

	<b>UČNI NAČRT PREDMETA/COURSE SYLLABUS</b>
<b>Predmet</b> Course title	<b>Kronična in degenerativna stanja</b> <i>Chronical and degenerative disease</i>

<b>Študijski program in stopnja</b> Study programme and level	<b>Študijska smer</b> Study field	<b>Letnik</b> Academic year	<b>Semester</b> Semester
Integrirana zdravstvena in socialna oskrba/2. stopnja	Ni smeri študija	1. letnik	2.
Integrated Health and Social Care / 2 <sup>nd</sup> Cycle	No study field	1 <sup>st</sup> year	2 <sup>nd</sup>

**Vrsta predmeta/Course type**

obvezni/obligatory

**Univerzitetna koda predmeta/University course code**

IZSO 1 UN 5

<b>Predavanja</b> Lectures	<b>Seminar</b> Seminar	<b>Sem. vaje</b> Tutorial	<b>Lab. vaje</b> Laboratory work	<b>Teren. vaje</b> Field work	<b>Samost. delo</b> Individ. work	<b>ECTS</b>
30		30			180	8

**Nosilec predmeta/Lecturer:**

doc. dr. Milica Gregorič Kramberger,  
prof. dr. Zmago Turk

**Jeziki/ Predavanja/Lectures:**  
**Languages:**

slovenski/Slovenian

**Vaje/Tutorial:**

slovenski/Slovenian

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

- Vpis v prvi letnik študijskega programa.
- Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo.

**Prerequisites:**

- A prerequisite for inclusion is enrolment in the first year of study.
- Student has to prepare, present and defend a project/research paper before the exam.

**Vsebina:**

*Degenerativna stanja gibalnega sistema*

- Razvojne motnje, ki vplivajo na spremembe gibalnega sistema.
- Nastanek degenerativnih sprememb.
- Fiziologija staranja kosti in sklepov.
- Poškodbe pri starostnikih z dolgotrajnimi posledicami.
- Medicinska rehabilitacija in fizioterapija bolezni na gibalnih pri starostnikih.

**Content (Syllabus outline):**

*Degeneration of locomotory system*

- Developmental disorders affecting the locomotor system.
- The occurrence of the degenerative changes.
- Physiology of aging bones and joints.
- Damage to older people with long-term consequences.
- Medical rehabilitation and physiotherapy diseases of the locomotor elderly.

<p><i>Ukrepi pri degenerativnih obolenjih gibal</i></p> <ul style="list-style-type: none"> <li>• Ergonomski pristop urejanja gibalnega prostora starostnikov.</li> <li>• Pripomočki za gibanje in življenje starostnikov.</li> <li>• Balneologija pri starostnikih in uporaba prirodnih dejavnikov v zdravljenju gibalnega sistema.</li> <li>• Dietna prehrana starostnika.</li> <li>• Prehrabena dopolnila kot del sodobne prehrane starostnika.</li> <li>• Rekreativna starostnikov.</li> </ul> <p><i>Nevrodegenerativne bolezni</i></p> <ul style="list-style-type: none"> <li>• Motorične in kognitivne motnje pri nevrodegenerativnih obolenjih</li> <li>• Demenca: Alzheimerjeva bolezen (AD), frontotemporalna demenca (FTD), Parkinsonova bolezen z demenco (PDD), demenca z Lewyjevim telesci (DLB) in druge oblike demence.</li> </ul> <p><i>Individualiziran in usmerjen pristop k bolniku ter multidisciplinarnost obravnave bolnika z neurodegenerativno boleznijo.</i></p>	<p><i>Measures to support patients with degenerative diseases of locomotory system</i></p> <ul style="list-style-type: none"> <li>• Accessories for the movement and life of the elderly</li> <li>• Ergonomic approach to regulating the movement area of the elderly.</li> <li>• Balneology for elderly and the use of Natural factors in the treatment of the locomotor system.</li> <li>• Dietary nutrition of the elderly.</li> <li>• Food supplements as part of the modern diet elderly.</li> <li>• Recreation for the elderly.</li> </ul> <p><i>Neurodegenerative disorders</i></p> <ul style="list-style-type: none"> <li>• Motor symptoms and cognitive symptoms in neurodegenerative diseases</li> <li>• Dementia: Alzheimer's disease (AD), frontotemporal dementia (FTD), Parkinson's disease with dementia (PDD) and dementia with Lewy bodies (DLB).</li> </ul> <p><i>Patient centred approach with integrative and multidisciplinary approach.</i></p>
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### Temeljna literatura in viri/Readings:

#### Temeljna literatura/Basic literature

- Davidović, M., Milošević, P., (2007). *Medicinska gerontologija*. Beograd: Medicinski fakultet.
- Halter, J., B., Ouslander, Joseph G., Tinetti, Mary E., Studenski, S., High, Kevin P., Asthana, S. (2009). *Hazzard's Geriatric Medicine and Gerontology*. 6 edition. Publisher: The McGraw-Hill Companies, Inc, 2009.
- Brilej, D., Buhanec, B., Komadina, R, Vlaović, M. (2007). *Hudo poškodovani starostniki - prognostični dejavniki preživetja*. Zdravstveni vestnik; 76: I-39–45.
- Jajić, I., (1995). *Reumatologija*. [Zagreb](#): Medicinska knjiga.
- Continuum (Minneap Minn): *Lifelong Learning in Neurology* - Dementia April 2016;22(2).

#### Priporočljiva literatura/Recommended literature

- Duraković, Z. et al., (2007). *Gerijatrija - medicina starije dobi*. Zagreb: C.T. – Poslovne informacije, d.o.o.
- Kitwood, T. (2005). *Dementia Reconsidered. The person comes first*. Buckingham, New York: Open University Press.
- Bryden, C. (2005). *Dancing with Dementia. My story of living Positively with Dementia*. London and Philadelphia: Jessica Kingsley Publishers.
- Pentek, M. (1995). *Zdravo staranje*. Ljubljana: Gerontološko društvo Slovenije.
- Razboršek, V. (2000). *Depresije*. *Kakovostna starost*, leto 3, št. 1- 4,50-58.

- Mlinarič, A., Kristl, J. (2001). *Prehranska dopolnila-zdravila ali hrana*. Ljubljana: Fakulteta za farmacijo.
- Referenčne vrednosti za vnos hranil (2004)., 1. izdaja. Ministrstvo za zdravje.

### Cilji in kompetence:

Učna enota prispeva k informiranju študentov o boleznih starostnikov in pridobivanju splošnih in specifičnih kompetenc bodočega diplomanta v celostni oskrbi starostnikov.

#### *Splošne kompetence:*

- razumevanje celovitosti človeka in prepoznavanje njegovih specifičnih fizičnih, psihičnih, socialnih, duhovnih in kulturnih potreb ter zmožnosti in možnosti,
- usposobljenost za komuniciranje, medpoklicno sodelovanje, timsko in projektno delo na področju skrbi za zdravje, kakovosti življenja in dobrega počutja pacientov v instituciji ali na domu.

#### *Predmetno specifične kompetence*

- zagotavljanje in izboljševanje kakovosti in varnosti v sistemu integrirane zdravstvene in socialne oskrbe,
- prepoznavanje najpogostejših zdravstvenih in socialnih problemov, ki jih prinašajo kronične bolezni,
- učinkovito odzivanje na potrebe pacientov, posameznika in skupnosti,
- individualno načrtovanje, vodenje, koordiniranje, izvajanje in vrednotenje integrirane in kontinuirane (integrativne) zdravstvene obravnave in oskrbe pacientov z različnimi razvojnimi motnjami, kroničnimi in degenerativnimi bolezenskimi stanji ter poškodbami z dolgotrajnimi posledicami,
- vsestransko in sistematično prilagajanje obravnave pacienta glede na želje, potrebe, možnosti in druge individualne okoliščine pacienta za opolnomočenje / krepitev moči in kakovost življenja pacienta s psihosocialno oskrbo, zaposlitveno rehabilitacijo, socialno vključenostjo,

### Objectives and competences:

Learning Unit contributes to informing students about diseases of the elderly and the acquisition of general and specific competences future graduates for integrated care for older people.

#### *General competences*

- understanding the integrity of humans and identifying their specific physical, psychological, social, spiritual and cultural needs as well as capabilities and possibilities,
- the ability of communication, inter-professional cooperation, team and project work in the field of care for health, quality of life and well-being of patients in an institution or at home.

#### *Course-specific competences*

- identifying the most common health and social problems brought by chronic diseases,
- an effective response to the needs of patients, the individual and the community,
- individually planning, managing, coordinating, implementing and evaluating the integrated and continuous (integrative) health and social treatment and care of patients with a variety of chronic and degenerative conditions, as well as injuries with long-term consequences,
- the comprehensive and systematic adaptation of treatment depending on the desires, needs, possibilities and other individual circumstances of patients for empowering/strengthening the power and quality of their life with psychosocial care, employment rehabilitation, social inclusion, volunteer activities and leisure activities,
- identifying patients' needs for additional specialist treatment and counselling,

prostovoljskimi dejavnostmi in prostočasovnimi aktivnostmi, <ul style="list-style-type: none"> <li>• prepoznavanje potreb pacientov po dodatni specialistični obravnavi in svetovanje,</li> <li>• medpoklicno sodelovanje pri izvajanju integrirane in kontinuirane oskrbe na področju skrbi za zdravje, kakovost življenja in dobro počutje pacientov v instituciji ali na domu,</li> <li>• upoštevanje kompetenc in pristojnosti sodelujočih v integrirani in koordinirani zdravstveno socialni oskrbi.</li> </ul>	<ul style="list-style-type: none"> <li>• inter-professional participation in implementing the integrated and continuous care in the field of care for health, quality of life and well-being of patients in an institution or at home,</li> <li>• considering competences and authorisations of participants in the integrated and coordinated health and social care.</li> </ul>
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**Predvideni študijski rezultati:**

**Študent/študentka:**

- pozna osnovne bolezni starostnikov in poškodbe,
- razume poškodovanega in bolnega starostnika,
- razvije kulturni in etični pogled na zdravje starostnika,
- se usposobi za kritično presojo in analizo problema starostnikov v domestikalnem in hospitalnem varstvu.

**Intended learning outcomes:**

**Students:**

- know the basic diseases of the elderly and injuries,
- understand the injured and sick elderly,
- develop cultural and ethical view of the health of the elderly,
- is trained to critically assess and analyze the problem of the elderly in domestikalnem and hospital care.

**Metode poučevanja in učenja:**

- *predavanja* z aktivno udeležbo študentov (razlaga, diskusija, vprašanja, primeri, reševanje problemov),
- *seminarske vaje*: priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge,
- *konzultacije*.

**Learning and teaching methods:**

- *lectures* with active student participation (explanation, discussion, questions, examples, problem solving);
- *tutorial*: preparation, presentation and a successful defence of a project/research paper,
- *consultations*.

**Načini ocenjevanja:**

**Načini:**

- izpit
- izdelava, predstavitev in zagovor projektne/raziskovalne naloge

Ocenjevalna lestvica: ECTS.

Delež (v %)  
Weight (in %)

60 %  
40 %

**Assessment:**

**Types:**

- exam
- preparation, presentation and defence of the project/research paper

Grading scheme: ECTS.