

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Klinično usposabljanje na področju internističnega bolnika
Course title	Clinical Practice in Internistic Patients

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 1. stopnja	Zdravstvena nega	3. letnik	5.
Nursing Care / 1 st Cycle	Nursing Care	3 rd year	5 th

Vrsta predmeta/Course type obvezni/obligatory

Univerzitetna koda predmeta/University course code L3 UN2

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Klinično usposab. Clinical practice	Samost. delo Individ. work	ECTS
				200		8

Nosilec predmeta/Lecturer: Mateja Šimec, viš. pred.
Koordinatorica KU: Kristina Rakuša Krašovec, viš. 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 tretji letnik študijskega programa. • Opravljen kolokvij pri kabinetnih vajah pri učni enoti Zdravstvena nega internističnega bolnika z interno medicino. 	<ul style="list-style-type: none"> • The prerequisite for participation is enrolment in the third year of study. • Accomplished preliminary test at clinical laboratory work in the subject Nursing Care of Internistic Patients incl. Internal Medicine.
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Vsebina: **Content (Syllabus outline):**

<ul style="list-style-type: none"> • spozna simptome in znake pacienta, ki so značilne za posamezne internistične bolezni; • spozna dejavnike tveganja za internistične bolezni (kajenje, zloraba drog, poklicna izpostavljenost, stres, debelost ...) in načine za odpravljanje teh dejavnikov; • spozna osnovne diagnostične teste v interni medicini in jih zna izvesti (merjenje krvnega tlaka, sladkorja, holesterola, EKG, spirometrija, PEF, ...); • spozna pripravo bolnika na diagnostične preiskave v interni 	<ul style="list-style-type: none"> • students get familiar with the symptoms and signs in a patient, specific for internistic diseases; • students get familiar with risk factors for internistic diseases (smoking, drug abuse, occupational exposure, stress, obesity, etc.) and ways to address these factors; • students get familiar with the basic diagnostic tests in internal medicine and know how to perform them (measuring blood pressure, blood sugar level, cholesterol ... ECG, spirometry, PEF, 6-minute walk test, etc.);
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<p>medicini (endoskopija, punkcija, biopsija);</p> <ul style="list-style-type: none"> • spozna principe bakteriološke diagnostike, vključno s tuberkulozo in zna odvzeti kužnine; • spozna principe in se nauči izvajati zdravljenja z vdihanimi zdravili; • spozna principe in se nauči izvajati zdravljenja s kisikom; • spozna vzgojno-izobraževalno delo ob uvedbi inzulinskega zdravljenja, • spozna principe rehabilitacije internističnega bolnika, • usposobi se za dokumentiranje. <p>Klinično usposabljanje je obvezno in poteka na različnih internističnih oddelkih pod vodstvom mentorja. Študent aktivno sodeluje pri vseh negovalnih intervencijah, ki se izvajajo na oddelku. Poročilo o kliničnem usposabljanju vključuje študijo primera po metodi procesa zdravstvene nege.</p>	<ul style="list-style-type: none"> • students get familiar with the patient's preparation for diagnostic examinations in internal medicine (endoscopy, puncture, biopsy); • students get familiar with the principles of bacteriological diagnosis, including tuberculosis and can sample the infected area; • students get familiar with the principles and learn how to implement the treatment with inhalation drugs; • students get familiar with the principles and learn to perform treatments with oxygen; • students get familiar with educational work at the introduction of the insulin treatment, • students get trained for insertion of NG-probe, • students get familiar with the principles of rehabilitation of an internistic patient; • get qualified for recording documentation. <p>Clinical training is mandatory and takes place at the various internistic departments under the guidance of a mentor. Students are actively involved in all treatment interventions carried out in the department. Report on clinical training includes a case study using the process of nursing care method.</p>
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Herdman, T. H. in Kamitsuru, S. (ur.). (2018). *Negovalne diagnoze NANDA International: definicije in klasifikacija 2018-2020*. Ljubljana: Zbornica zdravstvene in babiške nege Slovenije – Zveza strokovnih društev medicinskih sester, babic in zdravstvenih tehnikov Slovenije.
- *Kodeks etike v zdravstveni negi in oskrbi Slovenije*. (2014). Ljubljana: Zbornica zdravstvene in babiške nege Slovenije – Zveza društev medicinskih sester, babic in zdravstvenih tehnikov Slovenije.
- Zupančič, V., Podhostnik, A., Gajser, L., Saje, M. Leskovic, L. Draginc, A. in Laznik, G. (2018). *Aktivnosti zdravstvene nege. Dnevnik študentov na kliničnem usposabljanju*. Novo mesto: Univerza v Novem mestu Fakulteta za zdravstvene vede.
- Ivanuša, A. in Železnik, D. (2008). *Standardi aktivnosti zdravstvene nege*. Maribor: Fakulteta za zdravstvene vede, Univerza v Mariboru.

Cilji in kompetence:

Učna enota prispeva k razvoju naslednjih splošnih in specifičnih kompetenc:

- vključevanje profesionalne etike, pravne zakonodaje, prepoznavanje in uporaba moralnih in etičnih načel pri strokovnem praktičnem delu,
- usposobljenost za avtonomno holistično, tolerantno, skrbno in občutljivo obravnavo posameznika ali skupine, zagotavljanje in varovanje pravic in želja posameznikov in različnih skupin,
- obvladanje metod, postopkov in procesov, razvoj kritične in samokritične presoje,
- uporaba informacijsko-komunikacijske tehnologije in sistemov na strokovnih področjih,
- usposobljenost za vodenje, organizacijo in kooperativno timsko delo,
- razumevanje in upoštevanje raznolikosti globalnega ter lokalnega okolja pri organizaciji in izvajanju celovite zdravstvene nege,
- usposobljenost za sprejemanje odgovornosti za profesionalni razvoj in učenje, izboljševanje lastnega dela skozi evalvacijo z namenom, da se zagotovi kvaliteta storitev,
- sposobnost 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,
- prevzemanje odgovornosti za profesionalen razvoj in uporaba evalvacije kot načina za refleksijo in izpopolnjevanje lastnega dela ter povečanje kvalitete uslug na delovnem mestu,
- sposobnost vsestranskega in sistematičnega prilagajanja obravnave pacienta glede na relevantne, fizikalne, socialne, kulturne, psihološke, spiritualne in družbene dejavnike,
- sposobnost prepoznati in interpretirati

Objectives and competences:

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

- integrating professional ethics, legislation, recognition of and respect for the moral and ethical principles and values, as well as their use at practical work,
- 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,
- mastering methods, procedures and processes, the development of a critical and self-critical review,
- using the ICT and systems in the professional areas,
- the ability for managing, organizing and cooperative team work,
- considering and understanding the diversity of a local and global environment in organization and implementation of comprehensive nursing care,
- taking responsibility for the professional development and learning, improving work through the evaluation, in order to ensure the quality of services at the workplace;
- being able to 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,
- taking responsibility for the professional development and learning, improving work through the evaluation, in order to ensure the quality of services,
- 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

<p>znake normalnega in spreminjajočega se zdravja (postavljanje negovalnih diagnoz),</p> <ul style="list-style-type: none"> • načrtovanje, izvajanje in evalvacija individualnih programov zdravstvene nege v sodelovanju s pacienti, oskrbovanci, svojci in drugimi, • sposobnost vključevanja standardov kakovosti s kritičnim ocenjevanjem, interpretacijo, sintezo informacij in pomočjo pacientom pri izbiri, • sposobnost spoštovati pacientovo dostojanstvo, zasebnost in zaupnost podatkov, • izvajanje zaščitnih ukrepov za preprečevanje okužb, • usposobljenost za izvajanje nujne medicinske pomoči, • sposobnost upoštevati psihološke (emocionalne, psihične, osebne) in biološke (udobna namestitve, ustrezna prehrana, osebna higiena in možnost za dnevne aktivnosti) potrebe pacienta pri oskrbi, • sposobnost informirati, izobraževati, vzgajati in nadzorovati paciente/oskrbovance in njihove družine, • usvojiti znanje s področja zdravstvene nege in zmožnost apliciranja teoretičnega znanja v strokovno delo, • usposobljenost za učinkovito komuniciranje (vključujoč uporabo tehnologij) s pacienti, z družinami in socialnimi skupinami v normalnem in specifičnem komunikacijskem okolju/vzdušju, • sposobnost primerno predstavljati pacientovo prihodnost, da bi preprečili njegovo neprimerno ravnanje, • usposobljenost za zaznavanje bolnišničnega vzdušja/klime in prilagajanje obnašanja dani situaciji, • usposobljenost za vodenje zdravstvene dokumentacije, pisanje poročil in uporabo ustrezne tehnologije, • usposobljenost za vodenje in koordiniranje tima ter primerno razporejanje nalog, reševanje problemov in odločanje, • usposobljenost za učinkovito delo in sodelovalno komuniciranje z vsem 	<p>the signs of a normal or changing health status (nursing diagnosis setup);</p> <ul style="list-style-type: none"> • planning, implementing and evaluating individual programmes of nursing care in cooperation with patients, relatives 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 their data, • being trained to perform the safety procedures in case of infections; • being trained to perform the first aid procedures, EMH, • the ability to consider the psychological (emotional, personal) and biological (comfortable accommodation, adequate diet, personal hygiene and the possibility for daily activities) needs of the patient at nursing care; • the ability to inform, educate raise awareness and monitor the patients and their families, • acquiring knowledge in the field of health care and the ability of applying theoretical knowledge in the professional work, • acquiring basic knowledge of nursing care and the ability of applying the theory into the practical expertise, • the ability for an effective communication (including the use of the ICT) with patients, families and social groups in the normal and specific communication environment/atmosphere, • the ability to adequately communicate about the patient's future to prevent any possible inappropriate behaviour of the patient, • the ability to perceive the atmosphere in the hospital and to appropriately adapt the behaviour to different situations, • the ability to keep an accurate record of all documentation, to write reports and using the technology,
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<p>podpornim osebjem, da se zagotovi kakovostno organiziranje, vodenje in delovanje tima,</p> <ul style="list-style-type: none"> • usposobljenost oceniti tveganje in aktivno promovirati zdravje, oceniti tveganje in skrbeti za varnost vseh ljudi v delovnem okolju, • zavedanje principov zdravstvene nege in učinkovita uporaba virov. 	<ul style="list-style-type: none"> • the ability to manage and coordinate a team, to equally share the workload, to solve problems and make decisions, • the ability to successfully cooperate with all supporting staff, to ensure quality organization, management and teamwork, • being able to evaluate the risk and actively promote health, improving work through the evaluation, in order to ensure the safety of all people in the working environment; • being aware of the principles of nursing care and the successful use of resources.
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Predvideni študijski rezultati:

Znanje in razumevanje:
Študent/študentka:

- spozna načela zdravstvene nege bolnika z notranjimi boleznimi in posebnosti strokovnih področij,
- usvoji osnovne koncepte zdravstvene nege bolnika z notranjimi boleznimi,
- spozna temeljna področja delovanja in vloge medicinskih sester pri obravnavi bolnika z notranjimi boleznimi na primarnem, sekundarnem in terciarnem nivoju zdravstvenega varstva, spozna sodobne razvojne in organizacijske trende v interni medicini in zdravstveni negi bolnika z notranjimi obolenji,
- usvoji standarde in aktivnosti v zdravstveni negi internističnega bolnika pri posameznih življenjskih aktivnostih,
- usvoji teoretične vsebine zdravstvene nege internističnega bolnika,
- je sposoben pridobljena teoretična znanja prenašati v klinično prakso,
- usposobi se za spremljanje kazalcev kakovosti.

Intended learning outcomes:

Knowledge and understanding:
Students:

- know the principles of nursing care of patients with internal diseases and the special characteristics of the fields of expertise,
- know the fundamental concepts of nursing care of internistic patients,
- know the basic fields of activity and the role of nurses in care of a patient with internal diseases at primary, secondary and tertiary level of healthcare, know the modern developmental and organizational trends in internal medicine and nursing care of internistic patients,
- can therefore acquire standards and activities in nursing care of internistic patient in their individual life activities,
- acquire the theoretical content of nursing care of patients with internal diseases,
- are able to transfer the theoretical knowledge to clinical practice,
- are trained for monitoring the quality indicators.

Metode poučevanja in učenja:

- *klinično usposabljanje:* aplikacija pridobljenega teoretičnega znanja in spretnosti v kliničnem okolju.

Learning and teaching methods:

- *clinical training:* application of theoretical knowledge and skills in a clinical setting.

Načini ocenjevanja:	Delež (v %) Weight (in %)	Assessment:
Načini: <ul style="list-style-type: none"> • ocena kliničnega usposabljanja • ocena dokumentacije kliničnega usposabljanja 	uspešno/successful uspešno/successful	Types: <ul style="list-style-type: none"> • grade in clinical practice • grade in documentation of clinical practice