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TO THE PATIENT**
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CELOSTNA OBRAVNAVA PACIENTA

HOLISTIC APPROACH TO THE PATIENT

ZBORNIK POVZETKOV

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Clinical Picture of Crohn's Disease in Different Populations

It is estimated that about 2.5 million Caucasian Europeans worldwide have inflammatory bowel disease (IBDs). Crohn's disease (CD) and ulcerative colitis (UC) are the most important types of IBDs. At the World Congress of Gastroenterology in Montreal in 2005, the Montreal classification (Mc) for CD was proposed. The Mc takes into account: the age at diagnosis, location of changes and disease manifestation. The aim of the study was to establish the differences of CD phenotype in selected populations, based on Mc analysis of available literature in the PubMed database (including own results) and Google Scholar search engine, using the keywords CD and Montreal classification were performed. The main incidence peaks are between the ages of 15–35 and 60–80. It was noted that in 20% of the patients, the symptoms of disease may persist without remission periods. The clinical manifestation is related to the stage of the disease as well as the location and the extent of the lesions. Manifestation of CD in investigated populations based on Mc vary between populations in: age category (< 17 years, 17–40 years and > 40 years), location (ileal, colonic, ileo-colonic, isolated upper digestive) and behavior (fistulas, non-stricturing/non-penetrating, stricturing/penetrating and perianal changes).

Keywords: Clinical picture, Crohn's disease, Montreal classification, populations

Klinična slika Crohnove bolezni pri različnih populacijah

Ocenjuje se, da ima po vsem svetu približno 2,5 milijona kavkaških Evropejcev vnetno črevesno bolezen (VČB). Crohnova bolezen (CB) in ulcerozni kolitis (UC) sta najpomembnejši vrsti VČB. Na svetovnem kongresu gastroenterologije v Montrealu leta 2005 je bila predlagana za CB predlagana montrealaska klasifikacija (MK). MK upošteva: starost ob diagnozi, lokacijo sprememb in manifestacijo bolezni. Cilj študije je bil ugotoviti razlike v fenotipu CB v izbranih populacijah na podlagi MK. Opravljena je bila analiza razpoložljive literature v zbirki podatkov PubMed (vključno z lastnimi rezultati) in iskalniku Google Scholar z uporabo ključnih besed CB in montrealaska klasifikacija. Glavni vrhovi incidence so med 15-35 in 60-80 let. Ugotovljeno je bilo, da lahko pri 20% bolnikov simptomi bolezni trajajo tudi brez remisije. Klinična manifestacija je odvisna od stopnje bolezni, pa tudi od lokacije in obsega lezij. Manifestacija CB v preiskovanih populacijah, ki temeljijo na MK, se med populacijami razlikuje glede na: starostno kategorijo (< 17 let, 17–40 let in > 40 let), lokacijo (ilealno, debelo črevo, ilealno-debelo črevo, izolirana zgomja prebavila) in vedenje (fistule, neomejene / neprebadajoče, omejene / prebadajoče in perianalne spremembe).

Ključne besede: klinična slika, Crohnova bolezen, montrealaska klasifikacija, populacije

Nastava engleskog jezika i komunikacijskih vještina u sestrinstvu na daljinu

Prelazak visokoškolske nastave iz fizičke u virtualnu učionicu uslijed pandemije koronavirusa doveo je do promjene u načinu izvođenja nastave te je postavio značajan izazov nastavnicima koji su u kratko vrijeme morali prilagoditi nastavne metode i materijale izvođenju nastave na daljinu. Poseban je izazov postavljen pred nastavnike koji predaju predmete čiji nastavni oblici zahtijevaju konstantnu komunikaciju sa studentima tijekom nastave, kao što su predmeti iz područja komunikacijskih vještina i nastave stranih jezika. U ovome radu opisane su prednosti izvođenja nastave na daljinu, ali i izazovi s kojima su se nastavnici susreli tijekom izvođenja ovog oblika nastave. U svrhu dobivanja uvida u stavove studenata koji su sudjelovali i u klasičnoj nastavi i u nastavi na daljinu, provedeno je istraživanje o prednostima i nedostacima učenja stručnog engleskog jezika na daljinu koje je provedeno među studentima prve godine preddiplomskog studija Sestrinstvo na Veleučilištu u Bjelovaru. Rezultati istraživanja opisani su korištenjem metoda deskriptivne statistike. Predstavljene su primjeri dobre prakse na Veleučilištu u Bjelovaru korišteni tijekom izvođenja nastave na daljinu iz predmeta usmjerenih na stjecanje komunikacijskih vještina na hrvatskom i engleskom na stručnom studiju Sestrinstvo.

Glavne riječi: komunikacijske vještine, učenje na daljinu, sestrinstvo, stručni engleski jezik

Teaching English and Communication Skills to Nursing Students Online

The transfer of higher education classes from physical to virtual classrooms due to the coronavirus pandemic has posed a significant challenge for teachers who were forced to adapt their teaching methods and materials to online teaching within a short time. Teachers who teach courses that require constant communication with students during the classes, such as communication skills and foreign language teachers, have faced a special challenge. This paper presents the advantages of online teaching, but also the challenges that teachers had to face while teaching online. For the purpose of gaining an insight into the attitudes of students who participated both in traditional classes and online classes, a research was conducted about the advantages and disadvantages of online teaching of English for specific purposes in nursing. The research was conducted among first-year students of undergraduate study programme in Nursing at the Bjelovar University of Applied Sciences. The results were described using the methods of descriptive statistics. The paper presents the examples of good practice in teaching communication skills and English for specific purposes to nursing students of the Bjelovar University of Applied Sciences.

Keywords: communication skills, distance learning, nursing, English for specific purposes

Implementacija joge u fizioterapiju

Da bi imali cjelovit pristup pacijentu, moramo imati otvoren i cjelovit pristup obrazovanju. Djelovanje joge u terapijske svrhe već je dugi niz godina predmetom istraživanja. Raznim istraživanjima na velikim uzorcima utvrđeno je da 70 % fizioterapeuta u svom radu koristi yogu u rehabilitacijskom procesu ali sva znanja imaju iz osobnog iskustva, ne dobivaju ih u formalnom obrazovanju. Našim istraživanjem htjeli smo utvrditi vide li fizioterapeuti u Hrvatskoj poveznicu između joge i fizioterapije i dal smatraju da bi znanstveno dokazane elemente joge korisne u rehabilitaciji trebali učiti u svom formalnom obrazovanju. Provedena je telefonska anketa među fizioterapeutima od jednog osnovnog pitanja i potpitanja. Ispitanici su bili fizioterapeuti iz različitih hrvatskih regija. Podatke ankete smo obradili kvalitativno. Fizioterapeuti uglavnom vide poveznicu joge i fizioterapije i većinom smatraju da bi dokazane elemente joge u terapijske svrhe trebalo uvesti u formalno obrazovanje fizioterapeuta. Nužno je otvaranje medicinske struke prema alternativnoj medicini. Važno je da se upravo zdravstveni djelatnici educiraju na temeljima znanstvenih dokaza, prate istraživanja i pišu radove kako bi preporukom od strane stručnjaka pacijenti stekli povjerenje u takav način terapijske nadopune klasičnoj medicini.

Ključne riječi: yoga, fizioterapija i joge, yoga terapija, yoga u rehabilitaciji

Implementation of Yoga in Physiotherapy

In order to have a holistic approach to the patient, we must have a holistic approach to education as well. The use of yoga for therapeutic purposes has been the subject of research for many years. Various studies on large samples have shown that 70% of physiotherapists use yoga in the rehabilitation process, but they all have the knowledge from personal experience, not obtained in formal education. Our research was intended to determine whether physiotherapists in Croatia see a link between yoga and physiotherapy and whether they believe that scientifically proven parts of yoga, which are useful in rehabilitation, should be taught in their formal education. A telephone survey was conducted among physiotherapists on one basic question and sub-question. The subjects were physiotherapists from different Croatian regions. We processed the survey data qualitatively. Physiotherapists generally see a link between yoga and physiotherapy and mostly believe that proven elements of yoga for therapeutic purposes should be introduced into the formal education of physiotherapists. It is necessary to open medical profession to alternative medicine. It is important that healthcare professionals are educated on the basis of scientific evidence, follow research and write papers so that, with the recommendation of experts, patients gain confidence in such a therapeutic addition to classical medicine.

Keywords: yoga, physiotherapy and joge, yoga therapy, yoga in rehabilitation

Učinkovitost manualne terapije pri obravnavi osteoartroze kolena – pregled literature

Osteoartroza je degenerativna kronična bolezen mišično-kostnega sistema, za katero je značilno postopno razvijanje bolečine, togosti sklepa in omejitve gibljivosti. Najpogosteje prizadene kolenski sklep. Je neozdravljiva bolezen, zato je zdravljenje usmerjeno v lajšanje simptomov. Ena od možnosti konservativnega zdravljenja je manualna terapija. Namen prispevka je na podlagi pregleda literature predstaviti učinkovitost postopkov manualne terapije pri obravnavi osteoartroze kolena. Iskanje člankov je potekalo v podatkovnih zbirkah PubMed, Science Direct in PEDro s ključnimi besedami v angleškem jeziku knee osteoarthritis [Title/Abstract] AND physiotherapy, manual therapy, passive joint mobilization, patella mobilization therapy, massage. Analizirali smo devet raziskav, v katerih so bili uporabljene različne tehnike manualne terapije. Tehnike so v največji meri vplivale na zmanjšanje bolečine, togosti in izboljšanje gibljivosti sklepa, izboljšave pa so bile vidne tudi v izvedbi funkcijskih testov. Smiselna je kombinacija manualne terapije s kinezioterapijo. Učinki manualne terapije s časom verjetno nekoliko izzvenijo, vendar so na tem področju potrebne dodatne raziskave.

Ključne besede: osteoartroza kolena, fizioterapija, manualna terapija

Effectiveness of Manual Therapy in Treatment of Knee Osteoarthritis – Literature Review

Osteoarthritis is a degenerative chronic disease of musculoskeletal system, which is characterized by a gradual onset of pain, stiffness and limitation of movement. It most commonly affects the knee joint. It is an incurable disease, therefore its treatment is directed towards the reduction of symptoms. One of the possible choices for conservative treatment is manual therapy. The purpose of this article is to present the efficiency of manual therapy in treatment of knee osteoarthritis based on a literature review. The search for articles was conducted in data bases PubMed, Science Direct and PEDro, with key words in English language knee osteoarthritis [Title/Abstract] AND physiotherapy, manual therapy, passive joint mobilization, patella mobilization therapy, massage. We analysed nine studies in which they used different manual therapy techniques. The biggest impact was seen on reducing pain and stiffness as well as improving range of motion, though manual therapy also showed improvements in performance of functional tests. It would be reasonable to combine manual therapy with kinesiotherapy. The effects of manual therapy will likely diminish with time, though further studies of this area are needed.

Keywords: knee osteoarthritis, physiotherapy, manual therapy

Pripravljenost študentov zdravstvene nege za vodenje svoje karierne poti

Med nadaljevanjem gospodarske negotovosti in zelo konkurenčnega trga dela so strategije za krepitev zaposljivosti študentov pomembno vprašanje ponudnikov visokošolskega izobraževanja širom sveta. Mednarodne raziskave so izpostavile potrebo univerz k nujnosti strateškega pristopa h kariernemu menedžmentu. Torej se morajo prizadevanja visokega šolstva razširiti tudi na razvoj in krepitev kariernih kompetenc za uspešen karierni menedžment njihovih diplomantov, z namenom, da opremijo študente z ustreznimi kompetencami za uspešne karierne korake in prehod v sfero dela že tekom študija. Prevezemanje odgovornosti in karierni menedžment oblikujeta tisto, kar predstavlja diplomanta, ki je pripravljen za delo. S kvantitativno empirično raziskavo na vzorcu študentov prve stopnje Fakultete za zdravstvene vede UNM proučimo pripravljenost študentov na razvoj in krepitev kariernih kompetenc za uspešen karierni menedžment bodočih diplomantov, ki morajo biti ustrezno usposobljeni in spretni pri izbiri kariernih ciljev, kmarjenju po različnih zaposlitvenih priložnostih in izražanju njihovih prednosti in sposobnosti.

Ključne besede: karierne kompetence, študent, karierni menedžment, kariera

The Ability of Nursing Students to Manage their Career Path

Strategies to increase student employability are an important issue for higher education providers around the world during the continuing economic uncertainty in a highly competitive labor market. International researchs have highlighted the need for a strategic approach to career management at the universities. Therefore, the efforts of higher education must be extended to the development and strengthening of career competencies for successful career management of their students, in order to equip students with appropriate competences for successful career steps and transition to the labour market. Taking responsibility for their own career management represents a graduate who is ready for work. Quantitative empirical research on a sample of first-cycle students at the Faculty of Health Sciences UNM examines students' readiness to develop and strengthen career competences for successful career management of future graduates, who must be properly trained and skilled for choosing career goals, navigating their various employment opportunities and promoting advantages and skills.

Keywords: career competences, student, career management, career

Vpliv timskega dela na kakovost in varnost oskrbe pacientov

Timsko delo je ključno za zagotavljanje kakovosti in varnosti oskrbe pacientov. Pomembno je, da izvajalci zdravstvene nege in zdravniki medsebojno sodelujejo in delujejo kot tim, saj se s tem povečuje kakovost in varnost oskrbe pacientov ter zmanjšujejo napake v zdravstvu, ki so posledica slabe komunikacije in medosebnih odnosov. Timsko delo krepi medsebojno povezanost in sodelovanje, kar posledično vpliva na kakovost in varnost oskrbe pacientov. Pregled literature smo izvedli s pomočjo različnih podatkovnih baz PubMed (Public Medline), Springer Link, CINAHL ter COBISS. Za iskanje literature v slovenskem jeziku smo uporabili naslednje ključne besede: medicinska sestra, kakovost in varnost in v angleškem jeziku: teamwork, nurse, patient, safety in quality. V raziskavo smo vključili samo tiste članke, pri katerih smo lahko dostopali do celotnega besedila. Pri iskanju literature smo upoštevali časovno obdobje 2011-2020, omejili smo se na članke objavljene v slovenskem in angleškem jeziku. S pregledom literature smo ugotovili, da je timsko delo ključno za zagotavljanje varne in kakovostne obravnave pacientov. Ugotovili smo tudi, da timsko delo zmanjšuje verjetnost napak v zdravstvu ter krepi zadovoljstvo izvajalcev zdravstvene nege pri delu.

Ključne besede: kakovost, varnost, timsko delo

The Impact of Teamwork on the Quality and Safety of Patient Care

Teamwork is of key importance in providing the quality and safety of patient care. It is important for nursing care providers and doctors to cooperate and work as a team in order to increase the quality and safety of patient care and reduce healthcare errors that are a result of poor communication and interpersonal relationships. Teamwork strengthens interconnectedness and cooperation, which consequently has an impact on the quality and safety of patient care. We went over the literature using various databases such as PubMed (Public Medline), Springer Link, CINAHL, and COBISS. We used the following keywords when looking for literature in Slovene: medicinska sestra (nurse), kakovost in varnost (quality and safety), and in English: teamwork, nurse, patient, safety, and quality. Only articles with total access to their entire text were included in the research. Only literature from the 2011–2020 time period and articles in the Slovene and English languages were taken into account. By examining the literature, we've established that teamwork is a key factor in ensuring safe and quality patient treatment. We've also shown that teamwork reduces the probability of errors in healthcare and improves the job satisfaction of nursing care providers.

Keywords: quality, safety, teamwork

Procjena kineziološkog aktiviteta djece od 4 do 7 godina od strane roditelja

Većina djece nije dovoljno tjelesno aktivna, što se negativno odražava na njihovo zdravlje. Cilj ovog istraživanja je provjeriti kako roditelji procjenjuju kineziološku aktivnost odnosno neaktivnost svoje djece stare između 4 i 7 godina. Samo 51 % roditelja izjavljuje da potiču djecu na tjelesnu aktivnost i aktivnu igru. Roditelji stari 36 godina ili više smatraju da su njihova djeca općenito sklonija kineziološkom aktivitetu ($p < 0,012$); ali i da se ne vole baviti sportom ($p < 0,006$), da više vole crtati i čitati ($p < 0,019$) te da ne vole aktivne igre ($p < 0,034$). Roditelji imaju vrlo veliku ulogu i odgovornost u poticanju djece na bavljenje tjelesnom aktivnošću. Potrebno je utvrditi različite čimbenike radi kojih se povećava kineziološka neaktivnost djece te ulogu roditelja. Neophodno je educirati roditelje djece o ulozi tjelesne aktivnosti i aktivne igre na zdravlje i razvoj djece.

Ključne riječi: djece, roditelji, tjelesna aktivnost, tjelesna neaktivnost

Parents' Assessment of Kinesiological Activity of Children Aged 4 to 7

Most children are not physically active enough, which has a negative impact on their health. The aim of this research is to check how parents assess the kinesiological activity or inactivity of their children aged between 4 and 7. Only 51% of parents say they encourage their children to be physically active and play actively. Parents aged 36 years or older consider their children were generally prone to kinesiological activity ($p < 0.012$); but also that they do not like to play sports ($p < 0.006$), that they prefer to draw and read ($p < 0.019$) and that they do not like active games ($p < 0.034$). Parents have a very big role and responsibility in encouraging children to engage in physical activity. It is necessary to identify various factors that increase the kinesiological inactivity of children and the role of parents in it. It is necessary to educate parents of children about the role of physical activity and active play on the health and development of children.

Keywords: children, parents, physical activity, physical inactivity

Nasilje na delovnem mestu in duševno zdravje zdravstvenih delavcev

Nasilje na delovnem mestu (NDM) je pereča problematika, kateri ni namenjeno dovolj pozornosti. Zdravstveni delavci (ZD) so namreč soočeni z različnimi oblikami NDM tako s strani pacientov in njihovih bližnjih, kot tudi s strani sodelavcev in nadrejenih. Znanstvena literatura navaja številne negativne posledice NDM na vedenjski, čustveni, kognitivni in fizični ravni zaposlenih, vključno z izgorelostjo. Poleg tega raziskave nakazujejo močen vpliv način vodenja organizacije na razširjenost NDM. Namen tega članka je s pomočjo pregleda znanstvene literature ugotoviti vpliv stila vodenja na NDM in posledice le-tega na duševno zdravje ZD, vključno z izgorelostjo. Pregled literature je bil izveden s pomočjo različnih podatkovnih baz (PubMed, Cobiss, Web of Science) na podlagi sledečih ključnih besed: healthcare workplace violence, healthcare management style, healthcare burnout, mental health healthcare workers in healthcare workers. Rezultati so pokazali, da stil vodenja signifikantno vpliva na razširjenost NDM. Največji negativni učinek na duševno zdravje ZD ima transakcijski stil vodenja v okviru katerega rezultati nakazujejo najvišjo razširjenost NDM in posledično tudi izgorelost ZD. Način vodenja ima izrazit vpliv na duševno zdravje ZD, zato je v času svetovne zdravstvene krize še toliko bolj pomembno nameniti pozornost optimizacije načina vodenja zdravstvenih ustanov.

Ključne besede: nasilje na delovnem mestu, stil vodenja, izgorelost, duševno zdravje, zdravstveni delavci

Workplace Violence and Healthcare Workers' Mental Health

Workplace violence (WV) is a pressing issue to which little attention is given. Healthcare workers (HCW) are exposed to various forms of WV perpetrated by patients, patients' significant others, co-workers and their superiors. All of the aforementioned forms of WV have numerous negative consequences for the victims' emotional, behavioural, cognitive and physical wellbeing, resulting also in burnout. Research has also shown that managements' leadership style has a moderating effect on the prevalence of WV. The aim of this literature review was to assess the impact of managements' leadership style on the WV and its' consequences for the HCW's mental health, including burnout. This was done by using databases PubMed, Cobiss and Web of Science by inputting the following key words: healthcare workplace violence, healthcare management style, healthcare burnout, mental health healthcare workers and healthcare workers. The results have shown that managements' leadership style has a significant impact on the prevalence of WV. Moreover, the transactional managements' leadership style was found to have the most negative effect on the mental health of HCW, due to the highest prevalence of WV and consequential high numbers of burnout amongst the HCW. Therefore, it is imperative that during the world health crisis more attention is given to optimising the management leadership style in the health system.

Keywords: workplace violence, management leadership style, burnout, mental health, healthcare workers

Ocena znanja zaposlenih ter uporabnikov v zdravstveni negi in oskrbi

Namen raziskave je ugotoviti, kako zaposleni v zdravstveni negi in oskrbi ocenjujejo znanje, pridobljeno v procesu formalnega izobraževanja, ter kakšne so izkušnje uporabnikov storitev zdravstvene nege in oskrbe. Cilj raziskave je širjenje informacij o zaposlenih v zdravstveni negi in oskrbi glede znanja in kompetenc ter objava predlogov za izboljšanje situacije v zdravstveni negi. V teoretičnem delu so na kratko opisani poklici, ki jih srečujemo v zdravstveni negi in oskrbi, kako se je zgodovinsko razvijala zdravstvena nega in kdo je k temu pripomogel ter katere ustanove izobražujejo program Zdravstvena nega v Sloveniji. Delo temelji na 290 izpolnjenih spletnih anketnih vprašalnikih, ki so jih izpolnili zaposleni v zdravstveni negi in oskrbi (139) in uporabniki storitev zdravstvene nege in oskrbe (151). Rezultati so pokazali, da zaposleni v zdravstveni negi in oskrbi v šoli pridobijo največ znanja iz anatomije in fiziologije, najmanj pa iz paliative ter da je izvajanje zdravstvene nege lahko slabše zaradi finančnih primanjkljajev. 51 % uporabnikov storitev zdravstvene nege in oskrbe je odlično zadovoljnih z odnosom in strokovnostjo srednjega kadra in menijo, da je najbolj pomemben poklic v zdravstveni negi in oskrbi srednja medicinska sestra/srednji zdravstvenik.

Ključne besede: zdravstvena nega, oskrba, anketiranci, znanje, uporabniki

Assessment of Knowledge of Employees and Users in Nursing and Care

The purpose of the research is to find out how workers in nursing and care assess the knowledge acquired in the process of formal education and what the experiences of users of nursing and care are. The aim of the research is to disseminate information about the employees in nursing and care according to the knowledge and competences, and to publish proposals to improve the situation in nursing and care. In the theoretical part professions encountered in nursing and care are briefly described, how nursing and care historically evolved, who has contributed to this and which institutions educate programmes of Nursing care in Slovenia. The work is based on 290 completed online questionnaires, which were filled in by the employees in nursing and care (139) and the users of nursing and care (151). The results showed that employees in nursing and care get the most knowledge, obtained in school, from the anatomy and physiology and the least from palliative. The implementation of nursing care is probably worse because of financial deficit. 51% of nursing care users are excellently satisfied with the attitude and professionalism of the middle staff and think that the most important profession in nursing and care is a female nurse/a male nurse.

Keywords: nursing, care, respondents, knowledge, users

Vpliv ukrepov preprečevanja okužb s COVID-19 na življenje stanovalcev v domu za starejše

Nalezljiva bolezen COVID-19 je aktualna tema v svetovnem merilu. Najranljivejša skupina prebivalstva so starejši. Domovi za starejše so prepoznani za žarišča širjenja okužb, zato so sprejeli ukrepe za preprečevanje okužb s koronavirusom, tudi prepoved in omejitve obiskov. Ugotavljali smo, ali so v prvem valu bolezn stanovalci spremljali novice o koronavirusu, na kakšen način so ohranjali stike s svojci ter katere organizirane aktivnosti, ki se v času pandemije niso izvajale, so najbolj pogrešali. Podatke smo zbirali s pomočjo anonimnega anketnega vprašalnika, na katerega je v mesecu avgustu 2020 odgovorilo 48 stanovalcev Doma starejših občanov Ljubljana Vič Rudnik, enota Bokalce. Ena od anketiranih stanovalcev je v času pandemije odšla v domače okolje. 40 stanovalcev je v času pandemije spremljalo novice o širjenju bolezni, največ preko televizije in radia. V obdobju prepovedi obiskov je 45 stanovalcev imelo stike s svojci, največ preko telefona. Najbolj so pogrešali fizični stik s svojci, aktivnosti fizioterapije in delovne terapije ter prireditve. V času samoizolacije si je največ stanovalcev zapolnilo dan ob gledanju televizije in z branjem. Rezultati raziskave so pokazali, da je večina stanovalcev spremljala novice o širjenju bolezni, za stike s svojci pa le posamezniki uporabljajo sodobne tehnologije in socialna omrežja. Stanovalcem so najpomembnejši fizični stiki s svojci, kar so v času prepovedi obiskov tudi najbolj pogrešali.

Ključne besede: koronavirus, COVID-19, starostnik, dom za starejše

Impact of COVID-19 Infection Prevention Measures on Life of Residents in a Nursing Home

Infectious disease COVID-19 is a trending topic worldwide. The most vulnerable group of the population are the elderly, so measures have been taken to prevent coronavirus infections, including a ban and restrictions on visits. We determined whether the residents followed the news about the coronavirus in the first wave of the disease, how they kept in touch with the relatives and which organized activities that were not carried out during the pandemic were most missed. Data was collected with the help of an anonymous survey questionnaire, which was answered by 48 residents of DSO Ljubljana Vič Rudnik, Bokalce unit in August 2020. One of the surveyed residents went to the home environment during the pandemic. 40 residents followed the news of the spread of the disease, mostly on television and radio. During the ban on visits, 45 residents had contact with their relatives mostly by phone. They missed physical contact with relatives the most, they also missed physiotherapy and occupational therapy activities and events. During the period of self-isolation, most residents filled their day watching television and reading. Most residents followed the news about the spread of the disease and only few individuals used modern technologies and social networks to keep in touch with their relatives. Physical contact with relatives is the most important thing to nursing home residents.

Keywords: coronavirus, COVID-19, elderly, nursing home

Vpliv uporabe informacijsko komunikacijske tehnologije na vsakodnevno življenje mladih

Elektronski ali digitalni mediji dandanes v vseh svojih oblikah vplivajo na vsakodnevne izkušnje mladostnikov oziroma že otrok in s tem igrajo pomembno vlogo pri razvoju. Veliko otrok in mladostnikov digitalne medije uporablja prekomerno, kar lahko vodi k nenadzorovani uporabi in posledično zasvojenosti. Namen raziskave je bil ugotoviti, kako informacijsko komunikacijska tehnologija vpliva na vsakodnevno življenje mladih oziroma na njihove medsebojne odnose in kakšne so razlike med študenti in dijaki glede vpliva informacijsko komunikacijske tehnologije na vsakodnevno življenje mladih. Kot instrument za raziskavo smo uporabili vprašalnik. V raziskavo so bili vključeni vsi študenti rednega študija Univerze v Novem mestu, Fakultete za zdravstvene vede (UNM FZV) in dijaki ene izmed srednjih šol v Ljubljani. Spletno anketiranje za študente UNM FZV je potekalo marca 2019, na srednji šoli pa smo anketiranje dijakov izvedli v fizični obliki junija 2019. V raziskavi je sodelovalo 427 anketirancev. Ugotovili smo, da mladi menijo, da imajo igranje iger in uporabo interneta pod nadzorom. Čas, ki ga preživijo ob igranju iger in uporabi interneta, po njihovem mnenju bistveno ne vpliva na njihovo vsakodnevno življenje, saj zaradi igranja ne zapostavljajo in zanemarjajo osnovnih življenjskih potreb in hobijev, prav tako se zaradi igranja iger in uporabe interneta njihova učna/delovna uspešnost ni znižala in je ne zanemarjajo.

Ključne besede: mladi, informacijsko komunikacijska tehnologija, medsebojni odnosi, vsakodnevno življenje, zasvojenost

The Impact of the Use of Information and Communication Technology on the Daily Life of Young People

Today, electronic or digital media in all their forms influence the daily experiences of young people or children and thus play an important role in their development. Many children and young people overuse digital media, which can lead to uncontrolled use and, as a consequence, to addiction. The aim of the research was to find out how information and communication technology affects the daily life of young people or their relationships and what the differences between students are regarding the impact of information and communication technology on young people's daily lives. We used a questionnaire as a research tool. All full-time students of the University of Novo mesto, the Faculty of Health sciences (UNM FZV) and students of one of the secondary schools in Ljubljana were included in the research. An online survey for students of UNM FZV was conducted in March 2019, and at the secondary school we conducted a survey of students in a physical form in June 2019. The survey involved 427 respondents. We found out that young people are in control of playing games and using the Internet. According to their opinion, the time they spend playing games and using the Internet does not have a significant impact on their daily lives, as they do not neglect the basic necessities and hobbies. They claim that playing games and using the Internet also don't decrease their learning/work performance, which are not neglected in any way.

Keywords: youth, information and communication technology, interpersonal relationships, everyday life, addiction

Vzroki za opuščanje izvajanja zdravstvene nege

Opuščanje izvajanja zdravstvene nege je novo definiran koncept, ki se nanaša na katerokoli zahtevano aktivnost zdravstvene nege za pacienta, ki sploh ni bila izvedena, ali je bila izvedena le delno. Z raziskavo smo želeli ugotoviti vzroke za opuščanje izvajanja zdravstvene nege oziroma aktivnosti. Raziskava je temeljila na kvalitativni analizi podatkov. V njej je sodelovalo 23 študentov izrednega študija na različnih magistrskih študijskih programih. Vključeni v raziskavo so na zastavljena vprašanja odgovarjali pisno z naštevanjem pojmov oziroma opisno. V analizi smo iskali skupne pojme (kode), ki smo jih nato združevali v skupne, širše povezave (kategorije). Ugotovili smo naslednje kategorije, kot vzroke za opuščanje izvajanja zdravstvene nege oziroma aktivnosti: kadri, organizacija dela in nenadni dogodki. Opuščanje izvajanja zdravstvene nege ima negativni vpliv na profesijo zdravstvene nege, na paciente ter na zdravstvene organizacije. Koncept je pomemben indikator varnosti pacientov, kakor tudi zadovoljstva pacientov in medicinskih sester.

Ključne besede: opuščanje zdravstvene nege, medicinska sestra, koncept, kakovost, varnost

Reasons for Missed Nursing Care

Missed nursing care is a newly defined concept and refers to any aspect of required patient care that is omitted or partially performed. In the study, we wanted to find out the reasons for missed nursing care. The study was based on qualitative data analysis. 23 part-time students of different master's degree programmes were included. They answered the questions in writing by listing the terms or descriptively. In the analysis, we looked for common concepts (codes), which we then combined into common, broader links (categories). We identified the following categories as reasons for missed nursing care: staff, work organisation and unexpected events. Missed nursing care has negative implications on the nursing profession, on patients and on healthcare organisations. The concept is becoming an important indicator of patient safety, as well as patient and nurse satisfaction.

Key words: missed nursing care, nurse, concept, quality, safety

Higiena rok medicinskih sester med epidemijo COVID-19

Medicinske sestre imajo ključno vlogo pri oskrbi pacientov, zato lahko delujejo kot prenosniki zdravstvenih okužb na sebe, družinske člane, kolege in paciente. Ključnega pomena za preprečevanje navzkrižnega prenosa je ustrezna stopnja higiene rok pri vsakdanjem delu, še posebej pa med epidemijo. Cilji raziskave so bili ugotoviti 1) pomembnost higiene rok za medicinske sestre, 2) samo-oceno prakse izvajanja higiene rok med medicinskimi sestrami, 3) njihovo znanje o higieni rok, 4) ključne ovire in napake pri izvajanju higiene rok, 5) negativne izkušnje pri izvajanju higiene rok in 6) možne spremembe prakse higiene rok po epidemiji COVID-19. Med epidemijo, aprila 2020, je bilo izvedenih 19 poglobljenih intervjujev z medicinskimi sestrami, ki delajo v bolnišnici v JV Sloveniji. Rezultati poglobljenih intervjujev kažejo, da higieno rok medicinskih sester motivira samozaščita in zaščita družinskih članov ter pacientov. Medicinske sestre so izrazile velik pomen higiene rok za preprečevanje navzkrižne okužbe med pacienti in njimi. Večina je trdila, da je bila higiena rok pomembna pred epidemijo COVID-19, v obdobju epidemije pa se je doslednost izvajanja higiene rok zaradi večje možnosti zdravstvene okužbe še povečala.

Ključne besede: epidemija COVID-19, higiena rok, poglobljeni intervjuji

Nurse Hand Hygiene During the COVID-19 Epidemic

Nurses play a key role in patient care, so they can act as carriers of health infections to themselves, family members, colleagues, and patients. Adequate level of hand hygiene in daily work, especially during an epidemic, is crucial to prevent cross-transmission. The objectives of the study were to determine 1) the importance of hand hygiene for nurses, 2) self-assessment of the practice of hand hygiene among nurses, 3) their knowledge of hand hygiene, 4) key barriers and errors in the implementation of hand hygiene, 5) negative experiences in the implementation of hand hygiene and 6) proposals for changes in practice after the COVID-19 epidemic. In April 2020, we conducted 19 in-depth interviews with nurses. The results of in-depth interviews show that nurse hand hygiene is motivated by self-protection and the protection of family members and patients. Nurses expressed the great importance of hand hygiene to prevent cross-infection between patients and them. Most argued that hand hygiene was important before the COVID-19 epidemic, but during the epidemic period, the consistency of hand hygiene was further increased, due to the increased possibility of health infection.

Keywords: COVID-19 epidemic, hand hygiene, in-depth interview

Stavovi fizioterapeuta o obrazovanju kroz formalno i neformalno obrazovanje

U Republici Hrvatskoj fizioterapeuti mogu stjecati dodatno znanje i vještine kroz dva modela. Motiviranost za dodatnom edukacijom podiže standard pružene usluge, razinu znanja i vještina. Ispitati motiviranost fizioterapeuta za dodatnim usavršavanjem, zadovoljstvo dodatnim usavršavanjem i korelaciju motivacije i zadovoljstva. U istraživanju su sudjelovali zaposleni fizioterapeuti s više od jedne godine radnog staža. Ispitivanje je provedeno putem dva anketna upitnika. Najsnažniji vanjski poticaj je kvaliteta radnih uvjeta, a najvažniji unutarnji poticaj je želja za znanjem. Ispunjenje vanjskih poticaja ima 34,1 %, a ispunjenje unutarnjih poticaja kod 54,9 % ispitanika. Želja za dodatnom edukacijom nije popraćena od strane poslodavca niti prepoznata u zakonskom okviru. Uočljivo je da odnos uloženog i dobivenog ima sve snažniju ulogu. Poticaji se mijenjaju u skladu s općim društvenim odnosima. Treba prepoznati trenutak u kojem se može zadržati rad protkan željom za pomaganjem drugima, raditi na pravilnoj nagradi za postignuća ili napore pojedinih fizioterapeuta za podizanjem kvalitete usluge.

Ključne riječi: fizioterapija, motivacija, formalno i neformalno obrazovanje

Attitudes of Physiotherapists about the Education through Formal and Non-Formal Education

In the Republic of Croatia, physiotherapists can acquire additional knowledge and skills through two models. Motivation for additional education raises the standard of service provided, the level of knowledge and skills. The aim of this paper is to examine the motivation of physiotherapists for additional training, satisfaction with additional training and the correlation of motivation and satisfaction. Employed physiotherapists with more than one year of work experience participated in the research. The survey was conducted through two survey questionnaires. The strongest external stimulus is the quality of working conditions and the most important internal stimulus is the desire for knowledge. Fulfillment of external incentives has 34.1% of respondents and fulfillment of internal incentives 54.9% of respondents. The desire for additional education is not shared by the employer nor is it recognized in the legal framework. It is noticeable that the relationship between investment and profit has an increasingly strong role. Incentives change according to general social relations. One should recognize the moment in which they can keep the work interwoven with the desire to help others, to work on the right reward for the achievements or efforts of individual physiotherapists to raise the quality of service.

Keywords: physiotherapy, motivation, formal and non-formal education

Vpliv epidemije COVID-19 na duševno zdravje zdravstvenih delavcev in kakovost obravnave pacientov

Pri obvladovanju nalezljivih bolezni se zdravstveni delavci srečujejo s številnimi izzivi, ki negativno vplivajo na njihovo duševno zdravje. Ob nastopu epidemije pa nastopijo dodatni dejavniki, kot npr. oskrbovanje obolelih sodelavcev, konstantno višanje števila okuženih pacientov, prekomeren obseg dela, pomanjkanje zaščitne opreme in zdravstvene opreme, ki povzročijo dodatno obremenitev duševnega zdravja zaposlenih. V času epidemije COVID-19 je bilo v Sloveniji v prvem mesecu od vseh okuženih z novim COVID-19 virusom kar 15,46 % zdravstvenih delavcev. Čeprav je prišlo do upada primerov, se sedaj ponovno kaže porast okužb. Namen članka je s pomočjo pregleda znanstvene literature ugotoviti vpliv epidemije COVID-19 na duševno zdravje zdravstvenih delavcev in posledično kakovost obravnave pacientov. Pregled literature je potekal po podatkovnih bazah PubMed, Cobiss in Web of Science. Za analizo literature so bile uporabljene sledeče ključne besede v angleškem jeziku: COVID-19 mental health, epidemic mental health, healthcare workers mental health, patient care quality in COVID-19 healthcare workers. Rezultati so pokazali pomemben negativni učinek epidemije COVID-19 na duševno zdravje zaposlenih v zdravstvenem sistemu. Porast se kaže predvsem v razširjenosti simptomov depresije, akutne stresne motnje, anksioznosti in izgorelosti.

Ključne besede: epidemija COVID-19, duševno zdravje zdravstvenih delavcev, razpoloženjske motnje, kakovost obravnave pacientov

The Effect of COVID-19 Epidemic on the Mental Health of Healthcare Workers and the Patient Care Quality

Infectious disease outbreaks have various negative effects on the healthcare workers' mental health. These adverse effects are exacerbated when faced by an epidemic as additional challenges arise – e.g. caring for infected co-workers, constant rise in the number of infected patients, excessive workload, lack of protective equipment. During the first month of COVID-19 epidemic in Slovenia, 15,46 % of all COVID-19 cases were healthcare workers. Despite the initial drop of Covid-19 cases, we are once again confronted by an increased number of positive COVID-19 tests. The aim of this article was to conduct a literature review in order to identify the effect of COVID-19 epidemic on the mental health of healthcare workers. The literature review was performed by using the PubMed, Cobiss and Web Science databases by inputting the following key words for searching: COVID-19 mental health, epidemic mental health, healthcare workers mental health, patient care quality and COVID-19 healthcare workers. The results showed a significant negative impact of COVID-19 on the mental health of healthcare workers. More specifically, the negative effects are manifested as an increase in symptoms of depression, anxiety, acute stress disorder and burnout. Additionally, results indicate that healthcare workers who are involved in caring for patients and co-workers infected by COVID-19, are at higher risk for developing post-traumatic stress disorder after the epidemic.

Keywords: COVID-19 epidemic, healthcare workers' mental health, mood disorders, patient care quality

Ovire in prednosti za izvajanje holistične obravnave pacienta

Holistična obravnava upošteva biološke, psihološke, socialne in duhovne potrebe pacienta, saj je oseba biopsihosocialno bitje v stalni interakciji z nenehno spreminjajočim se okoljem. Ker mnogi avtorji navajajo, da je koncept holistične oskrbe slabo razumljen, nas je v raziskavi zanimalo, v koliki meri diplomirane medicinske sestre poznajo koncept holistične oskrbe ter kakšne so prednosti in ovire za izvajanja holistične obravnave pacienta. Uporabili smo kvalitativni raziskovalni pristop, podatke smo zbrali z anketnim vprašalnikom, ki je obsegal 3 vprašanja zaprtega in 4 vprašanja odprtega tipa. V raziskavo je bilo vključenih 20 diplomiranih medicinskih sester in 2 diplomirana zdravstvenika, ki so zaposleni na internističnem oddelku in v specialističnih ambulantah na Onkološkem Inštitutu. Z analizo odgovorov ugotovljamo, da vključeni v raziskavo menijo, da koncept holistične oskrbe pomeni celostno obravnavo pacienta. Kot glavno oviro za izvajanje holistične oskrbe anketirani navajajo: preobremenjenost kadra in premalo zaposlenih izvajalcev zdravstvene nege. Kot glavne prednosti koncepta holistične oskrbe pa anketirani navajajo: individualni pristop k pacientu in boljša kakovost zdravstvene nege, ter posledično večje zadovoljstvo pacientov. Holistična oskrba pomeni več kot le celostno obravnavo pacienta, saj avtorji navajajo, da gre za način razmišljanja, za prakso s specifičnimi pristopi v oskrbi pacienta.

Ključne besede: holistična oskrba, celosten pristop, komplementarne in alternativne metode, pacient, diplomirana medicinska sestra

Barriers and Benefits of Holistic Patient Treatment

Holistic treatment takes into account the biological, psychological, social and spiritual needs of a patient, who is a biopsychosocial being in a continuously changing environment. As many authors state, the concept of holistic care is poorly understood. In this research we were interested in determining to which extent are the registered nurses familiar with the concept of holistic care and the barriers and benefits of holistic patient treatment. We used a qualitative research approach and collected data with a questionnaire, which included 3 closed-ended questions and 4 open-ended questions. The research included 22 registered nurses in the internistic department and specialist clinics at the Oncology Institute. By analysing the answers, we found out that the participants in the research believe that the concept of holistic care means a comprehensive patient treatment. As the main obstacle to the implementation of holistic care, the respondents state staff overload and insufficient number of nursing care employees. As the main benefits of the holistic care concept the respondents state individual approach and better quality of nursing care, which consequently leads to a greater patient satisfaction. Holistic care is more than just a comprehensive patient treatment. As authors state, it is a way of thinking, a practice with specific approaches in patient care, a professional and personal responsibility.

Keywords: holistic care, holistic approach, complementary and alternative methods, patient, graduate nurse

Oglaševanje zdravega načina življenja

Skrb za zdravje postaja v 21. stoletju zelo pomembna dejavnost tako posameznika kot družbe kot celote, saj zdravstveno stanje posameznika vpliva na njegovo kakovost življenja, zdravstveno stanje prebivalcev pa tudi na gospodarsko uspešnost države. Aktivna skrb za lastno zdravje je v času pandemije COVID-19 še toliko bolj pomembna. Vedno več ljudi išče informacije, kako okrepiti imunski sistem in s tem preprečiti bolezní ali vsaj omiliti in skrajšati njihov potek. Pri tem se poslužujejo različnih virov informacij, tudi oglaševanja. Oglaševanje zdravil je v Sloveniji zelo regulirano. Tako se lahko neposredno potrošnikom oglašuje samo zdravila brez recepta in različne prehranske dodatke, medtem ko je oglaševanje zdravil na recept dovoljeno samo strokovni javnosti. Poleg tega poznamo tudi t. i. oglaševalske kampanje »obiščite zdravnika«, ki naj bi potrošnika vzpodbudile k skrbi za lastno zdravje. V prispevku predstavimo odnos slovenske strokovne in laične javnosti do t. i. kampanj »obiščite zdravnika«. Ugotovljamo, da sta jim obe skupini anketirancev naklonjeni, pri čemer pa nobena od anketiranih strani ne dvomi v koristnost na ta način posredovanih informacij, ki naj bi imele tudi izobraževalno vlogo.

Ključne besede: oglaševanje, skrb za lastno zdravje, kampanja »obiščite zdravnika«, strokovna in laična javnost, Slovenija

Advertising a Healthy Lifestyle

In the 21st century, health care is becoming a very important activity both for the individual and society as a whole, as the health status of the individual affects the quality of life, the health status of the population and the economic success of the country. Active care for one's own health is all the more important during the pandemic COVID-19. More and more people are looking for information on how to strengthen the immune system and thus prevent diseases or at least mitigate and shorten their course. They use various sources of information, including advertising. Advertising in this area is strongly regulated in Slovenia. Thus, advertising directly to consumers is only allowed for non-prescription drugs and various dietary supplements, while prescription drugs can only be advertised by the professional public. In addition, there are also the so-called "visit-the-doctor" advertising campaigns, which are designed to encourage consumers' concern for their own health. In this article, we present the attitude of the Slovenian professional (doctors) and lay public (consumers) towards the so-called "visit-the-doctor" campaigns. We found out that they are preferred by both groups of respondents, while none of the respondents questioned the usefulness of the information provided in this way, which should also have an educational function.

Keywords: advertising, health care, "visit-the-doctor" campaign, professional and lay public, Slovenia

Polish Experience in Searching for Innovative Solutions in Nursing

The Nurse of the Year Competition is organized by the Main Board of the Polish Nursing Association (PNA) and the Nursing Leaders' Association since 2005. The patronage over the competition is annually provided by the Minister of Health and the President of the Supreme Council of Nurses and Midwives, as well as the key PTP partners in the field of healthcare. The overriding goal of the competition is to select innovations implemented in the area of nursing practice or organization of work of nursing teams that improve the quality of health services and patient's safety. New, innovative solutions are those that have not previously existed and have been implemented by ideas, initiative and commitment of the nursing team. These ideas should be characterized by originality, full copyright permission to the concept and implemented solutions. Furthermore, the implemented solutions should be supported by Evidence-Based Nursing Practice (EBNP). Submitted innovations had to be more effective than previous solutions and be verified by research or analytical methods. In order to guarantee the highest possible ethical and substantive level at all stages of the Competition and to provide objective conditions for the evaluation of project applications, the Main Board of PNA appointed a Competition Committee, which included people with the status of professional authorities and those representing institutions cooperating with the PNA.

Keywords: nursing, innovation, competition

Poljske izkušnje pri iskanju inovativnih rešitev v zdravstveni negi

Natečaj za medicinsko sestro leta organizirata Glavni odbor Poljskega združenja zdravstvenih delavcev (PZZD) in Združenje voditeljev zdravstvene nege od leta 2005. Pokroviteljstvo nad tekmovanjem vsako leto zagotavljata minister za zdravje in predsednik vrhovnega sveta medicinskih sester in babic, pa tudi ključne partnerice PTP na področju zdravstva. Glavni cilj natečaja je izbrati novosti, ki se izvajajo na področju zdravstvene nege ali organizacije dela negovalnih timov, ki izboljšujejo kakovost zdravstvenih storitev in varnost pacientov. Nove, inovativne rešitve so tiste, ki prej niso obstajale in so bile uresničene z idejami, pobudo in zavzetostjo negovalnega tima. Za te ideje mora biti značilna izvirnost, popolno dovoljenje za avtorske pravice za koncept in izvedene rešitve. Poleg tega bi morale biti uvedene rešitve podprte z na dokazih temelječo zdravstveno prakso. Predložene novosti so morale biti učinkovitejše od prejšnjih rešitev in jih je bilo treba preveriti z raziskovalnimi ali analitičnimi metodami. Da bi zagotovili najvišjo možno etično in vsebinsko raven v vseh fazah natečaja in zagotovili objektivne pogoje za ocenjevanje projektnih prijav, je glavni odbor PZZD imenoval natečajni odbor, ki je vključeval ljudi s statusom strokovnih organov in predstavnike institucij, ki sodelujejo s PZZD.

Ključne besede: zdravstvena nega, inovacije, konkurenca

Sigurnost pacijenata iz perspektive studenata sestrištva

Sigurnost pacijenta smatra se važnim pokazateljem kvalitete zdravstvene skrbi, a medicinske sestre/tehničari su u prvom redu odgovorni za održavanje sigurnosti pacijenta. Studenti na vježbovnoj nastavi su aktivni članovi tima i sudjeluju uz nadzor u procesu zdravstvene skrbi. Cilj rada bio je istražiti stavove i mišljenja studenata preddiplomskog studija sestrištva o sigurnosti pacijenata, te jesu su oni osobno ili netko iz njihove okoline doživjeli iskustvo neželjenog događaja. Provedeno je kvantitativno istraživanje u kojem je sudjelovalo 80 studenata. Kao instrument korišten je standardizirani upitnik modificiran za potrebe istraživanja. Anketa je provedena online putem. Čak 56,3 % studenata smatra da se na odjelu poduzimaju mjere za poboljšanje sigurnosti pacijenata, 66,2 % nije primijetio niti jedan neželjeni događaj. Razinu sigurnosti kao vrlo dobru ocjenjuje 37,5 % studenata, 33,8 % kao odličnu i 27,5 % kao prihvatljivu. Što se tiče osobnog iskustva 32,5 % izjasnilo se da je doživjelo neželjeni događaj, 48,7 % njih navodi bolničku infekciju. Studenti na vježbovnoj nastavi doživljavaju razinu sigurnosti pacijenata kao prihvatljivu. Smatraju kako se na odjelima provodi timski rad i navode kako većina odjela radi na poboljšanju sigurnosti pacijenata.

Ključne riječi: sigurnost, pacijent, studenti sestrištva, vježbovna nastava

Patient Safety from the Perspective of Nursing Students

Patient safety is considered as an important indicator of health care quality and nurses are primarily responsible for maintaining patients' safety. Nursing students on their clinical practice are active members of the team and participate under supervision in the health care process. The aim of the study was to investigate the attitudes and opinions of undergraduate nursing students about patient safety and their personal experience of an adverse event. The methodology included data collection through a quantitative survey with a sample of 80 nursing students. A standardized questionnaire modified for research purposes was used as an instrument. The survey was conducted online. As many as 56.3% of students believe that measures are being taken in the ward to improve patient safety, 66.2% have not noticed any adverse events. The level of safety is assessed as very good by 37.5% of students, 33.8% as excellent and 27.5% as acceptable. Regarding personal experience, 32.5% stated that they had experienced an adverse event, 48.7% of them reported that the hospital acquired infections. On their clinical practice nursing students perceive the level of patient safety as acceptable. They believe that teamwork is carried out in the wards and state that most wards work to improve patient safety.

Keywords: safety, patients, nursing students, clinical practice

Self Sufficiency as an Important Factor of Quality of Life of the Elderly

The aim of this work was to determine how the quality of life of the elderly is perceived. Performance falls in old age and the onset of chronic diseases develops a series of malfunctions, which consequently leads to impaired self-sufficiency and dependence. In this work we selected a sample of 386 respondents, with two standardized questionnaires: WHOQOL – BREF and ADL tests, which surveyed the relationship between self-sufficiency and the quality of life of the senior's population. In our work we used Mann - Whitney test. Based on the statistical comparisons we found poorer self-sufficiency in geriatric patients (rough score in the ADL test = 11,65) compared with residents in facilities for the elderly (rough score in the ADL test = 8,92). Our study confirmed a clear dependence of the level of self-sufficiency and the quality of life of seniors ($p < .001$). The stated results prove our supposition that increasing deficit of self-sufficiency causes the decline of life quality of geriatric patients and of residents in the facilities for the elderly. Care giving interventions in clinical practice should enable quality life not only the survival of geriatric population in somatic, psychical and social area.

Keywords: self-sufficiency, quality of life, support, facilities for seniors

Samooskrba kot pomemben dejavnik kakovosti življenja starostnikov

Cilj tega dela je bil ugotoviti, kako se dojemata kakovost življenja starejših. V starosti pade uspešnost, pri pojavu kroničnih bolezni pa nastane vrsta okvar, ki posledično privede do oslABLJENE samozadostnosti in odvisnosti. V tem delu smo izbrali vzorec 386 respondentov z dvema standardiziranimi vprašalnikoma: WHOQOL - BREF in ADL test, s katerima smo raziskali razmerje med samozadostnostjo in kakovostjo življenja starejše populacije. Pri delu smo uporabili Mann - Whitneyev test. Na podlagi statističnih primerjav smo ugotovili slabšo samooskrbo pri geriatričnih bolnikih (groba ocena v testu ADL = 11,65) v primerjavi s stanovalci v ustanovah za starejše (groba ocena v ADL testu = 8,92). V naši študiji je bila potrjena jasna odvisnost med stopnjo samooskrbe in kakovostjo življenja starejših ($p < .001$). Navedeni rezultati dokazujejo našo domnevo, da naraščajoči primanjkljaj samooskrbe povzroča upad kakovosti življenja geriatričnih bolnikov in stanovalcev v ustanovah za ostarele. Posegi v klinični praksi bi morali omogočiti kakovostno življenje, ne samo preživetje geriatrične populacije na somatskem, psihičnem in socialnem področju.

Gljučne besede: samooskrba, kakovost življenja, podpora, storitve za starejše

Keratokonus in uporaba kontaktnih leč

Za ohranjanje dobrega vida je izrednega pomena skrb za zdravje oči ter varovanje pred poškodbami in okužbami. Pri obolenjih roženice je tako pomemben čimprejšnji obisk specialista oftalmologa, ki s pomočjo preiskav postavi diagnozo in predpiše ustrezen način zdravljenja. Eno izmed roženičnih obolenj je keratokonus, ki povzroči zamegljenost oziroma slabšanje vida. Bolezen se pogosto pojavi v puberteti, zato je pomembna zgodnja diagnostika keratokonusa saj lahko vpliva na uspešnost zdravljenja. Bolnikom s keratokonusom lahko pomaga tudi predpis kontaktnih leč. S pomočjo pregleda literature smo ugotavljali pomen uporabe kontaktnih leč pri bolnikih s keratokonusom. Preučili smo postopke vame in pravilne uporabe kontaktnih leč za zmanjšanje tveganja poškodb oči in prenosa okužb. Kontaktne leče omogočajo dobro korekcijo vida vendar je za njihov optimalni učinek izrednega pomena upoštevanje tako osebne higijene kot higijene kontaktnih leč, da zmanjšamo oziroma preprečimo tveganje za okužbe. Pomembno vlogo pri osveščanju pacientov o pravilni uporabi kontaktnih leč ima zdravstveno vzgojno delo oftalmološke medicinske sestre v ambulanti za kontaktne leče, kjer se pacienti naučijo pravilnega vstavljanja in odstranjevanja kontaktnih leč iz oči. Pridobljeno znanje pacientom omogoča višjo kvaliteto življenja.

Ključne besede: keratokonus, roženica, slabšanje vida, kontaktne leče

Keratoconus and Use of Contact Lenses

For maintaining ocular health a good eye care and protection against injuries and infections are extremely important. When noticing corneal disease symptoms, it is important to visit an ophthalmologist as soon as possible for early diagnosis and treatment. One of the most common cornea conditions is keratoconus, which causes blurred vision. Keratoconus often occurs in puberty, therefore, early diagnosis of keratoconus strongly influences the success of treatment. Contact lenses can help with the visual improvement in patients with keratoconus. The importance of the use of contact lenses in patients with keratoconus was determined by a literature review of several important published articles. We examined the procedures for safe and proper use of contact lenses to reduce the risk of an eye injury and the transmission of infections. Contact lenses enable a good vision correction, but for their optimal effect it is extremely important to observe both hand hygiene and the hygiene of contact lenses in order to reduce or prevent the risk of infections. An important role in raising the patients' awareness of the proper use of contact lenses is played by the health educational work of an ophthalmological nurse in an outpatient contact lens clinic, where patients learn how to properly insert and remove contact lenses. The acquired knowledge enables patients to have a higher quality of life.

Keywords: keratoconus, cornea, visual impairment, contact lenses

Celostna obravnava bolnikov z okvaro hrustanca: znanost in praksa 2020

Letos je Alberto Gobbi, nekdanji predsednik ICRS, v reviji *Arthroscopy* zapisal: »Če imamo pred seboj biološki problem, ga moramo poskusiti reševati z biološkimi metodami.« V preteklosti smo z metodami, kot so aplikacija kortikosteroida ali hialuronske kisline v prizadetem sklepu, z omejenim uspehom že poskušali vplivati na simptome, ki jih povzročata okvara hrustanca, nismo pa se posvetili vzroku omenjene patologije. Zadnjih nekaj let poskušamo z biološkimi metodami vplivati na potek artroze hrustanca z več cilji: da ta proces upočasnimo, ga zaustavimo ali celo, da se hrustanec popravi oziroma regenerira. Sodobne biološke metode zdravljenja okvare hrustanca skušajo vplivati na sam proces okvare in s tem delovati na vzrok težav, ki povzročata bolečine, otekanje in deformacije sklepa. Te metode so posebej uspešne pri zdravljenju zgodnjih in zmernih oblik obrabe hrustanca. Metode, npr. PRP, ACS, zdravljenje z matičnimi celicami, lahko strememo pod skupno ime Orthobiologics. V prispevku bomo predstavili rezultate naše raziskave, ki je bila zasnovana kot retrospektivna študija. V raziskavi je bilo zajetih 644 primerov, ki so bili obravnavani zaradi okvare kolenskega sklepnega hrustanca in zdravljeni s hialuronsko kislino, obogatanim avtolognim serumom ACS ali matičnimi celicami. Rezultati naše raziskave pokažejo, da so te metode uspešne pri zdravljenju okvare hrustanca in da ima zdravljenje z matičnimi celicami določene prednosti.

Ključne besede: hrustanec, artroza, matične celice

Holistic Treatment of Patients with Cartilage Damage: Science and Practice in 2020

This year, Alberto Gobbi, the former president of ICRS, wrote in the journal *Athroscopy*: If we face a biological problem, we must try to solve it with biological methods. There are different ways to treat a chondral defect, but there is only one target: to recreate a normal hyaline tissue and restore the normal properties of the natural tissue. In the past conventional treatment of cartilage disorders was mostly aimed at symptoms relief but not at disease modifying medical intervention. The treatment was surgical or conservative. The last one is based on a combination of non-pharmacological and pharmacological modalities as corticosteroid or hyaluronic acid injections. In the past two decades there has been interest in orthobiologic treatment to modulate the progression of the disease and preserve the cartilage. Biological treatment including platelet-rich plasma, autologous conditioned serum, bone marrow aspirate, concentrate and adipose-derived mesenchymal stem cells are promised treatments based on regenerative medicine approaches. Here we are going to present the results of our retrospective study, where we evaluate the clinical efficiency of treating patients with OA of the knee with three different methods HA, ACS and stem cells. The records of 644 knee joints treated between 2009 and 2018 were included in the evaluation. All treatment methods result in significant short term and long term improvement according to pain scores and MSC method gives best results in short term.

Keywords: orthobiologics, cartilage, osteoarthritis, stem cells

Tveganje za nastanek samomora pri bolnikih z rakom

Diagnoza rak sproži močne in čustvene reakcije pri bolnikih, kar lahko privede do možnih samomorilnih misli, ali celo do samomora. Podatkov o samomorih bolnikov z rakom v Sloveniji je zanemarljivo malo. Zaradi pomanjkljivih podatkov smo želeli bolje predstaviti vpliv diagnoze rak na posameznika in odkrivanja zgodnjih znakov za pojav samomorilnih misli, ter s tem zmanjšati tveganje za nastanek samomorov. Pri 9 pacientih, ki so soočeni z diagnozo rak, smo izvedli polstrukturiran intervju. Proučili pa smo tudi pregled domače in tuje literature o tveganju za samomor pri onkoloških bolnikih v Sloveniji in drugih državah po svetu. Tveganje za samomor pri onkoloških bolnikih je povezano z diagnozo maligne bolezni, z diagnozo možganskega tumorja, depresijo, z duševnim in fizičnim zdravjem, slabim rezultatom zdravljenja, kroničnimi posledicami zdravljenja in bolečino. 5 od 9 bolnikov se je med zdravljenjem srečalo z vsaj enim od teh simptomov. 1 bolnik je poskušal narediti samomor in 1 je o njem razmišljal. Samomor je velika javnozdravstvena skrb povsod po svetu. Vsako leto zaradi samomora umre milijon ljudi po svetu. Onkološki bolniki so veliko bolj izpostavljeni visokemu tveganju za nastanek samomorilnega vedenja kot ostala populacija. Raziskave kažejo, da so nekateri tipi raka, kot je rak trebušne slinavke in možganski tumor veliko bolj povezani s samomorilnostjo bolnikov, kot druge bolj ozdravljive vrste.

Ključne besede: onkologija, samomor, rak

Suicide Risk in Cancer Patients

Being diagnosed with cancer triggers strong and emotional reactions, which can lead to possible suicidal thoughts or even actual suicide. The information about the number of committed suicides among oncology patients in Slovenia is very poor. Based on the insufficiency of acquired information, we decided to present the impact of cancer on an individual and how to recognise the early signs of patients' suicidal thoughts, which can lead to preventing and lowering the risk of committed suicides among oncology patients. We did a semi-structured interview with 9 patients who are faced with the diagnose of cancer.. We researched domestic and foreign literature about the risk of oncology patients committing suicide among Slovenian oncology patients and patients throughout the world. The risk of oncology patients committing suicide is connected with malignant disease, brain tumor diagnosis, depression, mental and physical health, bad treatment outcome, chronic consequences of the treatment and pain. 5 out of 9 patients have encountered at least one of these symptoms. 1 patient tried to commit suicide and 1 patient considered committing suicide. Suicide is a big public health problem throughout the world. Every year a million people dies due to committing suicide. Oncology patients are much more exposed to the high risk of suicidal behaviour compared to other population. Research shows that some types of cancer such as pancreatic cancer and brain tumor are much more related to possible suicide than other more curable types of cancer.

Keywords: oncology, suicide, cancer

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Spodbujanje aktivnosti pri osebah z demenco: projekt »Po kreativni poti do znanja«

Demenca je skupek simptomov oziroma oviranosti pri katerih gre za motnjo več višjih kortikalnih, kognitivnih in intelektualnih funkcij. Je progresivno, ireverzibilno in terminalno stanje, ki poleg posameznika prizadene njegovo družino in posredno celotno družbo. Skoraj vsi zdravstveni delavci so tekom svojega dela do neke mere vključeni v zdravstveno obravnavo starostnika, a kljub temu nimajo zadostnih osnovnih znanj in spretnosti, potrebnih za učinkovito skrb in naraščajoče potrebe starejšega prebivalstva. Namen projekta je nadgradnja akademskega znanja o demenci s ciljem prenosa znanja v prakso ter s prenosom prakse v teorijo. Projekt sta od februarja 2020 do septembra 2020 (8 mesecev) sestavljala partnerja: Dom Viharnik v Kranjski Gori in Fakulteta za zdravstvo Angele Boškin na Jesenicah. Oblikovana sta bila dva sklopa aktivnosti. V prvem sklopu so pedagoški mentorji pripravili nabor učnih vsebin o demenci s področja gerontologije in fizioterapije ter opolnomočili študente, ki so odšli v delovno okolje in pod vodstvom delovnih mentorjev izvajali aktivnosti z osebami z demenco v praksi. V drugem sklopu aktivnosti so študentje in mentorji zbrali odzive o ustreznosti skupnega dela študentov in zaposlenih, predstavili znanje, aktivnosti in novosti in jih posredovali drug drugemu na organiziranem izobraževanju. Interdisciplinarno sodelovanje je bilo s strani študentov in zaposlenih dobro sprejeto in ocenjeno kot koristno.

Ključne besede: demenca, znanje, kognitivne funkcije, telesna aktivnost

Promoting Activities for People with Dementia: Project »The Creative Path to Knowledge«

Dementia is a set of symptoms or disabilities, which are a disorder of several higher cortical, cognitive and intellectual functions. It is a progressive, irreversible and terminal condition that affects not only the individual but also their family and indirectly the whole society. Almost all health professionals are to some extent involved in the medical treatment of the elderly during their work, but they still do not have the basic knowledge and skills needed for effective care of the elderly population. The purpose of the project is to upgrade the academic knowledge of dementia with the aim of putting knowledge into practice and transferring practice into theory. From February 2020 to September 2020 (8 months), the project consisted of two partners: Dom Viharnik in Kranjska Gora and the Faculty of Health Angela Boškin in Jesenice. Two sets of activities were designed. In the first set, pedagogical mentors prepared a set of teaching content on dementia in the field of gerontology and physiotherapy and empowered students who went to work and who, under the guidance of work mentors, carried out activities with people with dementia. In the second set of activities, students and mentors collected responses to the adequacy of the joint work of students and staff, presented knowledge, activities and innovations and passed them on to each other in an organized training. Interdisciplinary collaboration was well received and rated as useful by students and staff.

Keywords: dementia, knowledge, cognitive functions, physical activity

Pomen preventive pri zmanjševanju bremena demence

Poznavanje ekonomskega bremena bolezni je ključno za sprejemanje ukrepov in oblikovanje politik. V pričujoči raziskavi smo analizirali ekonomsko breme demence v naši državi za obdobje 2015-2017, z namenom ocenitve bremena demence na podlagi rutinskih zdravstvenih podatkovnih zbirk in nekaterih dodatnih virov podatkov. Za ocenitev ekonomskih stroškov demence smo upoštevali izračun neposrednih in posrednih stroškov. Prvi so povezani z zdravljenjem bolezni, slednji pa z izgubljeno produktivnostjo ob odsotnosti z dela ter z izgubljenim prihodnjim zaslužkom oz. izgubljenim dohodkom zaradi predčasnega odhoda v pokoj. Ekonomsko breme demence je predstavljalo v obdobju 2015-2017 v Sloveniji, v povprečju, 0,3 % vseh izdatkov za zdravstvo oz. 11.072.346€ (zaradi neposrednih stroškov 10.171.032€, zaradi posrednih stroškov pa 901.314€, v povprečju). Ker se bo breme demence v prihodnosti zelo verjetno še povečevalo so ključnega pomena ukrepi: promoviranje zdravega načina življenja, zgodnje diagnosticiranje in zdravljenje demence, dostop do celostne obravnave in socialnovarstvenih programov, pomoč pri ustrezni obravnavi obolelih in kakovostni oskrbi. Pomembno je izobraževati strokovni kader, vključevati relevantne vsebine v izobraževalne programe ter destigmatizirati bolezen. S temi pristopi bi bilo možno naraščanje bremena demence upočasniti.

Ključne besede: demenca, preventiva, breme demence

The Importance of Prevention in Reducing the Burden of Dementia

Knowing the economic burden of diseases is of key importance for action planning and policy making. In this study, we analysed the economic burden of dementia in Slovenia for the period 2015-2017, with the aim of estimating the burden of dementia based on routine health databases and additional data sources. To estimate the economic costs of dementia, we considered the calculation of direct and indirect costs. The former are related to the treatment of the disease and the latter to the lost productivity, due to the absence from work and lost future earnings or lost income due to early retirement. The analysis was performed in collaboration with experts from the Faculty of Economics in Ljubljana. In the period 2015- 2017, the economic burden of dementia accounted represented 0.3% of health expenditure on average, or 11,072,346€ (10,171,032€ due to direct costs, 901,314€ due to indirect costs). As the burden of dementia is likely to increase, adopting various measures is crucial: promoting a healthy lifestyle, early diagnosis and treatment, access to comprehensive treatment, social care programmes, assistance, quality care, education of professional staff, inclusion of relevant contents in educational programmes and destigmatization. With these approaches, the growing burden of dementia could be slowed down.

Keywords: dementia, prevention, burden of dementia

Pomen vzgoje za ustno zdravje v obdobju odraščanja

Namen tega prispevka je predstaviti na čem temelji vzgoja za ustno zdravje ter kako pomembna je pri podajanju informacij medicinska sestra. Podatki kažejo, da je vzgoja o ustni higieni v obdobju odraščanja pomemben faktor pri zagotavljanju zdravja zob in dlesni. Mladostniki v tem obdobju razvijajo zdrave navade in se pričnejo zavedati o skrbi zase. Dejstvo je, da je na tržišču ogromno kvalitetnih pripomočkov, na spletu ogromno dostopnih informacij, pa vendar malo mladostnikov s popolnoma zdravimi zobmi. Medicinska sestra ima pomembno vlogo pri obravnavi mladostnika, saj ga mora naučiti in mu pomagati, da pridobljene informacije usvoji. Najpogosteje medicinska sestra to stori preko pogovora. Na njemu razumljiv način predstavi problem in svetuje rešitev. Pri obravnavi je zelo pomembno, da mladostnik zaupa medicinski sestri in da prepozna in začne upoštevati njene nasvete. Medicinska sestra mora znati na primeren način izkazati empatijo, razumevanje in nakloniti dovolj časa vsakemu posamezniku.

Ključne besede: vzgoja za ustno zdravje, mladostnik, medicinska sestra

The Importance of Oral Health Education During Adolescence

The main point of this article is to present the fundamentals of oral health education and the importance of a nurse in providing the needed information. The data shows that oral hygiene education during adolescence is an important factor in ensuring teeth and gum health. Adolescents develop healthy habits during this period and become aware of taking care of themselves. It is a fact that there is a huge amount of quality accessories on the market, as well as a lot of information available. However, very few adolescents have perfectly healthy teeth. A nurse plays an important role in teaching and helping them to absorb the information. This is often done through conversation. The problem is presented and the solution is proposed in an understandable way. When treating, it is very important that the nurse gains the patient's trust, so that the patient recognises and begins to follow the advice. The nurse must be able to show empathy, understanding and give enough time to each individual in an appropriate way.

Keywords: oral health education, adolescent, nurse

Važnost pisane komunikacije na engleskom jeziku u sestrinstvu

Ovaj rad predstavlja rezultate istraživanja provedenoga među studentskom populacijom redovnih i izvanrednih studenata prve godine stručnoga studija Sestrinstvo Veleučilišta u Bjelovaru, a glavni cilj rada bio je utvrditi stavove studenata o važnosti vještine pisanja u učenju engleskog jezika kroz prizmu rada u sestrijskoj struci. Uzorak ispitanika sastojao se od 38 redovnih studenata i 69 izvanrednih studenata (ukupno 107) prve studijske godine stručnog studija Sestrinstvo Veleučilišta u Bjelovaru. Rezultati istraživanja analizirani su metodama deskriptivne statistike, a za svaku tvrdnju proveden je t-test s ciljem utvrđivanja statistički značajnih razlika između stavova redovnih i izvanrednih studenata.

Ključne riječi: engleski jezik kao jezik struke, sestrinstvo, komunikacijske kompetencije, pisana komunikacija

The Importance of Written Communication in the English Language in Nursing

This paper presents the results of a survey conducted among the student population of full-time and part-time first-year students of the Undergraduate Study Programme in Nursing of the Bjelovar University of Applied Sciences. The main goal was to determine students' attitudes towards the importance of writing skills in learning English for specific purposes in nursing. The sample consisted of 38 full-time students and 69 part-time students (107 in total). The results of this research were analysed using the methods of descriptive statistics. As related to each statement included in the questionnaire, t-test was conducted for the purpose of determining any statistically significant differences in attitudes between full-time and part-time students.

Keywords: English for specific purposes, nursing, communication competences, written communication

Izobraževalni programi na področju mentorstva na Fakulteti za zdravstvo Angele Boškin

Mentoriranje predstavlja eno najstarejših oblik prenašanja znanja. V preteklosti je bilo mentorstvo spontano, intuitivno, danes pa predstavlja skrbno načrtovan proces, ki mora biti kakovostno izveden. Mentorstvo ima pomembno vlogo v izobraževalnih programih s področja zdravstva. V skladu s potrebami po kakovostnem mentorstvu je potrebno razvijati izobraževalne programe s področja mentorstva, bi bodo pripravljene v skladu z mednarodnimi standardi in usmeritvami ter potrebami zdravstvenega in visokošolskega sistema. Na Fakulteti za zdravstvo Angele Boškin, ki je kot prva med vsemi visokošolskimi zavodi pričela z izvajanjem šol za klinične mentorje in šol za klinične mentorje začetnike, smo pričeli z izvajanjem študijskega programa za izpopolnjevanje Mentorstvo v kliničnem okolju. Program za izpopolnjevanje ponuja znanja na področju izobraževanja za delo s študenti v kliničnem okolju, za reševanje pedagoških in andragoških vprašanj, znanja za razvoj stroke in mentorskega procesa na osnovi raziskovalnega dela. Program omogoča poglobljanje in nadgradnjo že pridobljenih kompetenc in sposobnosti za iskanje novih virov znanja na področju mentorstva študentov zdravstvenih ved.

Ključne besede: študijski program za izpopolnjevanje, kompetence, šole za klinične mentorje

Training programs in mentoring at the Angela Boškin Faculty of Health Care

Mentoring is one of the oldest forms of knowledge transfer. In the past, mentoring tended to be spontaneous and intuitive, but today it represents a carefully planned process, which must be performed with quality. Mentoring plays a special role in healthcare study programmes. Because mentoring in these programs needs to be of the highest quality, training programs in mentoring also need to be developed. These must meet international standards and guidelines, as well as the needs of healthcare and higher education systems. The Angela Boškin Faculty of Health Care was the first Slovene higher education institution to offer the School for Clinical Mentors and the School for Clinical Mentors Beginners and has now also started offering a training program Mentoring in the Clinical Setting. The program offers knowledge in the field of education for working with students in a clinical environment, knowledge for solving pedagogical and andragogical issues, knowledge for the development of their profession and the mentoring process on the basis of research work. The programme allows participants to expand and broaden their existing competences and gives them the ability to search for new sources of knowledge on mentoring healthcare students.

Keywords: training program, competences, school for clinical mentors

Pretilost kod djece u osnovnoškolskoj ustanovi u Varaždinskoj županiji

Ispitati uhranjenost, učestalost pretilosti te prehrambene navike učenika pojedinih razreda osnovnoškolske dobi u II. osnovnoj školi Varaždin. Istraživanje je provedeno presječnom studijom. Uzorak se sastojao od 99 učenika koji su bili polaznici viših razreda II. osnovne škole u Varaždinu. Istraživanje je provedeno u lipnju 2018. godine korištenjem anonimnoga anketnog upitnika koji je napravljen u svrhu istraživanja. Više od pola ispitanika s prekomjernom tjelesnom masom pripada 6. razredu. Slatkiše više puta tjedno konzumira 46 %, od kojih je najviše onih normalne tjelesne mase. 79 % ispitanika prekomjerne tjelesne mase fizičkom se aktivnošću bavi uglavnom svaki dan. Veliki broj ispitanika prekomjerne tjelesne mase smatra da je normalno uhranjeno. Zbog prevelike tjelesne mase kod djece javlja se osjećaj smanjenog samopouzdanja te nezadovoljstva svojim izgledom, što može kod emocionalno nestabilnije djece dovesti do velikih psihičkih i fizičkih problema koji se u većini slučajeva otkriju prekasno. Kako bi se to spriječilo važno je od najranije dobi aktivirati samosvijest pojedinca o vlastitom tijelu i prehrani.

Ključne riječi: pretilost, učenici osnovne škole, prehrambene navike

Childhood Obesity in Elementary School in Varaždin County

The aim of this paper was to examine the prevalence of obesity and eating habits among pupils of certain grades of elementary school in Second Elementary School Varaždin. The research in this paper was carried out through a cross-sectional study. The sample consisted of 99 pupils who attended the higher grades of the Second Primary School in Varaždin. The research was conducted in June 2018 using an anonymous survey questionnaire made for the purpose of the research. More than half of those with excessive body weight belong to the 6th grade. Sweets are consumed several times a week by 46% of the pupils, most of which are of normal body weight. 79% of the subjects with excessive body weight are physically active almost every day. A large number of subjects with excessive body weight believe they have normal weight. Due to being overweight, children experience a feeling of reduced self-confidence and dissatisfaction with their appearance, which can lead to major mental and physical problems in more emotionally unstable children, which in most cases are discovered too late. To prevent this, it is important to activate the individuals' self-awareness of their own body and diet already at an early age.

Keywords: obesity, elementary school pupils, eating habits

Pristop k preprečevanju padcev v Splošni bolnišnici Novo mesto

Ugotavljali smo, kakšne ukrepe za preprečevanja padcev uporabljajo v SB Novo mesto, na kakšen način ocenjujejo ogroženost za padce pri pacientih in kakšne preventivne ukrepe uporabljajo. Preučili smo slovensko in tujo literaturo s področja padcev ter se poglobili v obstoječo ocenjevalno lestvico, ki jo uporabljajo v SB Novo mesto ter katere ukrepe uporabljajo za preprečevanje padcev. V SB Novo mesto se za vsakega sprejetega pacienta naredi ocena ogroženosti pacienta za padec. V izogib vamostnim odklonom padca imajo na hodniku plakate s praktičnimi vajami za ohranjanje gibalnih sposobnosti, uporabljajo zapestnice rumene barve na roki ogroženih pacientov ter imajo pripravljeno zloženko z osnovnimi informacijami o preprečevanju padcev v bolnišnici, ki je namenjena pacientom in njihovim svojcem. Zelo pomembno je zavedanje vseh zaposlenih in pacientov, da so padci prvi vzrok zapletov v bolnišničnem okolju. Uporaba lestvice za ugotavljanje ogroženosti pacientov za padce spodbuja zaposlene v zdravstveni negi k sistematičnemu iskanju dejavnikov tveganja za padec in k izvedbi aktivnosti za preprečevanje tveganja za padec ter posledično k zmanjšanju števila padcev v Splošni bolnišnici Novo mesto.

Ključne besede: splošna bolnišnica, padci, vanostni odkloni

Fall Prevention Strategies in General Hospital Novo Mesto

We determined what measures for fall prevention are used in General hospital Novo mesto, what kind of fall risk assessment tools and what preventive measures they use. We studied the Slovenian and foreign literature in the field of falls and delved into existing fall risk assessment scale used in General hospital Novo mesto and what measures they use to prevent falls. In General hospital Novo mesto a fall-risk assessment is made for all patients on admission. To avoid standard safety deviations of the patient falls, they have posters in the hallways that display practical exercises to maintain motor skills, they use yellow bracelets on the hands of at-risk patients and have a leaflet with basic information on fall prevention for patients and their relatives. Falls are the leading cause of complication of hospital care. The use of the rating scale for risk of falls encourages nursing staff to systematically identify the risk factors for falls and to carry out activities to prevent the risk and consequently reduce the number of falls at the General hospital Novo mesto.

Keywords: general hospital, falls, safety deviations

Uporaba spletnih platform pri izobraževanju na daljavo

Izobraževanje na daljavo predstavlja izobraževanje, ki poteka ločeno od mesta poučevanja ob uporabi sodobnih informacijskih in telekomunikacijskih tehnologij. Zaradi hitrih tehnoloških sprememb in pomanjkanja časa je za mnoge takšna oblika izobraževanja bolj privlačna in učinkovita. Namen raziskave je evalvirati izobraževanje na daljavo študentov študijskega programa Zdravstvena nega na Fakulteti za zdravstvene vede Univerze v Novem mestu. Zastavili smo si štiri cilje, in sicer evalvirati takšno obliko izobraževanja ter primerjati oceno izobraževanja na daljavo glede na spol, letnik in način študija. Raziskava temelji na kvantitativnem raziskovalnem pristopu. Za zbiranje podatkov je bilo uporabljeno spletno anketiranje, ki je potekalo junija 2020, po zaključenem letnem semestru študijskega leta 2019/20. Anketo je izpolnilo 119 študentov, od tega 18 % študentov in 82 % študentk, 37 % študentov prvega, 30 % drugega in 33 % tretjega letnika ter 59 % študentov rednega in 41 % izrednega študija. Izvedba izobraževanja na daljavo je bila zaradi novih in nepredvidljivih razmer nenačrtovana, pedagoški proces je bilo potrebno nadaljevati brez prekinitve in brez vnaprejšnje priprave. Kljub temu na podlagi rezultatov ugotavljamo, da so bili študenti z izvedbo izobraževanja na daljavo v večini zadovoljni, ocena izvedbe pa se ne razlikuje bistveno glede na spol, letnik in način študija.

Ključne besede: pouk, učni proces, izobraževanje na daljavo

Use of online platforms in distance learning

Distance learning is learning that takes place separately from the place of learning using modern information and telecommunication technologies. Due to rapid technological changes and lack of time, this form of education is more attractive and effective for many. The purpose of the research is to evaluate distance learning of the study program Nursing care at UNM FHS. We set ourselves four goals, namely to evaluate this form of learning and to compare the assessment of distance learning according to gender, year and mode of study. The research is based on a quantitative research approach. An online survey conducted in June 2020, after the end of the annual semester of the 2019/20 academic year, was used to collect data. The survey was completed by 119 students, of which 18% were male and 82% female students, 37% first-year, 30% second-year and 33% third-year students and 59% full-time and 41% part-time students. Due to the new and unpredictable conditions, the implementation of distance learning was unplanned, and the pedagogical process had to be continued without interruption and without prior preparation. Nevertheless, based on the results, we find that the students were mostly satisfied with the implementation of distance learning, and the assessment of the implementation does not differ significantly depending on gender, year and mode of study.

Keywords: lesson, learning process, distance learning

Znanje studenata sestrinstva o Alzheimerovoj demenciji

Alzheimerova demencija je sve veći javnozdravstveni problem te je svakim danom sve prisutnija u našoj okolini i društvu. Ona uzrokuje nepovratna oštećenja te oboljelu osobu može dovesti do ovisnosti o drugoj osobi. Nije rijedak slučaj da se njena početna faza ne prepozna ili zanemari. To odgađa početak liječenja i smanjuje kvalitetu života oboljelog. Stoga je cilj ovog rada bio ispitati znanje studenata Fakulteta zdravstvenih studija u Rijeci o Alzheimerovoj demenciji. Anonimnim anketnim upitnikom ispitano je 25 studenata prve i 26 studenta treće godine sestrinstva. Upitnik je sadržavao 23 pitanja zatvorenog tipa. Istraživanje je pokazalo iznenađujuće rezultate u kojima je vidljivo da veću razinu znanja o ovoj temi ima prva godina sestrinstva. Takvi rezultati pobili su hipotezu koja navodi da će veću razinu znanja pokazati viša godina studija. Razlozi ovome mogu biti u manjku zainteresiranosti studenata o ovoj temi tokom studiranja, ili nedovoljan kontakt s oboljelima tijekom kliničkih vježbi. No, upravo su studenti ti koji će sutra skrbiti o oboljelim osobama te morati prepoznati prve znakove bolesti. Stoga se stavlja na važnost kontinuirana edukacija o Alzheimerovoj demenciji.

Glavne riječi: Alzheimerova demencija, kvaliteta života, edukacija, studenti

Nursing Student's Knowledge of Alzheimer's Dementia

Alzheimer's dementia is a growing public health problem and is more prevalent in our society every day. It causes irreversible damage and can make the sick person dependent on another person. It is not uncommon for its initial stage not to be recognized or ignored. This delays the start of treatment and reduces the patient's quality of life. Therefore, the aim of this study was to examine the knowledge of students at the Faculty of Health Studies in Rijeka on Alzheimer's dementia. An anonymous questionnaire surveyed 25 first-year students and 26 third-year nursing students. The questionnaire contained 23 closed-ended questions. The research showed surprising results in which it is evident that the first year of nursing has a higher level of knowledge on this topic. Such results refuted the hypothesis. The reasons for this may be the lack of interest of students in this topic during their studies, or insufficient contact with patients during clinical exercises. However, it is the students who will take care of the sick tomorrow and have to recognize the first signs of the disease. Therefore, continuous education on Alzheimer's dementia is important.

Keywords: Alzheimer's dementia, quality of life, education, students

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Razširjenost predpisovanja opioidov in smrtnosti v letih 2010 – 2019

Poraba opioidov za zdravljenje bolečine ter v programih zdravljenja odvisnosti od prepovedanih drog narašča in vodi do razvoja tolerance, odvisnosti, lahko tudi zlorab, zato je potrebno skrbno spremljanje predpisovanja v skladu z medicinsko doktrino seveda glede na potrebe pacientov. Namen retrospektivne opazovalne raziskave je bil analizirati razširjenost in trend predpisovanja ter smrtnost analgetičnih opioidov (NO2A) in opioidov za zdravljenje oseb odvisnih od opioidnih drog med leti 2010 in 2019. Podatke o predpisanih zdravilih smo analizirali po anatomsko-terapevtsko-kemični klasifikaciji (ATC metodologiji) v definiranih dnevni odmerkih na 1000 prebivalcev na dan (DID). V letu 2019 je bilo izdanih preko 1,4 milijona receptov za analgetike (NO2), od tega 27 % za analgetične opioide (NO2A). Vsaj en recept z analgetičnimi opioidi je prejelo 6,1 % populacije. V letih 2010 do 2019 je bilo zaznanih tudi 116 smrti povezanih z uporabo opioidov. Na podlagi rezultatov je mogoče sklepati, da je predpisovanje teh zdravil dokaj razširjeno pri obravnavi bolečine. V letu 2019 se je razširjenost predpisovanja nekoliko zmanjšala, kar lahko pripišemo večjemu osveščanju in bolj doslednemu upoštevanju strokovnih smemic ter zavedanju o možnostih zlorab. Posebno pozornost pa je potrebno nameniti preprečevanju smrtnosti zaradi opioidov.

Ključne besede: analgetični opioidi, smrtnost, bolečina, razvoj tolerance, definirani dnevni odmerki

Prevalence of Opioid Prescription and Mortality from 2010 to 2019

The use of opioids for the treatment of pain and in drug treatment programmes is increasing and leading to the development of tolerance, dependence, and possible abuse, so careful monitoring of prescribing in accordance with medical doctrine is necessary, of course, according to the patient's needs. The purpose of the retrospective observational study was to analyse the prevalence and trend of prescribing and mortality of analgesic opioids (NO2A) and opioids for the treatment of opioid addicts between 2010 and 2019. Data on prescribed medicines were analysed by anatomical-therapeutic-chemical classification (ATC methodology) in defined daily doses per 1000 population per day (DID). In 2019, over 1.4 million prescriptions for analgesics (NO2) were issued, of which 27% for analgesic opioids (NO2A). At least one prescription with analgesic opioids was received by 6.1% of the population. Between 2010 and 2019, 116 opioid-related deaths were also detected. Based on the results it can be concluded that prescribing these drugs is quite common in pain treatment. In 2019 the prevalence of prescribing decreased slightly, which can be attributed to greater awareness and more consistent adherence to professional guidelines and awareness of the possibilities of abuse. However, special attention should be paid to the prevention of opioid mortality.

Keywords: analgesic opioids, mortality, pain, development of tolerance, defined daily doses

10 minut na dan - vaje za oči, čeljustni sklep, vratno hrbtenico in zgornji ud

Dolgotrajno sedenje pred slikovnim zaslonom, statična drža ali ponavljajoči se gibi lahko kvarno vplivajo na počutje in zdravje. Sledi neprijetna senzorna in čustvena zaznava, bolečina, ki jo posamezniki različno zaznavajo in je lahko v povezavi z dejansko ali možno poškodbo tkiva. Povečano vznurjenje se prenaša na propioceptorje in interoceptorje, kar lahko povzroči pomanjkanje ali odpor do gibanja, fizični odziv na neprijetno čustvo ter vpliva na interocepcijo in spremenjene bio-psiho-socialne komponente zdravja. Motena je funkcionalna sposobnost, sestavljena iz intrinzične kapacitete posameznika, ekstrinzičnih dejavnikov ter interakcija med obema. V skeletnih mišicah nastopijo strukturne in funkcionalne spremembe. Pri vzpostavljanju, vzdrževanju in krepitvi ustreznih funkcij gibalnega sistema imajo pomembno vlogo oči, čeljustni sklep, vratna hrbtenica ter zgornji ud s pripadajočimi mišicami, ki omogočajo vzdrževanje statičnega in dinamičnega ravnotežja. Vsi sistemi so med seboj tesno povezani. V klinični praksi pogosto zaznavamo tenzijski glavobol, solzenje oči, bolečino v predelu čeljustnega sklepa ter napetost jezika kot posledico prevelike napetosti. Prav tako je pogosto prisotno omejeno in boleče gibanje vratne hrbtenice in zgornjega uda, zato smo na podlagi pregleda strokovne literature in klinične prakse pripravili nabor nasvetov in vaj, ki jih individualno prilagajamo pacientom.

Ključne besede: vaje, oči, čeljustni sklep, vratna hrbtenica, zgornji ud

10 Minutes a Day - Exercises for the Eyes, Temporomandibular Joint, Cervical Spine and Upper Limb

Sitting in front of a screen for long periods of time, static posture or repetitive movements can have an adverse effect on your well-being and health. This can be followed by unpleasant sensory and emotional perception, pain that is perceived differently by individuals and can be associated with actual or possible tissue damage. Increased arousal is transferred from the proprioceptors to the interoceptors, which can lead to a lack or resistance of movement, a physical response to an unpleasant emotion and an effect on interception and altered bio-psycho-social components of health. The functional ability is disturbed, consisting of the intrinsic abilities of the individual, extrinsic factors and the interaction between the two. Structural and functional changes occur in the skeletal muscles. The eyes, temporomandibular joints (TMJ), cervical spine (CS) and upper limb with its associated muscles play an important role in establishing, maintaining and strengthening the appropriate functions of the musculoskeletal system and enable the maintenance of static and dynamic balance. All systems are closely interconnected. In clinical practice, tension headaches, watery eyes, pain in the TMJ, and tongue tensions are often observed as a result of excessive tension. Restricted and painful movement of the CS and upper extremity is also common. Therefore, based on the review of the literature and clinical practice, we have prepared a series of tips and exercises that are individually tailored to patients.

Keywords: exercises, eyes, temporomandibular joint, cervical spine, upper limb

Zdrava hrbtenica na delovnem mestu

Sedeč način življenja zmanjšuje gibljivost, predvsem v primeru, če sedimo v nepravilnem položaju. Sedeče delo predstavlja telesni napor. Negativni učinki prekomernega sedenja se kažejo na mišično-kostnem sistemu. Določene telesne zgradbe so nagnjene k skrajšanju, druge pa k podaljšanju in rušijo telesno ravnovesje. Kronična bolečina v križu predstavlja stisko za posameznika, breme za zdravstveni sistem in družbo. V Sloveniji smo imeli v letu 2015 zaposlenih 14 družinskih zdravnikov, ki so se ukvarjali s prvimi obravnavami pacientov z diagnozami iz skupine »bolečina v hrbtu«. Povprečno trajanje odsotnosti z dela je bilo odvisno od diagnoze in se je gibalo med 25 in 93 dni. Na delovnem mestu imamo na izbiro aktivno in pasivno sedenje. Pri pasivnem sedenju ne uporabljamo mišic trupa, da bi obdržali zravnano hrbtenico, temveč se zanašamo na naslonjala in podpore. Aktivno sedenje lahko dosežemo z različnimi stoli, uporabo žoge namesto stola ali pa samo z zavestno aktivacijo in nadzorovanjem načina sedenja. Med sedenjem se povečajo sile na medvretenčne ploščice, ki so ključne za stabilnost in gibljivost hrbtenice. Preprečevanja negativnih posledic sedečega delovnega mesta na zdravje se mora zavedati vsak posameznik, ustrezno ukrepati ter prevzeti odgovornost. Praktične rešitve za večino ljudi predstavlja vadba na delovnem mestu, različni ukrepi v sedečem položaju in telesna aktivnost v prostem času.

Ključne besede: absentizem, bolečine v hrbtu, vadba na delovnem mestu

Healthy Spine in the Workplace

A sedentary lifestyle reduces mobility, especially if we are sitting in the wrong position. Sedentary work represents physical exertion. The negative effects of excessive sitting are reflected in the musculoskeletal system. Certain body structures tend to shorten, while others tend to lengthen and upset body balance. Chronic low back pain is a distress for the individual, a burden on the health system and society. In 2015, 14 family physicians were employed in Slovenia to deal with the first treatments of patients with diagnoses from the "back pain" group. The average duration of absence from work depended on the diagnosis and ranged between 25 and 93 days. At work, we have a choice of active and passive sitting. In passive sitting, we do not use torso muscles to keep the spine straight, but rely on backrests and supports. Active sitting can be achieved with different chairs, using a ball instead of a chair, or just by consciously activating and controlling the way you sit. During sitting, the forces on the intervertebral discs increase, which are crucial for the stability and mobility of the spine. Preventing the negative consequences of a sedentary workplace on health is an issue that every individual must be aware of, take appropriate action and take responsibility. Practical solutions for most people are exercise at work, various measures in a sitting position and physical activity in free time.

Keywords: absenteeism, back pain, exercise in the workplace

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Znanje i stavovi o pravilnoj upotrebi oralnih antibiotika u općoj populaciji

Antibiotici su lijekovi koji su selektivno toksični za bakterije, a netoksični, odnosno prihvatljivo toksični za organizam domaćina. Rezistencija na antibiotike je globalni javnozdravstveni problem. Cilj našeg istraživanja bio je utvrditi razinu znanja i stavova o antibioticima te njihovoj pravilnoj primjeni u općoj populaciji na području Republike Hrvatske. Istraživanje smo proveli na području Republike Hrvatske u periodu 20. 6. - 20. 8. 2020, CAPI metoda anketiranja, koristeći platformu Google Forms. Anketa nije preuzeta, sastoji se od 30 pitanja. Sudjelovao je 181 ispitanik većinom ženskog spola (80 %), 79 % dobi 18-30 godina, 72 % ispitanika je iz ruralne sredine, 27 % medicinske struke. Svi ispitanici su do sada koristili antibiotike, njih 96 % zna da se koriste isključivo kod bakterijske infekcije. Velika većina (93 %) popije terapiju do kraja, 97 % ih neće dati drugoj osobi, svega 3 % će ih popiti na »svoju ruku«. Rezultatima smo pokazali da ispitanici iz ovog istraživanja imaju dobro osnovno znanje o antibioticima, važnosti i načinu pravilne primjene antibiotika. Koriste antibiotike koji su prepisani samo njima, dižu ih na recept, piju preporučenu dozu u točno određeno vrijeme i dana koliko je propisano te time uz povećano djelovanje antibiotika smanjuju mogućnost rezistencije bakterija na antibiotike na lokalnoj i globalnoj razini.

Ključne riječi: antibiotici, znanje, stavovi, opća populacija, antibiotska rezistencija

Knowledge and Attitudes about the Appropriate Use of Oral Antibiotics in the General Population

Antibiotics are drugs that are selectively toxic to bacteria and non-toxic or acceptably toxic to the host organism. Antibiotic resistance is a global public health problem. The aim of our research was to determine the level of knowledge and attitudes about antibiotics and their proper application in the general population in the Republic of Croatia. We conducted the research on the territory of the Republic of Croatia between 20 June and 20 August 2020, with CAPI survey method, using the Google Forms platform. The survey was not copied and it consists of 30 questions. 181 participants took part and they were mostly female (80%), 79% were aged 18-30 years, 72% were from rural areas, 27% were medical professionals. All subjects have used antibiotics so far, 96% of them know that they are used exclusively for bacterial infections. The majority (93%) took the therapy to the end, 97% will not give it to another person, only 3% will take it on "their own". The results showed that the respondents from this study have a good basic knowledge about antibiotics and the importance and method of proper administration of antibiotics. They use antibiotics that are prescribed only to them, pick them up on prescription, take the recommended dose at the exact time and day as prescribed, and thus with the increased activity of antibiotics reduce the possibility of bacterial resistance to antibiotics locally and globally.

Keywords: antibiotics, knowledge, attitudes, general population, antibiotic resistance

Znanje in upoštevanje preventivnih ukrepov v času epidemije COVID-19

Prvi veliki izbruh novega koronavirusa v Evropi se je zgodil na severu Italije. Glede na visoko stopnjo migracij s sosednjo državo, je bilo pričakovano, da se bo okužba kmalu začela širiti tudi v Sloveniji. V javnosti in medijih so se razvile masovne razprave o tem, kako bi učinkovito omejili širjenje okužbe. Cilj te študije je bil oceniti znanje o novem koronavirusu in izvajanje preventivnih ukrepov v zgodnji fazi širjenja COVID-19 v Sloveniji in ob koncu prvega vala epidemije. V prvem krogu raziskave je bil spletni vprašalnik aktiven 24 ur (od 13. do 14. marca 2020). Odzvalo se je 12.307 respondentov in 7764 vprašalnikov je bilo popolnoma izpolnjenih. Raziskava je bila ponovljena med 13. aprilom in 7. majem 2020 s 313 pridobljenimi odgovori. Znanje anketirancev se je izboljšalo iz prvega v drugi krog raziskave. Prav tako se je v obdobju opazovanja povečala skladnost s preventivnim vedenjem. Večja skladnost s preventivnim vedenjem je bila ugotovljena pri ženskah, pri tistih, ki delijo gospodinjstvo z osebami, starejšimi od 65 let, starejšimi in tistih, ki poznajo okuženo osebo. Študija je dala pomembne podatke o splošnem znanju o koronavirusu pri populaciji, kar je smiselno upoštevati pri načrtovanju zdravstveno vzgojnih aktivnosti za spodbujanje izvajanja preventivnih ukrepov.

Ključne besede: COVID-19, cepljenje, stališča, namera cepljenja, zdravstveni delavci

Knowledge and Preventive Behaviour during the COVID-19 Epidemics

The first major outbreak of the new coronavirus in Europe occurred in northern Italy. Given the high level of migration with the neighbouring country, the relatively fast spread of the infection to Slovenia was expected and preventive measures for its limitation were widely discussed in the public and media. The aim of this study was to evaluate knowledge about the new coronavirus and the implementation of preventive measures in an early phase of the spread of COVID-19 in Slovenia and at the end of first wave of the epidemic. In the first round of survey, an online questionnaire was active for 24 hours (March 13-14 2020). There were 12,307 responses and 7764 questionnaires were completed. The survey was repeated between April 13 and May 7 2020 with 313 obtained responses. Respondents' knowledge improved from the first to the second round of survey. Compliance with preventive behaviour also increased during the observation period. Greater compliance with preventive behaviour was found in women, in those who share the household with people over the age of 65, the elderly and those who know an infected person. The study provided important data on general knowledge about coronavirus in the population, which should be taken into consideration when planning health education activities to promote the implementation of preventive measures.

Keywords: COVID-19, vaccination, attitudes, vaccination intention, healthcare professionals

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Kakovost spanja med zaposlenimi v predbolnišnični nujni medicinski pomoči

V prispevku preučujemo kakovost spanja in njegovo deprivacijo, ki je pogosta med delavci, ki opravljajo izmensko in stresno delo v nepredvidljivih okoliščinah, ki so značilne za nujno medicinsko pomoč. Namen raziskave je raziskati kakovost spanja med zaposlenimi v predbolnišnični nujni medicinski pomoči. V raziskavi ugotavljamo, da manj kot polovica anketirancev navaja slabo kvaliteto spanja. Slabšo kvaliteto spanja ugotavljamo pri anketirancih ženskega spola ter anketirancih, ki so zaposleni v bolj obremenjenih enotah predbolnišnične nujne medicinske pomoči ter tistih, ki opravljajo delo, ki traja 24 ur ali več. Zaposlene v predbolnišnični nujni medicinski pomoči je potrebno izobraziti v smislu ustrezne higiene spanja ter priporočil za doseganje dobrega spanja (omejitve kofeina, nikotina, alkohola, skrbi za redno telesno aktivnost ter pravilnega časa spanja).

Gljučne besede: spanje, kakovost spanja, pomanjkanje spanja, nujna medicinska pomoč

Sleep Quality Among Prehospital Emergency Medical Service Employees

In this paper, we examine the quality of sleep and its deprivation, which is common among workers who perform shift and stressful work in unpredictable circumstances that are a characteristic of emergency medical services. The purpose of the study is to investigate the quality of sleep among employees in pre-hospital emergency medical services. The research shows that less than half of the respondents report poor sleep quality. Poorer quality of sleep is found in female respondents and respondents who are employed in more overloaded pre-hospital emergency medical service units, as well as those who perform work lasting 24 hours or more. Employees in pre-hospital emergency medical services should be educated in terms of proper sleep hygiene and recommendations in regard to gaining good sleep (limiting caffeine, nicotine, alcohol, taking care of regular physical activity and proper sleep time).

Keywords: sleep, sleep quality, sleep deprivation, emergency medical service

Konsumacija alkohola među mladima

Prema definiciji Svjetske zdravstvene organizacije skupinu mladih čine osobe u dobi između 10. i 24. godine. Mladi se susreću s brojnim izazovima odrastanja, promjenama i pritiscima od strane okoline na koje se prema svojim mogućnostima i sposobnostima nastoje prilagoditi i donositi odluke. Otežana prilagodba i prisutnost različitih čimbenika vezanih uz obitelj, školu, okolinu te negativnih osjećaja poput nesigurnosti, manjka samopouzdanja, usamljenosti i depresije mogu povećati sklonost mlade osobe za konzumacijom alkohola. Prema ESPAD istraživanju među učenicima 2015. godine, Hrvatska je bila na šestom mjestu od 48 zemalja prema udjelu mladih (51 % mladića i 42 % djevojaka) koji su pili pet i više pića za redom (binge drinking) u posljednjih 30 dana. Vodeće su bile Danska, Austrija i Cipar, a na dnu ljestvice Norveška, Sjedinjene Američke Države i Island. Prema rezultatima istraživanja za Hrvatsku, mladići su pretežito konzumirali pivo (57 %), dok su djevojke pretežito konzumirale vino (44 %). Prilikom konzumacije alkohola u svega 17,41 % mladih osoba postoji osviještenost o razvoju mogućih posljedica povezanih s alkoholom. Kako ne bi došlo do početka konzumacije alkohola u mladih osoba i razvoja neželjenih posljedica važno je provođenje mjera prevencije, gdje ključnu ulogu ima i medicinska sestra.

Ključne riječi: adolescenti, mladi, konzumacija alkohola, poremećaji uzrokovani alkoholom, prevencija

Alcohol Consumption among the Young

According to the definition of the World Health Organization, young people are persons between the ages of 10 and 24. Young people face many challenges of growing up, changes and pressures to which they are trying to adapt and make decisions according to their abilities and competences. Adaptation difficulties and other risk factors related to family, school, environment and negative feelings such as insecurity, lack of confidence, loneliness, and depression could increase the tendency of a young person to drink alcohol. According to the ESPAD Survey Project in 2015, Croatia ranked sixth among 48 countries according to the prevalence of binge drinking in the last 30 days among 15 year-olds (51% of young men and 42% of young women). At the top of the scale were Denmark, Austria and Cyprus, and at the bottom Norway, the United States and Iceland. According to the results of the survey for Croatia, young men mostly consumed beer (57%), while young women mostly consumed wine (44%). Only 17,41% of young people showed awareness of possible consequences associated with alcohol consumption. In order to avoid the beginning of alcohol consumption in young people, and the development of undesirable consequences, it is important to implement preventive measures, where a nurse also plays the key role.

Keywords: adolescents, the young, alcohol consumption, alcohol-related disorders, prevention

Opravljanje zdravstveno negovalnih intervencij v kliničnem okolju

Namen prispevka je pregledati in oceniti kvantiteto opravljanja zdravstveno negovalnih intervencij, ki jih študenti pod vodstvom mentorja opravijo v kliničnem okolju. Za študente je zelo pomembno, da intervencije preizkusijo večkrat, saj s tem usvajajo znanja, ki so za pridobitev kompetenc pomembna. V nabor intervencij, ki smo jih v lastnem anketnem vprašalniku ponudili kot možnost izbire, smo vključili le tiste, ki so jih študenti obravnavali pri kabinetnih vajah v prvem letniku pri predmetih »Teorija zdravstvene nege« in »Zdravstvena nega starostnika z gerontologijo«. Glede na rezultate opravljenih zdravstveno negovalnih intervencij študentov Fakultete za zdravstvene vede Univerze v Novem mestu, ki so zaključili prvi letnik lahko sklepamo, da se predvsem študente prvega letnika še vedno uporablja kot nadomestno delovno silo v procesu osnovne zdravstvene nege, to pa pripisujemo pomanjkanju zdravstveno negovalnega osebja. Rezultati so pokazali tudi to, da se v drugem in tretjem letniku to nekoliko popravi, vendar samostojnega izvajanja določenih posegov še vedno primanjkuje. Ob tem pa je spodbudno to, da študenti, ki izkažejo interes in željo po znanju, že v prvem in drugem letniku ob mentorju izvajajo intervencije ali posege, ki jih po učnem načrtu obravnavajo pri predmetih v višjih letnikih.

Ključne besede: študent, mentor, intervencije v zdravstveni negi, klinično usposabljanje

The Performance of Nursing Interventions in the Clinical Environment

The purpose of this paper is to review and evaluate the quantity of health care interventions performed by students under the guidance of a mentor in a clinical setting. It is very important for students to try the interventions as often as possible, as this acquires knowledge that is important for the acquisition of competences. In the set of interventions that we offered as an option in our own questionnaire, we included only those that were discussed by students in cabinet exercises in the first year in the subjects "Theory of Nursing" and "Nursing of the Elderly with Gerontology". According to the results of nursing interventions of students of the Faculty of Health Sciences of the University of Novo mesto who completed the first year, we can conclude that first-year students are still used mainly as a substitute workforce in the process of primary care, which is attributed to the lack of health care staff. The results also showed that this is somewhat improved in the second and third year, but there is still a lack of independent implementation of certain interventions. At the same time, it is encouraging that students who show interest and desire for knowledge, carry out interventions and procedures with the mentor already in the first and second year, although they are covered according to the curriculum in subjects in higher years.

Keywords: student, mentor, interventions in health care, clinical training

Ključne ovire in napake pri izvajanju higiene rok med epidemijo COVID-19

Zaradi okužb povezanih z zdravstvom sta povečani tudi obolevnost in umrljivost ljudi. Spremljanje in dokazovanje pomena ustrezne higiene rok ter s tem zmanjšanje bolnišničnih okužb spada med ključne naloge izvajalcev zdravstvene nege. Glavni cilji pri izvedbi anketiranja so bili pridobiti vpogled v 1) osnovno znanje, 2) stališča in 3) prakso higiene rok izvajalcev zdravstvene nege med epidemijo COVID-19. Uporabili smo deskriptivno kvantitativno metodo s tehniko anketiranja, ki je bil dostopen v spletni obliki preko portala Ika in v papirni obliki ter posredovan v eni od bolnišnic v JV Sloveniji. V anketiranju je sodelovalo 65 zaposlenih, ki so v starostnem razponu od 20 do 65 let. Rezultati kažejo, da se izvajalci zdravstvene nege zavedajo pomena higiene rok, da so znanje pridobili predvsem v srednji šoli in na delovnem mestu. Zaposleni so poročali, da bolnišnica skrbi za dodatno izobraževanje o higieni rok, ter da izvaja kontrolo večkrat letno. Ob pričetku epidemije COVID-19 se večina zaposlenih dodatno informira o pomembnosti higiene rok za preprečevanje širjenja okužbe.

Ključne besede: preventiva, znanje, ovire, napake, preprečevanje okužbe

Key Obstacles and Errors in the Implementation of Hand Hygiene during the COVID-19 Epidemic

Healthcare associated infections increase human illness rate and mortality. Monitoring and demonstrating the importance of adequate hand hygiene and thus reducing hospital-acquired infections is one of the main tasks of nursing staff. The main objectives in conducting the survey were to gain insight into 1) basic knowledge, 2) views and 3) the practice of hand hygiene of nursing providers during the COVID-19 epidemic. We used a descriptive quantitative method with a survey technique accessible in web form through the portal Ika and in paper form, which was conducted in one of the hospitals in South-East Slovenia. The survey involved 65 employees aged between 20 and 65. The results show that nursing practitioners are aware of the importance of hand hygiene and that they acquired knowledge in secondary school and in the workplace. Results revealed that the hospital offers additional training in hand hygiene and that it carries out control several times a year. At the beginning of the COVID-19 epidemic, most employees are further informed about the importance of hand hygiene in order to prevent the spread of the infection.

Keywords: prevention, knowledge, obstacles, errors, prevention of infection

Priporočila fizioterapevta za dobro počutje na delovnem mestu

Zaradi poklicnih dejavnikov delovnega okolja kot so ponavljajoči se gibi fleksije in ekstenzije v zapestju pri tipkanju ali igranju inštrumenta, delo z vibratormimi stroji, uporaba moči pri delu, prisilna drža, položaj zgornjega uda in ponavljajoče se torzije v zapestjih ter kombinacije naštetih dejavnikov prihaja do vedno pogostejših okvar perifernega živčevja. Eno najpogostejših je sindrom karpalnega kanala, katerega prevalenca je okrog 60.000 bolnikov v Sloveniji. Takšno stanje povzroča začasno ali trajno delanezmožnost in velik finančni udarec za bolnika kot tudi podjetje in zdravstveno blagajno. Sindrom karpalnega kanala je bolezen, ki je najpogosteje povezana z delom, vendar jo lahko sprožajo tudi drugi dejavniki. Njeni simptomi pa so lahko zelo moteči in marsikdaj vodijo v predčasno upokojitvev. Poleg sindroma karpalnega kanala, ki ga povzroča stisnjenje medialnega živca, pa lahko imamo zaradi natezne poškodbe določene fascialne linije tudi težave s prevodnostjo ulnarnega in radialnega živca, ki prav tako zahtevata terapevtsko obravnavo. V določenih primerih in če je dovolj zgodaj pa si lahko preventivno pomagamo sami z mobilizacijskimi vajami.

Ključne besede: sindrom karpalnega kanala, z delom povezane težave, mobilizacijske vaje perifernega živčevja

Physiotherapist Recommendations for Workplace Well-Being

Due to occupational factors of the working environment such as repetitive movements of flexion and extension in the wrist when typing or playing an instrument, working with vibrating machines, use of force at work, forced posture, upper limb position and repetitive torsion in the wrists and combinations of these factors lead to more frequent peripheral nerve damage. One of the most common is carpal tunnel syndrome, with the prevalence off app 60,000 patients in Slovenia. Such a condition causes temporary or permanent incapacity for work and a major economic burden for the patient as well as the company and the health insurance. Carpal tunnel syndrome is a disease that is most commonly associated with work, but can also be triggered by other factors. Its symptoms can be very disturbing and often lead to early retirement. In addition to carpal tunnel syndrome, which is caused by compression of the medial nerve, fascial lines can also cause conductivity problems of the ulnar and radial nerves, which also requires therapeutic treatment. In certain cases and if it's early enough, we can help ourselves preventively with mobilization exercises.

Keywords: carpal tunnel syndrome, work related issues, mobilization exercises of peripheral nerves

Promoting Healthy Lifestyles: the Challenges and Opportunities for Nurses

There are global demands on all health care services and promoting healthy lifestyles as a means to address these demands has received greater attention. In England a formal programme, "Making Every Contact Count" (MECC) has been developed (PHE 2016). Nurses are seen as instrumental in delivering conversations with patients on ways to evaluate their lifestyle to promote healthy behaviours. Despite the MECC programme being in operation for over 10 years there is a dearth of research on the topic and little understanding on the ability of nurses to engage such conversations. There is a lack on consensus on how nurses and other professionals should engage patients to deliver the aims of MECC. To examine these issues, we conducted research using a pre and post training intervention mixed methods design using a specially designed questionnaire with first year student nurses and qualitative interviews with Year 2 nursing students. The students received a MECC training programme prior to a clinical placement. We repeated the questionnaire and examined alterations in changes in attitude and behaviour to MECC of the respondents. This presentation will report on our research on how and why students did or did not engage in health promoting conversations.

Keywords: health promotion, nursing skills, confidence, Public Health, communication

Spodbujanje zdravega življenjskega sloga: izzivi in priložnosti za medicinske sestre

Zahteve po vseh zdravstvenih storitvah so globalne, spodbujanju zdravega načina življenja kot sredstvu za reševanje teh zahtev pa je namenjeno več pozornosti. V Angliji je bil razvit formalni program »Making Every Contact Count« (MECC) (PHE 2016). Medicinske sestre imajo pomembno vlogo pri pogovorih s pacienti o načinih vrednotenja njihovega življenjskega sloga za spodbujanje zdravega vedenja. Kljub temu, da program MECC deluje že več kot 10 let, je pomanjkanje raziskav na to temo in premalo razumevanja sposobnosti medicinskih sester za takšne pogovore. Manjka soglasja o tem, kako bi morale medicinske sestre in drugi strokovnjaki vključevati bolnike, da bi dosegli cilje MECC. Za preučitev teh vprašanj smo izvedli raziskave z uporabo mešanih metod načrtovanja intervencij pred in po usposabljanju, z uporabo posebej zasnovanega vprašalnika z medicinskimi sestrami prvega letnika in kvalitativnimi intervjuji s študenti zdravstvene nege drugega letnika. Študenti so pred klinično prakso prejeli program usposabljanja MECC. Ponovili smo vprašalnik in preučili spremembe v odnosu in vedenju MECC anketirancev. Ta predstavitev bo poročala o naši raziskavi kako in zakaj so se oz. se niso študentje pogovarjali o spodbujanju zdravja.

Ključne besede: promocija zdravja, negovalne veščine, zaupanje, javno zdravje, komunikacija

Obravnava pacientov - otroške žrtve nasilja v družini

V prispevku smo poglobljeno zbirali in analizirali obravnavo pacientov, ki so žrtve nasilja nad otroki. Preučili smo literaturo v zvezi z nasiljem nad otroki v družini. Namen je prikazati socialno problematiko, ki je zelo pereča tema. Preventiva na tem področju je pomemben člen razkrivanja nasilja. Poudarili smo kaj je nasilje, nasilje nad otroki v družini in katere oblike nasilja v družini sploh poznamo. Za prikaz situacije smo prikazali statistične podatke za tujino in Slovenijo. Dotaknili smo se tudi teme o pravnih izhodiščih za obravnavo nasilja, ki se je v zadnjih letih zelo spremenila in dosegla bolj natančna in stroga določila. Razložili smo potek ukrepov znotraj zdravstvene ustanove, o pomembnosti sodelovanja s centri za socialno delo ter kako zelo je pomemben multidisciplinarni tim in možnosti namestitvev za žrtve nasilja. Podali smo inovativno idejo, kaj bi storili za izboljšanje socialne problematike v našem okolju.

Gljučne besede: pacienti, nasilje, otroci, družina, multidisciplinarni tim

The Overall Treatment of Patients - Children Victims of Domestic Violence

In this article we gathered and analysed different literature about treating children victims of domestic violence. Our purpose was to show social issues, which are a burning topic. Prevention in this area is very helpful for detecting violence. We emphasised what violence is, domestic violence against children and types of domestic violence. To demonstrate the situation, we presented statistical data for Slovenia and other countries. We also touched on the legal starting points for dealing with violence, which has changed a lot in recent years and now consists of more precise and strict statutory provision. We explained the course of measures within the health institutions, amplified the importance of collaboration between the health institution and the social services and the importance of multidisciplinary team. We also discussed the possibilities of accommodation for victims of violence. In the end we gave an innovative idea about what can be done to improve the social issues in our environment.

Keywords: patients, domestic violence, children, multidisciplinary team

Ocena znanja pacientov o zdravljenju z neposrednimi oralnimi antikoagulanti

Neposredni oralni antikoagulanti se uporabljajo za zdravljenje tromboembolij in atrijske fibrilacije. Zdravstvena vzgoja tekom zdravljenja pomaga pacientom nadzirati bolezen, ukrepati ob zapletih in upoštevati priporočila. Namen raziskave je bil ugotoviti znanje pacientov o zdravljenju z neposrednimi oralnimi antikoagulanti. S kvantitativno deskriptivno metodo dela smo izvedli presečno študijo. V letu 2019 smo s pomočjo anketnega vprašalnika zbrali podatke in jih analizirali. Vzorčenje je bilo namensko. Nizek delež anketiranih je imelo znanje o časovnem razmiku med posameznimi odmerki zdravila, krvavitvi iz dlesni in prebavil. Približno polovica anketirancev je prepoznalo kontraindicirano prehransko dopolnilo in priporočalo cepljenje proti gripi. Višji delež anketiranih bi pravilno ukrepal ob načrtovanem operativnem posegu, ureznini, izbral ustrezno protibolečinsko terapijo in pravilno ukrepal, če ne bi vedel ali je zdravilo že vzel. Višjo stopnjo znanja so pokazali anketiranci iz mlajše starostne skupine, z višjo stopnjo izobrazbe in anketiranke ženskega spola. Za vamo uporabo zdravil je potrebna višja raven znanja pacientov. Proces zdravstvene vzgoje je potrebno dodelati in se bolj osredotočiti na ranljive skupine pacientov. Zdravstveni delavci lahko s stalnim izobraževanjem pripomorejo k bolj kakovostni zdravstveni vzgoji.

Ključne besede: zdravljenje tromboembolij in atrijske fibrilacije, ambulantna oskrba, zdravstvena vzgoja, medicinska sestra

The Assessment of Patients' Knowledge of Treatment with Direct Oral Anticoagulants

The direct oral anticoagulants are used to treat thromboembolisms and atrial fibrillation. Health education during treatment helps patients to manage the disease, follow the recommendations, identify complications and act on them properly. The purpose of the research was to determine the level of the patients' knowledge about the treatment with direct oral anticoagulants. With a quantitative descriptive method of work, we performed a cross-sectional study. In 2019 the data was gathered with the use of a questionnaire and then analysed. Sampling was purposive. Only a few respondents knew about the timing between each medication intake, gum and gastrointestinal bleeding. Almost half of the respondents recognised a contraindicated dietary supplement and marked influenza vaccination as recommended. More respondents knew the correct behaviour in case of the planned surgery and dilemma whether you have already taken your dose of the medication or not, management of the incision, choice of pain therapy and behaviour. Younger respondents, women and those with higher level of education showed more knowledge than the rest. Higher level of knowledge is required to ensure the safe use of anticoagulants. Health education needs to be improved and requires a special focus on vulnerable patient groups. Healthcare workers can contribute to a better quality of health education through continuing education.

Keywords: thromboembolism treatment, atrial fibrillation treatment, outpatient care, health/patient education, nursing

Problemi najstniških mater pri dojenju: pregled literature

Dojenje je zaradi znanih pozitivnih in blagodejnih učinkov tako na mati, kot na dojenčka še vedno prepoznano kot številka ena v prehrani za novorojenčka in kasneje tudi dojenčka. Zato je pomembno že od samega spočetja in v času nosečnosti na preventivnih obiskih pri ginekologu poudarjati in spodbujati dojenje kot najboljšo izbiro za novorojenčka, v času po porodu in bivanja v porodnišnici, pa naj bo prioriteta medicinskih sester in babic učenje in spodbujanje mamice pri dojenju. Problemi najstniških mater pri dojenju nastanejo že od začetka spočetja, saj v večini primerov otrok ni načrtovan, nosečnost ni zaželena, prav tako pa lahko noseča najstnica začuti odpor s strani družine, prijateljev, vrstnikov. Zato je pomembno, da ob tako pomembnem času v njenem življenju začuti podporo vsaj s strani ginekologinje in medicinske sestre pri kateri opravlja preventivne preglede, kasneje pa občuti podporo in sprejetost tudi s strani osebja v porodnišnici, kjer je rodila. Kadar najstnica tega ne začuti, pa lahko občutek nesprejetosti privede do težav z dojenjem, ki so neprijetni tako za njo, kot za novorojenčka.

Ključne besede: mladostništvo, težave pri dojenju, kakovost dojenja, zdravstvena nega, promocija

Breastfeeding Problems Among Adolescent Mothers: a Literature Review

Due to the known positive and beneficent effects on both the mother and the baby, breastfeeding is still recognized as number one in the diet for the newborn and later also the baby. That is why it is important to emphasize and promote breastfeeding as the best choice for the newborn from the very beginning of pregnancy and during pregnancy visits to the gynecologist. In the period after childbirth and during the stay at the maternity hospital, the priority of nurses and midwives should be teaching and encouraging mothers to breastfeed. Breastfeeding problems with teenage mothers arise from the time of conception, because in most cases the child is not planned, the pregnancy is not desired and a pregnant teenager can feel reluctance by her family, friends and peers. That is why it is crucial that at such an important time in her life she feels support from at least the gynecologist and the nurse performing screening tests and later on feels support and acceptance from the staff at the maternity hospital where she gave birth. However, when a teenager does not feel this, the feeling of rejection can lead to breastfeeding problems that are uncomfortable for both her and the newborn.

Keywords: adolescence, breastfeeding problems, quality of breastfeeding, nursing, promotion

Nasilje nad zdravstvenimi delavci

Nasilje na delovnem mestu je negativen odnos med dvema ali več osebami v delovnem okolju, ki ga spremlja agresivno vedenje in se ponavlja ali pa se zgodi nepričakovano. Študije kažejo, da so zdravstveni delavci izpostavljeni predvsem nefizičnemu nasilju, hkrati pa navajajo, da je izpostavljenost nefizičnemu nasilju dejavnik tveganja za nastanek fizičnega nasilja. Kot preprečitev izpostavljenosti nasilju sta pomembna izobraževanje zaposlenih na tem področju ter zaščita zaposlenega. Raziskava je temeljila na deskriptivni in kavalno neeksperimentalni metodi dela. Uporabljena je bila kvantitativna tehnika pridobivanja podatkov. Podatke smo pridobili s pomočjo anonimnega vprašalnika. V raziskavi je sodelovalo 111 zdravstvenih delavcev (zdravniki, medicinske sestre, fizioterapevti, radiološki inženirji, mavčarji). 9.9 % anketiranih je dnevno izpostavljeno nasilju, 57,8 % pa večkrat na mesec. Najpogostejša oblika nasilja je mobing s strani sodelavcev, največkrat pa nasilje izvajajo pacienti, sledijo zdravniki in medicinske sestre. Konflikti med člani tima najbolj vplivajo na kakovost dela, hkrati zaradi nasilja na delovnem mestu le redko izostanejo z dela. Žrtve nasilja imajo več telesnih simptomov, kot so glavoboli, prebavne težave in motnje srčnega ritma.

Ključne besede: nasilje, zdravstveni delavci, zakonodaja, delovno mesto, zdravstvo

Violence Against Healthcare Workers

Workplace violence is a negative relationship between two or more people in a work environment that is accompanied by aggressive behaviour and which is recurring or happening unexpectedly. Studies show that such health professionals are primarily exposed to non-physical violence, while at the same time stating that exposure to non-physical violence is a risk factor for physical violence. The education of employees in this field and the protection of employees are important as the prevention of exposure to violence. The research was based on a descriptive and causally non-experimental method of work. Quantitative data acquisition technique was used. The data was obtained using an anonymous questionnaire. The study involved 111 healthcare professionals (doctors, nurses, physiotherapists, radiology engineers, plasterers). 9.9 % of the respondents are exposed to violence daily and 57.8 % several times a month. The most common form of violence is mobbing by co-workers and the violence is most often perpetrated by patients, followed by doctors and nurses. Conflicts between team members mostly affect the quality of work, while the workers are rarely absent from work due to violence in the workplace. Victims of violence have several physical symptoms, such as headaches, digestive problems and heart rhythm disorders.

Keywords: violence, health professionals, legislation, workplace, healthcare

Kako svetovalci za zdrav način življenja razumejo celostni pristop

Proučevanje razumevanja pomena celostnega pristopa k zdravju ljudi med strokovnjaki na širšem strokovnem področju, ki je povezano z zdravjem, je izjemno pomembno za izboljšanje komunikacije in učinkovito zdravstveno oskrbo. Cilj študije je bil raziskati in ovrednotiti razumevanje celostnega pristopa k zdravju ljudi med svetovalci za zdrav način življenja ter oceniti raven znanja in veščin, povezanih z zagotavljanjem podpore z različnih vidikov. S pomočjo strukturiranega vprašalnika smo izvedli presečno analitično raziskavo na vzorcu 53 svetovalcev za zdrav način življenja. Svetovalci se počutijo najbolj gotovi na področju biološkega vidika zdravja ljudi, sledijo psihološki, socialni in duhovni vidik. Povezanost med delovno dobo in samooceno ravni znanja in veščin je statistično pomembna samo pri biološkem vidiku. Vse druge samoocene ne kažejo statistično pomembnih povezanosti z delovno dobo. Prav tako so vse samoocene ravni znanja in veščin druga z drugo statistično pomembno povezane. Študija je pokazala, da se strokovnjaki v mnogih vidikih ne čutijo gotovo. Potrebni so izobraževanje, pojasnitev konceptov in ocena učinkovitosti ukrepov.

Ključne besede: celostni pristop, svetovalci za zdrav način življenja

How Healthy Lifestyle Consultants Understand Holistic Approach

Understanding the importance of an integrated approach to human health among health-related professionals is important for improving communication and health care effectiveness. The goal of the study was to explore and evaluate the understanding of a holistic approach to human health among healthy lifestyle consultants and to assess the level of knowledge and skills associated with providing support from different perspectives. Using a structured questionnaire, we conducted a cross-sectional analytical survey on a sample of 53 healthy lifestyle consultants. The study shows that consultants feel most confident in the biological aspect of health, followed by the psychological, social and spiritual aspects. The correlation between length of a service and self-assessment of knowledge and skills levels is statistically significant only for the biological aspect. All other self-assessment indicators don't show statistically significant correlations with the length of a service. All self-assessed levels of knowledge and skills were statistically significantly related to each other. The study showed that the experts do not feel certain in many aspects. Education, concept clarification and evaluation of the measures' effectiveness are needed.

Keywords: holistic approach, healthy lifestyle consultants

Skrbnički stres kod kroničnih bolesti

Skrb za kronične bolesnike uključuje bolesnika, obitelj te zajednicu u kojoj pojedinac živi. Zbog dugotrajne skrbi, sukoba uloga te nedostataka resursa nastaje skrbnički stres. Cilj istraživanja je ispitati zadovoljstvo skrbnika komunikacijom i dobivenim informacijama te kvalitetu života i socijalnu podršku. Sudionici istraživanja su punoljetni skrbnici hospitaliziranih kroničnih bolesnika. Korišteni su upitnici informiranosti, zadovoljstva komunikacijom, SF-36 te HAD ljestvica. Rezultati su analizirani neparametrijskim testovima. Rezultati ukazuju na dobru informiranost te pozitivnu povezanost iste s kvalitetom života. Utvrđena je statistički značajna negativna korelacija emocionalnog statusa, anksioznosti i depresivnosti s kvalitetom života te pozitivna korelacija kvalitete života i socijalne podrške. Praktično, ne samo teorijsko usmjeravanje skrbi i prema skrbnicima kroničnih bolesnika, a ne više samo prema bolesniku, ima pozitivan utjecaj na kvalitetu zdravstvene skrbi oboljelog pojedinca, kvalitetu života i posljedično smanjenje stresa kod skrbnika te jačanje partnerskog odnosa i uspješniji rad zdravstvenih djelatnika.

Ključne riječi: skrbnički stres, komunikacija, kvaliteta života

Caregiver Stress in Chronic Diseases

Care for the chronically ill includes the patient, the family and the community in which the individual lives. Due to long-term care, conflict of roles and lack of resources caregiver stress arises. The research aims to examine the satisfaction of caregivers with communication and information obtained, as well as the quality of life and social support. The study participants are adult caregivers of hospitalized chronic patients. Questionnaires of information, satisfaction with communication, SF-36 and HAD scale were used. The results were analysed by nonparametric tests. The results indicate good information and a positive connection with the quality of life. A statistically significant negative correlation of emotional status, anxiety and depression with quality of life and a positive correlation of quality of life and social support was found. Practically, not only the theoretical orientation of care towards chronic caregivers, and no longer only towards the patient, has a positive impact on the quality of health care of the sick individual, quality of life and consequently the reduction of stress in caregivers, strengthening partnerships and more successful health professionals.

Keywords: caregiver stress, communication, quality of life

Klinično usposabljanje – pot do samostojnega dela

Klinično usposabljanje na področju izobraževanja v medicini je ključnega pomena za izobrazbo kompetentnih zdravnikov. V sklop kliničnega izobraževanja študentov medicine in zdravnikov sodijo tudi posamezne klinične veščine. Slednje predstavljajo izjemno pomemben del znanja študentov medicine in zdravnikov pri vsakodnevnem delu in so ključne za kvalitetno delo v kliničnem okolju. Kvalitetno klinično usposabljanje študentov medicine je izjemnega pomena za izobrazbo diplomantov medicine, ki pri svojem delu delujejo varno in v korist pacientom. Kvaliteta kliničnega usposabljanja je v korelaciji s številnimi dejavniki, predvsem z razmerjem med številom študentov in številom mentorjev, katerim so dodeljene skupine študentov, kakor tudi z aktivnim vključevanjem študentov v vsakodnevno delo. Cilj naše raziskave je bil preučiti znanje in napredek izvedbe posameznih kliničnih veščin pri študentih zaključnega letnika splošne medicine v sklopu obveznega 9-tedenskega kliničnega usposabljanja pri predmetu Interna medicina. Rezultati raziskave kažejo, da študenti zaključnega letnika medicine med kliničnim usposabljanjem pridobijo dovolj praktičnega znanja in pridobivajo kompetence za samostojno izvajanje praktičnih kliničnih veščin.

Ključne besede: izobraževanje v medicini, klinično usposabljanje, klinične veščine, napredek znanja

Clinical Training – the Pathway to Autonomous Work

In medical education, clinical training plays a crucial role for every doctor's education. Clinical skills present an important part of medical students' and doctors' clinical learning course. High quality clinical training of medical students is of critical importance for the delivery of optimal and safe patient care. The quality of clinical training is in correlation with several factors, of which the number of medical students assigned to mentors and active integration of medical students in every day clinical work are especially important. The aim of this study was to examine the knowledge and progress of the implementation of individual clinical skills of final year medical students, as part of the mandatory 9-week clinical training in the subject Internal medicine. Results show that final year medical students acquire sufficient practical knowledge during clinical training and gain competences for to independent performing of practical clinical skills.

Keywords: medical education, clinical training, clinical skills, progress test

Fizioterapevtov pristop k ocenjevanju in obravnavi živčno-mišično skeletnih okvar ramenskega obroča

Pogostost pojava živčno-mišično skeletnih okvar v ramenskem obroču se uvršča na drugo mesto med kroničnimi obolenji mišičnoskeletnega sistema. Na pojavnost, razvoj in spreminjanje simptomov vplivajo številni dejavniki, kamor uvrščamo tudi delovno okolje. Vzroki za nastanek živčno-mišično skeletnih okvar ramenskega obroča so pogosto nepojasneni, kar se odraža v kompleksnem procesu pregledovanja, pri oblikovanju hipotez, načrtovanju obravnave in sprotne preverjanju učinkov fizioterapevtskega pristopa. Hipoteze se generirajo na podlagi organiziranega in strukturiranega zbiranja simptomov ter znakov in se lahko v procesu obravnave zaradi učinka terapevtskih postopkov preoblikujejo. Napredno klinično sklepanje je usmerjeno iz pretežno biomedicinskega vidika tudi v psihosocialni vidik zdravljenja, v prepoznavanje omejitev funkcije ter v ocenjevanje pacientove prizadetosti pri opravljanju dnevnih aktivnosti in vključevanja v socialno in delovno okolje. Pacient postane aktivno udeležen v procesu zdravljenja s tem, ko opredeli svoj glavni problem in želeni cilj. Opisani način kliničnega sklepanja postavlja pacienta s svojim individualnim problemom v središče fizioterapevtskega pregledovanja in obravnave.

Ključne besede: ramenski obroč, klinično sklepanje, pregledovanje, fizioterapevtska obravnava

Physiotherapists Approach to the Assessment and Treatment of Neuromuscular Skeletal Disorders of the Shoulder Girdle

The frequency of occurrence of neuromuscular skeletal disorders in the shoulder girdle ranks second among chronic diseases of the musculoskeletal system. The occurrence, development and change of symptoms are influenced by many factors, which also include the work environment. The causes of neuromuscular skeletal disorders of the shoulder girdle are often unexplained, which is reflected in the complex process of reviewing, hypothesizing, planning treatment and ongoing verification of the effects of the physiotherapeutic approach. Hypotheses are generated based on an organized and structured collection of symptoms and signs and can be transformed in the treatment process due to the effect of therapeutic procedures. Advanced clinical reasoning is focused from a predominantly biomedical point of view also on the psychosocial aspect of treatment, on identifying limitations of function and on assessing the patient's impairment in performing daily activities and integration into the social and work environment. The patient becomes actively involved in the healing process by defining their main problem and desired goal. The described method of clinical reasoning places the patient with his individual problem at the center of physiotherapeutic examination and treatment.

Keywords: shoulder girdle, clinical reasoning, examination, physiotherapy treatment

Sistem FreeStyle Libre – merjenje krvnega sladkorja brez kapilarnega odvzema

Samokontrola je pri sladkornih bolnikih ena od najpomembnejših komponent obravnave sladkorne bolezni. Sistem FreeStyle Libre predstavlja revolucijo pri izvajanju samokontrole sladkorne bolezni, saj sistem pri določenih sladkornih bolnikih lahko popolnoma nadomesti merjenje glukoze s kapilarnim odvzemom, kar pomeni brez zbadanja prstov. Sistem FreeStyle Libre meri glukozo v medceličnici. Od meseca junija 2020 je dosegljiv tudi za diabetike v Sloveniji. Pri uporabi merilnikov s testnimi lističi, mora diabetik priskrbeti kapljico krvi s kapilarnim odvzemom. To pomeni zbadanje v prste večkrat na dan. Pri uporabi sistema Free style libre je potreben le en vbod vsakih 14 dni, ob vstavitvi novega senzorja v podkožje. Senzor je klinično točen do 14 dni, ne da bi bilo potrebno umerjanje z zbadanjem prsta. Senzor je majhen in neopazen. Namesti se na zadnjo stran nadlakti. Je voodoporen in praktičen, saj se lahko na čitalniku odčita vrednost glukoze tako pogosto, kot diabetik želi, tudi preko obleke. V prispevku je predstavljen primer diabetik, ki je eno leto in pol uporabljal sistem FreeStyle Libre.

Ključne besede: FreeStyle Libre, medicinski pripomočki, ZZZS, sladkorna bolezen

Sistem FreeStyle Libre - Glucose Measurement without Capillary Withdrawal

Self-control is one of the most important components of diabetes treatment in diabetics. The FreeStyle Libre system represents a revolution in the implementation of diabetes self-monitoring, as the system can completely replace glucose measurement with capillary blood with drawal in certain diabetics, which means without pricking their fingers. The FreeStyle Libre system measures glucose in the intercellular space. From June 2020, it is also available for diabetics in Slovenia. When using test strips gauges, the diabetic should provide a drop of blood with capillary collection. This means pricking their fingers several times a day. When using the FreeStyle Libre system, only one injection is needed every 14 days, when a new sensor is inserted into the subcutaneous tissue. The sensor is clinically accurate for up to 14 days without the need for finger pricking. The sensor is small and invisible. It is placed on the back of the upper arm. It is waterproof and practical, as the glucose value can be read on the reader as often as the diabetic wants, even through clothing. The article presents the patient with diabetes, who has used a case of FreeStyle Libre system for one year and a half.

Keywords: FreeStyle Libre, medical devices, ZZZS, diabetes mellitus

Genomsko informiranje v kontekstu celostne obravnave pacienta: vloga medicinske sestre

Genomska medicina intenzivno vpliva na sodobno obravnavo oseb, ki so že zboleli in še preden so zboleli. V prvem primeru z novimi diagnostičnimi tehnologijami spoznavamo, da genetsko pogojene bolezni predstavljajo pomemben del obolenosti v otroškem in odraslem obdobju. Prepoznanje genetske etiologije je pomembno za diagnostičen proces, oceno prognoze, zdravljenje in preprečevanje bolezni. Genomske tehnologije pa omogočajo tudi odkrivanje genetske nagnjenosti za bolezni še pred simptomi in znaki bolezni in je že eden od stebrov personalizirane medicine. Pri uvajanju novih tehnologij v medicino je za implementacijo ključen nivo informacij o le teh tako med splošno javnostjo, kakor tudi med zdravstvenimi delavci. Raziskave kažejo, da zdravstveni delavci večine strok smatrajo, da nimajo ustreznega znanja za praktično uporabo genomske medicine. Raziskave večinoma niso vključevale medicinskih sester. Le te so lahko zelo pomembne pri genetski obravnavi bolnikov saj praviloma s pacienti razvijejo daljšo in bolj zaupno komunikacijo kot zdravniki. Dodatno so lahko medicinske sestre najbolj primeren zdravstveni kader za informiranje pacientev o možnostih presejalnih testov, tako v kontekstu planiranja nosečnosti in nosečnosti same, neonatalnega presejanja ali presejanja za resne genetsko pogojene bolezni v odrasli dobi. Nov program na Fakulteti za zdravstvene vede v Novem Mestu, Genomsko informiranje je prispevek k opolnomočenju sester pri izpolnjevanju njihove nove vloge v medicini.

Ključne besede: medicinske sestre, genomska medicina, preprečevanje bolezni, genetsko testiranje

Genomic Information in Holistic Treatment of Patients: Nurse's Role

Genomic medicine has an important impact on the modern treatment of people who have already fallen ill and even before they were ill. In the first case, new genomic technologies are enabling us to better understand the genetic etiology of human disorders. This is important to end the frequently very long diagnostic journey (rare diseases), for prognosis, treatment and prevention. Furthermore, genetic predisposition can be identified in a person even before the onset of any symptoms and signs and consequently functions as one of the important pillars of personalized medicine. An adequate level of information about new medical technologies, both in lay public and medical professionals, is a driver of implementation. Current research demonstrates that medical doctors usually believe that they are not competent in the practical application of genomic medicine. Nurses are strategically placed in the health system to establish a trustable communication with the patients on the one hand and to provide information for screening genomic tests in various contexts including family planning, neonatal screening or screening for adult-onset disorders. The new programme of Genomic counselling at the Faculty of Health sciences in Novo Mesto will contribute to the empowerment of nurses to get actively involved in the new area of genomic medicine.

Keywords: nurses, genomic medicine, prevention, genetic testing

Obravnavanje pacientov s sladkorno boleznijo tip 2 po konceptih metaparadigme

Slaba prehrana, premalo gibanja, slabe navade – če povzamemo nezdrav življenjski slog, vse to lahko pripelje človeka do diagnoze sladkorne bolezni. Zdravljenje sladkorne bolezni tipa 2 se po večini začne s spremembo nezdravega življenjskega sloga, da je v današnjem hitrem tempu življenja težko dosežemo. Pri pacientih s sladkorno boleznijo je pomembna samokontrola in samovodenje sladkorne bolezni ter dobro poznavanje le te. Če je pacient zmožen, zna in je zainteresiran za samovodenje sladkorne bolezni, je potrebno v veliki meri vzgojno – izobraževalno delo zdravstvenih delavcev, da pacientu svetujejo, ga učijo, vodijo in nadzorujejo njegovo sposobnost samooskrbe. V prispevku smo poglobljeno zbirali, analizirali in predstavili življenje treh pacientov s sladkorno boleznijo tipa 2 po konceptih metaparadigme in opisali deficite, ki so prisotni v samooskrbi. Cilj je zbiranje in analiziranje podatkov po konceptih metaparadigme - človek, okolje, zdravje in zdravstvena nega ter prepoznati deficit v samooskrbi in zanj poiskati rešitev. Uporabili smo deskriptivno metodo dela ter kvalitativni raziskovalni pristop. Izvedli smo intervju z vnaprej pripravljenimi vprašanji.

Ključne besede: sladkorna bolezen tip 2, teorija Dorothee Orem, deficit v samooskrbi, pacient

Treatment of Patients with Type 2 Diabetes According to Metaparadigm Concepts

Poor diet, lack of exercise, bad habits unhealthy lifestyle in short, can cause diabetes. The treatment of type 2 diabetes mostly starts with a change in unhealthy lifestyle, which means a change in the diet and eating habits, although it is difficult to bring changes in today's fast-paced life. It is known that self-control, self-management of diabetes and good knowledge of it are important for patients with diabetes. If a patient is able, knows and is interested in self-management of diabetes, educational work of health professionals is much-needed in order to advise, teach, guide and control the patient's ability of self-care. In this article, the data on the lives of three patients with type 2 diabetes was collected, analysed and presented in depth, according to metaparadigm concepts and the deficits present in self-care were described. The objective is to collect and analyse the data according to metaparadigm concepts - man, environment, health and health care, and to identify the deficit in self-care and find a solution for it. A descriptive method of work and a qualitative research approach were used. An interview with pre-prepared questions was conducted.

Keywords: type 2 diabetes, Dorothea Orem theory, self-care deficit, patient

Pomen dihanja v celostni obravnavi bolnika

Pomen ustrezne ventilacije bolnikov, ki so v obravnavi fizioterapevtov je osnovni pogoj za pozitiven izid rehabilitacije. Koliko je to pomembno pove dejstvo, da je naše prvo dejanje ob rojstvu, prvi vdih, ki ga naredimo kot novorojenčki in da je izdih naše zadnje dejanje ob smrti. Pri celostni obravnavi pacienta, v rehabilitacijski obravnavi, je vključitev respiratorne obravnave pomemben dejavnik, ki lahko pri bolnikih z respiratomimi obolenji bistveno pripomore h kvalitetnejši in hitrejši rehabilitaciji. Pristop respiratorne obravnave je odvisen od (1) posameznega primera pacienta, njegovih respiratornih diagnoz in vzrokov, ki so pripeljali do respiratornih težav, (2) ali so ta obolenja akutna ali kronična, (3) ali imajo obravnavani pacienti tudi druge pridružene kronične ali akutne bolezni in (4) obravnava je odvisna od starosti pacienta. Takšno obravnavo lahko izvede izšolan respiratorni fizioterapevt, ki pozna patofiziologijo kardio respiratornega sistema. Pristop k obravnavi je individualen in zato program respiratorne terapije prilagodimo posameznemu pacientu. Ti postopki respiratorne fizioterapije so bistvenega pomena predvsem v zgodnji fazi rehabilitacije, velikokrat že v akutnih bolnišnicah, ne malokrat pri hujših obolenjih, ki zahtevajo intenzivno zdravljenje že v enotah intenzivnih terapij ali neg.

Ključne besede: dihanje, respiratorna terapija, trening, obravnava, fiziologija dihanja

The Importance of Respiration in the Holistic Treatment of the Patient

The importance of adequate ventilation of patients treated by physiotherapists is a basic condition for a positive outcome of rehabilitation. The importance of this is shown by the fact that our first act at birth is the first inhale we take as newborns, and that exhale is our last act at death. In the comprehensive treatment of a patient who is in rehabilitation treatment, the inclusion of respiratory treatment is an important factor that can significantly contribute to better and faster rehabilitation in patients with respiratory diseases. The approach to respiratory treatment depends on (1) the individual case of the patient, his respiratory diagnoses and the causes that led to the respiratory problems, (2) whether these diseases are acute or chronic, (3) whether the patients in question also have other associated chronic or acute disease and (4) treatment also depends on the age of the patient. Such treatment can be performed by a trained respiratory physiotherapist who is familiar with the pathophysiology of the cardio-respiratory system. The approach to treatment is individual and therefore the respiratory therapy program is adapted to the individual patient. These respiratory physiotherapy procedures are essential especially in the early phase of rehabilitation, often in acute hospitals, often in severe diseases that require intensive treatment in intensive care units.

Keywords: respiration, respiratory therapy, training, treatment, respiratory physiology

Prakticiranje tobaka med študenti Univerze v Novem mestu Fakulteti za zdravstvene vede

Tobak vsebuje preko 4000 različnih kemičnih spojin, med njimi jih je več 100 strupenih in kancerogenih. Dolgo časa ljudje niso poznali škodljivih posledic tobaka, saj je veljal za neškodljivega. Danes pa je znano, da raba tobaka pušča hude posledice, saj je krivec za pojav mnogih bolezni, katere so težko ozdravljive. Kajenje tobaka ni škodljivo le za aktivne kadilce, ampak tudi za pasivne, to so osebe, ki sicer neposredno ne kadijo, vendar pa so izpostavljene cigaretnemu dimu druge osebe, ki kadi. To je lahko še posebej nevarno za otroke, katerih starši kadijo v zaprtih prostorih. Namen naše raziskave je ugotoviti razširjenost uporabe tobaka med študenti Fakultete za zdravstvene vede Univerze v Novem mestu. Raziskava je potekala v marcu 2019. Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, metodi deskripcije. Uporabili smo priložnostni vzorec, v katerega smo vključili 182 študentov, od tega jih je bilo 82 % predstavnic ženskega spola. Med anketiranci je bilo 33 % uporabnikov cigaret, od tega jih redno kadi 22 %. Podobne rezultate dajejo raziskave drugih avtorjev, ki so raziskovali to področje.

Gljučne besede: tobak, kajenje, cigareti, kronične bolezni

Tobacco Practice among Students of the University of Novo mesto, Faculty of Health Sciences

Tobacco contains over 4000 different chemical compounds, of which more than 100 are toxic and carcinogenic. For a long time, people were unaware of the harmful effects of tobacco, as it was considered harmless. Today, however, we know that tobacco consumption has serious consequences, as it is responsible for the occurrence of many diseases that are difficult to cure. Tobacco smoking is harmful not only to active smokers but also to passive smokers, i.e. people who do not smoke directly but are exposed to the cigarette smoke of another person who smokes. This can be particularly dangerous for children whose parents smoke indoors. The aim of our research is to determine the prevalence of tobacco consumption among students of the Faculty of Health Sciences, the University of Novo mesto. The research was conducted in March 2019. The research was based on a quantitative research approach to the method of description. We used a random sample of 182 students, 82% of whom were female. The results show that 33% of respondents are cigarette users, 22% of whom smoke regularly. Similar results are obtained from studies by other authors who have done research in the same field.

Keywords: tobacco, smoking, cigarettes, chronic diseases

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Pridržavanje pravilnog uzimanja lijekova - osnovna analiza na prigodnom uzorku pacijenata

Učinkovitost propisane terapije uvjetovana je pravilnom primjenom. Uzimanje lijekova prema uputi liječnika (adherencija) bolesnicima može predstavljati poteškoće jer zahtijeva prilagođavanje navika u novonastaloj situaciji, posebice ako uključuje trajno uzimanje lijekova. Podaci pokazuju da svega oko 50% bolesnika s kroničnim bolestima uzima redovito propisanu terapiju. Cilj rada je ispitati redovitost uzimanja propisane terapije bolesnika s kroničnim bolestima bubrega. U okviru doktorske disertacije »Duhovnost i kronične bolesti«, načinjeno je istraživanje na 220 ispitanika s kroničnim bubrežnim bolestima dobi iznad 18 godina. Upitnikom i Morisky skalom ispitala se redovitost uzimanja lijekova u zadnja dva tjedna u korelaciji s dobi, spolom, bračnim i radnim statusom te religioznošću. Za analizu podataka korištena je deskriptivna statistika, hi-kvadrat test i t-test. Žene su sklonije, za razliku od muškaraca, neuzimanju lijekova ($p < 0,03$). Ispitanici u dobi od 30 do 49 godina skloniji su zaboraviti uzeti lijekove ($p < 0,03$). Ista dobna skupina ispitanika sklonija je i smanjivanju ili prestanku uzimanja lijekova bez da je to rekla svom liječniku ($p < 0,01$). Samci češće zaboravljaju uzimati lijekove ($p < 0,03$). Tražiti treba rješenja specifična za ovu skupinu kroničnih bolesnika u svrhu poboljšanja pravilnog uzimanja terapije.

Ključne riječi: bolesnik, kronične bolesti, adherencija

Adherence to Proper Medication – A Basic Analysis on a Convenient Sample of Patients

The effectiveness of the prescribed therapy is heavily dependent on its application. Taking prescribed medication can be difficult for patients because it requires changing personal habits, especially if it requires taking medication permanently. The data show that only about 50% of patients with chronic diseases take prescribed medication regularly. The aim of this study was to examine the regularity of taking prescribed medication in patients with chronic kidney disease. As part of the doctoral dissertation "Spirituality and Chronic Diseases", a study was conducted on 220 subjects with chronic kidney disease aged over 18 years. The questionnaire and the Morisky scale examined the regularity of medication in the last two weeks in correlation with age, gender, marital and work status and religiosity. Data analysis was conducted using descriptive statistics, chi-square test and t-test. Women are more prone, as oppose to men, to not taking medication ($p < 0.03$). Subjects aged 30 to 49 years were more likely to forget to take medication ($p < 0.03$). The same age group of subjects was more inclined to reduce or stop taking medication without telling the doctor ($p < 0.01$). Males more often forget to take medication ($p < 0.03$). Solutions specific to this group of chronic patients should be looked for, in order to improve the proper taking of medication.

Keywords: patient, chronic diseases, adherence

Vpliv holistične oskrbe pacienta s kroničnimi ranami na kakovost življenja

Holistična oskrba pacienta upošteva vse pojavne oblike telesa, uma, čustev, duševnosti, njegovih vrednot ter okolja v katerem živi. Kronična rana je veliko breme za posameznika, njegovo družino in bližnje, zdravstveni sistem in družbo. Kakovost življenja se nanaša na splošno raven blaginje posameznika in njegovo dobro počutje. Kronične rane povzročajo hudo bolečino, omejeno mobilnost in posledično socialno osamitev ter tako ovirajo vsakodnevno življenje in zmanjšujejo kakovost življenja. Zato je treba paciente s kronično rano zdraviti ne le za rano, temveč tudi za druge prisotne bolezni, pri tem pa ne smemo zanemariti psiholoških, socialnih in duhovnih dejavnikov, ki vplivajo na kakovost življenja in dobro počutje. Zdravstveno osebje mora k obravnavi pristopati holistično. Poznavanje pacienta, njegovega okolja v katerem živi in upoštevanje njegovih osebnih vrednot pa je osnova za individualizacijo obravnave. Zdravstvena obravnava pacientov pa mora temeljiti na znanstvenih dokazih, ki so osnova za kakovostno oskrbo.

Gljučne besede: kronične rane, kakovost življenja, holistični pristop

The Impact of Holistic Care of a Patient with Chronic Wounds on the Quality of Life

Holistic care of a patient takes into account all manifestations of the body, mind, emotions, mentality, his values and the environment in which he lives. Chronic wound is a big burden to the individual, his family and loved ones, the health system and the society. The quality of life refers to an individual's overall level of well-being. Chronic wounds cause severe pain, limited mobility and consequently social isolation thus hindering daily life and reducing the quality of life. Therefore, patients with a chronic wound should be treated not only for the wound but also for other diseases present. This means we must not neglect the psychological, social and spiritual factors that affect quality of life and well-being. Medical staff must approach the treatment holistically. Knowing the patient, his environment in which he lives and respecting his personal values is the basis for the individualization of the treatment. However, the medical treatment of patients must be based on scientific evidence, which is the basis for a high-quality care.

Keywords: chronic wounds, the quality of life, holistic approach

Komunikacija in medosebni odnosi v zdravstvu

Komunikacija za večino predstavlja nekaj kar je samoumevno, saj se vendarle učimo komunicirati od rojstva. Pomena komunikacije se včasih premalo zavedamo, saj je večina človekovih dejanj odvisnih od rezultatov komunikacije. Veščin komuniciranja se je potrebno naučiti, saj z verbalno ali neverbalno komunikacijo sogovorniku sporočamo tisto, kar bi želeli ali ne. Komunikacija v zdravstvu ima poseben pomen, ker poteka med zdravstvenim osebjem in pacienti, med zaposlenimi v zdravstvu ter med zaposlenimi in drugimi obiskovalci. Komunikacija tako vpliva na medosebne odnose in njihov razvoj. Medosebni odnos je odnos med dvema ali več ljudmi. Ohranjanje dobrih medosebnih odnosov je zelo pomembno. V službi preživimo veliko svojega časa, zato so medosebni odnosi toliko bolj pomembni. Če na delovnem mestu vladajo dobri medosebni odnosi, je zadovoljstvo, zavzetost ter karierni uspeh zagotovljen.

Ključne besede: komunikacija, medosebni odnosi, zdravstveni delavci

Communication and Intepersonal Relationships in Healthcare

For most people, communication is something that goes without saying, because we learn how to communicate from birth. However, we are sometimes unaware of the importance of communication, as most human actions depend on or are the result of communication. Communication skills need to be learned, because with verbal or non-verbal communication we communicate to the interlocutor what we would like or not. Communication in healthcare is of particular importance as it takes place between healthcare staff and patients, between healthcare professionals and between employees and other visitors. Communication thus influences interpersonal relationships and their development. An interpersonal relationship is a relationship between two or more people. Maintaining good interpersonal relationships is very important. We spend a lot of our time at work, which is why interpersonal relationships are so much more important. If there are good interpersonal relationships in the workplace, satisfaction, commitment and career success are guaranteed.

Keywords: communication, interpersonal relationships, healthcare workers

Mnenje študentov o (ne)ustreznosti online izvedbe študija visokošolskega strokovnega programa zdravstvena nega

V prispevku predstavljamo rezultate raziskave o zadovoljstvu 228 študentov visokošolskega strokovnega programa zdravstvena nega z online študijem. Za uporabo različnih oblik študija je bilo pred izvedbo online študija usposobljenih samo 34 % študentov. Med prednostmi online študija so prepoznali dejstvo, da niso izgubljali časa za vožnjo do fakultete ($\bar{x} = 4,4$), zaradi česar so imeli nižje stroške ($\bar{x} = 4,0$), lažje so usklajevali študijske in družinske obveznosti ($\bar{x} = 4,4$), imeli so možnost časovne prilagodljivosti ($\bar{x} = 4,4$) in se »učili« samodiscipline ($\bar{x} = 4,4$). Med pomanjkljivostmi pa so navedli pomanjkanje osebnega stika z učitelji ($\bar{x} = 3,8$), pomanjkanje osebnega stika s študijskimi kolegi ($\bar{x} = 3,7$), prepuščenost lastni iznajdljivosti ($\bar{x} = 3,4$) ter lastni samoiniciativi in samodisciplini ($\bar{x} = 3,2$). Menijo, da bi lahko predavanja (62 %) in seminarske vaje (58 %) tudi v prihodnje izvajali online, vendar jih je večina mnenja, da to velja za t.i. nestrokovne predmete. 40 % študentov bi se na fakulteto vpisalo tudi v primeru, če bi večino pedagoškega procesa izvajala online.

Ključne besede: študenti rednega in izrednega študija, visokošolski strokovni program, zdravstvena nega, online študij

The Opinion of 1st Cycle Nursing Programme Students about the Online Learning

In this paper we present the results of a survey on the satisfaction of 228 students of 1st cycle nursing programme with the online learning. Only 34% of students were trained to use various forms of learning before conducting online learning. Among the advantages of online learning, they recognized the fact that they did not waste time driving to faculty ($\bar{x} = 4.4$), which resulted in lower costs ($\bar{x} = 4.0$), making it easier to coordinate study and family obligations ($\bar{x} = 4.4$), had the possibility of time flexibility ($\bar{x} = 4.4$) and "learned" self-discipline ($\bar{x} = 4.4$). Among the shortcomings were the lack of personal contact with teachers ($\bar{x} = 3.8$), the lack of personal contact with study colleagues ($\bar{x} = 3.7$), being left with one's own ingenuity ($\bar{x} = 3.4$) and one's own self-initiative and self-discipline ($\bar{x} = 3.2$). They believe that lectures (62%) and tutorials (58%) could continue to be conducted online, but most of them believe that this applies to the so-called non-professional subjects. 40% of students would enroll in the faculty even if most of the pedagogical process was carried online.

Keywords: full and part time students, 1st cycle nursing program, online learning

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Pregled rezultata provedenih meta-analiza u liječenju patelarne tendinopatije

Patelarna tendinopatija ili skakačko koljeno sindrom je prenaprezanja kojeg karakterizira pojava boli u području prednje strane zgloba koljena na samom vršku patele. Nastanak patelarne tendinopatije smatra se multifaktorskim i u današnje vrijeme predstavlja jedan od najkompleksnijih medicinskih problema u sportu. Ponekad ovaj sindrom prenaprezanja može i okončati sportsku karijeru. U liječenju primjenjuju se različite neoperativne i operativne metode. Izbor liječenja često ovisi o stupnju tendinopatije i kvalitativnoj razini natjecanja u kojoj se sportaš nalazi. S obzirom da se rezultati pojedinačnih znanstvenih istraživanja o učinkovitosti pojedinih metoda liječenja često razlikuju pojavljuje se potreba za njihovom sintezom. Do sada je provedeno svega nekoliko kvantitativnih sinteza rezultata većeg broja istraživanja koja sumiraju podatke te ih meta-analitičkim pristupom obrađuju s ciljem usporedbe i utvrđivanja učinkovitosti različitih operativnih i neoperativnih metoda liječenja. Analizirajući sve takve radove terapija krvnom plazmom i vježbe ekscentričnog tipa preporučaju kao metode izbora u konzervativnom liječenju, dok se operativne metode preporučaju u slučajevima kada ostale metode ne postignu očekivane rezultate.

Ključne riječi: skakačko koljeno, operativne metode liječenja, neoperativne metode liječenja, pregled literature

The Review of the Results of Meta-Analyses Performed in the Treatment of Patellar Tendinopathy

Patellar tendinopathy or jumper's knee is an overuse syndrome manifested by knee pain located on the inferior pole of the patella. With multiple risk factors this syndrome is considered as one of the most complex medical problems in sports today. In some cases it can even end a sports career. Different operative and non-operative methods are used in the treatment of the patellar tendinopathy. The choice is usually based on the stage of the tendinopathy and the quality level of an athlete. Individual research often provides opposing results on the effects of different treatment methods, therefore there is a need for a synthesis of those results. So far, only a few quantitative syntheses of the results of a number of studies have been performed that summarize the data and process them with a meta-analytical approach, in order to compare and determine the effectiveness of different operative and non operative treatment methods. Analysing those studies, platelet-rich plasma therapy and eccentric exercise have been suggested as the methods of choice in the conservative treatment, while operative methods are recommended in cases when other treatment does not achieve the expected results.

Keywords: jumper's knee, operative treatment, non-operative treatment, literature review

Pričakovanja starejših o integrirani negi in oskrbi

Z intenzivnim staranjem prebivalstva in dolgoživostjo družbe se kaže potreba po zagotavljanju in razvoju podpornih storitev za starejše. Starejši naj bi imeli možnost izbire, da lahko ostanejo v svojem domačem okolju čim dlje ali da se preselijo v institucionalno varstvo. Vzpostaviti je potrebno model, ki bi intenzivno povezoval podsisteme z lokalnim okoljem ter integriral občane v skupno skrb za kakovostno in dostojanstveno staranje. Namen raziskave je bil ugotoviti, kakšna je oskrba starejših, kronično bolnih v občini Metlika in česa si starejši v občini glede integrirane oskrbe v prihodnje želijo. Raziskava je temeljila na kvantitativni metodi dela. Kot instrument za raziskavo smo uporabili vprašalnik. Raziskava je potekala na primarni ravni zdravstvene dejavnosti v občini Metlika od septembra do novembra 2019. V njej je sodelovalo 83 starejših, kronično bolnih. Ugotovili smo, da se velika pričakovanja starejših kronično bolnih v prihodnje v občini Metlika kažejo v nižji ceni storitve pomoči na domu, prav tako v njeni dostopnosti in v vzpostavitvi dnevnega varstva in vzpostavitvi mobilne enote znotraj zdravstvenega doma za podajanje zelenih informacij o zdravstveni in socialni oskrbi na domu.

Ključne besede: starejši, kronično bolni, oskrba, lokalna skupnost

The Expectations of the Elderly about the Integrated Healthcare

With the intensive aging of the population and the longevity of society, there is a need to provide and develop support services for the elderly. The elderly should have the choice of remaining in their home environment as long as possible or moving to an institutional care. There is a need to establish a model that closely links the subsystems with the local environment and integrates citizens into a common concern for quality and aging in dignity. The aim of the research was to find out how the care of the elderly, chronically ill people in the community of Metlika looks like and what the elderly people in the community would like to see in the future with regard to integrated care. The research was based on a quantitative working method. We used a questionnaire as a research tool. The research was conducted at the primary level of health care in the municipality of Metlika from September to November 2019. It included 83 elderly, chronically ill patients. We found out that the elderly, chronically ill people in the municipality of Metlika have high expectations for the lower costs of home care services as well as for their accessibility, further establishment of day care and the establishment of a mobile unit within the health center, where they could obtain information on health and social home care.

Keywords: the elderly, the chronically ill, care, local community

Stavovi i znanja učenika medicinske škole o značaju vaspitanja za pravilan odnos prema zdravlju

Zdravlje se posmatra kao stanje dinamičke ravnoteže između čoveka i njegove okoline. Roditelji vaspitanjem dece još u najranijem životnom periodu doprinose da dete izgradi pravilne navike, a tako i pravilan odnos prema zdravlju. Posle roditelja, proces vaspitanja je i u rukama nastavnika i profesora. Iz tog razloga cilj našeg rada je da se sagledaju stavovi i znanja učenika medicinske škole u vezi sa značajem vaspitanja za pravilan odnos prema zdravlju. Istraživanje je realizovano kao studija preseka kojom je obuhvaćeno 60 učenika srednje medicinske škole. Analizom podataka dobijenih istraživanjem je utvrđeno da 43 % ispitanih učenika najviše informacija o zdravlju stiže u školi od svojih nastavnika, dok su roditelji dominantno imali najveći uticaj na odnos prema zdravlju i formiranju navika kod učenika medicinske škole. Zapravo, roditelji zajedno sa nastavnicima pomažu da se pravilan odnos prema zdravlju učvrsti putem vaspitnog procesa. Pozitivne navike u vezi sa zdravljem je potrebno negovati tokom celog života.

Ključne reči: zdravlje, vaspitanje, učenici, zdravstvena nega

Views and Knowledge of High School Medical Students about the Importance of Education for Appropriate Attitude to Health

Health is observed as a state of dynamic balance between a human being and his environment. By educating children from an early age, parents contribute to the development of healthy habits with children and their appropriate attitude towards health. Beside parents, this process is also in the hands of teachers and professors. For this reason, the objective of our paper is to look at the attitudes and knowledge of high school medical students regarding importance of education for a proper attitude towards health. The research was realised as a cross-sectional study involving 60 high school medical students. The analysis of the data obtained by the research showed that 43% of the interviewed students gain the majority of health-related information from their teachers at school, while parents predominantly influence their attitude towards health and the formation of habits among high school medical students. In fact it is the parents and the teachers together who help to strengthen a proper attitude towards health through the educational process. Positive health habits need to be nurtured throughout life.

Keywords: health, education, students, health care

Elektronsko štetje zložencev v operacijski dvorani »SC smart cart«

Zaostali kirurški materiali v telesu po operaciji, od katerih je najpogosteje pozabljen kirurški zloženelec, je še vedno pereč problem kljub napredku v kirurških tehnikah. V zadnjih letih se poleg ročnega štetja uveljavlja tudi elektronsko štetje, ki ima svojevrstne prednosti. Elektronsko štetje smo v pilotni študiji poskusno uvedli tudi v SB Novo mesto. Posebno napravo za elektronsko štetje »SC Smart cart « smo uporabljali pri 90 večjih posegih v različnih vejah kirurgije, vzporedno pa vršili tudi tradicionalno štetje. Beležili smo potek dela kirurške ekipe, neto čas štetja zložencev z in brez čitalca, ter morebitne napake pri štetju. Tekom uporabe napak pri obeh načinih štetja ni bilo, analiza časov je pokazala hitrejšo delo s čitalcem, več članov ekipe pa je ob elektronskem štetju navajalo manjše delovne obremenitve s štetjem, ter večjo preglednost v operacijski dvorani. Negativnih posledic elektronskega štetja nismo beležili. Elektronsko štetje z napravo SC smart cart se je izkazalo za varno ter učinkovito alternativo tradicionalnemu ročnemu štetju zložencev z več dodatnimi prednostmi, predvsem manjšo obremenjenost ekipe, hitrejšim delom ter bolj učinkovito organizacijo operacijske dvorane.

Ključne besede: varnost, štetje zložencev, učinkovitost

Electronic Counting of Gauze Swabs in the Operating Room "SC Smart Cart"

Residues of surgical materials in the body after surgery, among which the most commonly forgotten are surgical gauze swabs, are still a burning issue, despite the advancement of surgical techniques. In recent years, in addition to manual counting, electronic counting with unique advantages started being used. In the pilot study, electronic counting was also introduced experimentally in SB Novo mesto. A special device for electronic counting "SC smart cart" has been used for 90 major procedures in various branches of surgery besides traditional counting. We recorded the course of work of the surgical team, the net counting time of the gauze swabs with and without the counter and possible counting errors. There were no errors during the use of both counting methods, time analysis showed faster work with the counter and more team members reported lower counting loads, as well as greater transparency in the operating room. We did not record any negative consequences of electronic counting. Electronic counting with the »SC smart cart« device has proven to be a safe and effective alternative to traditional manual counting of gauze swabs with several additional advantages, especially lower workloads of teams, faster work and more efficient organization of the operating room.

Keywords: safety, counting gauze swabs, efficiency

Zmanjševanje neenakosti v zdravju pri odraslih

Zdravje pomeni različno stanje za vsakega posameznika, odvisno od njegove situacije. Običajno gre za vrednoto, ki je postavljena hierarhično najvišje na lestvici ljudi. Zdrav človek si namreč želi ohraniti ali okrepiti zdravje po svojih najboljših močeh, medtem, ko si ga bolan želi čim prej in v čim večji meri povrniti. Povrnitev samega zdravja predstavlja za vsakega posameznika velik izziv, posebej velik pa je ta izziv kadar govorimo o ranljivi populaciji, ki ima omejene možnosti, znanje, izkušnje. Neenakosti v zdravju se dogajajo vsak dan, ne glede na to, da zakonodaja govori o enaki dostopnosti, pravici in podobno, se zdravstveni delavci srečujemo in smo pogosto priča različnim neenakostim, na katere imamo včasih vpliv pogosto pa tudi ne. Ko govorimo o neenakostih v zdravju ne moremo mimo socialno-ekonomskega položaja pacientov, za katerega vemo, kako velik vpliv ima pri zdravju ali neenakostih za le to, prav tako pa ne moremo mimo ranljive populacije. Uspeh zmanjševanja neenakosti v zdravju v Sloveniji je odvisen od zadostnega razumevanja vzrokov neenakosti v zdravju, znanja o politikah in ukrepih, ki lahko uspešno naslovijo te vzroke, ter politične volje, da investira v politike za zmanjševanje neenakosti v zdravju.

Ključne besede: neenakost, zdravje, odrasli

The Reduction of Health Inequality among Adults

Health means a different condition for every individual, depending on the situation. It is usually a value that stands hierarchically the highest on the scale for people. A healthy person wants to maintain or strengthen their health as much as possible, while a sick person wants to regain it as soon as possible and as much as possible. Regaining health represents a big challenge for every individual, especially when talking about the vulnerable population, which has limited opportunities, knowledge and experiences. Inequalities in health happen every day, regardless of the fact that the legislation speaks about equal access, rights etc. Health professionals come across and also witness different inequalities, which we sometimes have influence on but often do not. When talking about inequalities in health, we cannot ignore the socio-economic situation of patients, for which we know how much impact it has on health or inequalities, more can we ignore the vulnerable population. The success of reducing health inequalities in Slovenia depends on a sufficient understanding of the causes of health inequalities, the knowledge of policies and measures, which can successfully address these causes and the political will to invest in policies to reduce health inequalities.

Keywords: inequality, health, adults

Utjecaj roditeljskog ponašanja i okruženja u kući s tjelesnom aktivnošću djeteta

Tjelesna aktivnost je neizostavan biološki podražaj nužan za održavanje struktura i funkcija organa i organskih sustava. Veliki broj istraživanja pokazao je da roditelji imaju ključnu ulogu u razvoju djeteta te da njihovi stavovi i ponašanja vezani za tjelesnu aktivnost imaju najveći utjecaj na djetetove stavove prema određenoj tjelesnoj aktivnosti. Stoga je cilj ovoga istraživanja bio utvrditi utjecaj roditeljske okoline i ponašanja na djetetovo bavljenje tjelesnom aktivnošću. U istraživanju je sudjelovalo ukupno 200 roditelja, od toga 14 osoba muškog spola te 186 osoba ženskog spola koji su davali podatke o djeci od 2 do 18 godina. U svrhu provedbe istraživanja sastavljen je online anketni upitnik koji je sadržavao ukupno 24 pitanja. Rezultati istraživanja dobiveni su metodom deskriptivne statistike te Hi-kvadrat testom za atributivne varijable. Rezultati su pokazali da tjelesno aktivni roditelji imaju tjelesno aktivniju djecu, da postoji povezanost utjecaja pozitivne afirmacije od strane roditelja s tjelesnom aktivnošću djeteta te da utjecaj obrazovanja roditelja na tjelesnu aktivnost djeteta nije utvrđen.

Ključne riječi: tjelesna aktivnost, kućno okruženje, roditelji, djeca

The Impact of Parental Behavior and Home Environment on the Physical Activity of the Child

Physical activity is an indispensable biological stimulus, which is necessary to maintain the structures and functions of organs and organ systems. Numerous studies have shown that parents play a key role in a child's development and that their attitudes and behaviours related to physical activity have the greatest impact on the child's attitudes towards a particular physical activity. Therefore, the aim of this study was to determine the influence of the parental environment and behavior on the child's physical activity. A total of 200 parents participated in the study, of which 14 were males and 186 females, who provided data on children aged 2 to 18. An online survey questionnaire, containing a total of 24 questions, was compiled for the purpose of conducting the research. The results of the research were obtained by the method of descriptive statistics and the Chi-square test for attributive variables. The results showed that physically active parents have more physically active children, that there is a connection between the influence of positive affirmation by parents and the child's physical activity and that the influence of parental education on the child's physical activity has not been determined.

Keywords: physical activity, home environment, parents, children

Pomen promocije duševnega zdravja v obporodnem obdobju

Duševne motnje v obporodnem obdobju pomembno vplivajo na potek nosečnosti in poroda ter na otrokov zgodnji in kasnejši razvoj. Z ustrezno in pravočasno obravnavo se lahko duševne motnje matere uspešno prepreči ali obvlada. Namen raziskave je bil preučiti vlogo medicinskih sester na primarnem nivoju pri promociji duševnega zdravja v obporodnem obdobju, oceniti znanje s področja prepoznavanja simptomov duševnih motenj in ugotoviti pogostost uporabe presejalnih testov za odkrivanje duševnih motenj v obporodnem obdobju v praksi. Raziskava je temeljila na kvantitativni metodi dela. Primarni podatki za analizo so bili pridobljeni s tehniko anketiranja. Raziskava je potekala med zaposlenimi v zdravstveni negi v javnem zdravstvenem zavodu primarnega zdravstvenega varstva. V opravljeni raziskavi je bilo ugotovljeno, da medicinske sestre na primarnem nivoju zdravstvenega varstva uporabljajo presejalne teste v praksi, vendar pa ti še vedno niso rutinsko v uporabi. Izvajanje promocije duševnega zdravja pa v praksi verjetno še ni našlo pravega mesta in časa pri načrtovanju zdravstvene nege.

Ključne besede: duševna motnja, zdravstvena nega, zdravstvena vzgoja, poporodna depresija, presejalni testi za poporodno depresijo

The Importance of Mental Health Promotion in the Perinatal Period

Mental disorders in the perinatal period are of significant importance in the course of pregnancy and childbirth, as well as in the child's early and later development. With proper and timely treatment, mental disorders of mothers can be successfully prevented or managed. The purpose of the survey was to examine the role of medical nurses at the primary level of promoting perinatal mental health, to evaluate the knowledge in the area of recognizing the symptoms of mental disorders and to estimate the use of screening tests to detect mental disorders in the perinatal period in practice. The research was based on a quantitative method of work. The primary data for the analysis was obtained with the questionnaire technique. The survey was conducted among nursing staff at a public primary healthcare institution. The survey showed that nurses at the primary level of health care use screening tests in practice, but the tests are still not routinely used. However, the implementation of mental health promotion in practice has probably not yet found its place or time in the healthcare planning.

Keywords: mental disorder, healthcare, health education, postpartum depression, screening test for postpartum depression

Obravnavanje starostnikov v urgentnih centrih

Razvite države, med katere lahko štejemo tudi Slovenijo, se dandanes soočajo s številnimi problemi, med katere spada tudi upadanje mlajše ter naraščanje starejše populacije. Zaradi vseh teh sprememb bo morala tudi Slovenija poskrbeti za razvoj starostnega varstva. Z upadanjem duševnih in telesnih sposobnosti se povečuje odvisnost od okolice. Staranje pogosto spremljajo številne zdravstvene težave, še posebej zaradi daljšanja življenjske dobe so te težave velikokrat dolgoročne in pogojene z različnimi kroničnimi boleznimi, ki potrebujejo nenehen nadzor in zmanjšajo kakovost življenja starostnika. Starostniki naletijo na težave v urgentnih ambulantah, saj le-te niso najboljše pripravljene za starejše paciente. Že dolgo čakanje, ležanje na neudobnih transportnih vozičkih in hrup v urgentnih centrih, jih spravljajo v neudoben položaj in tako povečujejo tveganje za zaplete in slabše izide. Najpogostejša stanja zaradi katerih pridejo starejši bolniki v urgentno ambulanto so poškodbe, ki nastanejo po padcu, boleznih dihal, bolečina v prsnem košu, bolečina v trebuhu, infekcije sečil, krvavitve v črevesju, možganska kap. Starejši pacienti na urgentnih oddelkih doživljajo še poseben stres, saj je tam pogosto gneča in hrup, nimajo osebnega prostora, težko je poskrbeti za zasebnost. Pogosto je tudi otežena komunikacija, saj so starejši ljudje v urgentni center velikokrat pripeljani brez očal ali slušnih aparatov.

Ključne besede: starostniki, urgentna zdravstvena nega, starostniki v urgentnih centrih

The Treatment of Elderly Patients in Emergency centers

Developed countries, including Slovenia, nowadays face many problems, one of which is the decline of the younger population and the growth of the older population. Due to all these changes, Slovenia will also have to take care of the development of old-age care. With the decline of mental and physical abilities, the dependence on the environment increases. Aging is often accompanied by a number of health problems; especially due to the prolongation of life expectancy, these problems are often long-term and conditioned by various chronic diseases that need constant monitoring and reduce the quality of life of the elderly. Elderly people encounter some problems at emergency rooms, since these are not best prepared for elderly patients. Long waits, lying in uncomfortable transport carts and noise in emergency centers put them in an uncomfortable position, thus increasing the risk of complications and worse outcomes. The most common conditions that cause elderly patients to come to the emergency room are injuries that occur after a fall, respiratory disease, chest pain, abdominal pain, urinary tract infections, bleeding in the intestines and stroke. Elderly patients in emergency rooms experience special stress, as it is often a crowded and noisy place, they have no personal space and it is difficult to preserve privacy. Communication is also often difficult as older people are often brought to the emergency room without glasses or hearing aids.

Keywords: elderly, urgent health care, elderly in emergency centers

Socialna problematika pacienta z motnjo v dušnem zdravju

Duševno zdravje vsakemu posamezniku predstavlja stanje dobrega počutja in skrb za zdravje. Namreč hiter tempo življenja, ki ga danes živimo vsakemu izmed nas predstavlja določen stres, napor in obremenitev. Zato je zelo pomembno, da smo ozaveščeni o tem kaj so duševne motnje in kako hitro lahko iz duševnega zdravja zaidemo k motnjam v duševnem zdravju. Na začetku se srečujemo z psihičnimi težavami, skrbmi ter stiskami, kaj kmalu pa lahko vse to vodi k lažjim in težjim oblikam duševnih motenj. Pomembno je, da vsak posameznik zna prepoznati že lažje oblike motenj v duševnem zdravju, saj je zdravljenje le teh veliko bolj učinkovito kot zdravljenje težjih oblik motenj v duševnem zdravju. V Sloveniji za razvrščanje motenj v duševnem zdravju uporabljamo Mednarodno klasifikacijo bolezni MKB 10. V podporo pacientom imamo tudi Zakon o duševnem zdravju, ki opredeljuje aktivnosti na področju socialnega varstva oseb z motnjami v duševnem zdravju. Med drugim pa je pomembno tudi ozaveščanje celotne populacije o tem, kam in na koga se lahko obmejo v primeru soočanja z motnjami v duševnem zdravju.

Ključne besede: duševno zdravje, motnje v duševnem zdravju, socialna problematika

Social Issues of a Patient with a Mental Health Disorder

Mental health represents to each individual a state of well-being and health care. Namely, the fast pace of life that we live today represents a certain amount of stress, effort and burden for each of us. It is therefore very important that we are aware of what mental disorders are and how quickly we can move from mental health to mental health disorders. In the beginning, we encounter mental problems, worries and distress, but soon all of this can lead to milder and more severe forms of mental disorders. It is important that each individual knows how to already recognize milder forms of mental health disorders, because treating those is much more effective than treating more severe forms of mental health disorders. In Slovenia, we use the International Classification of Diseases ICD 10 to classify mental health disorders. Supporting the patients, we also have the Mental Health Act, which defines activities in the field of social protection of persons with mental health disorders. Among other things, it is also important to make the entire population aware of where and to whom they can turn in the event of a mental health disorder.

Keywords: mental health, mental health disorders, social issues

Častni pokrovitelj konference

Zbornica zdravstvene in babiške nege Slovenije - Zveza strokovnih društev medicinskih sester, babic in zdravstvenih tehnikov Slovenije



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