

UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet: Kronična in degenerativna stanja
Course title: *Chronical and degenerative disease*

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Integrirana zdravstvena in socialna oskrba/2. stopnja	Ni smeri študija	1. letnik	2.
Nursing Care / 2 nd Cycle		1 st year	2 nd

Vrsta predmeta / Course type

Obvezni /Obligatory

Univerzitetna koda predmeta / University course code:

IZSO I UN 5

Predavanja Lectures	Seminar Seminar	Sem. vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30		30			180	8

Nosilec predmeta / Lecturer:

doc. dr. Milica Gregorič Kramberger

Jeziki / Languages: S/A

Predavanja / Lectures: Slovenski /Slovenian
Vaje / Tutorial: Slovenski /Slovenian

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

Vpis v 1. letnik študijskega programa.

Prerequisites:

A prerequisite for inclusion is enrolment in the first year of study.

Vsebina:

Degenerativna stanja gibalnega sistema

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

Ukrepi pri degenerativnih obolenjih gibal

- Ergonomski pristop urejanja gibalnega prostora starostnikov.

Content (Syllabus outline):

Degeneration of locomotory system

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

Measures to support patients with degenerative diseases of locomotory system

- Pripomočki za gibanje in življenje starostnikov.
- Balneologija pri starostnikih in uporaba prirodnih dejavnikov v zdravljenju gibalnega sistema.
- Dietna prehrana starostnika.
- Prehrabena dopolnila kot del sodobne prehrane starostnika.
- Rekreativna starostnikov.

Neurodegenerativne bolezni

- Motorične in kognitivne motnje pri neurodegenerativnih obolenjih
- Demenca: Alzheimerjeva bolezen (AD), frontotemporalna demenca (FTD), Parkinsonova bolezen z demenco (PDD), demenca z Lewyjevim telesci (DLB) in druge oblike demence.

Individualiziran in usmerjen pristop k bolniku ter multidisciplinarnost obravnave bolnika z neurodegenerativno boleznijo.

- Accessories for the movement and life of the elderly
- Ergonomic approach to regulating the movement area of the elderly.
- Balneology for elderly and the use of Natural factors in the treatment of the locomotor system.
- Dietary nutrition of the elderly.
- Food supplements as part of the modern diet elderly.
- Recreation for the elderly.

Neurodegenerative disorders

- Motor symptoms and cognitive symptoms in neurodegenerative diseases
- Dementia: Alzheimer's disease (AD), frontotemporal dementia (FTD), Parkinson's disease with dementia (PDD) and dementia with Lewy bodies (DLB).

Patient centred approach with integrative and multidisciplinary approach.

Temeljni literatura in viri / Readings:

Temeljna literatura

1. Davidović, M., Milošević, P., (2007). *Medicinska gerontologija*. Beograd: Medicinski fakultet.
2. Halter, J., B., Ouslander, Joseph G., Tinetti, Mary E., Studenski, S., High, Kevin P., Asthana, S. (2009). *Hazzard's Geriatric Medicine and Gerontology*. 6 edition. Publisher: The McGraw-Hill Companies, Inc, 2009.
3. Brilej, D., Buhaneč, B., Komadina, R., Vlaović, M. (2007). *Hudo poškodovani starostniki - prognostični dejavniki preživetja*. Zdravstveni vestnik; 76: 1-39-45.
4. Jajić, I., (1995). *Reumatologija*. Zagreb: Medicinska knjiga.
5. Continuum (Minneapolis, Minn): *Lifelong Learning in Neurology - Dementia* April 2016;22(2).

Priporočena literatura

6. Duraković, Z. et al., (2007). *Gerijatrija - medicina starije dobi*. Zagreb: C.T. – Poslovne informacije, d.o.o.
7. Kitwood, T. (2005). *Dementia Reconsidered. The person comes first*. Buckingham, New York: Open University Press.
8. Bryden, C. (2005). *Dancing with Dementia. My story of living Positively with Dementia*. London and Philadelphia: Jessica Kingsley Publishers.
9. Pentek, M. (1995). *Zdravo staranje*. Ljubljana: Gerontološko društvo Slovenije.
10. Razboršek, V. (2000). *Depresije*. *Kakovostna starost*, leto 3, št. 1- 4,50-58.
11. Mlinarič, A., Kristl, J. (2001). *Prehranska dopolnila-zdravila ali hrana*. Ljubljana: Fakulteta za farmacijo.
12. Referenčne vrednosti za vnos hranil (2004)., I. izdaja. Ministrstvo za zdravje.

Cilji in kompetence:

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

Splošne kompetence;

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

Predmetno specifične kompetence

3. zagotavljanje in izboljševanje kakovosti in varnosti v sistemu integrirane zdravstvene in socialne oskrbe,
4. prepoznavanje najpogostejših zdravstvenih in socialnih problemov, ki jih prinašajo kronične bolezni,
5. učinkovito odzivanje na potrebe pacientov, posameznika in skupnosti,
6. individualno načrtovanje, vodenje, koordiniranje, izvajanje in vrednotenje integrirane in kontinuirane (integrativne) zdravstvene obravnave in oskrbe pacientov z različnimi razvojnimi motnjami, kroničnimi in degenerativnimi bolezenskimi stanji ter poškodbami z dolgotrajnimi posledicami,
7. vsestransko in sistematično prilagajanje obravnave pacienta glede na želje, potrebe, možnosti in druge individualne okoliščine pacienta za opolnomočenje / krepitev moči in kakovost življenja pacienta s psihosocialno oskrbo, zaposlitveno rehabilitacijo, socialno vključenostjo, prostovoljskimi dejavnostmi in pristočnimi aktivnostmi,
8. prepoznavanje potreb pacientov po dodatni specialistični obravnavi in svetovanje,
9. medpoklicno sodelovanje pri izvajanju integrirane in kontinuirane oskrbe na

Objectives and competences:

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

General competences

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

Course-specific competences

4. identifying the most common health and social problems brought by chronic diseases,
5. an effective response to the needs of patients, the individual and the community,
6. individually planning, managing, coordinating, implementing and evaluating the integrated and continuous (integrative) health and social treatment and care of patients with a variety of chronic and degenerative conditions, as well as injuries with long-term consequences,
7. the comprehensive and systematic adaptation of treatment depending on the desires, needs, possibilities and other individual circumstances of patients for empowering/strengthening the power and quality of their life with psychosocial care, employment rehabilitation, social inclusion, volunteer activities and leisure activities,
8. identifying patients' needs for additional specialist treatment and counselling,
9. inter-professional participation in implementing the integrated and continuous care in the field of care for health, quality of life and well-being of patients in an institution or at home,
10. considering competences and authorisations of participants in the integrated and coordinated health and social care,

področju skrbi za zdravje, kakovost življenja in dobro počutje pacientov v instituciji ali na domu,
 10. upoštevanje kompetenc in pristojnosti sodelujočih v integrirani in koordinirani zdravstveno socialni oskrbi,

Predvideni študijski rezultati:

Študent/ka:

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

Intended learning outcomes:

Student:

- Aware of the underlying disease of the elderly and injuries
- Understands the injured and sick elderly,
- Develop cultural and ethical view of the health of the elderly,
- Be trained to critically assess and analyze the problem of the elderly in domestikalnem and hospital care.

Metode poučevanja in učenja:

- predavanja z obvezno aktivno udeležbo,
- sodelovanje študentov,
- vaje,
- klinični prikazi primerov,
- demonstracije zdravljenja

Learning and teaching methods:

- lectures with mandatory active participation,
- participation of students,
- exercises
- a clinical case presentations,
- demonstration of treatment.

Načini ocenjevanja:

Delež (v %) /
 Weight (in %)

Assessment:

- izpit	80%	- Examination
- ustni zagovor s prikazom primera	20%	- Oral presentation of the display case