

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Zdravstvena nega žensk z ginekologijo in porodništvom
Course title	Nursing Care for Women with Gynaecology and Obstetrics

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 1. stopnja	Zdravstvena nega	2. letnik	3.
Nursing Care / 1st Cycle	Nursing Care	2 nd year	3 rd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
45			10	170	15	8

Nosilec predmeta/Lecturer: Jelka Cimermančič, pred.

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 drugi letnik. • Pozitivna ocena kabinetnih vaj za pristop k opravljanju kliničnega usposabljanja. 	<ul style="list-style-type: none"> • The prerequisite for participation is enrolment in the 2nd year of study. • Positive assessment of the laboratory work (cabinet) to attend the clinical practice.
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Vsebina:

Content

<p><i>ZN v ginekologiji</i></p> <ul style="list-style-type: none"> • Vloga in značilnosti ZN v ginekologiji • Vloga ZN pri obisku ženske v ginekološki ambulanti • Vloga ZN pri vnetju ženskih spolnih organov • Vloga ZN pri spolno prenosljivih okužbah • Vloga ZN pri obolenju dojk, endometriozii, urinski inkontinenci, osteoporozi • ZN žensk z malignimi obolenji • ZV žensk v menopavzi in vloga ZN 	<p><i>Nursing care in gynecology</i></p> <ul style="list-style-type: none"> • The role and characteristics of nursing care in gynecology • The role of nursing care in visiting a gynecological outpatient • The role of nursing care in the inflammation of female genitalia • The role of nursing care in sexually transmitted infections • The role of nursing care in breast disease, endometriosis, urinary incontinence, osteoporosis • Nursing care of women with malignant diseases in gynaecology
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<ul style="list-style-type: none"> • Vloga ZN v obdobju adolescence • Vloga ZN pri načrtovanju družine • Vloga ZN pri umetni prekinitvi nosečnosti • Vloga ZN pri neplodnosti <p><i>ZN v porodništvu</i></p> <ul style="list-style-type: none"> • Obravnava žensk v reproduktivnem obdobju in vloga ZN (reproduktivno zdravje, reproduktivno ZV) • Priprava na porod in starševstvo • Prehrana nosečnice • Priprava na dojenje • Vloga ZN v predporodnem ZV • Vloga ZN v obporodnem ZV • Vloga ZN v poporodnem ZV • Pomen ZN v poporodnem obdobju • ZN otročnice in novorojenčka • Vloga ZN pri vzpostavljanju laktacije in dojenja • Prehrana doječe matere • Prepoznavanje ranljivih skupin žensk v obporodnem obdobju <p><i>Ginekologija.</i></p> <ul style="list-style-type: none"> • Anatomija in fiziologija ženskih spolovil • Preiskovalne metode v ginekologiji • Razvojne nepravilnosti spolovil • Menstrualni ciklus, pubertera • Menopavza, osteoporoza, prolaps pelvičnih organov, urinska inkontinenca • Spolno prenosljive bolezni, vnetja genitalnega trakta • Tumorji ženskih genitalij, endometrioza in adenomioza • Neplodnost • Načrtovanje družine • Dojke – patologija <p><i>Porodništvo</i></p> <ul style="list-style-type: none"> • Posvetovanje pred nosečnostjo • Oploditev, trajanje nosečnosti, rok poroda • Sestavni deli in razvoj oplojenega jajčeca. • Spremljanje nosečnosti 	<ul style="list-style-type: none"> • Health care in menopausal women and the role of the nursing care • The role of nursing care in adolescence • The role of nursing care in family planning • The role of nursing care in the artificial termination of pregnancy • The role of nursing care in infertility <p><i>Nursing care in obstetrics</i></p> <ul style="list-style-type: none"> • Treatment of women in reproductive age and the role of nursing care (reproductive health, reproductive healthcare) • Preparation for childbirth and parenting • Nutrition of pregnant women • Preparing for breastfeeding • The role of nursing care in prenatal healthcare • The role and importance of nursing care in postnatal healthcare • Nursing care for a woman after childbirth • Nutrition of breastfeeding mother • Nursing care for newborns • The role of nursing care in lactation and breastfeeding <p><i>Gynaecology</i></p> <ul style="list-style-type: none"> • Anatomy and physiology of the female genital tract • Research methods in gynaecology • Genital developmental abnormalities • Menstrual cycle, puberty • Menopause, osteoporosis, pelvic organs prolapse, urinary incontinence • Sexually transmitted diseases, genital tract inflammations • Genital tract tumors, endometriosis, adenomyosis • Infertility • Family planning • Breasts – pathology <p><i>Obstetrics</i></p> <ul style="list-style-type: none"> • Pre pregnancy consultation • Conception, duration of pregnancy, term of birth
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<ul style="list-style-type: none"> • Odkrivanje razvojnih nepravilnosti ploda v nosečnosti • Pravilni porod • Nepravilni porod, zapleti • Zapleti v nosečnosti • Poporodno zdravstveno varstvo • Zapleti v poporodnem obdobju • Laktacija in dojenje <p><i>Klinično usposabljanje:</i></p> <ul style="list-style-type: none"> • Poteka na ginekološkem in porodnem oddelku ter v dispanzerju za žene pod vodstvom mentorjev in je obvezno. • Študent/-ka samostojno ugotavlja specifične negovalne probleme ginekoloških bolnic, nosečnic, porodnic in otročnic in jih obravnava po metodi procesa zdravstvene nege. 	<ul style="list-style-type: none"> • Structure and development of the fertilized egg. • Monitoring of the pregnancy. • Detection of fetal abnormalities • Normal delivery • Abnormal delivery, complications • Complications during pregnancy • Postpartum health care • Postpartum complications • Lactation and breastfeeding <p><i>Clinical practice</i></p> <ul style="list-style-type: none"> • Held at the antenatal clinic and at the maternity ward, including the women clinic under the guidance of mentors and is mandatory. • Students personally experience the specific problems of the nursing care of gynecological patients, pregnant women, birthing mothers and neonatal mothers and treat them according to the method of nursing care process.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

1. Lavrič, M. (2018). *Porodništvo. Tretja dopolnjena izdaja*. Celje: Visoka Zdravstvena šola.
2. Borko, E. in Takač, I. (2006). *Ginekologija*. Maribor: Visoka zdravstvena šola.
3. Pajntar, M. (2004). *Nosečnost in vodenje poroda*. Ljubljana: Cankarjeva založba-založništvo d.o.o.
4. Kobal, B. (2012). *Izbrana poglavja iz ginekološke in perinatološke propedeutike*. Ljubljana: Medicinski razgledi.
5. Beare, P. G. and Myers, J. L. (1998). *Adult health nursing*. St. Louis – Missouri: Mosby, 1611 – 1744.
6. Hoyer, S., Simončič, J. in Kralj, B. (2003): *Dojenje: učbenik za zdravstvene delavce*. Ljubljana: Visoka šola za zdravstvo Ljubljana.
7. Ivanuša, A. in Železnik, D. (2008). *Standardi aktivnosti zdravstvene nege*. Maribor: Fakulteta za zdravstvene vede, Univerza v Mariboru.
8. Ivanuša, A in Železnik, D. (2000). *Osnove zdravstvene nege kirurškega bolnika*. Maribor: Visoka zdravstvena šola, 2000.
9. Skoberne, M. (1998). *Zdravstvena nega nosečnice, porodnice in otročnice*. Ljubljana: Univerza v Ljubljani, Visoka šola za zdravstvo.

Priporočena literatura/Recommended literature

1. Arulkumaran, S., Collins, S., Hayes, K. (2008). *Oxford handbook of obstetrics and gynaecology*. Oxford: Oxford University Press.
2. Cooper, C., Jenkinson, R., Kovačič, I. (2008). *Nega matere in otroka [nosečnost, nega, razvoj, zdravje, prva pomoč, koristni naslovi]*. Ljubljana: Mladinska knjiga.

3. Drglin, Z. (2007). *Rojstna mašinerija, Sodobne obporodne vednosti in prakse na Slovenskem*. Koper: Univerza na Primorskem-Znanstveno-raziskovalno središče Koper, Zgodovinsko društvo za južno Primorsko, Založba Annales.
4. Edwins, J. (2008). *Community midwifery practice*. Chichester (UK): Blackwell.
5. Habek, D. (2013). *Ginekologija i porodništvo za visoke zdravstvene škole*. Zagreb: Medicinska naklada.
6. Maville, J. A., Huerta, C. G. (2013). *Health promotion in nursing*. Albany, NY : Delmar
7. Virant – Klun I. (2002). *Od nastanka gamet do rojstva*. Radovljica: Didakta.
8. Wagner, M. (2008). *Moj porodni načrt, popoln vodnik za varen in izpolnjujoč porod*. Ljubljana: Sanje, Društvo Festival Sanje.

Cilji in kompetence:

Učna enota prispeva k razvoju splošnih in specifičnih kompetenc:

- usvojiti znanje zdravstvene nege na področju ginekologije in porodništva ter zmožnost apliciranja teoretičnega znanja v strokovno delo,
- usvojiti temeljno znanje s področja ginekologije in porodništva ter njegova aplikacija,
- vključevanje profesionalne etike, pravne zakonodaje, prepoznavanje in uporaba moralnih in etičnih načel pri strokovnem praktičnem delu v ginekologiji in porodništvu,
- usposobljenost za avtonomno, holistično, tolerantno, skrbno in občutljivo obravnavo posameznika ali skupine, brez izrekanja sodb ob zagotavljanju/varovanju pravic, zaupanja in želja različnih posameznikov in skupin,
- uporaba informacijsko-komunikacijske tehnologije in sistemov na strokovnih področjih ginekologije in porodništva,
- usposobljenost za prevzemanje odgovornosti pri profesionalnem delu,
- usposobljenost za sprejemanje odgovornosti za profesionalni razvoj in učenje, izboljševanje lastnega dela skozi evalvacijo z namenom, da se zagotovi kakovost storitev,
- usposobljenost za izobraževanje, vzgojo in mentorsko delo,
- sposobnost izobraževati in vzgajati za ohranjanje zdravja ter dobrega počutja zdrave in bolne populacije, družbene skupnosti, skupin in posameznikov,

Objectives and competences:

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

- acquiring basic knowledge of the nursing care in gynaecology and obstetrics and the ability of applying the theory into the practical expertise.
- acquiring basic knowledge in the field of gynaecology and obstetrics and its application
- the integration of professional ethics, legislation, recognition and application of the moral and ethical principles at the practical work in the fields of gynaecology and obstetrics,
- qualification for autonomous, holistic, tolerant, careful and sensitive treatment of an individual or a group, passing no judgments when ensuring or protecting rights, trusts and desires of various individuals and groups,
- using the ICT and systems in the professional areas of gynaecology and obstetrics,
- the ability of taking responsibility in professional work,
- taking responsibility for the professional development and learning, improving work through the evaluation, in order to ensure the quality of services at the workplace;
- qualification for education, upbringing and mentorship,
- being able to educate and raise for retaining health and well-being of both, the healthy and sick population, societies, groups and individuals,

<ul style="list-style-type: none"> • poznavanje in uresničevanje različnih pravil, odgovornosti in funkcij v zdravstveni negi ter sposobnost prilagajati pravila glede na pacientove potrebe, • sposobnost vsestranskega in sistematičnega prilagajanja obravnave pacienta glede na relevantne fizikalne, socialne, kulturne, psihološke, spiritualne in družbene dejavnike, • sposobnost prepoznati in interpretirati znake normalnega in spreminjajočega se zdravja in potreb pacientk (postavljanje negovalnih diagnoz), • načrtovanje, izvajanje in evalvacija individualnih programov zdravstvene nege v sodelovanju s pacientkami, svojci in drugimi, • sposobnost vključevanja standardov kakovosti s kritičnim ocenjevanjem, interpretacijo, sintezo informacij in pomoči pacientom pri izbiri, • sposobnost spoštovati pacientovo dostojanstvo, zasebnost in zaupnost podatkov, • izvajanje zaščitnih ukrepov za preprečevanje okužb, • usposobljenost za izvajanje nujne medicinske pomoči, • sposobnost za varno izvajanje in dokumentiranje medicinskih in drugih terapij, • usposobljenost za prepoznavanje psihičnih stanj, kot so strah, stres in depresija, dajanje emocionalne podpore ter svetovanje, • sposobnost dokumentiranja aktivnosti zdravstvene nege. 	<ul style="list-style-type: none"> • knowing and realization of rules, responsibilities and functions in nursing care, including the capability for adapting the rules according to the patient's needs, • the ability of a comprehensive and systematic treatment of the patient in relation to the relevant psychological, social, cultural, psychological, spiritual and social factors, • the ability to recognize and interpret the signs of a normal or changing health status (nursing diagnosis setup); • planning, performing and evaluating the individual programmes of nursing care in cooperation with patients, family and other people, • the ability of implementing quality standards with a critical evaluation, interpretation, synthesis and helping patients with their choice; • the ability to respect the patient's dignity, privacy and confidentiality of the data; • being trained to perform the safety procedures in case of infections; • being trained to perform the first aid procedures, EMH, • being able to safely document and perform the medical and other therapies, • being able to recognize the mental states as fear, stress and depression, giving the emotional support and advice, • being able to document the nursing care activities.
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Predvideni študijski rezultati:

Znanje in razumevanje

Študent/študentka:

- usvoji znanje s področja zdravstvene nege žensk z ginekološkimi obolenji, nosečnic, porodnic in otročnic,
- se usposobi za izvajanje preventivnih programov za ohranjanje reproduktivnega zdravja ter vzgojo za zdravo in varno spolnost,

Intended learning outcomes:

Knowledge and understanding:

Students:

- acquire knowledge in the field of nursing care of women with gynaecologic diseases, pregnant women, birthing and neonatal mothers,
- are trained to implement prevention programmes for the preservation of reproductive health and education for healthy and safe sex practices,

<ul style="list-style-type: none"> • spozna in sprejme načela, ki usmerjajo delo medicinske sestre pri zdravstveni negi žensk z ginekološkimi obolenji, • spozna potek nosečnosti in poroda, • izbira tipične negovalne diagnoze, • vnese proces zdravstvene nege v kreativno razreševanje negovalnih problemov. 	<ul style="list-style-type: none"> • adopt the principles which are directing the work of nurses in nursing care of women with gynaecologic diseases, • get to know the procedures in pregnancies and childbirths, • know the choice of typical nursing diagnoses, enter the process of nursing care into a creative solutions of other nursing problems.
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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>klinične vaje v kabinetu</i>: študenti na konkretnih primerih uporabijo znanje pridobljeno na predavanjih (demonstracija, urjenje veščin in spretnosti, študija primera, razlaga, diskusija, pojasnjevanje, izkušensko in problemsko učenje, kritično presojanje), • <i>praktično usposabljanje</i>: aplikacija pridobljenega znanja v kliničnem okolju. Izdelava dokumentacije za eno pacientko z načrtom zdravstvene nege za dve negovalni diagnozi. 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving); • <i>clinical practice in the laboratory (cabinet)</i>: students apply the gained knowledge from the lectures on the concrete cases (demonstration, training skills, case study, explanation, discussion, clarification, experience- and problem-based learning, critical thinking), • <i>clinical practice</i>: application of acquired knowledge in a clinical environment. Making the documentation for one patient with a plan for two nursing diagnoses.
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Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
<p>Načini:</p> <ul style="list-style-type: none"> - izpit <ul style="list-style-type: none"> o ZN žensk 35 % o Ginekologija in porodništvo 35 % - kolokvij (kabinetne vaje) 30 % <p>Opravljen kolokvij je pogoj za pristop na klinično usposabljanje.</p> <p>Ocenjevalna lestvica: ECTS.</p>		<p>Types:</p> <ul style="list-style-type: none"> - exam <ul style="list-style-type: none"> o Nursing Care for Women o Gynaecology and Obstetrics - midterm exam (cabinet practice) <p>A midterm exam is a prerequisite for admission to the clinical training.</p> <p>Grading scheme: ECTS</p>