

	UČNI NAČRT PREDMETA/COURSE SYLLABUS
Predmet	Reproduktivno zdravje
Course title	<i>Reproductive Health</i>

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 IP12

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

Nosilec predmeta/Lecturer: izr. prof. dr. Nataša Tul Mandić

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"> A 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):

<p><i>Porodništvo.</i></p> <ul style="list-style-type: none"> Pravilna nosečnost. Spremembe na telesu nosečnice. Spremljanje in vodenje pravilne nosečnosti. Preiskave v nosečnosti. Pravilni porod. Spremljanje, usmerjanje pravilnega poroda. Pravilno poporodno obdobje. Spremljanje poporodnega obdobja. Vloga patronažne službe v poporodnem obdobju. Splav. Krvavitve v prvi polovici nosečnosti. Pozne nosečnostne toksemije. 	<p><i>Obstetrics.</i></p> <ul style="list-style-type: none"> Appropriate pregnancy. Changes in the body of pregnant women. Monitoring and management of the appropriate pregnancy. Tests during pregnancy. Appropriate delivery. Monitoring and assisting the delivery. Proper postpartum period. Monitoring the postpartum period. Role of the district nurse services in the postpartum period. Abortion.
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<ul style="list-style-type: none"> • Krvavitve v drugi polovici nosečnosti. • Nepravilna poporodna doba. Spremljanje nepravilne poporodne dobe. Vloga patronažne službe. Fiziologija in patologija dojk. <p><i>Ginekologija.</i></p> <ul style="list-style-type: none"> • Fiziologija menstrualnega ciklusa. • Diagnostične metode v ginekologiji. • Krvavitve v ginekologiji. • Menopavza. • Spolno prenosljive bolezni. • Vnetja v ginekologiji. • Endometrioza. • Ginekološka onkologija. • Načrtovanje družine. Demografska statistika. Sociološki problemi. Kontracepcija. Sterilizacija. Splav kot epidemiološki problem. • Urinska inkontinenca pri ženski. • Neplodnost. 	<ul style="list-style-type: none"> • Bleeding in the first half of pregnancy. • Late pregnancy toxæmias. • Bleeding in the second half of pregnancy. • Inappropriate postpartum period. Monitoring the inappropriate postpartum period. Role of the district nurse services. Physiology and pathology of breasts. <p><i>Gynaecology.</i></p> <ul style="list-style-type: none"> • Physiology of the menstrual cycle. • Diagnostic methods in gynaecology. • Bleeding in gynaecology. • Menopause. • Sexually transmitted diseases. • Inflammations in gynaecology. • Endometriosis. • Gynaecologic oncology. • Family planning. The demographic statistics. Sociological problems. Contraception. Sterilisation. Abortion as epidemiological problem. • Urinary incontinence in women. • Infertility.
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Temeljna literatura in viri/Readings:

<ul style="list-style-type: none"> • Berek, J., S. (2002). Novak's gynecology. Philadelphia: Lippincott, Williams & Wilkins. • Borko, E., Takač, I. (1966). Ginekologija. Maribor: Univerza v Mariboru, Visoka zdravstvena šola. • Danforth, D. N., Scott, J. R. (1999). Danforth's obstetrics and gynecology. Philadelphia: Lippincott, Williams & Wilkins. • Pajntar, M., Novak Antolič, Ž. (2004). Nosečnost in vodenje poroda. Ljubljana: Cankarjeva založba. – 2; 2015 • <i>Priporočljiva literatura</i> • Baker, P. (2006). Obstetrics by ten teachers. London: Arnold. • Davis, M. E., Rubin, R. (1963). De Lee's obstetrics for nurses. Philadelphia: Saunders. • Lavrič, V. (1996). Porodništvo, I. del. Ljubljana: Šola za zdravstvene delavce za ginekološko in porodniško smer. • Lavrič, V. (1996). Porodništvo, II. del. Ljubljana: Šola za zdravstvene delavce za ginekološko in porodniško smer. • Lavrič, M., Puerperij, V., Kurjak, A. in sod. (eds.) (1995). Ginekologija i perinatologija II. Varaždinske Toplice: Golden Time. • Kralj, B. (1995). Urinska inkontinenca pri ženski = Urinary incontinence in women. Obzor. Zdrav. Nege, 1995, let. 29, št. 1-2, str. 47-51.

- Lavrič, V., Kralj, B. (1963). Produženi porodaj. Ginekol. opstet, 3, št. 3, str. 51-58.
- Pajntar, M. (2004). Nosečnost in vodenje poroda. Ljubljana: Cankarjeva založba.
- Plevnik, S., Šuhel, P., Rakovec, S., Kralj, B. (1998). Effects of functional electrical stimulation on the urethral closing muscles. Med. biol. eng. comput., 1977, letn. 15, str. 155-167.
- Skoberne, M. Zdravstvena nega nosečnice, porodnice in otročnice. Ljubljana: Univerza v Ljubljani, Visoka šola za zdravstvo.

Cilji in kompetence:

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

- usposobljenost za avtonomno holistično, tolerantno, skrbno in občutljivo obravnavo posameznika ali skupine, brez izrekanja sodb ob zagotavljanju pravic in zaupanja posameznikov ali skupin,
- uporaba informacijsko-komunikacijske tehnologije in sistemov na strokovnih področjih,
- usposobljenost za prevzemanje odgovornosti pri profesionalnem delu,
- usposobljenost za sprejemanje odgovornosti za profesionalni razvoj in učenje, izboljševanje lastnega dela skozi evalvacijo, da se zagotovi kvaliteta storitev,
- vključevanje profesionalne etike in pravne zakonodaje, prepoznavanje in uporaba moralnih in etičnih načel pri strokovnem praktičnem delu,
- sposobnost izobraževati in vzgajati za ohranjanje zdravja ter dobrega počutja zdrave in bolne populacije, družbene skupnosti, skupin in posameznikov,
- sposobnost vključevanja standardov kakovosti s kritičnim ocenjevanjem, interpretacijo ter sintezo informacij in pomočjo pacientom pri izbiri,
- sposobnost spoštovati pacientovo dostojanstvo, zasebnost in zaupnost podatkov,
- izvajanje zaščitnih ukrepov za preprečevanje okužb,

Objectives and competences:

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

- 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,
- using the information-communication technology and systems in the professional areas,
- the ability of 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,
- the integration of professional ethics, legislation, recognition and application of the moral and ethical principles at the professional practical work,
- being able to educate and raise for retaining health and well-being of both, the healthy and sick population, societies, groups and individuals,
- 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 the data;
- being trained to perform the safety procedures in case of infections;
- being trained to perform the first aid procedures - emergency medical assistance,

<ul style="list-style-type: none"> • usposobljenost za izvajanje nujne medicinske pomoči, • zmožnost, da teoretično znanje s področja zdravstvene nege v ginekologiji in porodništvu aplicira v strokovno delo, • sposobnost uporabiti temeljno znanje s področja ginekologije in porodništva v praksi, • obvladovanje raziskovalnih metod, postopkov in procesov, razvoj kritične in samokritične presoje. 	<ul style="list-style-type: none"> • the ability of using the basic knowledge in the field of gynaecology and obstetrics in practice, • management of research methods, procedures and processes, the development of a critical and self-critical review.
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Predvideni študijski rezultati:

Študent/študentka:

- lahko opravlja samostojno zdravstvenovzgojno delo v vzgojnih ustanovah – osnovnih in srednjih šolah ter učnih delavnicah.
- lahko samostojno dela v patronažnem zdravstvenem varstvu, ki vključuje zdravstvenovzgojno in preventivno delo ter pravočasno napotitev na ustrezno zdravljenje.

Intended learning outcomes:

Students:

- may perform independent health education in educational institutions – primary schools, secondary schools, and educational workshops.
- can independently perform district nursing services, which include health education, prevention, and timely referral to appropriate treatment.

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:

<p>Načini:</p> <ul style="list-style-type: none"> • 100 % udeležba na predavanjih in vajah: priprava, predstavitev in zagovor projektne/raziskovalne naloge – 100 % ocene; • če študent ni 100 % udeležen na predavanjih in vajah: <ul style="list-style-type: none"> - izpit – 60 % ocene, 	<p>100 %</p> <p>ali / or</p> <p>60 %</p>	<p>Types:</p> <ul style="list-style-type: none"> • 100 % attendance at lectures and tutorials: preparation, presentation and defence of project/research paper – 100 % of the grade; • if the students' attendance at lectures and tutorials is not 100%: <ul style="list-style-type: none"> - exam - 60% of the grade,
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<p>- priprava, predstavitev in zagovor projektne/raziskovalne naloge – 40 % ocene.</p> <p>Ocenjevalna lestvica: ECTS.</p>	<p>40 %</p>	<p>- preparation, presentation and defense of the project/research paper – 40% of the grade.</p> <p>Grading scheme: ECTS.</p>
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