

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Zdravstveni in psihosocialni vidiki staranja
Course title	Health and Psychosocial Aspects of Aging

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

Vrsta predmeta/Course type modularni/module

Univerzitetna koda predmeta/University course code 2ZN 2 M1 UN1

Predavanja	Seminar	Sem. vaje	Lab. vaje	Teren. vaje	Samost. delo	ECTS
Lectures	Seminar	Tutorial	Laboratory work	Field work	Individ. work	
20		30			130	6

Nosilec predmeta/Lecturer: izr. prof. dr. Jože Ramovš,
izr. prof. dr. Blaž Mlačak

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

Vsebina:	Content (Syllabus outline):
<p><u>Zdravstveni vidiki staranja</u></p> <p><i>Fiziologija staranja:</i></p> <ul style="list-style-type: none"> opredelitev staranja in starosti, geriatrija, gerontologija. <p><i>Teorije o staranju:</i></p> <ul style="list-style-type: none"> evolucijska teorija, molekularne teorije, celične teorije, sistemske teorije, nevroendokrini teoriji staranja, imunološka teorija staranja. <p><i>Telesne spremembe v starosti:</i></p>	<p><u>Health Aspects of Ageing</u></p> <p><i>Physiology of ageing:</i></p> <ul style="list-style-type: none"> definition of ageing and old age, geriatrics, gerontology. <p><i>Theories of ageing:</i></p> <ul style="list-style-type: none"> theory of evolution, molecular theories, cell theories, systemic theories, neuroendocrine theory of ageing, immunological theory of ageing. <p><i>Physical changes that come with ageing:</i></p>

<ul style="list-style-type: none"> • telesne bolezni, • slabljenje sluha in vida, • slabljenje spolnih sposobnosti, • slabša gibljivost, • zmanjšanje telesnih sposobnosti. <p><i>Duševne spremembe:</i></p> <ul style="list-style-type: none"> • izguba samozaupanja, • izguba samospoštovanja, • duševne motnje, depresija, • kognitivne motnje in demenca. <p><i>Geriatrični sindromi:</i></p> <ul style="list-style-type: none"> • inkontinenca urina, • inkontinenca blata • obstipacija, • in kronične rane (razjede zaradi pritiska, golenja razjeda..) • psihopatologija (depresija, psihične motnje, delirij..) • osteoporoza in zlom kosti, • slabša prehranjenost. <p><i>Najpogostejše kronične bolezni v starosti:</i></p> <ul style="list-style-type: none"> • bolezni srčno žilnega sistema (akutni miokardni infarkt, aritmije, anevrizme, srčno popuščanje), • bolezni kože in podkožja (karcinomi, melanom, razjede..), • bolezni ustne votline (paradontoza, karies, rak), • nefrološke bolezni (vnetja, inkontinenca, slabljenje ledvične funkcije..), • nevrološke bolezni (možganska kap, vrtoglavice, delirij, Parkinsonova bolezen...), • Bolezni kostno-mišičnega sistema (artroza, reumatoidni artritis), • Endokrine motnje (diabetes melitus, bolezni ščitnice), • onkološke bolezni (rak pljuč, dojke, rodil in sečil, danke in kože). <p><i>Problemi pri multimorbidnosti:</i></p> <ul style="list-style-type: none"> • sporazumevanje s pacientom, • vključevanje pacienta v proces zdravljenja (adherenca, komplanca), • opolnomočenje pacienta in sodelovanje pri zdravljenju, • multidisciplinarna obravnava polimorbidnega pacienta, • problem polifarmacija in polipragmazije. <p><i>Značilnosti kroničnih bolezni in zdravljenja v starosti:</i></p>	<ul style="list-style-type: none"> • physical conditions, • visual and hearing impairment, • impaired sexual function, • restricted mobility, • reduced physical abilities. <p><i>Mental changes:</i></p> <ul style="list-style-type: none"> • loss of self-confidence, • loss of self-respect, • mental disorders, depression, • cognitive disorders and dementia. <p><i>Geriatric syndromes:</i></p> <ul style="list-style-type: none"> • urinary incontinence, • faecal incontinence • obstipation, • chronic wounds (pressure ulcer, decubitus), • psychopathology (depression and psychological problems, delirium) • osteoporosis and bone fracture, • poor nutrition. <p><i>Most common chronic diseases in the old age:</i></p> <ul style="list-style-type: none"> • cardiovascular diseases (acute myocardial infarction, arrhythmias, aneurisms, heart failure), • skin diseases (cancer, melanoma, pressure ulcers), • oral cavity diseases (paradontosis, caries, cancer), • nephrological (infection, incontinence, renal insufficiency), • neurological (stroke, vertigo, delirium, Parkinson's disease), • rheumatic and orthopaedic diseases (arthrosis, arthritis), • endocrine disorders (diabetes mellitus, thyroid disorders), • oncology diseases (lung/breast/female reproductive system/urinary system/rectum/skin cancer). <p><i>Problems surrounding multimorbidity:</i></p> <ul style="list-style-type: none"> • communication with patients, • patient inclusion in treatment (adherence, compliance), • patient empowerment and their involvement in treatment, • holistic and team treatment of a polymorbid patient, • problems of polypharmacy and polypragmasia. <p><i>Characteristics of chronic diseases and treatment in the old age:</i></p>
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<ul style="list-style-type: none"> • atipična slika bolezni, • podaljšano okrevanje in rehabilitacija, • pogosta poslabšanja zdravstvenega stanja, • pogosti zapleti in trajne posledice, • polifarmacija in stranski učinki zdravil, • tuja pomoč pri zdravljenju, negi in oskrbi, • sočasno pojavljanje kroničnih bolezni, <p><i>Integrirana zdravstvena nega in oskrba starejših:</i></p> <ul style="list-style-type: none"> • celostni pristop v obravnavi starejših, • oskrba v instituciji, domu starejših občanov, • timska obravnava pacienta s kroničnimi boleznimi (družinski zdravnik, medicinska sestra, specialisti različnih strok), • vključevanje pacienta v proces zdravljenja (adherenca, complianca), • partnerski odnos v procesu zdravljenja: bolnik / pacient, družinski člani, zdravstvenogovalni kader in ostali zdravstveni delavci. <p><i>Paliativna zdravstvena nega in oskrba starejših:</i></p> <ul style="list-style-type: none"> • pacient s hudo neozdravljivo boleznijo, • umirajoči pacient, • vloga nevladnih organizacij, hospice, • etične dileme pri oskrbi pacienta v terminalni fazi. <p><i>Raziskovanja zdravstvenih problemov v starosti:</i></p> <ul style="list-style-type: none"> • epidemiološke raziskave: prospektivne, presečne, • zadovoljstvo oskrbovancev s kakovostjo oskrbe: zdravstvene, socialno-varstvene, • izbira primerne metodološkega pristopa pri raziskavah, <p><u>Psihosocialni vidiki staranja</u></p> <ul style="list-style-type: none"> • <i>Psihosocialne potrebe in zmožnosti v starosti z vidika celotne antropologije.</i> Regresivni in razvojni vidiki staranja. • <i>Pomen dvosmerne povezanosti med psihosocialnimi in telesnimi procesi za zdravo staranje.</i> Preventivni, terapevtski in paliativni vidiki. • <i>Socialna mreža osebnega odnosa in »kljubovalna moč duha« (Frankl) ob starostnem pešanju.</i> Osebni odnos, komunikacija, smisel onemoglosti in oskrbe v onemoglosti. 	<ul style="list-style-type: none"> • atypical symptoms of diseases, • prolonged recovery and rehabilitation, • common deterioration of health status, • frequent complications and permanent consequences, • polypharmacy and side-effects of medications, • external assistance in treatment and care, • multimorbidity of chronic diseases. <p><i>Integrated nursing care and care of older people:</i></p> <ul style="list-style-type: none"> • holistic approach in the treatment of older people, • institutional care, nursing home, • treatment teams providing care to chronic patients (family doctor, nurse, different medical specialists), • patient involvement in treatment (adherence, compliance), • partnership in treatment: patient, family members, nursing care staff, other healthcare professionals. <p><i>Palliative nursing and care of older people:</i></p> <ul style="list-style-type: none"> • patients suffering from severe incurable disease, • dying patient, • role of NGOs, hospice, • ethical dilemmas in the care of a terminally ill patient. <p><i>Research of health problems in the old age:</i></p> <ul style="list-style-type: none"> • epidemiological studies: prospective, cross-sectional, • satisfaction of care recipients with the quality of treatment: healthcare, social security aspects, • selection of an appropriate methodology in research. <p><u>Psycho-social Aspects of Ageing</u></p> <ul style="list-style-type: none"> • <i>Psychosocial needs and abilities in the old age from the anthropological point of view.</i> Regression and development aspects of aging. • <i>The importance of a two-way relationship between psychosocial and physical processes for healthy aging.</i> Preventive, therapeutic and palliative aspects. • <i>A social network of personal relationships and the "defiant power of</i>
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	the spirit" (Frankl) during the old age. Personal attitude, communication, sense of disability and care in disability.
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Temeljna literatura in viri/Readings:

Temeljna literatura/Basic literature

- Beers, M. H., Berkow, R., eds. (2000). *The Merck Manual of Geriatrics. 3rd Edition*. Whitehouse Station: Merck Research Laboratories.
- Fillit, H., Rockwood, K. in Young, J. B. (2016) *Blocklehurst's Textbook of Geriatric Medicine and Gerontology*. New York: Elsevier.
- Fink, A., Jelen Jurič, J., Kolar, J. (2012) *Zdravstvena nega starostnika*. Ljubljana: Grafenauer.
- Hazard, W. R., Blass, J. P., Halter, J. B., Ouslander, J. G., Tinetti, M. E., eds. (2003). *Principles of Geriatric Medicine and Gerontology*. New York: McGraw Hill.
- Košnik, M., Mrevlje, F., Štajer, D., Černelič, P., Koželj, M., eds. (2011). *Interna medicina. 3. izdaja*. Ljubljana: Littera picta.
- Ramovš, J. (2003). *Kakovostna starost. Socialna geontologija in gerontatogika*. Ljubljana: Inštitut Antona Trstenjaka za gerontologijo in medgeneracijsko sožitje in SAZU.
- *Staranje v Sloveniji. Raziskava o potrebah, zmožnostih in stališčih nad 50 let starih prebivalcev Slovenije* (2013). Ljubljana: IAT.

Priporočljiva literatura/Recommended literature

- Cedilnik – Gorup, E. (ur.)(2015). *Obvladovanje sočasnih bolezni in stanj pri starajoči se populaciji: 32. učne delavnice za zdravnike družinske medicine*. Ljubljana: Zavod za razvoj družinske medicine.
- Gabrovec, B. in Zaletel, J. (2016). *Kronične bolezni z vidika multimorbidnosti. Revija za zdravstvene vede*, 3 (1), 43-55.
- Izbrani članki iz zbornikov znanstvenih srečanj, izbrani članki iz domačih in tujih znanstvenih revij, izbrane internetne strani.

Cilji in kompetence:

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

- celovito kritično razmišljanje, sposobnost analize, sinteze in predvidevanja rešitev s področij zdravstvenih ved, zdravstvene nege in medicine; družboslovnih in humanističnih ved, naravoslovno-matematičnih ter drugih ved (interdisciplinarnost),
- usposobljenost za prepoznavanje potreb po zdravstveni negi, določitev negovalnih diagnoz, načrtovanje in izvajanje kakovostne in varne

Objectives and competences:

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

- comprehensive critical thinking, the ability to analyse, synthesise and predict solutions in the field of nursing care, humanities, educational, social, organisational, natural mathematical and other sciences (interdisciplinarity),
- qualification for recognising the nursing care needs, setting nursing diagnoses, planning and implementation of quality and safe nursing care, and evaluating the objectives achieved,

<p>zdravstvene nege ter vrednotenje doseženih ciljev,</p> <ul style="list-style-type: none"> • obvladovanje raziskovalnih metod, postopkov, procesov in tehnologije, • pedagoško vzgojno delo s poudarkom na skrbi za telesno in duševno zdravje, • poznavanje pomena implementacije pristopa »na dokazih temelječega znanja/spoznanj zdravstvene nege« v klinično okolje, • celovit pristop k zagotavljanju kakovosti in varnosti na področju zdravstvene dejavnosti, • ozaveščenost o nujnosti lastnega strokovnega izpopolnjevanja, dopolnjevanja, poglobljanja in posodabljanja znanja, • zavezanost profesionalni etiki, sposobnost etičnega odločanja in ravnanja v primeru etičnih dilem v zdravstveni negi, • obvladovanje temeljnega psihocialnega znanja za gerontološko zdravstveno delo, • razumevanje celovitosti človeka in prepoznavanje njegovih telesnih, duševnih, socialnih, duhovnih, razvojnih in bivanjskih potreb v starosti, • prepoznavanje potreb starega pacienta ob upoštevanju njegovih vrednot, razvojnih nalog, življenjskega stila, družbenih norm in kapitala za zdravje in kakovosti življenja ter smiselno zadovoljevanje teh potreb, • medpoklicno sodelovanje, timsko in projektno delo na področju skrbi za zdravje, kakovost življenja in dobro počutje starejših pacientov in njihovih družin, • prepoznavanje potreb po spremembah in uvajanje inovacij v strokovno okolje, • interdisciplinarno uporabo znanja s področja metodologije raziskovanja na psihosocialnem področju zdravstvene nege, • celostno raziskovanje v gerontoški zdravstveni negi na individualnem, skupinsko-družinskem in skupnostnem področju. 	<ul style="list-style-type: none"> • mastering research methods, procedures, processes and technology, • pedagogical work with the emphasis on care for physical and mental health, • knowing the importance of the implementation of the so-called evidence-based knowledge/findings of nursing care into the clinical environment, • a comprehensive approach to the quality assurance in the field of healthcare activity, • the awareness of the necessity of one's own professional training, updating, broadening and complementing knowledge, • commitment to professional ethics, the ability to ethically decide and act in the event of ethical dilemmas in nursing care. • mastering basic psychosocial knowledge for gerontological health care, • understanding the integrity of a person and recognizing physical, mental, social, spiritual, developmental and living needs in the old age, • recognizing the needs of the old patient, taking into account his values, development tasks, lifestyle, social norms and capital for health and quality of life, and meaningful satisfaction of these needs, • inter-professional cooperation, teamwork and project work in the field of health care, quality of life and well-being of older patients and their families, • identifying needs for changes and introducing innovations in the professional environment, • interdisciplinary application of knowledge in the field of research methodology in the psychosocial aspect of nursing, • integrated research in gerontological nursing at the individual, group-family and community level.
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Predvideni študijski rezultati:***Student/šudentka se usposobi za:***

- izbiro in uporabo ustreznih kvalitativnih in kvantitativnih raziskovalnih metod ter komplementarno interpretiranje dobljenih rezultatov,
- kritično vrednotenje izsledkov kvalitativnih in kvantitativnih raziskav,
- promoviranje zdravja, ocenjevanje tveganja za nastanek bolezni in skrb za varnost ter zdravje ljudi,
- razumevanje zdravstveno vzgojnih, didaktičnih pojmov ter njihovo fleksibilno uporabo,
- primerno komuniciranje v negovalnem timu ter interdisciplinarnem in multidisciplinarnem timu, razvoj in vzdrževanje profesionalnih medsebojnih odnosov med zaposlenimi, pacienti, njihovimi družinami, skupinami in lokalno skupnostjo,
- prenašanje enotne doktrine zdravstvene nege in promocije zdravja v prakso,
- razumevanje zdravstvene nege kot znanstvene discipline,
- vrednotenje in ocenjevanje kakovosti izvedenih intervencij v zdravstveni negi,
- prepoznavanje neločljive povezanosti med telesno in psihosocialno razsežnostjo človeka in njenim pomenom za zdravo staranje,
- razumevanje pomena sožitja med generacijami za starajoče se in mlajše generacije,
- razvijanje znanja in veščin za psihosocialne vidike načrtovanja, vodenja, koordiniranja, izvajanja in vrednotenja zdravstvene nege starih ljudi ter sodelovanja z njihovimi svojci,
- raziskovanje in metode za proučevanje psihosocialnih vidikov gerontološke zdravstvene nege ter etične vidike tega dela.

Intended learning outcomes:***Students will obtain knowledge and skills for:***

- the selection and use of appropriate qualitative and quantitative research methods as well as complementary interpretation of results,
- critical assessment of qualitative and quantitative research findings,
- active promotion of health, risk assessment and care for the safety and health of people,
- understanding basic health education and didactic terms and their flexible use,
- appropriate communication in a nursing, health or multidisciplinary team, the development and maintenance of good mutual relations among employees, patients, their families, groups and the community,
- transferring the uniform nursing care doctrine and health promotion into practice,
- understanding nursing care as a scientific discipline,
- the ability for assessment and evaluation of quality of performed interventions in nursing care,
- recognizing the inseparable connection between the physical and psychosocial dimension of a person and its significance for healthy aging,
- understanding the importance of coexistence between generations for aging and younger generations,
- developing knowledge and skills for psychosocial aspects of planning, managing, coordinating, implementing and evaluating nursing care of older people and working with their relatives,
- research and methods for studying the psychosocial aspects of gerontological nursing and the ethical aspects of this work.

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:

Delež (v %)

Weight (in %)

Assessment:

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