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INTERDISCIPLINARNO POVEZOVANJE ZA PRETOK ZNANJA MED TEORIJO IN PRAKSO

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KNOWLEDGE BETWEEN THEORY AND PRACTICE*

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INTERDISCIPLINARY COOPERATION FOR THE TRANSFER OF KNOWLEDGE BETWEEN THEORY AND PRACTICE

ZBORNİK POVZETKOV

BOOK OF ABSTRACTS

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Technology commercialisation

One of the most important challenges that European economies have to tackle is the capacity to transform scientific knowledge and technological achievements into commercial successes. The close synergy between science and business is tantamount to a high economic development of a country. Business experience may generate ideas for new research, and strong links with business can be a source of money for universities, as well as prestige and inspiration in terms of scientific pursuits and programme-building. Technology transfer from science to business is becoming the bedrock for building a knowledge-based economy. What is technology transfer and commercialisation? It is the process of transferring scientific and technical knowledge from one individual or organisation to another for economic advantage - generally for the purpose of commercialising that knowledge. We tend to think of academic technology transfer in the context of scientific or technical knowledge that is protected by a patent. University inventions and discovery are playing an increasingly important role in economic development. Since universities do not typically manufacture goods or services, the technology can be commercialised and become public through technology transfer. A university needs to use the most effective protection and commercialisation strategies to stimulate and capitalise on its scientists' intellectual property portfolio, thereby achieving maximum economic and humanitarian value for the public.

Key words: technology transfer, technology commercialisation, science to business

Komercializacija tehnologij

En najpomembnejših izzivov, s katerimi se spopadajo evropska gospodarstva, je sposobnost, da znanstveno znanje in tehnološke dosežke pretvorijo v prodajni uspeh. Tesna sinergija med znanostjo in podjetji je enako pomembna kot visok gospodarski razvoj države. Poslovne izkušnje lahko ustvarjajo ideje za nove raziskave, močne vezi s podjetji pa so lahko finančni vir za univerze ter pomenijo ugled in zanos glede na znanstvena prizadevanja in oblikovanje programov. Prenos tehnologij iz znanosti na podjetja postaja trdna osnova za ustvarjanje gospodarstva, ki temelji na znanju. Kaj je prenos tehnologij in komercializacija? Gre za proces prenosa znanstvenega in tehničnega znanja s posameznika ali organizacije na nekoga drugega zaradi ekonomske prednosti – na splošno zaradi komercializacije tega znanja. Običajno govorimo o prenosu tehnologije na akademski ravni v kontekstu znanstvenega in tehničnega znanja, ki je zaščiten s patentom. Inovacije in odkritja na univerzah imajo vse pomembnejšo vlogo v gospodarskem razvoju. Za univerze je značilno, da ne proizvajajo blaga ali ustvarjajo storitev, zato lahko tehnologijo komercializirajo in jo dajo v javnost s pomočjo prenosa tehnologije. Univerza potrebuje najučinkovitejše strategije zaščite in komercializacije, da spodbudi znanstvenike in unovči njihovo intelektualno lastnino, s čimer doseže najvišjo ekonomsko in humanitarno vrednost za javnost.

Ključne besede: prenos tehnologij, komercializacija tehnologij, od znanosti do posla

Dokumentacija zdravstvene nege in interdisciplinarnost

Medicinske sestre se pri svojem delu na področju zdravstvene nege vsakodnevno srečujemo z množico podatkov v zvezi z bolniki. To so pomembne informacije, ki jih beležimo in s tem ustvarjamo dokumente. Zbirka dokumentov pa predstavlja dokumentacijo zdravstvene nege, ki temelji na teoretičnih osnovah in je podprta s procesno metodo dela. Za pripravo takšne dokumentacije je nujno interdisciplinarno sodelovanje različnih strokovnjakov. Medicinske sestre moramo dobro poznati teorijo zdravstvene nege, negovalne diagnoze in proces zdravstvene nege. Vse to znanje pridobimo v času srednješolskega izobraževanja in dodiplomskega študija. Teoretične osnove uporabimo v praksi z individualnim pristopom k bolniku in na osnovi negovalnih diagnoz postavimo cilje, naredimo načrt in izvajamo zdravstveno nego ter cilje in opravljeno delo evalviramo. Izdelava ustrezne dokumentacije zdravstvene nege izhaja iz potreb stroke ob pomoči specialistov informacijske tehnologije. Izdelava se prototipna verzija in kasneje redna aplikacija z možnostjo nadgrajevanja. Brez ustrezne dokumentacije si danes zdravstvene nege ne moremo več predstavljati, dokument pa nikoli ni dokončan. V Splošni bolnišnici Novo mesto imamo trenutno dokumentacijo v papirni obliki, izpolnjuje pa se na vseh oddelkih. Dostopna je tudi dijakom in študentom, ki prihajajo v bolnišnico na klinično prakso. Z dobro strojno in programsko opremo je omogočena elektronska dokumentacija zdravstvene nege. Ta ima več prednosti kot slabosti, zato bi medicinskim sestram zagotovo olajšala delo.

Ključne besede: zdravstvena nega, interdisciplinarnost, dokumentacija

Documentation of nursing care and interdisciplinarity

In nursing care, nurses are faced with a lot of data related to patients in their daily work. These are important pieces of information which are recorded and kept in files. These files consist of collected documents. This so-called documentation of nursing care is based on the theoretical bases and is supported by the processing method of work. In order to prepare such documentation, interdisciplinary collaboration of different experts is necessary. Nurses are required to have good knowledge of nursing theory, nursing diagnosis and nursing process. All this knowledge is acquired during secondary education and undergraduate studies. In practice, the theoretical foundations are applied using an individual approach to the patient and, based on nursing diagnoses, nurses set goals, make a plan and provide nursing care, as well as evaluate their work. The production of adequate nursing documentation results from the needs of the profession with the assistance of information technology specialists. At first, a prototype version is constructed and later a regular application with upgrade options. Today, without adequate nursing documentation, we can no longer imagine the work in nursing care and the document is never completed. In the Novo mesto General Hospital, we currently have documentation in paper form which is filled in in all the departments. It is also available to students who come to the hospital for clinical practice. Good hardware and software ensure electronic documentation of nursing care. The electronic nursing documentation has more advantages than disadvantages, and it would certainly make nurses' work easier.

Key words: nursing care, interdisciplinarity, documentation

Poznavanje komplementarnega in alternativnega zdravljenja ter odnos študentov zdravstvene nege do njega

Zdravstveni delavci se zaradi porasta uporabe komplementarnega in alternativnega zdravljenja pogosto srečujejo s temi vprašanji, toda te vsebine še vedno niso vključene v učne programe zdravstvene nege v mnogih državah. Namen raziskave je bil ugotoviti poznavanje komplementarnega in alternativnega zdravljenja in odnos do njega med študenti zdravstvene nege in kakšne so njihove potrebe po izobraževanju. V raziskavi je sodelovalo 113 (48 %) študentov 2. letnika zdravstvene nege na Zdravstveni fakulteti v Ljubljani v študijskem letu 2011/12. Podatki so bili pridobljeni z anketnim vprašalnikom 14. 2. 2012 med preverjanjem znanja. Uporabljen je bil Pearsonov test hi-kvadrat ($p < 0.05$). Od 166 razdeljenih je izpolnjene ankete vmilo 113 (68 %) študentov, 63 (55,8 %) rednih in 50 (44,2 %) izrednih. 60 % jih meni, da bi to zdravljenje moralo biti vključeno v učni program, in 68 % jih predlaga, da se vključi v klinično prakso; 67 % anketirancev pa tudi meni, da komplementarno in alternativno zdravljenje spodbuja naravno moč organizma. Anketiranci imajo pomanjkljivo znanje o komplementarnem in alternativnem zdravljenju. Bi pa ga priporočili drugim, ker so prepričani, da večina tehnik pri takem zdravljenju ni nevarna. Ne vedo pa, da so rezultati največkrat posledica placebo učinka. Študenti imajo pozitiven odnos do komplementarnega in alternativnega zdravljenja, vendar jim manjka ustrezno znanje, zato menimo, da bi morali te vsebine vključiti v učni program zdravstvene nege.

Ključne besede: komplementarno zdravljenje, alternativno zdravljenje, učni programi

The attitude and knowledge of nursing students regarding the complementary and alternative treatment

Despite the growing popularity of complementary and alternative treatment, the health professionals are often faced with these questions, but this content has not yet been included in the nursing curriculum in many countries. The purpose of this study was to determine attitudes and knowledge about complementary and alternative treatment among nursing students and what their educational needs are. The study included 113 (48%) nursing students in the second year of study at the Faculty of Health Sciences in Ljubljana in the 2011/12 academic year. Data were obtained by a questionnaire filled in on 14 February 2012 during the examination. Pearson's chi-square test was used ($p < 0.05$). There were 166 questionnaires distributed, of which 113 (68%) were returned by 63 (55.8%) full-time and 50 (44.2%) part-time nursing students. 60% believe that this treatment should be included in the curriculum of nursing and 68% agreed with the integration into clinical practice; 67% of respondents believe that complementary and alternative treatment stimulates the natural power of the body. Respondents have a lack of knowledge about complementary and alternative treatment. However, they would advise others to undergo such treatment because they believe that most techniques are not dangerous. On the other hand, they do not know that results are mostly due to the placebo effect. The nursing students have a positive attitude towards complementary and alternative treatment, but they lack knowledge. It would be necessary to include this content in the study programmes of nursing care.

Key words: complementary and alternative treatment, nursing student, study programme

Medgeneracijsko sodelovanje med mentorjem in študentom

Direktiva 2005/36/ES (UI EU, 2005) pravi, da je klinično usposabljanje del izobraževanja medicinskih sester, pri katerem se udeleženci učijo dela v skupini, v neposrednih stikih z zdravim ali bolnim posameznikom, skušajo organizirati, pripravljati in aplicirati zdravila in tako ovrednotiti zahtevano celovito zdravstveno nego. Klinično usposabljanje v izobraževalnem procesu zdravstvene nege predstavlja edino možnost za profesionalni razvoj študentov zdravstvene nege. Zato je vloga mentorja v kliničnem okolju ključna in predstavlja veliko odgovornost, saj študenti na kliničnih vajah pridobivajo izkušnje neposredno preko učenja v praksi (Lorber in Donik, 2009). Pri svojem delu smo se usmerili k odnosu mentor - študent pri usposabljanju na področju zdravstvene nege, opisali smo vlogo mentorja in njegove kompetence, v okviru tega smo se dotaknili lastnosti in sposobnosti, ki naj bi jih imel dober mentor. V nadaljevanju smo na kratko predstavili klinično usposabljanje in didaktična načela, ki so nam pri tem pomagala.

Ključne besede: mentorji, praktično usposabljanje, medicinske sestre

Intergenerational cooperation in the mentor-student relationship

Directive 2005/36/EC (EU, 2005) defines that clinical training is part of nursing education in which participants learn to work in groups, make direct contact with a healthy or ill individual, try to organise, prepare and administer medicines and evaluate the required holistic nursing care. In the educational process of nursing care, clinical training is the only option for the professional development of nursing students. Therefore, the role of the mentor in the clinical setting is crucial and presents a great responsibility, since trainees or students in clinical work gain experience directly through learning in practice (Lorber and Donik, 2009). In our work, we focus on the mentor-student relationship during training in the field of nursing care. We describe the role of the mentor and his/her competence in this context, and we discuss the traits and abilities that a good mentor should have. We briefly introduce clinical training and didactic principles that help us in this process.

Key words: mentor, practical training, nurse

Izobraževanje dijakov pri delodajalcu

Namen raziskovalne naloge je bil ugotoviti, kako mentorji dijakov na praktičnem usposabljanju pri delodajalcu (PUD) ter dijaki in učitelji praktičnega pouka ocenjujejo izvajanje PUD-a. Cilj raziskovalne naloge pa je, da bi dijaki ozavestili pozitivni pomen praktičnega usposabljanja pri delodajalcu in da bi znali povezati teorijo s prakso. V teoretičnem delu so opisani cilji PUD-a, naloge šole, vloga mentorja in pravice dijakov na PUD-u. Za potrebe raziskave smo razdelili 167 anketnih vprašalnikov, od tega so 104 anketne vprašalnike izpolnili mentorji na PUD-u, 52 dijakih Srednje zdravstvene šole Celje, ki so bili na PUD-u, in 10 učitelji praktičnega pouka na Srednji zdravstveni šoli Celje. Rezultati so pokazali, da delovno disciplino, urejenost, zainteresiranost za delo, kakovost dela, željo po učenju in dodatnem znanju, določila glede varstva pri delu dijakov in izdelavo poročila bolje ocenjujejo mentorji PUD-a kot dijaki ali učitelji praktičnega pouka. Kot prednosti PUD-a dijaki in učitelji najpogosteje navajajo kontinuirano in timsko delo, povezanost teorije in prakse ter pridobitev novih izkušenj, med slabosti pa hitro delo, odsotnost mentorja PUD-a in pomanjkanje materiala. Med predlogi za izboljšanje PUD-a so dijaki in učitelji navedli pogostejšo prisotnost mentorja pri dijakih in delo z njim.

Ključne besede: usposabljanje, delodajalci, PUD, dijaki, mentorji, učitelji

The education of students at the employer

The aim of the research was to find out how, in practical training at the employer (PUD), mentors, students and teachers of practical training assess the implementation of PUD. The aim of the research is also to make students aware of the positive effects of practical training at the employer, and enable them to connect theory with practice. The theoretical part describes the aims of PUD, the duties of the school, the role of the mentor and the rights of students during PUD. The basis of the empirical part was 167 questionnaires, of which 104 questionnaires were filled in by mentors in PUD, 52 were filled in by the students of the Celje Secondary School for Nurses who underwent PUD and 10 by teachers of practical lessons at the Celje Secondary School for Nurses. The results showed that labour discipline, tidiness, interest in work, the quality of work, a desire to learn and gain additional knowledge, provisions with regard to safety at work for students and drawing up the report are better marked by mentors in PUD than students themselves and teachers of practical lessons. As the benefits of PUD, students and teachers the most commonly reported continuous work and teamwork, the connection between theory and practice and gaining new experience. As weaknesses, they mentioned a fast tempo of work, the absence of the mentor and the lack of material. Among the proposals to improve PUD, students and teachers reported more frequent presence of the mentor among students and work with them.

Key words: training, employer, PUD, student, mentor, teacher

Ozaveščenost dijakov o preventivnih metodah pri preprečevanju raka

V teoretičnem delu je predstavljena definicija raka in snovi, ki ga lahko povzročijo. V nadaljevanju so predstavljene metode za preprečevanja raka. Namen raziskovalne naloge je bil ugotoviti, koliko so dijaki ozaveščeni o preventivnih metodah pri preprečevanju rakavih obolenj in koliko te preventivne metode v vsakdanjem življenju izvajajo. Cilj naloge je, da bi se dijaki zavedali resnosti rakastih obolenj in da bi preventivno delovali v smeri zgodnjega odkrivanja raka z izvajanjem preventivnih metod ter da bi to znanje kot bodoči zdravstveni delavci uspešno posredovali čim širšemu krogu prebivalstva. Kot instrument za pridobivanje podatkov smo uporabili anketni vprašalnik, ki so ga izpolnili dijaki različnih srednjih šol v Celju. Izpolnjenih je bilo 354 anketnih vprašalnikov. Od teh so jih izpolnili dijaki Srednje zdravstvene šole Celje 132, dijaki Srednje poslovno komercialne šole Celje 115 in dijaki I. gimnazije v Celju 107. Rezultati so pokazali, da več kot polovica dijakov ni osveščena o zgodnjem odkrivanju raka, jih pa 90 % in več ve, da alkohol in kajenje povzročata raka. Manj kot polovica dijakov si vsak mesec enkrat ali pa redkeje pregleduje dojke/moda. Zdravje je ena naših največjih vrednot, zato ga poskušajmo ohraniti čim dlje, varujmo ga in naredimo vse, da se izognemo različnim boleznim. Zato pogosto obiščimo zdravnika, opazujemo spremembe na naši koži, uživajmo veliko tekočin, jejmo zdravo hrano, bodimo aktivni in se poskušajmo izogniti stresu, čeprav je to v današnjih časih velikokrat težko.

Ključne besede: rak, preprečevanje, samopregledovanje, dijaki, preventivni programi

The awareness of students about the preventive methods for preventing cancer

The theoretical part presents an overview of the definition of cancer and substances that can cause cancer. Next, the methods of cancer prevention are presented. The purpose of the study was to determine how many students are aware of the preventive methods to prevent cancers and how these preventive methods are implemented in everyday life. The aim of this research is to make students aware of the seriousness of cancer and ensure that they carry out prevention activities for the purpose of early detection of cancer by applying preventive methods, as well as to enable students to successfully impart this knowledge to a wider population as future health professionals. A questionnaire was used as the method for obtaining data. The questionnaire was filled in by students of various secondary schools in Celje. There were 354 questionnaires completed, of which 132 by the students of the Celje Secondary School for Nurses, 115 by the students of the Celje Secondary School of Business and Commerce, 107 by the students of the Celje 1st General Secondary School. The results showed that more than half of the students are not aware of early detection of cancer. However, more than 90% of the students are aware that alcohol and smoking cause cancer. Less than half of the students examine their breasts/testicles once a month or less often. Health is one of our greatest values, which is why we try to maintain good health as long as possible, promote it and do our best to avoid diseases. Therefore, we should often visit the doctor, observe changes to the skin, drink a lot of liquids, eat healthy food, be active and avoid stress, although this is often quite difficult.

Key words: cancer, prevention, self-examination, student, preventive programme

Dihalna stiska pri bolniku v končnem stadiju raka

Rak je bolezen, ki nezdravljena ali neuspešno zdravljena prej ali slej privede do smrti. Ko je izčrpano proti raku usmerjeno zdravljenje, večina bolnikov še vedno potrebuje zdravstveno oskrbo. Poleg bolečin je v tem obdobju največji problem dispneja. To je subjektivni občutek težkega dihanja. Je posledica raka samega, zdravljenja raka ali drugih bolezni, ki se zaradi tega poslabšajo. Ukrepanje pri dihalni stiski je odvisno od prizadetosti bolnika, vzrokov dihalne stiske ter smiselnosti ukrepanja. Za odločanje o slednjem moramo poznati diagnozo, potek bolezni in dosedanega zdravljenja. Če je glede na bolnikovo stanje ter prognozo smiselno in možno, na dihalno stisko vplivamo z zdravljenjem njenega neposrednega vzroka. Pogosti neposredni vzroki za dihalno stisko so: obsežen pleuralni izliv, perikardialni izliv, krvavitev v dihalnih poteh, zožitev zgornjih dihalnih poti, zožitev sapnika ter zapora ali zožitev velikih bronhijev. Kadar ne moremo ali ni smiselno vplivati na neposredni vzrok dihalne stiske, jo zdravimo simptomatsko: z dodajanjem kisika, z opiaty in anksiolitiki ter drugimi zdravili. Pomembno je sodelovanje bolnika, svojcev in celotnega tima, ki izvaja zdravstveno oskrbo.

Ključne besede: zdravljenje, rak, dispneja

Respiratory distress in the end-stage cancer patient

Untreated or unsuccessfully treated cancer leads to death. Most patients not eligible for specific oncological treatment still need health care. In addition to pain, the most bothering symptom during this period is dyspnea. It is defined as a sense of shortness of breath. Dyspnea is a consequence of cancer, treatments of cancer, or comorbidities worsening due to cancer progression and/or treatments. Acting in the case of dyspnea depends on patient impairment, causes of dyspnea and the rationality of action. To determine the rationality of action, the patient's diagnosis, the course of the disease and previous treatments should be known. Considering the patient's impairment and prognosis, respiratory distress is managed by treating its cause. Frequent direct causes of respiratory distress are: extensive pleural effusion, pericardial effusion, air-way hemorrhage, upper air-way stenosis, tracheal stenosis, occlusion or stenosis of major bronchi. If it is not possible or rational to treat the cause, respiratory distress is managed symptomatically by oxygen supply, opiates, anxiolytics and other medication. The cooperation of the patient, his/her family and the whole health care team is very important.

Key words: treatment, cancer, dyspnea

Prva pomoč in vozniki motornih vozil

Prometne nesreče so realnost sodobnega sveta. V svetovnem merilu izgubi življenje na cesti v povprečju vsak dan skoraj 3.400 ljudi. Združeni narodi to označujejo kot glavni zdravstveni problem s hudimi socialno-ekonomskimi posledicami. Velik delež posledic bi lahko omilili z ustreznim izvajanjem temeljnih postopkov oživljanja in z drugimi ukrepi prve pomoči (v nadaljevanju PP). Po podatkih dosedanjih raziskav je raven znanja PP voznikov motornih vozil nezadovoljljiva. Namen raziskave je bil ugotoviti, kaj menijo vozniki motornih vozil o svoji pripravljenosti za dajanje PP pri lažjih in težjih poškodbah in kakšno je znanje voznikov motornih vozil o PP na danih primerih lažjih in težjih poškodb. Uporabljena je bila strategija raziskovanja presečne študije z deskriptivno metodo raziskovanja. Zbiranje podatkov je potekalo med vozniki motornih vozil s pomočjo anonimnega anketnega spletnega vprašalnika v avgustu in septembru 2013. Vzorec je zajel 1050 voznikov. Rezultati kažejo, da tisti anketiranci, ki se pri svojem delu ali hobiju srečujejo s PP, svojo pripravljenost za dajanje PP ocenjujejo kot povprečno dobro, tako ob lažjih kot tudi ob težjih poškodbah/stanjih. Tisti anketiranci, ki se s PP pri delu ne srečujejo, pa kot srednjo pripravljenost pri težjih, pri lažjih poškodbah/stanjih pa kot povprečno dobro. Na njihovo znanje ne vpliva samo stik z vsebinami PP, ampak tudi čas, ki je minil od zadnjega tečaja PP. V opisanih namišljenih situacijah so anketiranci pokazali dobro znanje pri lažjih poškodbah (> 80 % pozna pravilne ukrepe pri sumu na zlom roke v podlahti), pri življenjsko ogrožujočih stanjih pa je njihovo znanje slabo (le okrog 20 % jih pravilno označi sprostitvev dihalne poti).

Ključne besede: prva pomoč, vozniki, motorna vozila

First aid and drivers of motor vehicles

Traffic accidents are reality of the modern world. Globally, around 3,400 people die on roads every day. The United Nations consider that fact as a major health problem with serious socio-economic consequences. The proper implementation of basic CPR and other first aid (FA) measures could mitigate a great deal of accidents effects. Nevertheless, the level of first aid knowledge in Slovenia is insufficient, according to previous studies. The aim of the research is to determine the view of motor vehicle drivers about their own willingness to give FA (in the case of minor and major injuries). The aim is also to find out what is their level of knowledge about FA in the given cases of minor and major injuries. The strategy of cross-sectional study with descriptive method of work was used. The gathering of data took place in August and September 2013 with the help of an anonymous online questionnaire. The sample consists of 1,050 respondents. The results show that respondents who deal with FA during their work or hobby have certain characteristics. Their self-evaluation about FA knowledge and willingness to give FA is higher compared with those who do not deal with FA. The respondents were requested to respond to given imaginary situations. Their knowledge in the case of minor injuries was good (> 80% know the right steps for fractures), but their knowledge in the case of serious situations is poor (only about 20% correctly marked the necessary release of the airway obstruction).

Key words: first aid, motor vehicle drivers

Razkorak med teorijo in prakso

Vsebina teorije lahko izhaja iz prakse ali pa temelji na naravoslovnih in behaviorističnih znanostih, prav tako pa praksa lahko izhaja iz teorije. Problem nastopi, če pride do prevelikega razkoraka med njima, ko prevelik pomen pripisujemo teoretičnemu znanju ali pa so nam pomembne le spretnosti. V prvem primeru prihaja do bega diplomiranih medicinskih sester od pacienta, v drugem primeru pa do odsotnosti kritičnega razmišljanja, ki je za vamo zdravstveno nego še kako pomembno. Vzrokov za razkorak je seveda lahko več, kot npr. vsebina izobraževanja, način izvajanja le-tega, osebe v kliničnem okolju ali študenti zdravstvene nege. Avtorica bo v svojem prispevku skušala odgovoriti na naslednja vprašanja: Kaj dejansko pomeni razkorak med teorijo in prakso? Ali so tisti, ki se ukvarjajo s poučevanjem, slabi, ali pa so slabi tisti, ki delujejo v praksi? Kakšen je ta razkorak? Do kod smemo? Kje je tista meja, ki je še dopustna? Kaj pa študenti? Ali se morata teorija in praksa povsem izenačiti, da bi bili pacienti vamo obravnavani?

Ključne besede: zdravstvena nega, teorija, praksa

The gap between theory and practice

The content of theory can derive from practice or can be based on natural and behavioural sciences. Likewise, practice can derive from theory. There is a problem if the gap between them is too wide because theoretical knowledge is too important or we only consider skills to be important. In the first case, it takes registered nurses away from the patient. In the second case, we are faced with the absence of critical thinking, which is very important for providing safe nursing care. Of course, there are several causes for the gap, such as the content of education, the manner in which it is implemented, staff in the clinical environment or nursing students. In this paper, the author strives to answer the following questions: What does a gap between theory and practice actually mean? Are those who teach inadequate, or are those in practice inadequate? How wide is the gap? How far can we go? What is the permissible limit? What about students? Should theory and practice be completely equal to ensure safe treatment to patients?

Key words: nursing care, theory, practice

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Ugotavljanje kakovosti zdravstvenih storitev na Dolenjskem

Zdravstvene storitve morajo biti zagotovljene vsakemu občanu. Uporabniki pričakujemo v zdravstvenih ustanovah popolno storitev, saj tja največkrat pridemo z namenom, da se pozdravimo. Ob tem pričakujemo, da bomo kmalu na vrsti, da bo zdravstveno osebje z nami prijazno, da si bo zdravnik vzel dovolj časa in se nam povsem posvetil, in končno, da bomo iz zdravstvene ustanove odšli z rešitvijo za naš problem oziroma bolezen. S to raziskavo ugotavljamo, kako kakovost zdravstvenih storitev ocenjujejo uporabniki na Dolenjskem. Izvedli smo kvantitativno raziskavo s pomočjo anketnega vprašalnika po modelu Servperf. Preučili smo tudi odzive uporabnikov glede na spol, starost in izobrazbo. Našo hipotezo, da uporabniki visoko ocenjujejo kakovost zdravstvenih storitev, smo na osnovi analize potrdili. V prispevku predstavljamo rezultate raziskave, ki bodo lahko koristno uporabljeni tudi v praksi. Ugotovitve bodo pomembno vplivale na nadaljnje poslovanje zdravstvenih ustanov, če se bodo te na podlagi rezultatov odločile uvesti izboljšave za zagotavljanje (po oceni uporabnikov) kakovostnejših storitev.

Ključne besede: zdravstvene storitve, kakovost, uporabniki, zadovoljstvo uporabnikov, ISO 9001

Determining the quality of health services in the Dolenjska region

Health services should be provided to every person. Service users expect a full service in health institutions, since they usually come there in order to get better. They expect not to wait too long, for medical staff to be kind, for the doctor to take enough time and be totally devoted to them and, last but not least, to walk out of the health institution with the solution for their problem or disease. Our survey will determine whether the users who filled in the questionnaire are satisfied with services in health institutions in Dolenjska. We carried out a quantitative study using the Servperf questionnaire model. We studied the users' responses based on gender, age and education. Our hypothesis, which states that users of health institutions rate the quality of health services as high, was confirmed based on the analysis of the questionnaire. Our paper presents the results of the survey which can be utilised in practice. The findings will significantly affect the future operations of health institutions, if they decide to introduce improvements based on the results in order to ensure quality services, as rated by users.

Key words: user satisfaction, quality, health services, ISO 9001, users

Organizacijska kultura v zdravstveni negi

Organizacijska kultura je sistem vrednot, norm, pravil, stališč, skupnih lastnosti, vedenja, načinov delovanja zaposlenih in komuniciranja med njimi. Komunikacija je sredstvo za izoblikovanje in ohranjanje organizacijske kulture, ki predstavlja vodilo za delovanje zaposlenih znotraj organizacij. Te morajo za svoj obstoj, dobro delovanje in dobro organizacijsko kulturo poskrbeti s stalnim izobraževanjem in vzgojo zaposlenih ter z usposabljanjem in vključenostjo zaposlenih v odločanje in uvajanje novosti. S pomočjo vprašalnika »Organisational Culture Assessment Instrument« (OCAI) smo preučevali organizacijsko kulturo v Zdravstvenem domu Brežice. V raziskavo so bili vključeni zaposleni s področja zdravstvene nege, ki trenutno organizacijsko kulturo vidijo kot kulturo hierarhije, kar pomeni, da je organizacija usmerjena navznoter in deluje v stabilnem okolju, zaposleni se strogo držijo pravil, vodje se vidijo kot učinkoviti organizatorji. V prihodnosti si zaposleni najbolj želijo kulture klana, ki skrbi zanje in za katero je značilno prijazno delovno okolje, visoka stopnja zaupanja, timsko delo in sodelovanje vseh zaposlenih. Vodje imajo predvsem vlogo mentorja, ki zaposlenim nudi pomoč in oporo pri njihovih nalogah in doseganju zastavljenih ciljev. Za dvig organizacijske kulture bodo morali zaposleni in vodstvo poglobiti komunikacijo in zaupanje ter oblikovati skupne cilje, s čimer jo bodo lahko postopoma tudi izboljšali.

Ključne besede: organizacije, organizacijska kultura, zdravstvena nega

The organisational culture in nursing care

Organisational culture is defined as a system of values, norms, rules, viewpoints, common characteristics, behaviour, the working principles of employees and the communication among them. Communication presents the means of establishment and maintenance of organisational culture in an organisation, which presents the guiding principle for employees' performance within the organisation. In order to survive, operate well and develop good organisational culture, organisations have to constantly educate and train their employees and engage them into decision-making and the introduction of innovations. Based on the "Organisational Culture Assessment Instrument" (OCAI) questionnaire, the organisational culture in the Brežice Health Centre was analysed. The research included employees in the field of nursing care. The current organisational culture in the Brežice Health Centre is defined as the hierarchy culture, meaning that the organisation is oriented inwards, the culture operates in a stable environment, employees follow the set rules and the leaders are considered to be the most effective organisers. In the future, the employees wish for the clan culture that takes care of its employees and is known for a friendly working environment, a high level of trust, teamwork and the cooperation of all members within an organisation. In such an organisation, leaders play the role of mentors who help employees and support them when carrying out tasks and achieving their goals. In order to accomplish the desired type of organisational culture, the employees and managers at the Brežice Health Centre will have to improve the communication and trust among them, as well as set common goals that can gradually change the organisational culture.

Key words: organisation, organisational culture, nursing care

Vloga medicinske sestre pri uvajanju klinične poti

Vsakdo ima pravico do najboljše zdravstvene obravnave, kar pa ni mogoče brez nenehnega sodelovanja različnih strokovnjakov. V napredek in izboljšanje zdravstvene obravnave nas usmerjajo tudi standardi in aktivnosti zdravstvene nege ter želja, da bi svoje delo opravili čim bolje. Da bi bila obravnava pacienta čim bolj celovita, utečena in brez napak, se oblikujejo klinične poti. Z zagotavljanjem formalnih interdisciplinarnih odnosov med udeleženci se zagotovo izboljša tudi obravnava pacienta. S pomočjo analize literature želimo predstaviti pomen kliničnih poti za zmanjšanje stroškov zdravljenja in izboljšanje kakovosti zdravstvene oskrbe. Za preučevanje navedene tematike smo uporabili opisno raziskovalno metodo dela. Raziskave kažejo, da medicinske sestre odločilno vplivajo na oblikovanje kliničnih poti in da se jim te zdijo pomembne za razvoj stroke. Naloga vseh zdravstvenih delavcev je zelo pomembna, saj s primerno obravnavo pacienta zmanjšamo nastanek novih bolezenskih stanj in tako pripomoremo k zdravju populacije. Zmanjšanje stroškov zdravljenja pa je dandanes, poleg ostalega, zelo pomembno, saj se starost prebivalstva viša, s tem pa se večja število pacientov, ki vstopajo v zdravstveni sistem v sklopu njene preventivne in kurativne dejavnosti. Ta pa je odvisna od celotnega tima, ki sodeluje pri obravnavi pacienta. Prav zato morajo pri pripravi klinične poti sodelovati vsi subjekti, ki se pojavljajo v procesu zdravstvene obravnave.

Ključne besede: klinične poti, sodelovanje, kakovost

The role of nurses in the introduction of clinical pathways

Everyone has the right to get the best medical treatment, which is not possible without the continuous cooperation of various experts. The standards and activities of nursing care as well as the desire to perform our work as skillfully as possible guide us towards the progress and improvement of medical treatment. To provide the most comprehensive and error-free treatment to patients, clinical pathways have been developed. By providing formal interdisciplinary relations among the participants in the process of medical treatment, the treatment of the patient improves as well. Through the analysis of the literature, we would like to present the importance of clinical pathways to reduce treatment costs and improve the quality of medical treatment. A descriptive research method was used. Studies show that nurses have a major impact on the formation of clinical pathways and that they consider clinical pathways important for the development of the profession. Proper treatment of the patient reduces the emergence of new pathological conditions and thus contributes to the health of the population; therefore, the role of all health workers is very important. As the population is ageing, the number of patients who enter the health care system as part of its preventive and curative health services is on the increase; therefore, reducing the costs of treatment is very important nowadays. Our curative and preventive services depend on the whole team involved in the process of treating the patient. For that reason, everyone involved in the process of medical treatment should collaborate in the preparation of a clinical pathway.

Key words: clinical pathway, collaboration, quality

Ali zdravstvena nega potrebuje zgolj (lastnosti) ženske?

Avtorica v svojem prispevku opozarja na nekatera prepričanja, stereotipe pa tudi zmote, prisotne v naši družbi, o »tipično ženskih lastnostih poklica v zdravstveni negi«. Procesi globalizacije so povzročili spremembo mnogih družbenih vlog in ob tem spremembe spolne strukture v poklicih. V preteklosti izključno moški poklici so tako postali dostopni tudi ženskam. Kljub temu pa je očiten preobrat tudi na področju zdravstvene nege, kjer še vedno prevladuje prepričanje, da so ženske tiste, ki posedujejo (naj)boljše lastnosti za poklic medicinske sestre, saj so: nežne, empatične ... Lik medicinske sestre ne sovпада več s tradicionalno predstavo njene vloge. Zato se neizbežno postavlja vprašanje, ali se moški in ženske v zdravstveni negi razlikujejo. In, če se, kako? Ali se razlikujejo v vedenju, čutenju in mišljenju? Ali predstavlja to problem za bolnike, zdravnike in zaposlene v zdravstveni negi? Na osnovi empiričnih podatkov avtorica predstavlja zaznavanje razlik v obravnavi posameznika s strani (ženske) medicinske sestre, saj so anketiranci »navajeni« na žensko, ki »je bolj prisotna od moškega«. Anketiranci so izpostavili tudi visoke zahteve za »dobro medicinsko sestro ne glede na spol«, saj so kot pomembne profesionalne in osebnostne lastnosti izpostavili skrbnost, empatičnost, odločnost in samostojnost. Navedene lastnosti pa so predpogoj za uresničevanje profesionalnih kompetenc v zdravstveni negi. Pričakujejo pa jih pacienti in svojci ter člani negovalnega in zdravstvenega tima.

Ključne besede: zdravstvena nega, medicinske sestre, ženske, empatija, moški, družbene vloge

Does nursing care require only (the characteristics) of women?

The paper draws attention to some beliefs, stereotypes and misconceptions present in our post-modern society regarding the "typical feminine traits of the profession of nursing". It is true that the processes of globalisation entail the change of social roles in different areas of life in post-modern society and, consequently, the related changes in gender structures in the professions. However, it is also true that previously exclusively male professions are now accessible to women. Nevertheless, it is obvious that shift can also be seen in the field of nursing care, where it is still widely believed that women are the ones who hold the (best) features for the nursing profession because they are gentle, empathetic and so on. The character of a nurse does not coincide with the more traditional notion of her role. Therefore, an inevitable question is raised: whether men and women differ in nursing care. And if so, how? Do they differ in behaviour, thinking and feeling? And whether this presents a problem for patients, doctors and even employees in nursing care? Based on empirical data, the author presents the differences in the treatment of an individual by a (female) nurse because respondents are "accustomed" to the woman who "is more present than a man". The respondents also highlighted the high requirements for a "good nurse, regardless of gender", since they stressed diligence, empathy, assertiveness and independence as important professional and personal qualities. These traits are a prerequisite for the professional competence in nursing care. Last but not least, the expectations of patients and relatives, members of the nursing and medical team are the same.

Key words: nursing care, nurse, women, empathy, men, social roles

Informiranje potrošnikov o (varni) uporabi zdravil

Danes se od pacientov pričakuje večja vključenost v skrb za lastno zdravje. Na drugi strani pa si hkrati tudi pacienti, ko gre za njihovo zdravje, želijo soodločanja in nekaj neodvisnosti. Vse to pa se odraža v večjem povpraševanju po informacijah o zdravem načinu življenja, o raznih boleznih in bolezenskih znakih ter načinih zdravljenja. Raziskave iz tujine so pokazale, da potrošniki med najzanesljivejše vire informacij o zdravilih uvrščajo zdravnike, farmacevte v lekarnah ter prijatelje in družino. Pogosto se poslužujejo tudi navodil v škatlicah z zdravili, informacijskih brošur za paciente ter objavljenih rezultatov medicinskih raziskav. Temu pa sledijo še informacije v množičnih medijih (televizija, radio, časopisi) ter vedno pogosteje tudi informacije na internetu. Prav razmah slednjega je povzročil večjo dostopnost vseh vrst zdravstvenih informacij, tudi informacij o zdravilih. Nikakor pa tu ne smemo zanemariti pomena oglaševanja zdravil končnim potrošnikom, informacije v njih namreč mnogi jemljejo kot popolno in zanesljivo vrsto informacij. Pogostost iskanja informacij o zdravilih in načinih zdravljenja po različnih virih ter stopnja zaupanja vanje pa je odvisna tako od socio-demografskih spremenljivk (starost, izobrazba, dohodek ...) kot tudi od zdravstvenega stanja posameznika. Ob tem ne smemo zanemariti dejstva, da je pravilno razumevanje pridobljenih informacij pogojeno z ustrežno izobrazbo in usposobljenostjo pacienta. Prispevek poleg teoretičnega pregleda dosedanjih raziskav s tega področja prikaže tudi odnos slovenskih potrošnikov/pacientov do različnih virov informacij, povezanih z zdravjem in jemanjem zdravil.

Ključne besede: pacienti, zdravila, informiranje, uporaba zdravil, nasveti

Providing information to customers about the (safe) use of medicines

Today, we expect greater involvement from patients in caring for their health. On the other hand, the patients expected to participate and be independent when it comes to their health. All this is reflected in the increasing demand for information about a healthy lifestyle, various diseases and symptoms, and the methods of treatment. Studies abroad have shown that consumers considered the physicians, pharmacists as well as friends and family members the most reliable source of information about medicines. They often use medicine packaging/labelling, patient education brochures and the published results of medical research. This is followed by information in the mass media (television, radio, newspapers) and, increasingly, information on the Internet. It is the expansion of the Internet that has led to high availability of all the types of health information, including information about medicines. However, we cannot neglect the importance of advertising medicines to end consumers; many of them understand information in advertisements as complete and reliable information. The frequency of finding information about medicines and treatments in different sources and the level of trust in them depends on the socio-demographic variables (age, education, income, etc.) as well as the health status of an individual. At the same time, we cannot ignore the fact that a proper understanding of the information depends on the education and training of the patient. The paper shows the theoretical review of previous research in this field and the attitude of Slovene consumers/patients towards various sources of information related to health and the use of medicines.

Key words: patient, medicine, information, use of medicines, advice

Obremenitve v kmetijstvu

Temelj varnosti in zdravja pri delu je, da moramo vnaprej preprečiti ali se izogniti vsakršni nevarnosti za poškodbo ali zdravstveno okvaro. Kmetijski delavec je zaradi razgibanega dela veliko delovnega časa v prisilnih držah in neergonomskih položajih. Pravilno gibanje in držo kmetijskega delavca skozi celoten delovni proces je težko zagotoviti. V prispevku so prikazane zdravstvene posledice zaradi dela v kmetijstvu. Prikazane so tudi prisilne drže telesa pri delu in mišično neudobje opazovanega delavca. Z izboljšanjem tega bi poskrbeli za delavčevo zdravje in povečali njegovo storilnost, zmanjšali bi delovne obremenitve in škodljive vplive na delovnih mestih. Za mersko analizo smo uporabili metodi OWAS in CORLETT. Z metodo OWAS smo ugotavljali, kdaj je delavec v nepravilnem položaju, ter predlagali ukrepe. Neudobno počutje pri delu smo analizirali z metodo CORLETT. Iz analize položajev torakolumbalne hrbtenice, zgornjih in spodnjih udov ter cervikalne hrbtenice je razvidno, da so pri kmetijskem delavcu najbolj obremenjena srednji in spodnji del hrbta, sledita mu leva in desna golen, kar je posledica narave dela. Ukrepati je treba čim prej, pri nekaterih položajih pa takoj. S predlaganimi ukrepi pri položajih, kjer so delavci prekomerno obremenjeni, bi pripomogli k bolj varnem delovnemu okolju, zmanjšali bi neudobje, bolečine in škodljive vplive.

Ključne besede: kmetijski delavci, obremenitve, ergonomija, metoda OWAS, metoda CORLETT

Strain in agriculture

The cornerstone of health and safety at work is to prevent in advance or avoid any risk of injury or health impairment. A farm worker has to work varied hours in poor working postures and unergonomic positions. The proper posture and movement of the farm worker through the entire workflow is difficult to provide. This paper presents hazards that occur at work in the agricultural industry. It also presents the postures at work and musculoskeletal discomfort of the observed worker. By improving that, the health of the worker would be better, thereby increasing productivity and reducing the workload and the harmful effects of jobs. The analysis includes the OWAS method and the CORLETT method. Based on the OWAS method, we analysed when the worker is in an improper posture, and suggested measures. Discomfort at work was analysed using the CORLETT method. The analysis of the positions of the thoracolumbar spine, the upper and lower limbs, and the cervical spine shows that an agricultural worker suffers the heaviest strain on the middle and lower part of the back, followed by the left and right lower leg, which is due to the nature of work. Measures should be taken within a reasonable time, whereas in some situations it is necessary to take action immediately. The proposed measures for positions in which a farm worker experiences heavy strain could contribute to a safer working environment for the worker, thereby reducing discomfort, pain and adverse effects.

Key words: agricultural worker, strain, ergonomics, OWAS method, CORLETT method

Medpoklicno sodelovanje

V sistemu zdravstvenega varstva medicinske sestre in zdravniki predstavljajo večino zdravstvenih delavcev, od katerih se pričakuje razvita sposobnost medsebojnega sodelovanja. Dobro medpoklicno sodelovanje vpliva tudi na izid zdravljenja, zato to ni več stvar osebne izbire, saj zahteva vključenost vseh členov in je pomembno z vidika zdravstvenih delavcev in tudi pacientov. Medicinskim sestram in zdravnikom je skupno to, da želijo delati v dobro pacienta, kar je cilj medpoklicnega sodelovanja, ki želi doseči vsaj to, da pacienti ne bodo ogroženi oziroma da bodo čim bolj izpolnjeni tudi cilji zdravstvene organizacije. V raziskavi so prikazana stališča medicinskih sester o sodelovanju z zdravniki. Izpostavljena so predvsem področja komunikacije ter odnos med medicinskimi sestrami in zdravniki. Da je to sodelovanje uspešno in kakovostno, je potrebno vzajemno spoštovanje in zaupanje.

Ključne besede: medicinske sestre, zdravniki, medpoklicno sodelovanje, timsko delo

Interprofessional collaboration

In the health care system, nurses and doctors present the most numerous group of health professionals. They are expected to be capable of mutual cooperation. Proper interprofessional collaboration has a great impact on treatment outcomes; therefore, such collaboration is not a matter of personal choice. All the members of the team need to cooperate in order to ensure quality. For that reason, interprofessional collaboration is essential from the point of view of both health professionals and patients. Nurses and doctors have in common the will to work to benefit the patient. That is the objective of interprofessional collaboration which prevents the patient's safety from being jeopardised and ensures that the goals of a health care organisation are achieved to the greatest possible extent. The research presents nurses' beliefs about their cooperation with doctors, especially emphasising the communication and relationships between nurses and doctors. Mutual respect and confidence is needed for collaboration to be successful and efficient.

Key words: nurse, doctor, interprofessional collaboration, teamwork

Sociološki pristop v interdisciplinarnem modelu posredovanja znanja

Sociološki pristop v okviru predmeta sociologija zdravja zajema in hkrati zelo podrobno določa interdisciplinarne korelacije različnih znanstvenih paradigem. Pri znanstveni metodologiji se osredotočimo na dva koncepta. Pozitivistični pristop zajema predvsem področje znanstvene dokazljivosti, preverljivosti ter uporabo dokaznih materialov v družbene namene za dokaz povezave med teorijo in prakso. Fenomenološki pristop pa ponuja možnost objektivnega merjenja in dokazovanja družbenih dejstev z opazovanjem. V primežu teorije in prakse se nahajata tako oba znanstvena sociološka koncepta in tudi prenos znanja v prakso. Sociologija zdravja in sociologija medicine zajemata v svoji interdisciplinarnosti področja etike, morale, prava, znanstvene metodologije, potrebne modele za prenos na pacienta v znanstvenem kontekstu, na posredovanje znanja ter transfer, ki omogoča pretok znanja v prakso. Sociološki pristop v medicini opozarja na pomen vrednot, komunikacijsko raven v stroki, ki pa se v elementarni obliki izraža in izoblikuje poleg teoretične osnove predvsem v praksi in pri posredovanju znanja. V prispevku se osredotočamo na kritično refleksijo študije Margaret Lloyd ter Roberta Bora (2004) *Communication skills for Medicine*, 2e, ki poudarja komunikacijske sposobnosti prenosa znanja, in izpostavlja vlogo in pomen komunikacijskih veščin pri pridobivanju informacij o anamnezi pacienta z uporabo predhodnega znanja.

Ključne besede: sociologija, zdravje, medicina, znanje, transfer

The sociological approach in the interdisciplinary model of delivering knowledge

The sociologic approach within the Sociology of Health and Medicine course includes and, at the same time, defines in detail the interdisciplinary correlation of various scientific paradigms. The scientific methodology concentrates on two concepts: the positivist approach which mainly includes the field of scientific provability and the use of evidence material for social purposes as proof between theory and practice, and the phenomenological approach which offers the possibility for social facts to be measured objectively and proved by observation. Thus, both sociological concepts are found in the context of theory and practice, as well as the transfer of knowledge into practice. In its interdisciplinarity, the Sociology of Health and the Sociology of Medicine include the field of ethics, morality, law, scientific methodology, the required models for the transfer to the patient in the basic scientific context, the delivering of knowledge as well as the transfer which allows the flow of knowledge into practice. The sociological approach in medicine emphasises the importance of values, the communication level in the profession which is in its elementary form established and developed on the theoretical basis and especially in practice and the delivering of knowledge. The paper is focused on the critical reflection of the study conducted by Margaret Lloyd and Robert Bor (2004), *Communication Skills for Medicine*, 2nd ed., which stresses the communication skills of transferring knowledge and points out the role and importance of communication skills in gathering information about the anamnesis of the patient by using prior knowledge.

Key words: sociology, health, medicine, knowledge, transfer

Mentorstvo kot učinkovit način prenašanja znanja

Mentorstvo je pomemben del v izobraževalnem procesu zdravstvene nege. Vloga mentorja je zelo odgovorna, saj študentom in novozaposlenim pomaga osvojiti novo znanje ter povezati teorijo s prakso, zato je pomembno, da se bodoči mentorji za to vlogo tudi ustrezno usposobijo in pripravijo. Ker je vedno več zahtev po znanju, si tudi oni želijo več izobraževanja na tem področju. Študentom in novozaposlenim klinično usposabljanje nudi priložnost za nabiranje izkušenj, znanja ter jim predstavi dejansko okolje poklica medicinske sestre. S prispevkom želimo prikazati praktično usposabljanje s poudarkom na mentorstvu, ki je pomembno predvsem za kakovostno opravljeno prakso ter nadaljnje delo študentov in novozaposlenih. V raziskovalnem delu nas zanima, kako zaposleni v Centralni intenzivni terapiji III (CIT) v Univerzitetnem kliničnem centru Ljubljana doživljajo vlogo mentorstva. Uporabljen je bil anketni vprašalnik in metoda analize.

Ključne besede: mentorstvo, zdravstvena nega, izobraževanje

Mentorship as an effective means of transferring knowledge

Mentoring is an important part in the educational process of nursing care. Being a mentor is a responsible role, since he/she is responsible to help students or new employees connect theory with practice. Mentoring is very challenging; therefore, it is important that future mentors are well prepared and qualified for that role. As there are more and more requirements for knowledge, mentors also want more education in this field. To students and new employees, clinical training offers the opportunity to gain experience and knowledge, and presents the real environment of the nursing profession. In this paper, I would like to show practical training with emphasis on mentoring as an important part of education for quality training and future work of students and new employees. In the research, I was interested in how the employees of the Central Intensive Therapy Department III (CIT) in the Ljubljana University Medical Centre experience the role of mentoring. A survey questionnaire and analysis method were used.

Key words: mentoring, nursing care, education

Skupnostna psihiatrična obravnava kot multidisciplinarni timi v osnovnem zdravstvu

Duševne motnje v Evropi so pogoste in imajo ogromne ekonomske in socialne posledice, saj prispevajo okrog 12-15 % svetovnega bremena zaradi bolezni, to je več kot srčno-žilna obolenja in dvakrat več kot rak. Zaradi njih trpi preko 25 % prebivalstva vsaj enkrat v življenju povsod po svetu. Za uspešno krepitev duševnega zdravja in učinkovito obravnavo oseb s težavami v duševnem zdravju je zato pomembna interakcija med duševnim in telesnim zdravjem, pa tudi interakcija s socialnim in kulturnim kontekstom okolja, v katerem ljudje živijo. Temelj kakovostne, dostopne in celovite psihiatrične obravnave za ljudi z duševnimi motnjami, ki omogoča boljši dostop do pomoči in povečuje možnosti za obravnavo v naravnem okolju, so skupnostne psihiatrične delovne skupine. Njihova glavna prednost sta boljša nepretrganost obravnave in prilagodljivost. Skupnostna psihiatrična obravnava (SPO) je specializiran multidisciplinarni tim, ki deluje v povezavi z drugimi službami za duševno zdravje v regiji.

Ključne besede: skupnostna obravnava, timi, duševne motnje

Community psychiatric treatment as multidisciplinary teams in primary health care

Mental disorders are common in Europe and have enormous economic and social consequences, contributing around 12-15% of the global burden due to disease, which is more than cardiovascular diseases and twice as much as cancer. There are over 25% of the population who suffer due to mental disorders at least once in their live worldwide. For the successful promotion of mental health and effective treatment of people with mental health problems, it is important to establish interaction between mental and physical health as well as the interaction with the social and cultural context of the environment in which people live. The cornerstone of quality, accessible and holistic psychiatric treatment for people with mental disorders, which allows better access to assistance and increases the chances of treatment in the natural environment, is the community psychiatric working group. The main advantage is the improved continuity of treatment and flexibility. Community psychiatric treatment (SPO) is a specialised multidisciplinary team who works in conjunction with other mental health services in the region.

Key words: community treatment, team, mental disorders

Razvoj tkivno-inženirskih izdelkov in biomaterialov za uporabo v medicini

Regenerativna medicina, katere cilj je obnova fizioloških funkcij organov in tkiv, temelji predvsem na uporabi tkivno-inženirskih izdelkov in naprednih biomaterialov. Tkivno-inženirski pripravki se že vrsto let uspešno uporabljajo za zdravljenje kože, hrustanca, poškodb roženice, obnovo kostnega tkiva. Razvoj novih tkivno-inženirskih pristopov oz. ustreznih biomaterialov pa poteka na skoraj vseh tkivih človeškega telesa, npr. za rekonstrukcijo žil, živcev, srčnih zaklopk ... Razvoj teh izdelkov in biomaterialov vključuje razvoj materialov, preučevanje biokompatibilnosti materialov, razvoj celične komponente tkivno-inženirskega izdelka, biotehnološki razvoj izdelka, živalske (predklinične) študije, klinične študije. Interdisciplinarni pristop, ki je nujen za uspešen razvoj na tem področju, zahteva sodelovanje različnih naravoslovnih znanosti (biologov, biotehnologov, biokemikov ...), farmacevtov ter zlasti potencialnih uporabnikov (kirurgov, medicinskih sester in drugega zdravstvenega osebja). Pomembna vloga osebja v klinični praksi je zlasti v tem, da določi klinično indikacijo, pri kateri bi bila nova rešitev (izdelek) potrebna, določi pogostost te klinične indikacije, pomaga oblikovati tehnične zahteve za nov izdelek, ocenjuje uporabnost prototipov ter sodeluje pri organizaciji in izvedbi kliničnega preizkušanja.

Ključne besede: tkivno inženirstvo, biomateriali, interdisciplinarni razvoj, klinična uporaba

The development of tissue-engineered products and biomaterials for the use in medicine

Regenerative medicine aims at restoring the physiological function of damaged or diseased tissues and organs, and often relies on the use of tissue-engineered products and biomaterials. For many years, tissue-engineered (TE) products have successfully been implemented in clinical practice for treatment of skin, cartilage, bone tissue and cornea. The development of tissue-engineering approaches and equivalent biomaterials is targeted on almost all the tissues of the human body, e.g. blood vessels, nerves, heart valves, etc. The development of tissue-engineered products includes the development of biomaterial, the testing of its biocompatibility, the development of a cellular component of a TE product, the biotechnological product development, preclinical and clinical trials. The interdisciplinary approach is necessary for a successful development in this field and requires the collaboration of different experts in natural sciences (biologists, biochemists, biotechnologists), pharmacists and especially potential users (surgeons and other personnel in the health care system). Clinical staff play an important role especially for: the determination of clinical indication where a new treatment solution would be needed, the determination of prevalence and incidence of pathology, collaboration in defining technical requirements for a new product, the evaluation of product solutions/prototypes and collaboration in organising and carrying out preclinical and clinical testing.

Key words: tissue-engineering, biomaterials, interdisciplinary development, clinical use, bench to bedside

Škodljivi mikroklimatski vplivi na delovnem mestu natakarja

Delavec in delovno okolje predstavljata specifičen ekološki sistem. V delovnem okolju na delavčev organizem vpliva več dejavnikov. V neurejenih oziroma neustreznih delovnih pogojih lahko pride do nastanka poklicnih obolenj. Delavci v gostinstvu so izpostavljeni številnim zunanjim in notranjim vplivom. Eden izmed motečih notranjih dejavnikov je hrup, ki nastane zaradi preglasne glasbe ali glasnega govorjenja gostov. Večina delovnega časa poteka pri slabi zunanji osvetljenosti nekaterih lokalov, zato se delo opravlja pri umetni osvetljavi. Prezračevanje z odpiranjem oken in zunanjih vrat lahko povzroči prepih. Napomo je nočno in izmensko delo. Zaradi izpostavljenosti mrazu, prepihu in vlagi lahko pride do mišično-skeletnih obolenj. Predvsem nočno delo povzroča bolezni prebavil, k čemur pripomore tudi časovna stiska, delo pri umetni svetlobi in v prekomernem hrupu. Vse to povzroča psihično obremenitev. V prispevku želimo prikazati, do kakšnih zdravju škodljivih vplivov prihaja na delovnem mestu natakarja v lokalih. Na podlagi izmerjenih in ugotovljenih mikroklimatskih pogojev bomo ugotavljali, kako bi lahko prekomerne škodljive vplive zmanjšali oz. odstranili. V zaključku prispevka bomo dobljene rezultate primerjali z zakonodajnimi normami in predstavili možne ukrepe za zagotavljanje ustreznih mikroklimatskih pogojev na takem delovnem mestu.

Ključne besede: škodljivi vplivi, mikroklima, delovna mesta, natakarji

Harmful microclimatic effects on waiters in the workplace

Workers and their working environment present a specific ecological system. The working environment has many factors that affect the worker's body. In the case of irregular or inappropriate working conditions, there is a risk of occupational diseases. Workers in the catering industry are exposed to many external and internal factors. One of the disturbing factors is noise caused by loud music or loud talking guests. Most of the work in the evening is done in poor light, which means that artificial light is used. Ventilation is mainly sustained by opening windows and doors, which can result in exposure to drafts. Working at night and shift work are exhausting. Cold, drafts and moisture can lead to musculoskeletal disorders. Gastrointestinal diseases are mainly caused by night work, as well as time constraints, work in artificial light and excessive noise. The aforementioned leads to psychological stress. This paper presents the harmful effects to which a waiter can be exposed in the workplace. On the basis of the measured microclimate conditions, we will try to determine how to reduce or eliminate the excessive and damaging conditions. In conclusion, we compare the obtained results with the legal norms and introduce measures to ensure appropriate microclimate conditions in the workplace of waiters.

Key words: harmful effects, microclimate conditions, workplace, waiter

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Interdisciplinarna obravnava pojava izgorevanja v zdravstveni negi in oskrbi

Prispevek obravnava kompleksnost izgorevanja pri zaposlenih v zdravstveni negi. Opisuje interakcijo z delovnimi, organizacijskimi, demografskimi, družbenimi, in socialnimi dejavniki. Težišče raziskave je bilo usmerjeno v prepoznavanje najpogostejših spremenljivk, ki privedejo do izgorelosti zdravstvenega osebja in obravnave pojava izgorevanja v slovenskem prostoru. Uporabili smo neeksperimentalno kvantitativno metodo raziskovanja z opisno kategorijo raziskovanja. Za zbiranje primarnih podatkov smo uporabili dva anketna vprašalnika: vprašalnik o izgorelosti Maslach MBI in vprašalnik o zadovoljstvu pri delu JDI. Podatke o psihosomatskih motnjah smo uporabili kontrolno listo psihosomatskih motenj. S preiskovanci smo opravili tudi strukturiran intervju. Test normalnosti porazdelitve spremenljivk Kruskal-Wallis je pokazal, da se komponente izčrpanosti ne porazdeljujejo normalno, medtem ko porazdelitev izčrpanosti statistično pomembno ne odstopa od normalne. Rezultat na posameznih komponentah izčrpanosti je bil izračunan kot povprečje odgovorov, ki spadajo pod posamezno komponento, rezultat na celotni lestvici izčrpanosti pa kot vsota vseh komponent izčrpanosti. Preiskovanci so v raziskavi navajali psihično in fizično obremenjenost pri delu, neskladje odnosov med svojci in zaposlenimi, podcenjenost dela v družbi, premalo zaposlenih.

Glavne besede: zdravstvena nega, zaposleni, izgorevanje, delovni pogoji, organizacija

Interdisciplinary treatment of the burnout phenomenon in nursing and medical care

The paper deals with the complexity of the burnout of employees in nursing care. It describes the interaction among the operational, organisational, demographic and social factors. The research was focused on the identification of the most common variables that lead to the burnout of health professionals, and the examination of the phenomenon of burnout in Slovenia. We used a non-experimental quantitative research method with a descriptive category of survey. As an instrument for the collection of primary data, we used two survey questionnaires: the Maslach Burnout Inventory (MBI) and the Job Descriptive Index (JDI). For the collection of data on psychosomatic disorders, we used the psychosomatic disorders checklist. In addition, a structured interview was conducted with the respondents. The Kruskal-Wallis test showed that the burnout components are not distributed normally, whereas the distribution of burnout does not deviate significantly from the normal. The result of individual components of exhaustion was calculated as the average of responses that fall under each component, whereas the result of the full scale fatigue was calculated as the sum of all the components of exhaustion. The respondents in the study reported mental and physical strain at work, relationships disharmony between family members and employees, the undervaluation of work in the society and the shortage of staff.

Key words: nursing care, employees, burnout, working conditions, organisation

Preprečevanje okužb pri uporabi centralnih venskih katetrov

Centralni venski katetri so nujno potrebni pri zdravljenju kritično bolnih, saj omogočajo neposreden dostop do znotrajžilnega prostora in hemodinamski monitoring, to pa pomeni učinkovitejšo uporabo venskega pristopa in večjo varnost ter zadovoljstvo pacienta pri delitvi terapije. Med vstavitvijo CVK je pacient izpostavljen več tveganjem (pnevmotoraks, krvavitev). CVK poveča tveganje za nastanek okužbe, vsi zapleti pa močno podaljšajo čas hospitalizacije in s tem povečujejo tudi stroške zdravljenja. Z izobraževanjem medicinskih sester, s sodobno zdravstveno nego in uporabo sodobnih materialov za oskrbo vbodnega mesta pa lahko te zaplete preprečimo ali omejimo. Raziskava temelji na deskriptivni in kvantitativni metodi raziskovanja. Potekala je v Splošni bolnišnici Brežice na oddelku za anesteziologijo, reanimatologijo in intenzivno zdravljenje (CIT). Vzorec raziskave je zajemal vse odstranjene konice CVK, ki so bili vstavljeni na oddelku CIT v letu 2011 in 2012. Rezultati raziskave so pokazali, da je delež koloniziranih (okuženih) CVK v letu 2012 bistveno nižji kot vsa predhodna leta. S celostno obravnavo pacienta in s timskim delom ter z uvedbo različnih standardnih ukrepov, kot so npr. protokol o vstavitvi in oskrbi CVK, tako imenovana »kateter sestra«, ki je pooblaščen za oskrbo CVK, dodatno izobraževanje medicinskih sester in zdravnikov, ki rokujejo s CVK, lahko pripomoremo k nižji incidenci koloniziranih CVK ter varnosti pacienta.

Ključne besede: centralni venski katetri, preprečevanje okužb, izobraževanje

Infection prevention in the use of central venous catheters

CVCs (central venous catheters) are necessary for the treatment of critically ill patients, enabling direct access to the vascular space and hemodynamic monitoring, which means more efficient use of the venous approach and greater safety as well as patient's satisfaction in sharing therapy. In addition to these CVC advantages, it is also necessary to mention its weaknesses. During the insertion of CVC, the patient is exposed to several risks (pneumothorax, bleeding). CVC in comparison to other methods increases the risk of infection and all these complications greatly extend the period of hospitalisation and thus increase the cost of treatment. By educating nurses in modern nursing care and the use of modern materials in order to take care of the injection site, we can prevent or limit complications. The study is based on the quantitative methodology. The descriptive method was used to describe and analyse the collected data. The study was conducted at the Brežice General Hospital, the Department of Anesthesiology, Resuscitation and Intensive Therapy (CIT). The survey sample included all the removed tips of the central venous catheters (CVC) that were inserted in the CIT ward in 2011 and 2012. The results showed that the proportion of colonised (infected) CVCs in 2012 was significantly lower compared with all the previous years. The holistic treatment of the patient and teamwork and the introduction of a variety of standard measures, such as the protocol on the insertion and care of CVC, the so-called "catheter nurse" who is authorised to carry out CVC and the additional training of nurses and doctors who deal with CVC can help lower the incidence of colonised CVCs and ensure patient safety.

Key words: central vein catheter, infection prevention, education

The concept of transfer of knowledge in the Netherlands

Knowledge and innovation are important aspects to score a high ranking on the World Economy Ranking List. In the health care system, knowledge is an important factor in the process of the development of protocols in situations of best practice. Furthermore, knowledge is important in the process of interaction between the manager and the bedside-nurse to come to a better understanding, increase motivation and ensure the compliance with guidelines with regards to infection prevention. Depending on the way professionals organise and compare the variables of testing the hypothesis, they will be able to verify the theory and find statistics that provides an insight into and ensure more understanding about the health care system. This also brings us to the point that the transfer of knowledge can interfere with feelings, ideology, vision and policy how the profession, institute, nation or world would like to organise and transfer experience of good governance and best practice. It is very important that the treatment, prevention programme or designed care fulfil the criteria of being safe, efficient, realistic and contribute to the quality and well-being of the patient and his/her family. The aspects of the concept of transferring knowledge will be highlighted during the conference. However, issues of the transfer of knowledge from the sender to the receiver, such as the top-down (Internet) and the bottom-up (social media) strategies, learning-by-doing methods, e.g. gaming (I-pod), and training on the job (smartphone, apps) will not be presented.

Key words: concept, knowledge, transfer

Koncept prenosa znanja na Nizozemskem

Znanje in inovacije so pomemben vidik za doseganje visokega mesta na lestvici svetovnih gospodarstev. v zdravstvenem sistemu je znanje pomemben dejavnik v procesu razvoja protokolov v situacijah dobre prakse. Nadalje, znanje je pomembno v procesu interakcije med vodo in medicinsko sestro, ki skrbi za pacienta v bolniški postelji, in sicer za boljše razumevanje, večjo motivacijo in zagotavljanje skladnosti s smemicami glede preprečevanja okužb. Odvisno od tega, kako strokovnjaki organizirajo in primerjajo spremenljivke pri preverjanju hipoteze, bodo lahko preverili teorijo in dobili statistične podatke, ki omogočajo vpogled in zagotavljajo več razumevanja o zdravstvenem sistemu. Na tej točki lahko tudi rečemo, da prenos znanja posega v občutke, ideologijo, vizijo in politiko o tem, kako bi stroka, zavod, narod ali svet želeli urediti in prenesti izkušnje dobrega upravljanja in dobre prakse. Zelo pomembno je, da zdravljenje, preventivni programi ali določena oskrba izpolnjujejo merila varnosti, učinkovitosti in resničnosti in prispevajo h kakovosti in dobremu počutju pacienta in njegove družine. Vidiki koncepta prenosa znanja bodo poudarjeni na konferenci. Vendar vprašanja prenosa znanja od pošiljatelja do prejemnika, kot so strategije »od zgoraj navzdol« (Internet) in »od spodaj navzgor« (družbeni mediji), metoda izkustvenega učenja, npr. igranje (I-pod) in usposabljanje na delu (pametni telefon, aplikacije), ne bodo predstavljene.

Gljučne besede: koncept, znanje, prenos

Vloga družinskega zdravnika in diplomirane medicinske sestre v preventivi arterioskleroze

Prispevek obravnava problem preventive arteriosklerotičnih zapletov z vidika zdravnika družinske medicine in diplomirane medicinske sestre. Z metodo primerjanja vezanih parov smo testirali razliko v zastopanosti dejavnikov tveganja za arteriosklerozo med skupino 87 bolnikov s periferno arterijsko boleznijo (PAB) in skupino 87 preiskovancev brez te bolezni. Pri bolnikih s PAB smo ugotovili pomembno večje število sladkomih bolnikov ($p < 0,05$), kadičev ($p < 0,001$), oseb s hipertenzijo ($p < 0,01$), fizično neaktivnih oseb in oseb s hiperlipidemijo ($p < 0,01$). Preiskovanci s PAB so imeli v 5-letnem obdobju pomembno višjo splošno in srčno-žilno umrljivost ($p < 0,05$). Spremljali smo rezultate ukrepov za spreminjanje rizičnega profila skupine s PAB. Na dejavnike tveganja je možno vplivati z relativno enostavnimi ukrepi, ki jih delimo na splošne in usmerjene. Splošni so namenjeni celotnemu prebivalstvu in temeljijo na sprejemanju načel zdravega načina življenja: pravilni prehrani, nekajenju in redni telesni aktivnosti. Med usmerjenimi ukrepi, ki sodijo na področje dela zdravnika družinske medicine in diplomirane medicinske sestre, navajamo iskanje ogroženih posameznikov, oceno stopnje ogroženosti in odstranjevanje prisotnih dejavnikov tveganja, zato je v primarni preventivi arterioskleroze pomembna zlasti vloga referenčne ambulante.

Ključne besede: periferna arterijska bolezen, dejavniki tveganja, zdravniki, družinska medicina, diplomirani zdravstveniki, referenčne ambulante

The role of the family doctor and the registered nurse in the prevention of atherosclerosis

The paper discusses issues related to the preventive atherosclerotic complications from the perspective of the family medicine specialist and the registered nurse. By means of the matched pair method, the difference in the frequency of the factors for atherosclerosis between a group of 87 patients with peripheral arterial diseases (PAD) and a group of 87 examinees without PAD was tested. In the group with PAD, there was a significantly greater number of diabetics ($p < 0.05$), smokers ($p < 0.001$), hypertonics ($p < 0.01$), physically inactive persons ($p < 0.01$) as well as persons with hyperlipemiam ($p < 0.01$). In the period of five years, the total and cardiovascular mortality rates were significantly higher in the group with PAD in comparison with healthy subjects ($p < 0.05$). The results of the measures to change the risk profile of the group with PAD have been observed. Rather simple preventive measures are therefore possible. General measures are designed for the entire population and aimed at teaching the principles of a healthy lifestyle, including a balanced diet, nonsmoking and regular exercise. Specific preventive measures, which include screening for high risk individuals, risk assessment, the elimination of risk factors, fall under the responsibility of the primary health care team. The role of reference clinics in primary prevention of atherosclerosis is emphasised.

Key words: peripheral arterial disease, risk factors, family physician, registered nurse, reference clinic

Zdravstvena nega pacienta po vstavitvi endoproteze kolka

Najpogostejša ortopedska bolezen je artroza, ki je stara toliko, kot je star človeški rod. Dejavniki tveganja so starost, spol, povečana telesna teža, osteoporoza in poškodbe. Operacija kolka sodi med velike operacije, pacient je po operaciji prepeljan v enoto za intenzivno terapijo. Ker je število ljudi s kolčno protezo vedno večje, se le-ti kasneje lahko pojavljajo kot pacienti na različnih oddelkih različnih klinik. Namen prispevka je analizirati znanje medicinskih sester o zdravstveni negi pacienta po operaciji kolka in pojasniti pomen tega znanja za izvajanje pravilne nege pacienta. V kvantitativni raziskavi, ki smo jo izvedli med 85 medicinskimi sestrami, zaposlenimi na primarni, sekundarni in terciarni ravni, smo uporabili deskriptivno in kavzalno neeksperimentalno metodo. Anketirani so v 81 % pravilno odgovorili, da pacient po operaciji ne sme hoditi brez bergel. Pravilno tehniko hoje z berglami pa pozna samo 34 % anketiranih. Prav tako je polovica anketiranih izbrala napačno kronološko zaporedje postopka »aplikacija nizkomolekularnega heparina«. Pomen zdravstvene nege je v kakovosti obravnave pacienta, saj z dobro zdravstveno nego le-ta hitreje napreduje in okreva. Poudarek, ki temelji na izobraževanju posameznika, je, da prepozna zaplete, nepravilnosti in komplikacije. Medicinske sestre se redno izobražujejo in obiskujejo seminarje, katerih namen je, da so seznanjene z novostmi in novimi smernicami v svoji stroki.

Ključne besede: endoproteze kolka, operacije, zdravstvena nega

Treatment of patients after inserting hip endoprosthesis

The most common orthopaedic disease is osteoarthritis, which is as old as the human race. The risk factors include age, gender, increase in weight, osteoporosis and injuries. Hip endoprosthesis surgery is one of the major operations and, after the surgery, the patient is moved to the intensive care department. As the number of people with hip prosthesis is constantly increasing, they may afterwards become patients in different departments of various clinics. The purpose of this paper is to analyse the nursing care knowledge when taking care of patients after the hip surgery, and to explain its importance in providing a proper care of the patient. In the quantitative study carried out among 85 nurses employed at the primary, secondary and tertiary level, we used a descriptive and non-experimental causal method. 81% of the interviewees answered correctly that the patient should not walk without the help of crutches after surgery. On the other hand, only 34% of the interviewees were acquainted with the proper technique of walking with crutches. In addition, half of the interviewees chose the wrong chronological sequence of the procedure called »application of low molecular weight heparin«. The focal point of nursing care is the quality of patient treatment, since only proper nursing care ensures faster improvement and recovery. The emphasis based on the education of the individual is to recognise implications, irregularities and complications. Nurses are regularly trained and attend seminars whose purpose is to acquaint them with innovations and new trends in their field.

Key words: hip endoprosthesis, surgery, nursing care

Dojenje – pomen za zdravje otroka in obveznost za mater

Dojenje ni samo prehranjevanje, temveč ima pomembno imunološko in psihološko funkcijo. Dokler je otrok dojen, ga protitelesa v materinem mleku varujejo pred okužbami in/ali omilijo potek morebitnih bolezni. Občutek varosti, ki ga daje dotik kože na kožo, pa je prav tako pomemben dejavnik ob dojenju, ki vpliva na celoten duševni razvoj otroka. Materino mleko je okrepljeno z zaščitnimi faktorji, saj je v materinem mleku skoraj enaka količina levkocitov kot v krvi. Zaradi prisotnosti živih levkocitov v mleku strokovnjaki menijo, da je materino mleko živo tkivo, ki varuje novorojenčka prve dni po rojstvu. Protitelesa, ki varujejo pred klicami, s katerimi je mati prišla v stik v svojem domačem okolju, prehajajo na plod že v času nosečnosti. Ti imunoglobulini omogočijo otroku, da je zavarovan proti mnogim povzročiteljem nalezljivih bolezni tudi tedaj, ko se rodi in se znajde v družinskem okolju. Imunost ni pridobljena, ampak gre za pasivno prenesena materina protitelesa, ki začno po šestem mesecu otrokove starosti iz otrokove krvi izginjati. Otrok gradi svoj imunski sistem, da ga dogradi, pa lahko traja več let. Mnogokrat ljudje namigujejo, da podaljšano dojenje lahko škodi otroku po psihološki plati. Še posebej je to poudarjeno, če je otrok deček. Raziskave so pokazale in potrdile, da podaljšano dojenje nima nobenega vpliva na otrokovo sprejemanje seksualnosti. Dojenju prijazne delovne organizacije so jim omogočile dojenje na delovnem mestu, saj se vse več žensk predčasno vrne tja, kar največkrat prikrajša dojenčka za naravno prehranjevanje.

Ključne besede: dojenje, matere, dojenčki, zaščita pred boleznimi, naravna prehrana

Breastfeeding – the importance for the child's health and the obligation of the mother

Breastfeeding is not only feeding, but also has an important immunological and psychological function. As long as the child is breastfed, the antibodies in breast milk protect it against infections and/or mitigate the course of potential diseases. The sense of security, which is provided by touching the skin, is also an important factor during breastfeeding which affects the overall mental development of the child. The mother's breast milk is enriched with protective factors, which is supported by its analysis confirming that breast milk contains almost an equal amount of white blood cells as blood. The presence of living leukocytes in milk was defined as the living tissue of the mother's milk which protects the newborn in the first days after birth. The antibodies that protect against germs with which the mother came into contact in daily life in her home environment migrate to the foetus at the time of pregnancy. These immunoglobulins ensure that the child is protected against numerous infectious agents, even when it is born and placed in the family environment. The surprising discovery was, of course, that breasts produce a specific type of antibodies in response to a new threat to the child's health, even if the required specific immunoglobulin was not present in the mother's blood prior to that. Children build their immune system, but to build it completely, it can take several years. It was believed that the transfer of antibodies occurs before birth. People often suggest that extended breastfeeding may be harmful to the child's psychological state, which is especially emphasised if the child is a boy. More and more women come to work earlier, which often deprives the infant of natural nutrition.

Key words: breastfeeding, mother, immunological protection, natural nutrition

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Raziskovanje v zdravstveni negi – pomen za prakso

Ljudje si želimo razumeti sebe in svet okoli nas. Je spraševanje o tem tudi prvi korak pri raziskovanju v zdravstveni negi? Se ugotovitve raziskav na podlagi pridobljenih dokazov res uporabijo za dejanske spremembe v zdravstveni negi? Katere ugotovitve so primerne za prenos v prakso? Odgovore na številna vprašanja, povezana z raziskovanjem medicinskih sester in drugih raziskovalcev v zdravstveni negi, bomo v članku obravnavali z različnih zornih kotov. Ker je glavni cilj raziskovanja zdravstvene nege poglobljanje znanja in s tem izboljšave pri praktičnem delu, menimo, da mora biti raziskovanje prisotno na vseh ravneh zdravstvene nege in mora aktivno vključevati tudi medicinske sestre. Te morajo skrbeti za razvoj stroke na osnovi kritičnega mišljenja in raziskovanja, saj jim le-to omogoča kakovostnejšo zdravstveno nego in njen dvig na profesionalni nivo. Raziskovalno delo jim prinaša odgovore na vprašanja, ki se porajajo v praksi, in pomaga reševati strokovne probleme. V prispevku predstavljamo pregled opravljenega raziskovalnega dela in rezultate oz. ugotovitve nekaterih raziskav medicinskih sester in drugih raziskovalcev v zdravstveni negi.

Ključne besede: raziskovanje, raziskovanje v zdravstveni negi, praksa

Research in nursing care – importance for practice

People wish to better understand themselves and the world around them. Are such questions also the first step in the research process in nursing care? Are research findings based on the obtained evidence actually used to make changes in the practice of nursing? Which findings are suitable for transfer to practice? In the paper, we will deal with answers and discuss many issues related to the research carried out by nurses and other health care researchers from different points of view. As the main goal of research in nursing care is deepening knowledge and thus bringing about improvements in practice, we believe that research should be present at all the levels of health care, and should actively involve nurses. They have to ensure the development of the professions based on critical thinking and research, since only that helps them improve the quality of nursing care and its rise on the professional level. The research work provides them with answers to questions that arise from practice, and help them solve professional problems. For this purpose, the paper gives an overview of the research work in the field of research in nursing and presents the results and findings of certain studies conducted by nurses and other researchers in nursing care.

Key words: research, research in nursing care, practice

Vloga medicinske sestre pri zdravljenju bolečine v paliativni oskrbi

Bolečina je za vsakogar vedno neprijetna in ogrožujoča. Pri svojem delu s pacienti pridemo medicinske sestre večkrat kot ostali zdravstveni delavci v stik z bolečino, tako fizično kot psihično ali duhovno. Medicinska sestra mora upoštevati, da pacienta boli tako močno in takrat, ko to pove, in tam, kjer pove. Lajšanje trpljenja bolnikov je dolžnost izvajalcev zdravstvene nege. Z osebnim pristopom do pacienta mora medicinska sestra doseči njegovo zaupanje in mu vrniti upanje. V paliativni oskrbi je bolečina vodilni simptom, ki se ga pacienti bojijo in ki najbolj negativno vpliva na kakovost njihovega življenja. Neustrezno zdravljenje bolečine, ker nas je strah odvisnosti, tolerance, skrajšanja življenja ali pojava stranskih učinkov, kaže na nestrokovnost ali pomanjkljivo znanje zdravstvenih delavcev. V prispevku je obravnavano zdravljenje bolečine pri paliativnih pacientih in znanje medicinskih sester o tem. Tretjina anketiranih na sekundarnem in skoraj polovica anketiranih medicinskih sester v primarnem zdravstvenem varstvu je pravilno ocenila, da ni najvišjega odmerka opioidov za zdravljenje hude bolečine, napačno pa so ocenili odvisnost in opioidno toleranco. Zaznavanje bolečine ima več dimenzij in vsak pacient jo zaznava drugače. Pri nekaterih lahko osem desetih bolečine izvira iz fizičnih bolečin, medtem ko pri drugih enaka jakost izvira iz strahu, anksioznosti, depresije ali zmedenosti. Od zdravstvenih delavcev pa je odvisno učinkovito prepoznavanje, pravilno vodenje in zdravljenje psihosomatske bolečine.

Ključne besede: paliativa, pacienti, kronična bolečina, zdravljenje

The role of nurses in treating pain in palliative care

Pain is always uncomfortable and threatening for everyone. In their work with patients, nurses more often come in contact with pain, both physical and spiritual, compared to other health professionals. The nurse has to listen to the patient when he/she describes the severity, time and place of pain. Alleviating suffering of patients is the duty of nursing care providers. The personal approach to the patient enables the nurse to gain his/her trust and restore hope. In palliative care, pain is the leading symptom of which patients are afraid and which has the most adverse effects on the quality of their life. Inappropriate treatment of pain due to a fear of addiction, tolerance, shortening of life or side effects indicates the unprofessional behaviour and a lack of knowledge of nursing professionals. The paper deals with treatment of pain in palliative patients and the knowledge of nurses thereof. A third of respondents at the secondary level and almost half of respondents at the primary level of health care correctly assessed that there is no maximum dosage of opioids to treat severe pain, but they incorrectly assessed addiction and opioid tolerance. Feeling pain has several dimensions and every patient feels it differently. In some cases, eight tenths of pain can arise from physical pain, whereas others feel the same severity due to fear, anxiety, depression or confusion. However, it depends on health professionals how effectively they will recognise, correctly manage and treat psychosomatic pain.

Key words: palliative care, patients, chronic pain, treatment

Utjecaj duhovnosti na doživljaj smrti u osoba treće životne dobi

Starenje je normalan, trajan i neizbježan fiziološki proces koji traje od rođenja pa sve do smrti. Najvidljivije promjene u procesu starenja nastaju na organskim sustavima međutim ne smijemo zanemariti promjene koje nastaju na psihičkom, socijalnom i duhovnom području. U davna vremena ljudi su razumjeli vezu između vjere, duhovnosti i fizičkog zdravlja, međutim u današnje vrijeme, tehnologizacijom medicine izgubio se interes za duhovnost i ulogu vjere u ozdravljenju. Zdravstveni radnici izbjegavaju razgovor sa pacijentom o duhovnosti jer drže da je to suviše intimno pitanje. Cilj ovoga rada je utvrditi kako osobe treće životne dobi koji su vjernici i oni koji to nisu doživljavaju smrt te da li postoji razlika između njih u doživljaju smrti. Ispitanici su bili korisnici pet domova za starije i nemoćne osobe te su putem upitnika posebno strukturiranog samo u svrhu istraživanja, anonimno, odgovarali na pitanja o kvaliteti života u domu općenito, duhovnosti, religioznosti te stavovima o smrti. U obradi podataka korištena je deskriptivna statistika i Hi kvadrat test. Rezultati su pokazali da se starije osobe uglavnom ne boje smrti, bilo da su vjernici ili ne, i da žele razgovarati o smrti i procesu umiranja te je stoga potrebna cjelovitija edukacija zdravstvenog osoblja koje se brine o starijim osobama i na području duhovnosti.

Ključne riječi: starenje, duhovnost, religioznost, smrt, suočavanje sa smrću

The impact of spirituality on death experience for elderly people

Aging is a normal, permanent and unavoidable physiological process which lasts from birth until death. The most visible changes in the aging process occur in organic systems; however, we should not ignore the changes that occur in the physical, social and spiritual realm. In ancient times, people understood the relationship among religion, spirituality and physical health, but at the present time, the progress of medicine has lost interest in spirituality and the role of faith in healing. Health professionals avoid talking with patients about spirituality because they think it is too intimate. The aim of this study was to determine how elderly people who are believers and those who are not believers perceive death and whether there are any differences in the way they experience death. The respondents were users of five homes for the elderly and the disabled. We used a questionnaire structured specifically for research purposes, which was anonymous and included questions about the quality of life at the home in general and about spirituality, religiosity and the attitude towards death. In the data analysis, descriptive statistics and the chi square test were used. The results showed that elderly people generally have no fear of death, regardless of whether they are believers or not. They want to talk about death and the dying process; therefore, health professionals who take care of elderly people require comprehensive training in the field of spirituality.

Key words: ageing, spirituality, religiosity, death, coping with death

Organizacija prehranske podpore v bolnišnicah

Zdravstveni delavci si pri iskanju bolnikov, ki potrebujejo prehransko podporo, pomagamo s kliničnimi smericami, standardi in priporočili za prehransko podporo. Služijo nam kot usmeritev, da bolnikom izberemo in zagotovimo najbolj ustrezno prehransko podporo ob najprimemem času. Za uspešno izvajanje prehranske podpore je potrebno multi-disciplinarno sodelovanje oseb z različnimi izkušnjami in pridobljenim znanjem o prehrani. Da bi bilo zagotavljanje prehranske podpore varno in stroškovno učinkovito, je torej potreben tim za prehransko podporo (TPP), sestavljen iz strokovnjakov različnih strok. Organizirane skupine ali timi za prehransko podporo pripomorejo k ugodnim izidom zdravljenja, krajši hospitalizaciji in so ekonomsko upravičeni. Če institucija nima posebne skupine ali tima za prehransko podporo (kot je v večini slovenskih bolnišnic), je priporočljivo, da specifično prehransko podporo zagotavlja interdisciplinarni tim. V tem primeru naj se prehranska podpora zagotavlja z interdisciplinarnim pristopom, ki vključuje zdravnika, medicinsko sestro, dietetika in farmacevta. Da bi bili TPP učinkoviti, morajo delovati po vzorcih, ki temeljijo na dokazih. Vsak član tima mora upoštevati standarde ravnanja za svoje področje. Za zagotavljanje kakovosti in izboljšanje učinkovitosti TPP je potrebno merjenje njihove uspešnosti. Pred tem moramo določiti merljive cilje in namen delovanja TPP. Člani TPP so vključeni v številne službe v sistemu za izvajanje zdravstvenega varstva in so najprimemjša organizacijska oblika za zagotavljanje specializirane prehranske podpore.

Ključne besede: prehrana, organizacije, bolnišnice, interdisciplinarni timi

The organisation of nutritional support in hospitals

The aim of clinical guidelines, standards and recommendations for nutritional support is to help health professionals correctly identify patients who need nutritional support, and enable them to choose and deliver the most appropriate nutritional support at the most appropriate time. For its successful implementation, people from different disciplines need to work together to achieve results. They should also have diverse skills and the knowledge of nutrition. A multi-professional nutritional support team (NST) is required to provide safe and cost-effective artificial nutritional support. Organised nutritional support services or teams are associated with improved patient outcomes, decreased length of hospitalisation and improved cost-effectiveness. If an institution does not have a defined nutritional support service or team, as is the case in the majority of Slovene hospitals, it is recommended that an interdisciplinary team provide specialised nutritional support. In that case, nutritional support therapy should be ensured on the basis of an interdisciplinary approach that includes the patient's physician, nurse, dietician and pharmacist. To be effective, an NST needs to practice at an evidence-based level. It is important to measure their performance. Each member of the team needs to follow the standards of practice for their disciplines. An important principle of assuring the quality and improving the performance of an NST is establishing performance goals or aims that can be measured. The members of NSTs are included in numerous services in the health care system and are the most appropriate organisational unit for providing specialised nutritional support.

Key words: nutritional support, organisation, hospital, interdisciplinary team

Vplivni dejavniki pri trženju pripomočkov za odvzem krvi preko javnih naročil

Izbira oblike trženja je v času recesije eno izmed pomembnejših vprašanj, s katerim se ukvarjajo podjetja, ki tržijo izključno preko javnih naročil. Kot narekuje Zakon o javnih naročilih, lahko naročnik odda naročilo na podlagi ekonomsko najugodnejše ponudbe z uporabo različnih meril, povezanih s predmetom naročila, ki jih v razpisni dokumentaciji določi naročnik sam. Ker pa ta ne more biti seznanjen z novitetami na trgu, Zakon o javnih naročilih dopušča strokovni dialog med naročnikom in potencialnimi ponudniki. Naročnik lahko ponudnika zaprosi za nasvete in jih tudi upošteva pri pripravi razpisne dokumentacije. V praksi je znano, da v stiski vedno pokličemo tistega, ki ga poznamo in nam je blizu. Zato je pri trženju preko javnih naročil vsekakor dobra izbira osebna prodaja, kjer smo lahko ob vsakem trenutku prisotni na trgu. Prispevek bo obravnaval inovacijo, osebno prodajo in blagovno znamko kot tri ključne dejavnike, ki po mnenju tržnika vplivajo na naročnika v fazi priprave razpisne dokumentacije. Navedeno s pomočjo anketne raziskave, ki je bila izvedena v vzhodni Evropi in baltskih državah, ter obdelave podatkov s statističnim programom tudi potrdimo. V nadaljevanju smo s pomočjo korelacije preverili medsebojne povezave med posameznimi dejavniki, kjer smo ugotovili da ima osebna prodaja najmočnejši vpliv na tovrstno trženje in na ostala dva dejavnika.

Ključne besede: trženje, javna naročila, osebna prodaja, blagovne znamke, inovacije

Factors influencing the marketing of devices for blood sampling

One of the most important issues that companies, which solely implement marketing through public procurement, face in this time of recession is the form of marketing to be used. As stipulated by the Public Procurement Act, the contracting party may award the contract to the most economically advantageous tender by using various criteria, defined in the contract documents by the contracting party, linked to the subject of the public contract in question. However, since the contracting party may not be aware of all the innovations on the market, the Public Procurement Act allows for a technical dialogue between the client and potential providers to seek or accept advice which may be used in the preparation of the contract documents. In practice, people often turn to those they know and are close to. Based on the aforementioned, we came to the conclusion that personal selling is suitable form of marketing through public procurement, as it allows a constant presence on the market. This paper deals with innovation, personal selling and brand as three key factors which affect the contracting party in the preparation of the contract documents. We statistically processed the data collected in a survey conducted in Eastern Europe and the Baltic countries, and the results confirmed our assumptions. By using the method of correlation, we tested the statistical relationship among the individual factors and found that personal selling has the strongest influence on this type of marketing as well as on the other two factors.

Key words: marketing, public procurement, personal selling, brand, innovation

Usposobljenost medicinske sestre za povezovanje znanja iz zdravstvene nege s prakso

Od zaposlenih se pričakuje, da bodo svoje teoretično znanje, pridobljeno v času formalnega in/ali neformalnega izobraževanja, uspešno uporabili pri vsakdanjem delu. Posamezniki in organizacije, ki znajo uporabiti, izrabiti in poskrbeti za prenos obstoječega teoretičnega znanja iz izobraževalnih ustanov ter poiskati in izrabiti vire novega znanja, sodijo med najbolj uspešne ne glede na panogo dejavnosti. Bistveno pri vsem tem je, da s procesom prenosa znanja razumemo prenos znanja od tistih, ki znanje imajo, in od tam, kjer znanje nastaja, do tistih, ki znanje potrebujejo, in do tja, kjer je znanje komercialno uporabno in koristno. V prispevku predstavljamo mnenja diplomiranih medicinskih sester in diplomiranih zdravstvenikov Visoke šole za zdravstvo Novo mesto o uporabnosti splošnega oziroma osnovnega znanja, pridobljenega v formalnem izobraževanju, v praksi. Ugotovili smo, da je odnos diplomantov do teoretičnega znanja v primerjavi s prakso dober. Zavedajo se, da mora imeti vsak zaposleni ustrezno teoretično znanje, na katerem lahko gradi in nadgrajuje novo znanje, pridobljeno s prakso. Večina jih tudi ugotavlja, da ima popolnoma ustrezno ali v veliki meri ustrezno teoretično znanje, ki ustreza njihovemu delu. Iz tega lahko sklepamo, da so anketirani v času svojega študija pridobili ustrezno teoretično podlago za opravljanje svojega poklica ter da tudi danes spremljajo novosti na svojih strokovnih področjih in črpajo novo znanje iz različnih znanstvenih in strokovnih monografij s teoretično osnovo.

Ključne besede: znanje, teorija, praksa, diplomirane medicinske sestre, diplomirani zdravstveniki

The skill of registered nurses to link nursing knowledge with practice

It is expected that employees will effectively use their theoretical knowledge gained during formal and/or informal education. Individuals and organisations who know how to use, exploit and provide the transfer of the existing theoretical knowledge of educational institutions, and use the sources of new knowledge, are the most successful, regardless of their economic activity. It is essential that the process of transferring knowledge is understood as the transfer from those who have the knowledge and from there where the knowledge is generated, to those who need it for commercial purposes. The paper presents the opinions of registered nurses of the School of Health Sciences in Novo mesto regarding the use of general or basic knowledge gained during formal education and practice. It was established that the attitude of the graduates towards theoretical knowledge is good in comparison with practice. They are aware that every employee should have appropriate theoretical knowledge on which he/she can base and upgrade new knowledge acquired through practice. The majority also believe that they have completely appropriate theoretical knowledge, or appropriate to a great extent, to perform their work. Based on the aforementioned, it can be concluded that the respondents gained appropriate theoretical knowledge during their studies to perform their work, and that they still follow new developments in their professional fields and gain new knowledge from various scientific and professional monographs with theoretical basis.

Key words: knowledge, theory, practice, registered nurse

Motiviranje in nagrajevanje zaposlenih

Motivacija se pojavlja v obliki potreb, gonov, nagibov, želja, teženj, interesov, hotenj in se razlikuje med posamezniki, saj pri zaposlenem zahteva posebno spodbudo. Dejavniki, ki vplivajo na motivacijo, so sredstva spodbude, s katerimi vodje motivirajo zaposlene in dvigujejo raven njihove pripadnosti organizaciji. Le-ta se odraža v obliki emocionalne, kalkulativne in/ali normativne pripadnosti. Vse tri komponente odražajo različna psihološka stanja posameznika, ki kažejo, kakšen odnos goji do organizacije, in določajo njegove motivacijske dejavnike za učinkovito opravljanje dela. Metoda dela je bila zasnovana na principu snežne kepe. Raziskovanje je temeljilo na metodi deskripcije, kompilacije in anketiranja. Z metodo anketiranja smo raziskovali, zbirali podatke, informacije in mišljenja o raziskovalnem predmetu. Rezultati anketiranja nakazujejo na razlike v motivaciji v javnem sektorju in gospodarstvu. Vidna je razlika med razmišljanjem zaposlenih z višjo in tistih z nižjo izobrazbo. Motivacija predstavlja ključni element za normalno funkcioniranje posamezne organizacije. Oblike motivacije se razlikujejo glede na psihološki profil zaposlenih, ustrezna oblika pa vodi tudi v večjo produktivnost.

Ključne besede: zaposleni, motivacija, psihološki profili, nagrajevanje

Motivating and rewarding employees

Motivation occurs in the form of needs, drives, tendencies, desires, aspirations, interests, aspirations, and varies among individuals. It is an integral part of the resources, as it requires special employee stimulation. Factors affecting the motivation are the tools of stimulation which managers use to motivate employees. In the ways of motivating, employees are divided into three groups, that is, employees of normative psychological contract, calculative psychological contract and employees with emotional psychological contract. Each group works individually and requires a different approach to motivating. The method of work was based on the principle of snowballs. The survey is based on a descriptive method, compilations and interviewing. The survey method was used to research, collect data, information and opinions about the researched subject. The results of the survey clearly indicate a difference in the motivation in the public sector and the economy. There is a notable difference between the thinking of highly educated employees and employees with lower education. Motivation is the key element with regard to psychological profiles. The appropriate form of motivation leads to greater employee productivity.

Key words: employees, motivation, psychological profiles, rewarding

Human medsebojni odnos in skrb za bolnika med izvajanjem zdravstvene nege v Zdravstvenem domu Ljubljana

Komunicirati »med seboj« in »s pacientk« je najpomembnejše delovno orodje zaposlenih v zdravstveni negi. Pri delu se moramo ves čas truditi vzpostaviti pomembne elemente kakovostne medsebojne skrbi (»caring«) in kakovostni delovni odnos. Pomembnost ustrezne komunikacije v procesu zdravstvene nege zagovarjajo mnogi avtorji. Poudarjajo, da je učinkovita komunikacija ključna za ohranjanje varnosti pacientov. Obravnavo pacienta opisujejo kot možnost za sistemske probleme in človeške napake. Prav tako zagovarjajo, da ima vodenje/informiranje bolnikov in njihovih družin bolj pozitiven učinek kot katera koli druga spremenljivka. Izredno pomembna je obveščенost o zamudah, pozornost medicinske sestre do potreb bolnika, obvladovanje bolečine. Caring je proces, ki zagotovi: prisotnost medicinske sestre, tolažbo, udobje, človeški dotik, poslušanje in ustvarjanje medsebojnega zaupanja, poznavanje pacienta (individualni pristop), duhovno skrb (zavedati se, da je pacient tudi človek), skrb za družino. V prispevku bomo odgovorili na raziskovalno vprašanje: Ali zaradi omejenega razpoložljivega časa medicinske sestre ne vzpostavijo kakovostnega odnosa z bolniki? Raziskava temelji na kvantitativni metodologiji. Pri naključno izbranih 711 bolnikih smo uporabili vprašalnik za oceno kakovosti medsebojnega odnosa, ki ga je z bolniki vzpostavila triažna medicinska sestra. Vprašalnik je povzet po avtorici Watson (2008).

Ključne besede: zdravstvo, medicinske sestre, pacienti, delovni odnosi, medosebni odnosi

A humane mutual relationship and care for the patient during nursing care in the Ljubljana Health Centre

Communicating "with each other" and with the "patient" is the most important working tool employed in nursing care. We have to constantly strive to establish an important element of the quality of mutual care and a quality working relationship. The importance of appropriate communication in the process of nursing care is advocated by many authors. They point out that effective communication is crucial to maintain patient safety. Treatment of the patient is described as the possibility of systemic problems and human error. They also argue that the management/information provision for patients and their families has a more positive effect than any other variable. Caring is a process that provides: the presence of nurses, solace, comfort, human touch, listening and building mutual trust, understanding patient (individual approach), spiritual care (be aware that the patient is a human being) and caring for the family. In the paper, we will answer the following research question: Is it because of the limited time that available nurses do not establish quality relationships with patients? The study is based on a quantitative methodology. In 711 randomly selected patients, we used a questionnaire to assess the quality of the relationship between the patient and the triage nurse. The questionnaire was adapted from the author, Watson (2008).

Key words: health care, nurse, patient, labour relations, interpersonal relationship

Psihologija kot pomembna znanost v interdisciplinarnem povezovanju z zdravstveno nego in vzgojo

Psihologija je v svojem znanstvenem razvoju veliko prispevala k opisu človekove osebnosti, njegovih glavnih značilnosti in tudi patologije. V osnovi se že psihologija opira na antropološka in filozofska spoznanja o človeku in potem preko svojih teorij prepoznava bistvo človekove individualnosti, specifičnosti in neponovljivosti. V prispevku se bomo osredotočili na pomen in prikaz »tretje sile« v psihologiji – humanistične psihologije, ki je nastala kot reakcija na psihoanalitično in behavioristično razlago človeka. Za razliko od psihoanalitičnih in behaviorističnih teorij, humanistična psihologija prinaša odgovore o avtentičnih človekovih potrebah, o njegovi vrednostni orientaciji, o njegovih življenjskih ciljih in zmožnosti odgovornega vedenja glede svojega zdravja ali bolezni. Cilj humanistične psihologije je, da prispeva k temu, da bo človek živel polnejše, avtentično življenje, ne glede na okoliščine, ki se mu v življenju zgodijo. Poskusi odkrivanja in raziskovanja humanistične podobe človeka imajo implikacije tako v vzgoji kot terapiji. Ker vsak zdravstveni delavec, ki ima pred sabo pacienta, že vstopa v odnos, je zelo pomembno, s kakšnim znanjem ga opremimo. Pomembno je, ali resnično razume pacienta, njegovo doživljanje, njegove specifične osebnosti, ali pa ostane v praksi le izvajalec zdravstvene nege.

Ključne besede: humanistična psihologija, ljudje, zdravstvo, življenjski cilji, vrednote

Psychology as an important science in interdisciplinary integration with healthcare and upbringing

In its scientific development, psychology has contributed a great deal to the definition of man's personality, the main characteristics and pathology. Fundamentally, even psychology relies on anthropologic and philosophical discoveries of man and, through its theories, identifies the essence of man's individuality, specificity and uniqueness of an individual. The paper will focus on the meaning and demonstration of "third force" in psychology – humanistic psychology, which arose as a reaction to the psychoanalytical and behaviouristic explanation of man. As opposed to psychoanalytical and behaviouristic theories, humanistic psychology provides answers about authentic man's needs, value orientation, aims in life and the capability of responsible behaviour with regard to health or sickness. The goal of humanistic psychology is to contribute with its learning to a fuller, authentic life of man, regardless of circumstances that occur in life. The attempts to detect and research the humanistic image of man have implications in upbringing as well as therapy. Since health workers who have a patient in front of them already enter into a relationship, it is very important with what knowledge they are equipped. It is important if they really understand the patient, his/her experience, the specifics of his/her personality or if they remain only nursing care providers in practice.

Key words: humanistic psychology, people, health care, goals in life, values

Etika poučevanja zdravstvene nege

Osebna in kolektivna poklicna odgovornost učiteljev in drugih zaposlenih v izobraževanju je še posebej izpostavljena na področju izobraževanja za poklice, ki delujejo v zdravstvu. Z odgovornim delom izobraževalci tudi na področju zdravstvene nege utrjujejo zaupanje širše družbene skupnosti in izkazujejo odgovornost do poklica, študentov, sodelavcev ter predvsem do pacientov in njihovih svojcev. Zanima nas vsebina etike poučevanja zdravstvene nege in ali le-ta vključuje načelo interdisciplinarnega sodelovanja za pretok znanja med teorijo in prakso. Na podlagi študije vsebine kodeksa poklicne etike izobraževalcev ter obstoječega in nastajajočega profesionalnega kodeksa etike v zdravstveni negi so bila z metodo analitične dedukcije izoblikovana ključna skupna izhodišča in predstavljena kot ogrodje vsebine etike poučevanja v zdravstveni negi. Pripravljeno ogrodje zagotovo definira etiko poučevanja v zdravstveni negi, vendar pa za kakovostno izobraževanje niso prepričljivo izpostavljeni pomen in nujnost interdisciplinarnega sodelovanja ter povezovanje teorije s prakso. »Teorija in praksa« je besedna zveza, ki se uporablja v različnih pomenskih kontekstih, največkrat v pomenu razkoraka v pridobljenem znanju študentov skozi izobraževanje in uporabno vrednostjo le-tega v praksi. Najpomembnejša pa je etika poučevanja, ki visokošolske učitelje zdravstvene nege usmerja, da znanje, ki ga posredujejo študentom, na podlagi interdisciplinarnega sodelovanja črpajo iz »prakse«, ga oplemenitijo s »teorijo« in vrnejo v proces razvijanja na dokazih temelječe prakse.

Ključne besede: zdravstvena nega, etika, kakovost, poučevanje, teorija, praksa

The ethics of teaching nursing care

The personal and collective professional responsibility of teachers and other employees in education is especially emphasised in the field of education for professions in health care. By working responsibly, educators in the field of nursing care strengthen the confidence of a wider social community, as well as assume responsibility for the profession, students, co-workers and especially patients and their relatives. There is a question of the content of the ethics of teaching in nursing care, and whether it includes the principle of interdisciplinary cooperation for the transfer of knowledge from theory to practice. Based on the research study on the content of the Code of Professional Ethics of Educators, and the existing and new Professional Code of Ethics in Nursing Care, the key common starting points have been formulated using the analytical deduction method, which are presented as the framework of the content of the ethics of teaching in nursing care. The framework defines the ethics of teaching in nursing care, but the quality of education is not convincingly supported by the importance and necessity of interdisciplinary cooperation and the link between theory and practice. The phrase "theory and practice", which is used in various contexts, mostly signifies a gap in the knowledge gained by students through education and its application in practice. The importance lies in the ethics of teaching which directs higher education teachers of nursing care to enrich the knowledge imparted to students, which they have gained from "practice" based on interdisciplinary cooperation, with "theory" and return it to the process of developing evidence-based practice.

Key words: nursing care, ethics, quality of teaching, theory, practice

Zmanjševanje predoperativnega stresa pacienta in vloga medicinske sestre

Operativni poseg je invazivna oblika zdravljenja, ki prizadene človekovo duševnost in spremeni njegovo notranje ravnovesje. Pacienti, predvideni za operativni poseg, so pod stresom, zato potrebujejo dobro psihično in fizično pripravo. Tisti pacienti, pri katerih je stopnja predoperativnega strahu manjša, so posledično pod manjšim stresom, zato lažje in hitreje okrevajo. Pri zmanjševanju napetosti pacienta je vloga medicinske sestre izredno pomembna. V prispevku so prikazani rezultati raziskave, ki je bila izvedena med kirurškimi pacienti Splošne bolnišnice Novo mesto. Z raziskavo smo želeli oceniti stopnjo predoperativnega strahu pacientov kot dejavnika tveganja za predoperativni stres, ugotoviti, ali predoperativna informiranost zmanjšuje strah, ki povzroči stres pacienta, ter ugotoviti, ali medicinska sestra pri pripravi pacienta lahko vpliva na zmanjšanje predoperativnega stresa. Vprašalnik je bil predhodno testiran na tridesetih pacientih, primernost vzorca pa je bila izračunana s pomočjo testa Kaiser-Meyer-Olkin. Ugotovljeno je bilo, da je stopnja predoperativnega strahu pri pacientih dokaj visoka, kar pomeni, da so pacienti pod močnim stresom. Po prejetih informacijah s strani zdravstvenih delavcev se predoperativni strah lahko zmanjša za 31,16 %. Pacienti, ki so bili informirani o bolečini in načinih njenega lajšanja, so pod manjšim stresom in se s pooperativno bolečino lažje soočajo. Tisti, ki so bili predoperativno informirani s strani medicinskih sester, so v njihovo znanje zaupali, zato so bili psihično bolj pomirjeni in pod manjšim stresom. Rezultati raziskave potrjujejo, da je stopnja strahu pri pacientih, ki dobijo informacije pred operativnim posegom, manjša, vendar še vedno prisotna.

Gljučne besede: zdravstvena nega, operativni posegi, medicinske sestre, predoperativni stres

Reducing patients' preoperative stress and the role of nurses

Surgery is an invasive form of treatment which affects the mental state and changes the person's inner balance. Patients who undergo surgery are under stress and, therefore, need good mental and physical preparation. The patients who feel less preoperative fear experience less stress and can recover more easily and faster. The role of nurses is extremely important in reducing the tensions of the patient. The paper presents the results of the research conducted among surgical patients at the Novo mesto General Hospital. Based on the research, we tried to assess the level of preoperative fear in patients as the risk factor for preoperative stress, to determine whether the provision of preoperative information reduces the fear that causes stress in patients, and to determine whether nurses can help reduce preoperative fear in the preparation of patients. The questionnaire was tested in advance on 30 patients, and the suitability of the sample was calculated using the Kaiser-Meyer-Olkin test. It was established that the level of preoperative fear in patients is quite high, which means that the patients were under great stress. According to the information of health professionals, preoperative fear can be reduced by 31.16%. Patients who were informed about the pain and ways of relieving it experienced less stress and faced the preoperative pain more easily. The patients who got preoperative information by nurses trusted in the nurses' knowledge and were therefore better mentally prepared and experienced less stress. The results of the research confirm that the level of fear in patients who get information before surgery is lower, but still present.

Key words: nursing care, surgery, nurse, preoperative stress