

	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 Nursing Care / 1st Cycle	Zdravstvena nega Nursing Care	2. letnik 2 nd year	3. 3 rd

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code L2 UN3

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Kabinetne vaje Cabinet work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
45			10		35	3

Nosilec predmeta/Lecturer: RŠ - Uroš Višič, pred.
IŠ - Jelka Cimermančič, pred.

Jeziki/ Predavanja/Lectures: Slovenski / Slovenian
Languages:
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 študijskega programa. Pozitivna ocena kabinetnih vaj za pristop k opravljanju kliničnega usposabljanja s tega področja. 	<ul style="list-style-type: none"> The prerequisite for participation is enrolment in the second year of study. Positive assessment of the laboratory work (cabinet) to attend the clinical practice in this field.

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, endometrioz, urinski inkontinenci, osteoporozi ZN žensk z malignimi obolenji ZV žensk v menopavzi in vloga ZN Vloga ZN v obdobju adolescence Vloga ZN pri načrtovanju družine 	<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

<ul style="list-style-type: none"> • 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 • Odkrivanje razvojnih nepravilnosti ploda v nosečnosti • Pravilni porod • Nepravilni porod, zapleti • Zapleti v nosečnosti • Poporodno zdravstveno varstvo 	<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 • Structure and development of the fertilized egg. • Monitoring of the pregnancy.
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<ul style="list-style-type: none"> • Zapleti v poporodnem obdobju • Laktacija in dojenje 	<ul style="list-style-type: none"> • Detection of fetal abnormalities • Normal delivery • Abnormal delivery, complications • Complications during pregnancy • Postpartim health care • Postpartum complications • Lactation and breastfeeding
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Lavrič, M. (2018). *Porodništvo. Tretja dopolnjena izdaja*. Celje: Visoka Zdravstvena šola.
- Kobal, B. (2012). *Izbrana poglavja iz ginekološke in perinatološke propedeutike*. Ljubljana: Medicinski razgledi.
- Tekáč, I., in Geršak, K. (2016). *Ginekologija in perinatologija*, Maribor: Medicinska fakulteta, Univerza v Mariboru.
- Panjtar, M., Novak-Antolič, Ž., in Lučovnik, M. (2015). *Nosečnost in vodenje poroda*. Ljubljana: Medicinski razgledi.
- Vetorazzi, R., in Hoyer, S. (2021). *Uspešno dojenje za dobro zdravje otrok in mater*. Ljubljana: Slovenska fundacija za UNICEF.
- Ivanuša, A. in Železnik, D. (2008). *Standardi aktivnosti zdravstvene nege*. Maribor: Fakulteta za zdravstvene vede, Univerza v Mariboru.
- Kodila, V. (2008). *Osnovni vodnik po kirurški enoti intenzivnega zdravljenja - priročnik za medicinske sestrese in zdravstven etehnike*, Ljubljana: Univerzitetni klinični center Ljubljana, Kirurška klinika, Klinični oddelek za anesteziologijo in intenzivno terapijo operativnih strok.

Priporočena literatura/Recommended literature

- Arulkumaran, S., Collins, S., Hayes, K. (2008). *Oxford handbook of obstetrics and gynaecology*. Oxford: Oxford University Press.
- Cooper, C., Jenkinson, R., Kováčič, I. (2008). *Nega matere in otroka [nosečnost, nega, razvoj, zdravje, prva pomoč, koristni naslovi]*. Ljubljana: Mladinska knjiga.
- 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.
- Habek, D. (2013). *Ginekologija i porodništvo za visoke zdravstvene škole*. Zagreb: Medicinska naklada.
- Maville, J. A., Huerta, C. G. (2013). *Health promotion in nursing*. Albany, NY : Delmar
- 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:

- pridobiti znanje zdravstvene nege na področju ginekologije in porodništva ter zmožnost apliciranja teoretičnega znanja v strokovno delo,

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.

<ul style="list-style-type: none"> • 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, • izobraževanje 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, • prevzemanje odgovornosti pri profesionalnem delu, • sprejemanje odgovornosti za profesionalni razvoj in učenje, izboljševanje lastnega dela skozi evalvacijo z namenom, da se zagotovi kakovost storitev, • izobraževati in vzgajati za ohranjanje zdravja ter dobrega počutja zdrave in bolne populacije, družbene skupnosti, skupin in posameznikov, • poznavanje in uresničevanje različnih pravil, odgovornosti in funkcij v zdravstveni negi ter sposobnost prilagajati pravila glede na pacientove potrebe, • vsestransko in sistematično prilagajanje pri obravnavi pacientke, glede na relevantne fizikalne, socialne, kulturne, psihološke, spiritualne in družbene dejavnike, • 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, • vključevanje standardov kakovosti s kritičnim ocenjevanjem, interpretacijo, sintezo informacij in pomoči pacientom pri izbiri, 	<ul style="list-style-type: none"> • 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, • educating 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, • 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; • educate and raise for retaining health and well-being of both, the healthy and sick population, societies, groups and individuals, • knowing and realization of rules, responsibilities and functions in nursing care, including the capability for adapting the rules according to the patient's needs, • comprehensive and systematic treatment of the patient in relation to the relevant psychological, social, cultural, psychological, spiritual and social factors, • recognizing and interpreting 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; • respecting the patient's dignity, privacy and confidentiality of the data;
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<ul style="list-style-type: none"> • spoštovanje pacientkinega dostojanstva, zasebnosti in zaupnosti podatkov, • izvajanje zaščitnih ukrepov za preprečevanje okužb, • izvajanje nujne medicinske pomoči, • varno izvajanje in dokumentiranje medicinskih in drugih terapij, • prepoznavanje psihičnih stanj, kot so strah, stres in depresija, dajanje emocionalne podpore ter svetovanje, • dokumentiranja aktivnosti zdravstvene nege. 	<ul style="list-style-type: none"> • being trained to perform the safety procedures in case of infections; • performing the first aid procedures, EMH, • safely documenting and performing the medical and other therapies, • recognizing the mental states as fear, stress and depression, giving the emotional support and advice, • documenting 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,
- 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.

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,
- 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.

Metode poučevanja in učenja:

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *kabinetne vaje*: študenti na konkretnih primerih uporabijo znanje pridobljeno na predavanjih (demonstracija, urjenje veščin in spretnosti, študija primera, razlaga, diskusija, pojasnjevanje, izkušnjsko in problemsko učenje, kritično presojanje).

Learning and teaching methods:

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);
- *cabinet work*: 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).

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 pri kabinetnih vajah 30 % <p>Opravljen kolokvij je pogoj za pristop na klinično usposabljanje s tega področja.</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 - preliminary exam based on cabinet work <p>A midterm exam is a prerequisite for admission to the clinical training in this field.</p> <p>Grading scheme: ECTS</p>