

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet Course title	Terapija kronične rane Chronic Wound Therapy

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega / 2. stopnja	Ni smeri študija	1. / 2. letnik	2. / 3.
Nursing Care / 2 nd Cycle	No study field	1 st / 2 nd year	2 nd / 3 rd

Vrsta predmeta/Course type izbirni/elective

Univerzitetna koda predmeta/University course code 2ZN 1_2 IP3

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Lab. vaje Laboratory work	Teren. vaje Field work	Samost. delo Individ. work	ECTS
25		30			155	7

Nosilec predmeta/Lecturer: doc. dr. Igor Frangež

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 prvi ali drugi letnik študijskega programa. Študent mora pred izpitom pripraviti in predstaviti ter zagovarjati projektno/raziskovalno nalogo. 	<ul style="list-style-type: none"> The prerequisite for inclusion is enrolment in the first or second year of study. Student has to prepare, present and defend a project/research paper before the exam.
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Vsebina:

Content (Syllabus outline):

<ul style="list-style-type: none"> <i>Definicija rane.</i> Študent/ka se seznani s pojmi akutne in kronične rane, vzroki za nastanek kroničnih ran, vrstami kroničnih ran. <i>Faze celjenja ran.</i> Študent/ka se seznani s procesi, ki sodelujejo pri celjenju rane ter s samo delitvijo faz celjenja rane. Seznani se z osnovnimi morfološki značilnostmi, ki so pomembne za delo v praksi in prepoznavanju odmikov od pričakovane dinamike celjenja. <i>Tipi celjenja rane.</i> Študent/ka se seznani s tipi celjenja rane (primarno celjenje, 	<ul style="list-style-type: none"> <i>Definition of wounds.</i> Students get acquainted with the concepts of acute and chronic wounds, the causes of chronic wounds, types of chronic wounds. <i>Wound healing stages.</i> Students get acquainted with the processes involved in wound healing and with the division of the wound healing stages. Students know the basic morphological characteristics that are important for working in practice and recognizing
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<p>odloženo primarno celjenje, sekundarno celjenje, regenerativno celjenje, kronično celjenje).</p> <ul style="list-style-type: none"> • <i>Vplivi na celjenje ran.</i> Študent/ka se seznani s številnimi dejavniki tveganja, ki lahko vplivajo na celjenje rane in so lahko sistemski in lokalni dejavniki tveganja. Študent/ka se seznani tudi s pravilnim prehranjevanjem pacientov s kronično rano in ocenjevanjem prehranjenosti. Seznani se s presejanjem prehranske ogroženosti. • <i>Ocena rane.</i> Študent/ka se seznani s pomembnostjo ocene rane, ki je še posebej pomembna v prvih 2-4 tednih zdravljenja. Ocena rane obsega: vrsto, anatomsko lego, velikost, dno rane, bolečino, robove rane, izloček, opis kože v okolici, prisotnost okužbe, mikrobiološke preiskave. Za oceno dna rane obstajajo številne klasifikacije, ki upoštevajo karakteristike rane in so lahko koristne pri kliničnem kot tudi raziskovalnem delu. • <i>Priprava dna rane.</i> Študent/ka se seznani s time-konceptom oz. Time-modelom, ki predstavlja sistematičen pristop k oskrbi kronične rane. Študent/ka se seznani tudi z različnimi načini oskrbe tkiva, nadzorom nad vnetjem in okužbo in obremenitev rane z mikroorganizmi, kontaminacija, kolonizacija. Seznani se tudi z nekaterimi diagnostičnimi metodami in njihovo tako klinično kot potencialno raziskovalno vrednostjo. • <i>Čiščenje rane.</i> Študent/ka se seznani z osnovnimi pojmi oziroma osnovnim namenom čiščenja rane. • <i>Obloge za oskrbo ran.</i> Lokalno zdravljenje ran različnih etiologij je odvisno od faze celjenja in stanja okolne kože. Študent/ka se nauči pravilno oceniti lokalizacijo rane, velikost in globino, robove, dno in stopnjo izločanja iz rane, stanja okolne kože, eventualno okužbo in bolečino. Vsi ti dejavniki vplivajo na izbiro ustrezne obloge za lokalno zdravljenje. Študent/ka se seznani s primarnimi in sekundarnimi oblogami za zdravljenje ran in njihovimi lastnostmi. Študent/ka se seznani s 	<p>deviations from the anticipated healing dynamics.</p> <ul style="list-style-type: none"> • <i>Wound healing types.</i> Students get acquainted with the types of wound healing (primary healing, delayed primary healing, secondary healing, regenerative healing, chronic healing). • <i>Effects on wound healing.</i> Students get acquainted with a number of risk factors that may affect wound healing and can be systemic and local risk factors. Students also get acquainted with the proper nutrition of patients with chronic wounds and the evaluation of nutrition. Students learn about screening dietary threats. • <i>Evaluation of the wound.</i> Students get acquainted with the importance of the evaluation of the wound, which is particularly important in the first 2-4 weeks of treatment. Assessment of the early range: type, anatomical position, size, the wound bed, pain, edges of the wound, excretion, description of the skin in the surrounding area, the presence of infection, microbiological examination. In order to assess the wound bed, there are a number of classifications that take into account the characteristics of the wound and can be useful in both clinical and research work. • <i>Preparation of the wound bed.</i> Students are acquainted with the time-concept or Time-model, which represents a systematic approach to the treatment of chronic wounds. Students also learn about various ways of tissue care, the control of inflammation and the infection, including afflicted wounds with microorganisms, contamination, colonization. Students also become familiar with some diagnostic methods and their clinical and potential research value. • <i>Cleaning the wound.</i> Students get acquainted with the basic concepts or the basic purpose of wound cleaning. • <i>Wound dressings.</i> Local treatment of wounds in different etiologies depends on the stage of healing and the
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<p>kliničnimi protokoli, ki lahko služijo sledenju celjenja ran in raziskovanju.</p> <ul style="list-style-type: none"> • <i>Preprečevanje okužb.</i> Študent/ka se seznani s postopki in sredstvi, ki jih uporabljamo pri preprečevanju okužb. • <i>Delitev ran glede na etiologijo.</i> Študent/ka se seznani z delitvijo rane glede na etiologijo, največkrat gre za istočasen vpliv več dejavnikov. • <i>Obravnava opeklinskih ran v ambulantnem okolju.</i> Študent/ka se seznani z dejavniki tveganja za opeklinsko rano, diagnostiko, oceno globine, klinično sliko, zdravljenjem (konzervativnim in kirurškim). • <i>Diabetična noga.</i> Definicija, okužba, razjeda ali uničenje globokih tkiv noge ob spremljajoči nevropatiji oz periferni žilni bolezni spodnjih okončin pri pacientu s sladkorno boleznijo. Študent/ka se seznani z dejavniki tveganja, klinično sliko, diagnostiko, zdravljenjem, presejalnimi testi za paciente z diabetično nogo. • <i>Venska golenja razjeda.</i> Študent/ka se seznani z definicijo golenje venske razjede, dejavniki tveganja, diagnostiko, diferencialno diagnostiko, klinično sliko in zdravljenjem venske golenje razjede. • <i>Mešane arteriovenske razjede.</i> Študent/ka se seznani z definicijo, dejavniki tveganja, diagnostiko, klinično sliko in zdravljenjem mešanih arteriovenskih razjed. • <i>Razjeda zaradi pritiska (RZP).</i> Študent/ka se seznani z definicijo, dejavniki tveganja, diagnostiko, klinično sliko in zdravstveno oskrbo ter preprečevanjem RZP. • <i>Maligna kožna rana.</i> Študent/ka se seznani z definicijo, klinično sliko, zdravljenjem malignih kroničnih ran. • <i>Dodatni postopki zdravljenja ran.</i> Študent/ka se seznani s številnimi dodatnimi postopki zdravljenja kroničnih ran, kot so fototerapija, hiperbarični kisik, transkutana aplikacija CO₂, zdravljenje z negativnim površinskim pritiskom. 	<p>condition of the surrounding skin. Students learn to correctly assess the localization of the wound, size and depth, edges, wound bed, as well as degree of elimination from the wound, the condition of the surrounding skin, possible infection and pain. All of these factors influence the selection of the appropriate dressing for local treatment. Students get acquainted with the primary and secondary wound dressings and their properties. Students are acquainted with clinical protocols that can serve to the tracing of wound healing and research.</p> <ul style="list-style-type: none"> • <i>Prevention of infections.</i> Students get acquainted with the procedures and means used to prevent infections. • <i>Wound division according to etiology.</i> Students get acquainted with the wound division according to etiology, most often there is a simultaneous influence of several factors. • <i>Treatment of burns in an outpatient environment.</i> Students get acquainted with risk factors for burns, diagnosis, depth assessment, clinical picture, and treatment (conservative and surgical). • <i>Diabetic foot.</i> Definition, infection, ulceration or destruction of the deep tissue of the foot by accompanying neuropathy and peripheral vascular disorders of the lower limbs in a patient with diabetes. Students get acquainted with risk factors, clinical picture, diagnosis, treatment, screening tests for patients with diabetic foot. • <i>Venous ulcers.</i> Students get acquainted with the definition of venous ulcer, risk factors, diagnostics, differential diagnosis, clinical picture and the treatment of venous ulcers. • <i>Mixed arteriovenous ulcers.</i> Students get acquainted with the definition, risk factors, diagnostics, clinical picture and treatment of mixed arteriovenous ulcers. • <i>Pressure ulcers.</i> Students get acquainted with the definition, risk factors, diagnostics, clinical picture,
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	<p>health care and prevention of pressure ulcers.</p> <ul style="list-style-type: none"> • <i>Malignant skin wound.</i> students get acquainted with the definition, clinical picture, treatment of malignant chronic wounds. • <i>Additional wound healing procedures.</i> Students get acquainted with a number of additional treatment procedures for chronic wounds, such as phototherapy, hyperbaric oxygen, transcutaneous CO₂ application, treatment with negative surface pressure.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Planinšek Ručigaj, T. (2015). *Mešane vensko arterijske razjede in venska golenja razjeda.* Zbornik predavanj šole enterostomalne terapije.
- Urbančič Rovan, V. in Triller, C. (2008). *Oskrba diabetičnega stopala: priročnik za medicinske sestre in zdravstvene tehnike.* Združenje endokrinologov Slovenije pri slovenskem zdravniškem društvu.
- *Zborniki Simpozija o kroničnih ranah (2010-2018).* Portorož: Klinični oddelek za kirurške okužbe UKC Ljubljana.

Priporočljiva literatura/Recommended literature

- Ahčan, U. (2014). *Celostna obravnava opeklinskih poškodb.* Ljubljana: Grafika Gracer Celje.
- Breclj, E. (2014). *Maligne kožne rane – nastanek in zdravljenje.* (Elektronski vir), Portorož: Društvo za oskrbo ran Slovenije.

Cilji in kompetence:

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

- preučevati sodobna/aktualna vprašanja v klinični praksi,
- upoštevati načela raziskovanja in uporabiti raziskovalno metodologijo (metode in tehnike raziskovanja) v zdravstveni negi, pri promociji zdravja,
- preučevati načela in metode za izboljšanje kakovosti in varnosti v zdravstveni negi ter zdravstvenem in socialnem varstvu,
- raziskovati sodobna vprašanja v zdravstveni negi, obravnavati njihov pomen in uporabo v praksi,
- usposobljenost za prepoznavanje potreb po zdravstveni negi, določitev

Objectives and competences:

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

- studying contemporary/topical issues in the clinical practice,
- considering the principles of research and using research methodology (methods and techniques of research) in nursing care, in health promotion,
- studying the principles and methods for improving quality and safety in nursing care, as well as health and social care,
- studying contemporary issues in nursing care, and dealing with their importance and use in practice,
- qualification for recognising the nursing care needs, setting nursing

<p>negovalnih diagnoz, načrtovanje in izvajanje kakovostne in varne zdravstvene nege ter vrednotenje doseženih ciljev,</p> <ul style="list-style-type: none"> • obvladovanje raziskovalnih metod, postopkov, procesov in tehnologije, • avtonomnost pri sprejemanju odločitev v procesu zdravstvene nege. 	<p>diagnoses, planning and implementation of quality and safe nursing care, and evaluating the objectives achieved,</p> <ul style="list-style-type: none"> • mastering research methods, procedures, processes and technology, • autonomy in decision-making in the process of nursing care.
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Predvideni študijski rezultati:

Intended learning outcomes:

<p>Študent/študentka:</p> <ul style="list-style-type: none"> • pozna tipe kroničnih ran, klinično sliko, diagnostiko, metode zdravljenja, preventivo, • razume razvoj oziroma nastanek kronične rane in proces oskrbe kronične rane, • razvije sposobnost samostojne prepoznave problematike kronične rane in tudi procese zdravljenja, • se usposobi za kritično presojo kdaj je potrebno v proces zdravljenja vključiti ostale zdravstvene delavce – princip timskega dela. 	<p>Students:</p> <ul style="list-style-type: none"> • know the types of chronic wounds, clinical picture, diagnostics, methods of treatment, prevention, • understand the development or emergence of a chronic wound and the process of chronic wound care, • develop the ability to independently identify the problems of the chronic wound, as well as the treatment processes, • are trained to critically assess the necessity to involve other health professionals in the process of treatment - the principle of teamwork.
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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>seminarske vaje:</i> priprava, predstavitev in uspešen zagovor projektne/raziskovalne naloge, • <i>konzultacije.</i> 	<ul style="list-style-type: none"> • <i>lectures</i> with active student participation (explanation, discussion, questions, examples, problem solving); • <i>tutorial:</i> preparation, presentation and a successful defence of a project/research paper, • <i>consultations.</i>
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Načini ocenjevanja:

Delež (v %)

Weight (in %)

Assessment:

<p>Načini:</p> <ul style="list-style-type: none"> • izpit • izdelava, predstavitev in zagovor projektne/raziskovalne naloge <p>Ocenjevalna lestvica: ECTS.</p>	<p>50 %</p> <p>50 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • exam • preparation, presentation and defence of the project/research paper <p>Grading scheme: ECTS.</p>
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