekologije. Vplivi kemičnih, fizikalnih, biomehanskih in bioloških dejavnikov iz okolja na zdravje. Okolje in zdravje – klima, zrak, pitna voda, tla, živila, bivalno in delovno okolje. Osebna higiena. Komunalna higiena; odpadki v zdravstvu. Bolnišnična higiena in preprečevanje okužb. 	<i>Lectures:</i> <ul style="list-style-type: none"> History of hygiene. Scope and methods of work; connection with other branches of medicine, and other sciences. Fundamentals of ecology. The effects of chemical, physical, biomechanical and biological factors in the environment on health. Environment and health – climate, air, water, soil, food, living and working environment. Personal hygiene. Communal hygiene; waste in health care. Hospital hygiene and infection prevention.
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<p><i>Seminarske vaje:</i> Nadgradnja tem predstavljenih na predavanjih z aktualnimi dogajanja v Sloveniji ali v tujini.</p>	<p><i>Tutorial:</i> Upgrading the topics from lectures in connection with the current events in Slovenia or abroad.</p>
----------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------

Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Dragaš, Ana Zlata in Škerl, Marjeta. (2004). *Higiena in obvladovanje okužb: izbrana poglavja*. Ljubljana: Založba ZRC, ZRC SAZU.
- Eržen, I., Gajšek, P., Hlastan Ribič, C., Kuček, A., Poljšak, B. in Zaletel Kragelj, L. (2010). *Zdravje in okolje: izbrana poglavja*. (str. 93-215). Maribor: Medicinska fakulteta.
- Gubina, M., Dolinšek, M. in Škerl, M. (1998). *Bolnišnična higiena*. Ljubljana: Univerza v Ljubljani, Medicinska fakulteta.
- Likar, Kristina in Bauer, Martin (2006). *Izbrana poglavja iz higijene: za slušatelje Visoke šole za zdravstvo Univerze v Ljubljani*. Ljubljana: Visoka šola za zdravstvo.

Priporočena literatura/Recommended literature

- Delovna skupina pri ministrstvu za zdravje RS. (2009). *Strokovne podlage in smernice za obvladovanje in preprečevanje okužb, ki so povezane z zdravstvom oziroma zdravstveno oskrbo*. 2. dopolnjena izdaja. Ljubljana. Pridobljeno, 30. 6. 2013 s http://www.mz.gov.si/fileadmin/mz.gov.si/pageuploads/mz_dokumenti/delovna_podrocja/zdravstveno_varstvo/zdravstveno_varstvo_v_posebnih/NAKOBO_junij_2010/MZ_Smernice_2009_ORIG_SKUPNO_010610.pdf
- Veljavni predpisi s področja higijene in obvladovanja bolnišničnih okužb
- Aktualni članki

Cilji in kompetence:

Učna enota prispeva predvsem k razvoju naslednjih splošnih in specifičnih kompetenc:

- spozna osnove in področja dela higijene
- pridobi znanja o vplivu različnih okoljskih dejavnikov na zdravje
- spozna vlogo medicinske sestre v preprečevanju in obvladovanju bolnišničnih okužb in organiziranost področja v skladu z zakonodajo;
- pridobi znanja o zakonodaji, inšpekcijskih službah in organizaciji področja v skladu s pravilniki, ki obravnavajo bolnišnično higieno in obvladovanje bolnišničnih okužb;
- pridobi znanja o področjih tveganja za okužbe v bolnišnici in drugih

Objectives and competences:

The learning unit mainly contributes to the development of the following general and specific competences:

- meet the basics and areas of hygiene
- obtain knowledge about the impact hygiene of different environmental factors on health
- know the role of a nurse in hospital infection prevention and control and the structure of the areas in accordance with legislation;
- acquire knowledge on legislation, inspection services and organization of different areas in accordance with the regulations, dealing with hospital hygiene and control of nosocomial infections;

<p>zdravstvenih ustanovah,</p> <ul style="list-style-type: none"> • pridobi znanja o čiščenju, dekontaminaciji, dezinfekciji in sterilizaciji, • pridobi znanja o pravilnem sortiranju in ravnanju z odpadki v zdravstvu. 	<ul style="list-style-type: none"> • obtain knowledge on risks for infections in hospitals and other medical institutions, obtain knowledge of cleaning, decontamination, disinfection, and sterilization, • acquire knowledge of the correct sorting and handling of waste in health care.
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Predvideni študijski rezultati:

Intended learning outcomes:

<p>Znanje in razumevanje Študent/študentka:</p> <ul style="list-style-type: none"> • razume pomen higiene kot vede, • razume povezanost okolja in zdravja, • zna oceniti različne oblike okolja in njihov vpliv na zdravje in predlagati ukrepe za varovanje zdravja in človekovega okolja, • zna uporabiti pridobljena znanja za pripravo programa za obvladovanje bolnišničnih okužb, • zna zbrati in predlagati ustrezen ukrep v primeru nevarnosti in pojava bolezni ter izdelati postopke za obvladovanje, • pozna postopke čiščenja, dekontaminacije, dezinfekcije in sterilizacije, • zna pravilno ravnati z odpadki. 	<p>Knowledge and understanding Students:</p> <ul style="list-style-type: none"> • understand the significance of hygiene as a science, • understand the relationship between the environment and human health, • can assess the various forms of the environment and their impact on health and propose measures for the protection of human health and the environment, • use the acquired skills to prepare the program for controlling nosocomial infections, • can collect and propose appropriate action in the event of danger and the occurrence of diseases and plan the procedures for controlling, • know the procedures for cleaning, decontamination, disinfection and sterilization, • can properly deal with the waste.
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Metode poučevanja in učenja:

Learning and teaching methods:

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

Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in 	<p>80 %</p> <p>20 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation
---------------------------------------------------------------------------------------------------------------	-------------------------	-------------------------------------------------------------------------------------------------------------

zagovor seminarske naloge Ocenjevalna lestvica: ECTS.		and defence of the seminar paper Grading scheme: ECTS.
----------------------------------------------------------	--	--------------------------------------------------------------