



Univerza v Novem mestu
University of Novo mesto

Fakulteta za zdravstvene vede
Faculty of Health Sciences

Zbornik povzetkov

CELOSTNA OBRAVNAVA PACIENTA

Mednarodna znanstvena konferenca

Novo mesto, 20. november 2025

**HOLISTIC APPROACH
TO THE PATIENT**

International scientific conference

Novo mesto, 20 November 2025





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BOOK OF ABSTRACTS

Izdala/Issued by

Univerza v Novem mestu Fakulteta za zdravstvene vede

University of Novo mesto Faculty of Health Sciences

Založila/Published by

Založba Univerze v Novem mestu

University of Novo mesto Press

Uredila/Editor

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Recenzirali/Reviewers

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Anita Rovn – slovenski jezik/Slovenian language

Jernej Lapanje – angleški jezik/English language

Tehnično uredila/Technical Editors

Brigita Jugovič, Bojan Nose

Izdaja/Edition

Elektronska izdaja/Electronic edition

Dostopno/Available at: <https://www.zalozba-unm.si/index.php/press/catalog/book/86>

Brezplačna publikacija/Free Publication

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Izdano/Published at Novo mesto, 2025

CIP - Kataložni zapis o publikaciji

Kataložni zapis o publikaciji (CIP) pripravili v Narodni in univerzitetni knjižnici v Ljubljani

COBISS.SI-ID 258549507

ISBN 978-961-7269-00-0 (PDF)

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Pomen zdravstvene nege pri obvladovanju arterijske hipertenzije v starostni populaciji: pregled literature

Arterijska hipertenzija je kronično stanje trajno povišanega sistoličnega in/ali diastoličnega krvnega tlaka, ki pri starejših zaradi pogoste neprepoznavnosti in nezadostnega nadzora znatno poveča tveganje za srčno-žilne bolezni, možgansko kap, srčno popuščanje ter odpoved ledvic. Namen pregleda literature je bil raziskati vlogo in vpliv medicinskih sester pri obvladovanju arterijske hipertenzije pri starejših ter osvetliti razlike v njihovih nalogah in pristopih glede na stopnjo razvitosti zdravstvenih sistemov. V končno analizo je bilo vključenih sedem raziskav ($n = 7$), objavljenih med letoma 2015 in 2025, pri čemer smo uporabili Boolove operatorje »AND« in »OR« ter rezultate prikazali s pomočjo PRISMA diagrama. Raziskave so pokazale, da so intervencije medicinskih sester na različnih ravneh oskrbe učinkovite pri zniževanju krvnega tlaka. Poleg tega prispevajo k izboljšanju znanja, samoučinkovitosti in adherence starejših k zdravljenju, kar spodbuja dolgoročne spremembe življenjskega sloga. Celostni, individualno prilagojeni pristopi in sodobne oblike komunikacije pa pomembno vplivajo tudi na višjo kakovost življenja. Ugotovitve raziskav jasno kažejo, da so medicinske sestre ključne za izvajanje učinkovitih preventivnih intervencij pri starejših, zato je nujno potrebno nadalje razvijati njihove programe v klinični praksi ter raziskati dolgoročne učinke in možnosti prilagoditev teh pristopov v različnih zdravstvenih in kulturnih okoljih, vključno s slovenskim.

Ključne besede: hipertenzija, zvišan krvni tlak, zdravstvena nega, starejši odrasli

The Impact of Nursing Management on Hypertension in Older Adults: a Literature Review

Hypertension is a chronic condition characterised by persistently elevated systolic and/or diastolic blood pressure and significantly increases the risk of cardiovascular disease, stroke, heart failure and kidney failure, particularly in older adults, as it is often unrecognised and inadequately controlled. The aim of this literature review was to examine the role and influence of carers in the management of arterial hypertension in older adults and to highlight the differences in their responsibilities and approaches depending on the level of development of healthcare systems. The final analysis included seven studies ($n = 7$) published between 2015 and 2025, using the Boolean operators "AND" and "OR" and presenting the results using a PRISMA diagram. The studies showed that nursing interventions at different levels of care are effective in reducing blood pressure. In addition, they help to improve older adults' knowledge, self-efficacy and adherence to treatment and promote long-term lifestyle changes. Comprehensive, personalised approaches and modern communication methods also significantly improve quality of life. The results confirm the crucial role of caregivers and underline the need to further develop their programmes, adapted to different healthcare contexts, including the Slovenian system.

Keywords: hypertension, high blood pressure, care, older adults

Fizioterapevtska obravnava pacienta po operaciji karpalnega kanala

Sindrom karpalnega kanala (SKK) je najpogostejša utesnitvena nevropatija, pri kateri pride do pritiska na mediani živec v zapestju. Karpalni kanal je ozek prehod, skozi katerega poleg tetiv poteka tudi mediani živec, ki oživčuje palec, kazalec, sredinec in del prstanca. Dolgotrajna obremenitev, ponavljajoči se gibi ali vnetja povzročijo otekanje in pritisk na živec, kar vodi v mravljinčenje, zmanjšan občutek, šibkost in bolečine, zlasti ponoči. Če konzervativno zdravljenje ni učinkovito, sledi kirurška dekompresija živca. Po posegu, ki je pogosto ambulanten, je rehabilitacija ključnega pomena. V zgodnji fazi (0–2 tedna) se zmanjšuje oteklina in vzdržuje gibljivost prstov. Po odstranitvi šivov se postopoma uvajajo vaje za gibljivost, moč in funkcionalnost roke. V empiričnem delu je prikazana primerjava obravnave pacientov v treh različnih ambulantah. Kljub razlikam vse poudarjajo obravnavo brazgotine, zmanjšanje bolečine in povrnitev funkcije. Celostna, redna in individualno prilagojena fizioterapevtska obravnava je ključna za uspešno okrevanje po operaciji karpalnega kanala. Pomembna je raznolikost terapevtskih metod, usmerjenost tako v fizične kot tudi funkcionalne vidike okrevajoče roke ter aktivno sodelovanje pacienta v procesu rehabilitacije.

Ključne besede: karpalni kanal, pooperativna rehabilitacija, fizioterapija, brazgotina, terapevtske metode

Physiotherapeutic Treatment of a Patient after Carpal Tunnel Surgery

Carpal tunnel syndrome is the most common entrapment neuropathy in which pressure is exerted on the median nerve in the wrist. The carpal tunnel is a narrow passageway containing tendons and the median nerve that supplies the thumb, index finger, middle finger and part of the ring finger. Prolonged strain, repetitive movements or inflammation can lead to swelling and pressure on the nerve, resulting in tingling, reduced sensation, weakness and pain- especially at night. In cases where conservative treatment is unsuccessful, surgical decompression of the nerve usually follows. This procedure is often performed on an outpatient basis and subsequent rehabilitation is crucial. In the initial phase (0–2 weeks), the focus is on reducing swelling and maintaining finger mobility. Once the stitches have been removed, exercises are gradually introduced to improve mobility, strength and functionality of the hand. In the empirical part, a comparison of patient treatments in three different clinics is presented. Despite some differences, all emphasised scar treatment, pain relief and restoration of function. Successful recovery after carpal tunnel surgery depends on a comprehensive, individualised and regular physiotherapy plan. An effective rehabilitation process requires a multidisciplinary approach that considers both the physical and functional recovery of the hand as well as the active involvement of the patient.

Keywords: carpal tunnel, postoperative rehabilitation, physiotherapy, scar, therapeutic methods

Holističen pristop k obravnavi bolečine v paliativni zdravstveni negi

Izvajanje holistične oskrbe pri pacientih je kompleksen proces, ki je odvisen od številnih dejavnikov, kot so okolje, osebne lastnosti, odprtost, znanje in stopnja izobrazbe medicinskih sester s številom delovnih izkušenj. Glede na okolje v katerem je nastanjen pacient, se pogosteje v domovih za starejše zaradi omejenega znanja, pomanjkanja in preobremenjenosti kadra in časa holistična oskrba ne izvaja v polnem obsegu ampak je poudarek bolj na fizičnem vidiku oskrbe pacienta. Pri obravnavi pacientov z bolečino se medicinske sestre soočajo s številnimi izzivi, kot so strahovi in nejasnosti pacientov, težave pri komunikaciji in razumevanju pomembnosti lajšanja bolečin. Posebne težave se pojavljajo pri pacientih z napredovano demenco, kjer je potrebna posebna pozornost glede na telesne omejitve in potencialne težave pri vnosu zdravil. Kljub tem izzivom je ključnega pomena dobro informiranje pacientov in njihovih svojcev z upoštevanjem individualnih potreb pacientov, vključevanje bližnjih v proces oskrbe ter ustrezno usposabljanje medicinskih sester za obvladovanje teh situacij. Za medicinske sestre je pomembno, da imajo ustrezno znanje, spretnosti in podporo za izvajanje holistične oskrbe, sposobnost obvladovanja kronične bolečine ter, da se zavedajo pomembnosti individualiziranega pristopa in celostnega obravnavanja pacientov in njihovih potreb ter vključevanje pomembnih bližnjih.

Ključne besede: holistična zdravstvena nega, bolečina, obravnava paliativna oskrba

Holistic Approach to Pain Management in Palliative Health Care

The implementation of holistic care for patients is a complex process that is influenced by various factors, including the environment, personal characteristics, openness, knowledge and the level of training and professional experience of the carers. Depending on the environment in which the patient lives, especially in nursing homes, holistic care is often not fully implemented due to limited knowledge, staff shortages, overload and lack of time. As a result, the focus tends to be on the physical aspects of patient care. When treating patients with pain, carers face numerous challenges, such as patient anxiety and uncertainty, communication difficulties and a lack of understanding of the importance of pain relief. Despite these challenges, effective communication with patients and their families is essential, with a focus on addressing individual needs, involving relatives in the care process and ensuring that carers are adequately trained to deal with such situations. It is vital that carers have the necessary knowledge, skills and support to provide holistic care and manage chronic pain effectively. They must also recognise the importance of an individualised approach and a comprehensive understanding of patients and their needs, including the involvement of loved ones in the care process.

Keywords: holistic care, pain, management, palliative care

Vloga fizioterapije v preventivi in kurativi prolapsa medeničnih organov

Pri prolapsu medeničnih organov (PMO) gre za spust medeničnih organov v nožnico ali iz nje zaradi izgube podpore vezivnega tkiva, mišic ali kombinacije obojega. Pojavil naj bi se pri 41–50 % vseh žensk, vendar o simptomih poroča le 3–6 %. Simptomi so povezani s stopnjo prolapsa in se lahko kažejo kot občutek pritiska v nožnici, občutek izbočenja v nožnici ali iz nje, motnje uriniranja, motnje odvajanja blata ter spolne motnje. Mišice medeničnega dna imajo pomembno vlogo pri zagotavljanju aktivne in pasivne podpore medeničnim organom. Z njihovo krepitvijo lahko zmanjšamo simptome povezane s prolapsom. Fizioterapevtska preventiva vključuje edukacijo o pravih tehnikah dihanja, učenje ustrezne in zadostne kontrakcije mišic medeničnega dna ter njihovo funkcionalno aktivacijo ob povečanem intraabdominalnem pritisku (npr. pri kašljanju, kihanju ali dvigovanju bremen). Pomemben je tudi nadzor telesne drža, krepitev stabilizatorjev trupa ter ozaveščanje o dejavnikih tveganja. Namen prispevka je predstaviti pomen gibanja, kot preventiva in kurativa PMO in izpostaviti pomen zgodnjega ukrepanja pri ženskah v rizičnih skupinah. Prispevek temelji na pregledu relevantne znanstvene literature, zbrane z iskanjem v podatkovnih bazah PubMed, ScienceDirect in Google Scholar, pri čemer so bili upoštevani strokovni članki in smernice objavljene med letoma 2005 in 2024.

Ključne besede: prolaps medeničnih organov, preventiva, fizioterapija, krepitev medeničnega dna

Physiotherapy in the Prevention and Rehabilitation of Pelvic Organ Prolapse

Pelvic organ prolapse (POP) is the prolapse of the pelvic organs into or out of the vaginal canal due to loss of support from connective tissue, muscle or a combination of both. It occurs in an estimated 41–50% of women, although only 3–6% report symptoms. Symptoms are related to the degree of prolapse and can include a sensation of pressure in the vagina, a feeling of bulging inside or outside the vagina, difficulty urinating, difficulty defecating and sexual dysfunction. The pelvic floor muscles play a key role in actively and passively supporting the pelvic organs. Strengthening these muscles can help to reduce prolapse-related symptoms. Physiotherapeutic preventive measures include training in correct breathing techniques, training in adequate and appropriate contraction of the pelvic floor muscles and their functional activation in the event of increased intra-abdominal pressure (e.g. when coughing, sneezing or lifting heavy objects). Posture control, strengthening of the core muscles and awareness of risk factors are also essential components of prevention. The aim of this article is to highlight the role of physical activity in the prevention and treatment of POP and to emphasise the importance of early intervention in women at risk. The article is based on a review of relevant scientific literature collected through database searches in PubMed, ScienceDirect and Google Scholar, incorporating peer-reviewed articles and guidelines published between 2005 and 2024.

Keywords: pelvic organ prolapse, prevention, physiotherapy, pelvic floor training

Mentorstvo kot temelj strokovnega razvoja mladih v zdravstveni negi: pogled dijakov in študentov

Mentorstvo je ključnega pomena pri prenosu znanja, veščin in vrednot na nove generacije zdravstvenih delavcev. Biti idealen mentor vključuje več kot zgolj poučevanje – zahteva empatijo, sposobnost prilagajanja in spodbujanja posameznika k strokovnemu in osebnostnemu razvoju. V okviru raziskave, izvedene med dijaki in študenti, ki opravljajo študentsko delo v Splošni bolnišnici Jesenice, so bili raziskani pogledi povezani z mentorstvom. Raziskavo smo izvedli v Splošni bolnišnici Jesenice. Statistična analiza podatkov je obdelana s pomočjo programa Microsoft Excel 2003. Pridobili smo podatke o zadovoljstvu dijakov in študentov z odnosom zaposlenih na kliničnih oddelkih in enotah. Rezultati kažejo na splošno pozitiven odnos anketirancev do mentorstva, vendar z izrazitimi razlikami pri posameznih postavkah. Raziskava o mentorstvu v zdravstveni negi je osvetlila ključne vidike doživljanja mentorstva med dijaki in študenti v kliničnem okolju in pokazala, da je mentorstvo pomemben del procesa uvajanja dijakov in študentov v klinično okolje.

Ključne besede: mentorstvo, kritično mišljenje, prenos znanja, učne izkušnje

Mentoring as a Basis for Professional Development in Nursing: Perspectives of Students and Pupils

Mentoring is crucial for passing on knowledge, skills and values to new generations of healthcare professionals. Being an ideal mentor means more than just teaching – it requires empathy, the ability to adapt and encourage the individual to develop professionally and personally. As part of a survey conducted among students in secondary school and university nursing students doing student work at the Jesenice General Hospital, views related on mentoring were analysed. The study was conducted at the Jesenice General Hospital. We obtained data on the student satisfaction with the attitude of the staff in the clinical departments and units. The results show generally positive attitudes of the respondents towards mentoring, but with significant differences on individual points. The Nursing Mentoring Survey highlighted key aspects of students' experiences of mentoring in the clinical environment and showed that mentoring is an important part of the induction process for students in the clinical environment.

Keywords: mentoring, critical thinking, knowledge transfer, learning experiences

Motivacija za vseživljenjsko učenje med podiplomskimi študenti

Vseživljenjsko učenje je danes nujno, saj se znanje nenehno razvija, še posebej v digitalni dobi, kjer so kreativnost, prilagodljivost in digitalna pismenost ključni dejavniki uspeha. Odrasli in mladi morajo stalno nadgrajevati svoje kompetence, da ostanejo konkurenčni. Raziskava se osredotoča na motivacijske dejavnike podiplomskih študentov za vključevanje v vseživljenjsko učenje. Namen raziskave je ugotoviti, kaj spodbuja študente k nadaljnjemu izobraževanju. Podatki so bili zbrani z anonimnim anketnim vprašalnikom zaprtega tipa, ki vključuje 11 vprašanj v treh vsebinskih sklopih: demografski podatki, odnos do izobraževanja in motivacija. Vzorec obsega 20 študentov izrednega podiplomskega študija Fakultete za zdravstvene vede v Novem mestu. Podatki bodo analizirani s pomočjo programa Microsoft Excel. Raziskava prispeva k razumevanju odločitev študentov za nadaljnje izobraževanje. Rezultati so pokazali, da izkušnje z zdravstvenimi delavci niso vplivale na izbiro študija, kar kaže na potrebo po večji vlogi odraslih in delodajalcev pri spodbujanju izobraževanja. Na odločitev o študiju najbolj vplivajo prijatelji, nato samostojna odločitev in v manjšem obsegu starši.

Ključne besede: vseživljenjsko učenje, motivacija, podiplomski študenti, izobraževanje odraslih, kompetence

Motivation for Lifelong Learning Among University Graduates

Lifelong learning is essential today, as knowledge is constantly evolving—especially in the digital age, where creativity, adaptability, and digital literacy are key to success. Adults and young people must continuously upgrade their competencies to remain competitive. This research focuses on the motivational factors that influence postgraduate students to engage in lifelong learning. The purpose of the study is to identify what encourages students to pursue further education. Data is being collected through an anonymous, closed-ended questionnaire consisting of 11 questions divided into three sections: demographic data, attitude toward education, and motivation. The sample includes 20 part-time postgraduate students from the Faculty of Health Sciences in Novo mesto. Data will be analyzed using Microsoft Excel. The research aims to contribute to a better understanding of students' decisions to continue their education. Results show that experiences with healthcare professionals did not influence the choice of postgraduate studies, indicating a need for greater involvement of adults and employers in promoting education. Friends had the greatest influence on students' decisions, followed by independent choices and, to a lesser extent, parents.

Keywords: lifelong learning, motivation, postgraduate students, adult education, competences

Vključevanje genetskega svetovanja v zdravstveni sistem: vpliv na kakovost življenja pacientov

Predstavitev se osredotoča na vključevanje genetskega svetovanja v zdravstveno varstvo in njegov vpliv na kakovost življenja pacientov. Na podlagi raziskav, kliničnih izkušenj in razvoja politik – zlasti v kontekstu redkih genetskih bolezni – prikaže, kako psihosocialne in izobraževalne intervencije, vključno z genetskim svetovanjem, znatno izboljšujejo čustvene in kognitivne rezultate za posameznike in njihove družine. Poudarek je na novih dokazih iz metaanaliz, pacientovih poročilih in specializiranih klinik. Naslavlja tudi izzive genetskega svetovanja po vsej Evropi in potrebo po političnih okvirih, ki podpirajo vse večjo vlogo genetskih svetovalcev v multidisciplinarni oskrbi. Vsi ta prizadevanja skupaj izpostavljajo genetsko svetovanje kot pomemben, na dokazih temelječ sestavni del zdravstvenega varstva, usmerjenega v pacienta.

Ključne besede: genetsko svetovanje, redke genetske bolezni, poklic genetskega svetovalca, multidisciplinarna oskrba

Integration of Genetic Counselling into the Healthcare system: Impact on Patients' Quality of Life

This presentation will focus on the integration of genetic counselling into healthcare and its impact on patients' quality of life. Drawing on research, clinical experience and policy development – particularly in the context of rare genetic diseases – it will demonstrate how psychosocial and educational interventions, including genetic counselling, significantly improve emotional and cognitive outcomes for individuals and their families. The focus is on new evidence from meta-analyses, patient-reported outcomes and specialised clinics. It also addresses the challenges of genetic counselling across Europe and the need for policy frameworks that support the growing role of genetic counsellors in multidisciplinary care. Taken together, these efforts underscore genetic counselling as an important, evidence-based component of patient-centred healthcare.

Keywords: genetic counselling, rare genetic diseases, genetic counselling profession, multidisciplinary care

Nada Čajkovac

Opća županijska bolnica Vinkovci

Univerza v Novem mestu Fakulteta za zdravstvene vede

Lorena Sesar

Veleučilište »Lavoslav Ružička« u Vukovaru

Vesna Brumnić

Veleučilište »Lavoslav Ružička u Vukovaru«

Univerza v Novem mestu Fakulteta za zdravstvene vede

Fizioterapijski proces kod osoba s križoboljom

Križobolja je jedan od najučestalijih zdravstvenih problema i uzroka onesposobljenja svakidašnjice. Definira se kao nelagoda ili bol u području leđa između rebranih lukova i donje glutealne brazde s mogućnošću širenja boli duž jedne ili obje noge. S obzirom na uzrok dijeli se na specifičnu i nespecifičnu križobolju. S obzirom na trajanje boli, dijeli se na akutnu, subakutnu i kroničnu križobolju. Uzroci njezina nastanka su mnogobrojni. Fizioterapijski proces se sastoji od pregleda bolesnika, subjektivne anamneze, objektivnih mjerenja i testova, evaluacije, plana terapije na temelju kojeg se provode fizioterapijski postupci i edukacija pacijenata. Važno je dokumentirati cijeli plan terapije. Dijagnoza se temelji na anamnezi i pregledu bolesnika pri čemu se provode brojni testovi i upitnici koji služe za procjenu boli, kvalitete života bolesnika i stupanj ograničenja tjelesne aktivnosti. Liječenje može biti kirurško, farmakološko i konzervativno. Fizioterapija je vrlo važna sastavnica liječenja. Cilj ovog rada je opisati fizioterapijski proces koji se provodi kod bolesnika s križoboljom.

Ključne besede: križobolja, plan fizioterapije, fizioterapijski postupci

The Physiotherapy Process for People with Low Back Pain

Low back pain is one of the most common health problems and causes of disability in daily life. It is defined as discomfort or pain in the back area between the costal arches and the lower gluteal crease, with the possibility of pain radiating along one or both legs. Depending on the cause, low back pain can be specific or non-specific. According to the duration, it can be acute, subacute or chronic. The causes are numerous. The physiotherapy process consists of patient examination, subjective history, objective measurements and tests, evaluation, a physiotherapy plan that includes physiotherapy procedures and patient education. It is important to document the entire physiotherapy plan. Diagnosis is based on the patient's history and examination, during which various tests and questionnaires are used to assess pain, the patient's quality of life, and the degree of physical activity limitation. Treatment can be surgical, pharmacological or conservative. Physiotherapy is a very important component of treatment. The aim of this paper is to describe the physiotherapy process carried out in patients with low back pain.

Keywords: lumbar back pain, physiotherapy plan, physiotherapy procedures

Učinki hipoterapije na kakovost življenja otrok s cerebralno paralizo in njihovih staršev/skrbnikov

Cerebralna paraliza je trajna motnja drže in gibanja, povzročena z zgodnjim nenormalnim razvojem ali poškodbami možganov. Svetovna pojavnost znaša 2–3/1000 živorojenih otrok. Ker je neozdravljiva, se obvladovanje opira na rehabilitacijske, medicinske, farmakološke in tehnične metode zdravljenja. Kot uspešno dopolnilo se uveljavlja hipoterapija – veja fizioterapije na nevrološki podlagi z in na konju, ki poleg gibalnih izboljšav prinaša tudi psihosocialne in čustvene koristi. Zaradi vseživljenjskega poteka bolezni imata pomemben vpliv na okolico, pri čemer sta stres in kakovost življenja staršev/skrbnikov stalni skrbi zdravstvenih delavcev. Cilj raziskave je bil oceniti vpliv hipoterapije na kakovost življenja otrok s cerebralno paralizo in njihovih staršev/skrbnikov. Pregled literature kaže, da boljše motorične funkcije otrok povečajo samozavest, socialno vključenost in splošno dobro počutje otrok ter njihovih staršev/skrbnikov. Kljub obetavnim ugotovitvam pa so potrebne nadaljnje študije z večjim številom otrok, razdeljenih v preiskovalno in kontrolno skupino ter večjo intenzivnostjo izvajanja hipoterapij.

Ključne besede: hipoterapija, cerebralna paraliza, kakovost življenja

Effects of Hippotherapy on the Quality of Life of Children with Cerebral Palsy and their Parents/Carers

Cerebral palsy is a permanent postural and movement disorder caused by early brain anomalies or injuries. The prevalence worldwide is 2–3 per 1,000 live births. As it cannot be cured, it is treated with rehabilitative, medical, pharmacological and technical measures. Hippotherapy, a neuro-based physiotherapy with horses, is successfully used as a complementary treatment to improve motor function and psychosocial well-being. This lifelong condition has a severe impact on families, leading to a focus on carers' stress and quality of life. The aim of this review study was to investigate the impact of hippotherapy on children with cerebral palsy and their carers. The review of the literature shows that the improved motor skills increase self-confidence, social inclusion and general well-being of children and have a positive impact on families. However, research remains limited and studies with larger samples and both experimental and control groups, as well as more intensive hippotherapy, are needed.

Keywords: hippotherapy, cerebral palsy, quality of life

Učinek programa Gremo na Telovadbo na telesno in duševno zdravje, kakovost življenja in vadbeno samoučinkovitost vadečih

Mestna občina Ljubljana (MOL) izvaja različne ukrepe za povečanje telesne dejavnosti občanov. Eden od teh je izvajanje programa Gremo na Telovadbo. Program izvajajo strokovnjaki za telesno vadbo enkrat tedensko v vseh četrtnih skupnostih MOL. Od maja 2022 do avgusta 2025 so zabeležili že 19.831 obiskov. Namen programa je gibalno opismenjevanje občanov za telesno vadbo za krepitev mišic. Pri izvajanju programa so opazili, da je za redno tedensko vadbo pomembna vadbeno samoučinkovitost, ki je opredeljena kot zmožnost vadbe kljub morebitnim oviram (npr. bolečina, utrujenost). Namen prispevka je predstavitev učinka programa na vadbeno samoučinkovitost vadečih, njihovo telesno in duševno zdravje ter kakovost življenja. Podatke smo zbrali s standardiziranimi vprašalniki junija 2025 od 96 vadečih, ki so jih izpolnili pred začetkom in po zaključku programa. Statistično značilne razlike med samoocenami smo izračunali z Wilcoxonovim testom. Ugotovili smo, da je bila samoocena kakovosti življenja, telesnega in duševnega zdravja ter vadbene samoučinkovitosti, vadečih statistično značilno ($p < 0,001$) večja po vključenosti v program kot pred njo. S tem smo potrdili, da ima izvajanje programa pomemben učinek na izboljšanje telesnega in duševnega zdravja ter na kakovost življenja vadečih. Prav tako pa tudi na njihovo vadbeno samoučinkovitost, ki je pomembna za vztrajanje v redni tedenski telesni vadbi.

Ključne besede: program telesne vadbe, telesno in duševno zdravje, kakovost življenja, vadbeno samoučinkovitost, raziskava, učinek

The Effect of the Let's Exercise Programme on Physical and Mental Health, Quality of Life, and Exercise Self-efficacy of Exercisers

The Municipality of Ljubljana is implementing various measures to increase the physical activity of its citizens. One of these measures is the Let's Exercise programme. The programme is run by fitness experts in all city municipalities. From May 2022 to August 2025, 19,831 visits have already been counted. The aim of the programme is to teach citizens physical exercises to strengthen their muscles. During the implementation of the programme, it was found that exercise self-efficacy is important for regular weekly exercise. Therefore, we investigated the impact of the programme on participants' self-efficacy, their physical and mental health and their quality of life. Data were collected in June 2025 using standardised questionnaires from 96 participants, which they completed before the start and after the end of the programme. The differences between the self-assessments were calculated using the Wilcoxon test. It was found that the participants' self-assessment of quality of life, physical and mental health and training self-efficacy was statistically significantly ($p < 0.001$) higher after participating in the programme than before. This confirms that the programme has a significant effect on improving the participants' physical and mental health and quality of life. It also has an effect on exercise self-efficacy, which is important for maintaining regular weekly physical activity.

Keywords: exercise programme, physical and mental health, quality of life, self-efficacy, research, impact

Pripravljenost mladih, srednje in starejše generacije za vključevanje v podpirne aktivnosti za starejše v Sloveniji

Pripravljenost mladih, srednje in starejše generacije za vključevanje v podpirne aktivnosti za starejše v Sloveniji je bilo raziskano v okviru CRP-projekta »Ocena primerljivosti Slovenije s sosednjimi državami pri zagotavljanju formalnih in neformalnih oblik pomoči za oskrbo starejših« (V5-24070) z anketiranjem 100 oseb (40 mladih, 30 srednja generacija, 30 starejša generacija), izbranih po namenskem in snežnem vzorčenju. Povprečna starost je bila 34 let, večina je imela vsaj srednješolsko izobrazbo. Sodelujoči so izrazili visok interes za prostovoljsko delo s starejšimi ter soglasje o pomenu vključevanja mladih in odraslih. Najbolj so naklonjeni občasnemu sodelovanju in pomoč pri družabništvu, prostočasnih dejavnostih ter digitalnih veščinah. Glavni motivator je občutek pomoči drugim, medtem ko so finančne nagrade manj pomembne. Za ovire so anketiranci najbolj izpostavili sistemsko pomanjkanje podpore in nejasnost vlog prostovoljcev, manj pa osebne omejitve. Rezultati nakazujejo, da bi bili za povečanje medgeneracijskega prostovoljstva najbolj učinkoviti ukrepi, kot so medgeneracijski centri, časovne banke in simbolno finančno priznanje ter poenotenje institucionalne in pravne mere.

Ključne besede: dolgotrajna oskrba, prostovoljstvo, motiviranost

Willingness of Young, Middle-Aged, and Older Generations to Engage in Supportive Activities for Older Adults in Slovenia

The willingness of the young, middle-aged and older generations to participate in support activities for older adults in Slovenia was investigated as part of the CRP project "Assessment of Slovenia's Comparability with Neighbouring Countries in the Provision of Formal and Informal Forms of Assistance for the Care of Older Adults" (V5-24070) by interviewing 100 people (40 young, 30 middle-aged and 30 older) selected through targeted and snowball systems. The average age was 34 and most respondents had at least a secondary school qualification. Participants expressed great interest in volunteering with older adults and agreed that it is important to involve both youth and adults. They were most inclined to participate occasionally and helped with companionship, recreational activities and teaching digital skills. The main motivator was the feeling of helping others, while financial rewards were less important. The most common barriers cited by respondents were lack of support from the system and unclear volunteer tasks, while personal constraints were less important. The results suggest that the most effective measures to promote intergenerational volunteering would be intergenerational centres, time banks and symbolic financial recognition, as well as harmonisation of the institutional and legal framework.

Keywords: long-term care, volunteering, motivation

Upoštevanje preventivnih epidemioloških ukrepov pri potovanjih v države tretjega sveta

Napredek potovalne infrastrukture omogoča dostop tudi do oddaljenih krajev, kjer zdravje in higiena nista visoko na listi prioritet. Za preprečevanje bolezni v nam nepoznanem okolju, je pomembno poznavanje preventivnih ukrepov. Namen raziskave je bil preučiti, katerih nefarmakoloških in farmakoloških ukrepov se najpogosteje poslužujejo, kateri so razlogi za neupoštevanje priporočil o cepljenju in kemprofilaksi, ter kakšen delež popotnikov zboli kljub upoštevanju preventivnih priporočil. Podatki so bili zbrani s pomočjo spletnega orodja Ika, povabilu k anketiranju so se odzvale 104 osebe. Najpogostejši nefarmakološki ukrep, ki se ga držijo popotniki je umivanje rok z vodo in milom, vendar se ga le slaba polovica anketirancev poslužuje vedno. Najpogosteje se popotniki cepijo proti hepatitisu A, vsak drugi popotnik pa na potovanjih uporablja tudi probiotike. Med popotniki je še vedno prisoten dvom v smiselnost cepljenja in varnost cepiv. Kljub relativno dobremu upoštevanju epidemioloških preventivnih ukrepov je na potovanju zbolelo dobrih 40 % popotnikov. Večina popotnikov je sicer dobro opremljena z znanjem o preventivnih epidemioloških ukrepih, vendar se jih v pomembno manjšem številu striktno držijo. Potrebno je poudarjati pomen tako farmakoloških kot nefarmakoloških preventivnih ukrepov, ter izobraževati popotnike o pravilnem obnašanju in pravilni uporabi zdravil na potovanju.

Ključne besede: tropska medicina, preventivni ukrepi, potovalna ambulanta

Compliance with Preventive Epidemiological Measures when Travelling to Third World Countries

Thanks to advances in travel infrastructure, even remote destinations have become accessible, even those where health and hygiene are not a high priority. To prevent illness in unfamiliar environments, knowledge of preventive measures is essential. The aim of this study was to investigate which non-pharmacological and pharmacological measures travellers use most frequently, the reasons for non-compliance with vaccination and chemoprophylaxis recommendations and the proportion of travellers who fall ill despite following prevention guidelines. The data was collected using the online tool Ika, with 104 people taking part in the survey. The most common non-pharmacological measure was washing hands with soap and water, but less than half of respondents did this consistently. Travellers are most likely to be vaccinated against hepatitis A and one in two travellers take probiotics when travelling. Travellers still have doubts about the necessity and safety of vaccines. Despite relatively good compliance with epidemiological prevention measures, over 40% of travellers fell ill during their trip. Although most travellers are well informed about epidemiological preventive measures, only a small proportion strictly adhere to them. The importance of pharmacological and non-pharmacological measures should be emphasised, as well as educating travellers about appropriate behaviour and the correct use of medication when travelling.

Keywords: tropical medicine, preventive measures, travel clinic

Interdisciplinarno učenje študentov za podoro starejšim v skupnosti

V okviru programa za izvajanje Programa Evropske kohezijske politike 2021–2027 je bila med januarjem in junijem 2025 izvedena operacija Problemsko učenje študentov v delovno okolje, katere namen je bil spodbujanje interdisciplinarnega sodelovanja študentov različnih zdravstvenih in družboslovnih študijskih smeri pri obravnavi starejših oseb v domačem okolju. V projektih Interdisciplinarna praksa obravnave starejših in Kakovost bivanja ranljivih skupin so sodelovali študenti zdravstvenih in družboslovnih smeri treh fakultet. S problemskim učenjem so delovali v okoljih, kjer živijo starejši, v sodelovanju s partnerji iz gospodarstva in negospodarstva. Študentje so pridobili praktične izkušnje v interdisciplinarnem sodelovanju ter izboljšali svoje kompetence za samostojno in vseživljenjsko učenje. V okviru projektov so bile razvite smernice za delo, ki temeljijo na potrebah, opaženih med izvajanjem aktivnosti, in so namenjene razvoju praktičnih znanj in kompetenc zaposlenih v skrbi za starejše. Projekta sta omogočila medgeneracijsko in medpoklicno sodelovanje ter okrepila povezavo med univerzo in lokalno skupnostjo. Rezultati kažejo, da problemsko učenje v interdisciplinarnem okolju učinkovito prispeva k usposabljanju študentov za kompleksne izzive sodobne družbe. Projekta predstavljata primer dobre prakse prenosa znanja iz akademskega prostora v prakso, saj sta odgovorila na realne potrebe skupnosti in povezala različne institucije.

Ključne besede: študent, starejša oseba, sodelovanje, tehnologija, zdravje

Interdisciplinary Student Learning to Support Older Adults in the Community

As part of the European cohesion policy programme 2021–2027, the measure “Problem-oriented learning of students in the world of work” was carried out from January to June 2025. The aim was to promote interdisciplinary collaboration between students from various health and social science disciplines in the care of older adults in their home environment. Students from three faculties, representing both health and social sciences, took part in the projects Interdisciplinary Practise in the Care of Older Adults and Quality of Life of Vulnerable Groups. Using a problem-based learning approach, they engaged with the environment in which older people live in collaboration with partners from business and the not-for-profit sector. The students gained practical experience in interdisciplinary collaboration and improved their competences for independent and lifelong learning. Based on the needs identified in the project activities, practise guidelines were developed that aim to improve the practical knowledge and skills of professionals working with older adults. The projects facilitated intergenerational and interprofessional collaboration and strengthened the link between the university and the local community. The results show that problem-based learning in an interdisciplinary environment effectively prepares students to tackle complex societal challenges. The projects serve as examples of best practise in knowledge transfer.

Keywords: students, older adults, collaboration, technology, health

Liječenje multiple skleroze ofatumumabom, utjecaj na funkcionalni status oboljelog - presječna studija

Multipla skleroza (MS) je kronična, neurodegenerativna bolest koja najčešće pogađa mlađu populaciju i značajno utječe na kvalitetu života oboljelih. Razvoj imunomodulacijskih terapija, poput ofatumumaba, omogućio je učinkovitije upravljanje bolešću i smanjenje aktivnosti bolesti. Cilj istraživanja bio je ispitati razinu informiranosti i iskustva pacijenata s terapijom ofatumumabom, prisutnost nuspojava te promjenu funkcionalnog statusa mjerenog Barthelovim indeksom (BI) prije i tijekom primjene terapije. Istraživanje je provedeno tijekom lipnja i kolovoza 2024. godine u Klinici za neurologiju KBC-a Zagreb. Sudjelovao je 31 ispitanik koji su anonimno ispunili upitnik s 39 pitanja, uključujući sociodemografske podatke, iskustva s lijekom i procjenu samostalnosti. Većina ispitanika bila je zadovoljna informiranosti o terapiji, a nuspojave su bile rijetke. Prosječni BI porastao je s 75,32 na 80,32 bodova, uz poboljšanje funkcionalnog statusa kod 14 ispitanika. Statistički značajna povezanost zabilježena je između poboljšanja funkcionalnosti i bračnog statusa, roditeljstva te odsutnosti straha od progresije bolesti. Terapija ofatumumabom pokazala je dobru učinkovitost i podnošljivost u ovoj skupini pacijenata, s blagim poboljšanjem funkcionalne samostalnosti. Psihosocijalni čimbenici, poput obiteljskog konteksta i emocionalne percepcije bolesti, pokazali su značajan utjecaj na terapijski učinak.

Ključne riječi: Barthelov indeks, multipla skleroza, ofatumumab

Treatment of Multiple Sclerosis with Ofatumumab, Impact on the Functional Status of the Patient - Cross-sectional Study

Multiple sclerosis (MS) is a chronic, neurodegenerative disease that primarily affects the younger population and has a significant impact on patients' quality of life. The development of immunomodulatory therapies, such as ofatumumab, has enabled more effective treatment of the disease and a reduction in disease activity. The aim of the study was to investigate the patients' level of information and experience with ofatumumab therapy, the occurrence of side effects and the change in functional status, as measured by the Barthel Index (BI), before and during therapy. The study was conducted between June and August 2024 in the Department of Neurology at KBC Zagreb. 31 subjects participated in the study and anonymously completed a questionnaire with 39 questions, including socio-demographic data, experience with the drug and assessment of independence. Most of the test subjects were satisfied with the information about the therapy, and side effects occurred only rarely. The average BI increased from 75.32 to 80.32 points, with functional status improving in 14 subjects. Statistically significant correlations were found between improved functionality and marital status, parenthood and lack of fear of disease progression. Ofatumumab therapy showed good efficacy and tolerability in this patient group and led to a slight improvement in functional independence. Psychosocial factors and the emotional perception of the disease showed a significant influence on the therapy.

Keywords: Barthel Index, multiple sclerosis, ofatumumab

Od osamljenosti do opolnomočenja: zakaj se pridružiti združenju bolnikov

Združenja bolnikov so pomembni (ne)gospodarski deležniki na zdravstvenem trgu, saj s svojimi aktivnostmi delujejo kot kolektivni glas bolnikov pri oblikovanju politik, standardov obravnave in raziskovalnih prioritet. Posamezniku pa nudijo informiranje, psihosocialno podporo, usmerjajo ga znotraj zdravstvenega sistema ter zagovarjajo njegove pravice. Namen prispevka je tako konceptualno opredeliti njihovo vlogo na presečišču javnega, zasebnega in civilnodružbenega sektorja. V empiričnem delu prispevka nato predstavimo rezultate raziskave med bolniki s krvnimi raki, s katero smo preverili, kako pogosto se bolniki odločijo za članstvo. Prav tako analiziramo razloge za včlanjenje (dostop do informacij, izmenjava izkušenj, pravno-socialna podpora, možnost soudeležbe pri odločitvah) ter katere storitve najpogosteje koristijo (svetovanje, skupine za samopomoč, usmerjanje v postopku obravnave, izobraževalni dogodki). Posebej preverimo, v kolikšni meri spol in izobrazba napovedujeta vzorce koriščenja in intenzivnost sodelovanja.

Ključne besede: združenja bolnikov, zdravstveni trg, bolniki s krvnimi raki, storitve za bolnike, opolnomočenje bolnikov

From Isolation to Empowerment: Why Join a Patient Organization?

Patient associations are significant economic and non-economic stakeholders in the healthcare market, as their activities represent the collective voice of patients in shaping policies, standards of care, and research priorities. At the individual level, they provide information, psychosocial support, guidance through the healthcare system, and advocacy for patients' rights. The aim of this paper is to conceptually define their role at the intersection of the public, private, and civil society sectors. In the empirical section, we present the results of a study among patients with blood cancers, examining how frequently patients choose to become members. We also analyse reasons for joining (access to information, peer exchange of experiences, legal and social support, the opportunity for co-participation in decision-making) and which services are used most often (counselling, self-help groups, care navigation, educational events). We specifically assess the extent to which gender and education predict usage patterns and the intensity of involvement.

Keywords: patient associations, healthcare market, patients with blood cancers, patient services, patient empowerment

Fizioterapevtska obravnava pacienta po akutnem miokardnem infarktu

Akutni miokardni infarkt (AMI) je eden izmed najpogostejših bolezni srca in ožilja, ter eden glavnih vzrokov smrti v sedanjem času po vsem svetu. Nastane zaradi nenadne prekinitve pretoka krvi skozi koronarne arterije, kar povzroči ishemijo in nekrozo srčne mišice. Zgodnje prepoznavanje simptomov, natančna diagnostika in pravočasna obravnava, so pomembni za preživetje, ter dolgoročno funkcionalnost pacienta. Po nastanku akutnega miokardnega infarkta je zelo pomembna koronarna rehabilitacija, ki vključuje telesno vadbo in fizioterapijo, edukacijo, psihosocialno podporo, ter spremembo življenjskega sloga. Učinkovita rehabilitacija zmanjšuje tveganje za ponovni dogodek in izboljšuje dolgoročno kakovost življenja pacientov. Namen raziskave je ugotoviti, kakšna je fizioterapevtska obravnava pri pacientih z akutnim miokardnim infarktom v tujini in kako se ta primerja s prakso v bolnicah v Sloveniji. Posamezne klinične študije, ki smo jih vključili v raziskavo, smo iskali v podatkovni bazi PubMed. Podatke iz prakse smo pridobili iz dveh slovenskih bolnic. Ugotovili smo, da tuje prakse poudarjajo multidisciplinarni pristop in sistematično stopnjevanje telesne aktivnosti. Ena izmed praks v Sloveniji priporoča personalizirano rehabilitacijo. V prihodnje bi uvedba standardiziranih protokolov rehabilitacije po AMI v slovenskem prostoru pripomogla k izboljšanju kakovosti rehabilitacije in posledične dolgoročne uspešnosti zdravljenja pacientov.

Ključne besede: miokardni infarkt, AMI, rehabilitacija, hospitalizacija, fizioterapija

Rehabilitation of Patients after Acute Myocardial Infarction

Acute myocardial infarction (AMI) is one of the most common cardiovascular diseases and one of the leading causes of death worldwide. It results from a sudden interruption of blood flow through the coronary arteries, causing ischaemia and necrosis of the heart muscle. Early recognition of symptoms, accurate diagnosis and timely treatment are important for the survival and long-term functioning of the patient. After an acute myocardial infarction, coronary rehabilitation is very important, which includes physical exercise and physical therapy, education, psychosocial support and lifestyle changes. Effective rehabilitation reduces the risk of recurrent infarction and improves the patient's long-term quality of life. The aim of the study is to determine what physiotherapy treatment is applied to patients with acute myocardial infarction abroad and how it compares with the practise in Slovenian hospitals. The literature was searched in the PubMed database. We obtained data from the practise of two Slovenian hospitals. Research has shown that foreign practises emphasise a multidisciplinary approach and a systematic increase in physical activity. One of the practises in Slovenia recommends personalised rehabilitation. The introduction of standardised AMI rehabilitation protocols in Slovenia would improve the quality of rehabilitation and the long-term success of patient treatment.

Keywords: myocardial infarction, AMI, rehabilitation, hospitalisation, physiotherapy

Spremljanje predkrhkosti pri starejših v institucionalni oskrbi

Izraz krhkost se uporablja, kadar so izpolnjeni vsaj trije od petih meril, in sicer izguba mišične moči, utrujenost, zmanjšana telesna aktivnost, počasna hoja in nenamerno hujšanje. Cilj članka je poiskati načine za oceno slabosti v institucionalni oskrbi. Želeli smo ugotoviti kakšne preventivne ukrepe je mogoče sprejeti za preprečevanje sindroma krhkosti. Z uporabo podatkovnih baz EBSCO, ProQuest, PubMed, Springer, Scopus in Google Scholar smo iskali ustrezne vire za analizo. Merila za vključitev so bila: ocena starejših oseb, starih 65 let in več, metode ocenjevanja v institucionalni oskrbi, študije, objavljene v zadnjih desetih letih. Ugotovili smo, da obstaja malo instrumentov za ocenjevanje predkrhkosti. Podhranjenost je močno povezana s sindromom krhkosti. Zgodnje presejanje na podlagi orodja MNA lahko identificira znaten delež krhkih in pred-krhkih starejših oseb. Druge metode, razen merjenja parametrov hoje s triaksenalnimi merilnikom pospeška, ponujajo preproste možnosti za presejanje. Več študij je potrdilo, da so redna telesna aktivnost in prehranski ukrepi učinkoviti preventivni ukrepi.

Ključne besede: pred-krhkost, orodja za ocenjevanje, preventivne metode, institucionalna oskrba

Monitoring of Prefrailty in Seniors in Institutional Care

The term frailty is used when at least three of five criteria are met, namely loss of muscle strength, fatigue, reduced physical activity, slow gait and unintentional weight loss. The aim of this work was to look for ways to assess frailty in institutional care. We wanted to find out what preventive measures can be taken against frailty syndrome. Using EBSCO, ProQuest, PubMed, Springer, Scopus and Google Scholar databases, we searched for appropriate sources to analyse. Inclusion criteria included: assessment of seniors aged 65 years and older, assessment methods in institutional care, studies published in the last ten years. We found that there is a minimum number of instruments to assess prefrailty. Malnutrition is strongly associated with frailty syndrome. Early screening based on the MNA tool can identify a significant proportion of frail and especially prefrail older people. Methods other than measuring gait parameters with a triaxial accelerometer offer simple options for screening. Several studies have confirmed that regular physical activity together with nutritional interventions are effective preventive measures.

Keywords: prefrailty, assessment tools, preventive methods, institutional care

Uporaba Lizinega krožnika kot vizualnega pripomočka za obvladovanje vnosa tekočine pri dializnih bolnikih

Pri bolnikih na hemodializi je omejevanje vnosa tekočine ključno za preprečevanje zapletov, kot so hipervolemija, hipertenzija in neučinkovita dializa. Kljub rednemu svetovanju mnogi bolniki ne razumejo, kaj vse šteje pod tekočine, kar pogosto vodi v prekomeren vnos. V raziskovalni nalogi smo preverili učinkovitost Lizinega krožnika, vizualnega didaktičnega pripomočka, ki bolniku nazorno prikaže dovoljeno količino tekočine ter vključuje tudi skrite tekočine iz živil. Raziskava temelji na študiji primera 70-letnega pacienta z izrazito preseženo interdializno telesno maso. Po individualnem svetovanju z uporabo Lizinega krožnika je pacient začel bolje prepoznavati vire tekočine, njegova pridobitev telesne mase med dializama pa se je znižala iz povprečnih 4 kg na 2,2 kg. Ugotovitve potrjujejo, da kombinacija strukturiranega svetovanja in vizualnih pripomočkov povečuje razumevanje, samokontrolo in sodelovanje bolnika pri zdravljenju. Lizin krožnik se izkazuje kot učinkovit, enostaven in bolniku prijazen pripomoček, ki bi moral postati del redne edukacije dializnih bolnikov.

Ključne besede: Lizin krožnik, zdravstveno vzgojno delo, hemodializa, vnos tekočine

The Use of Liza's Plate as a Visual Aid for the Management of Fluid Intake in Haemodialysis Patients

In haemodialysis patients, restricting fluid intake is crucial to prevent complications such as hypervolaemia, hypertension and reduced dialysis efficacy. Despite repeated counselling, many patients do not understand what "fluid" is, which often leads to excessive fluid intake. This study investigated the effectiveness of Liza's board - a visual educational tool that clearly illustrates the allowable daily fluid intake, including "hidden" fluid from food. The research was based on a case study of a 70-year-old patient with excessive interdialytic weight gain who, after individual counselling using Liza's board, showed improved recognition of fluid sources and reduced his interdialytic weight gain from an average of 4 kg to 2.2 kg. The results confirm that structured counselling combined with visual aids improves patient understanding, self-regulation and engagement in treatment. The Liza plate has been shown to be an effective, simple and patient-friendly tool that should be considered a standard part of educational practise for dialysis patients.

Keywords: Liza's plate, haemodialysis, fluid intake, health education

Optimizacija rehabilitacije po rekonstrukciji ACL: na dokazih temelječe smernice za vključitev vaj odprte kinetične verige

Sprednja križna vez (ACL) je ključna za ohranjanje stabilnosti kolenskega sklepa in omogočanje pravilnega gibanja noge. Njena osnovna naloga je preprečevanje prekomernega pomika golenice naprej ter pomoč pri nevromuskularnem nadzoru kolena preko mehanoreceptorjev. ACL je pogosto podvržena poškodbam, predvsem zaradi velikih sil, ki delujejo na koleno med športnimi aktivnostmi. Poškodbe ACL sodijo med najpogostejše in najresnejše poškodbe kolena, saj lahko vodijo v dolgotrajno nestabilnost, porušeno sklepno biomehaniko ter sekundarne poškodbe meniskusa in hrustanca. Popolna ruptura običajno zahteva kirurško rekonstrukcijo, ki ji mora slediti strokovno vodena rehabilitacija. Učinkovita rehabilitacija po rekonstrukciji ACL je ključna za ponovno vzpostavitev funkcije kolena, preprečevanje ponovne poškodbe ter varen povratak k športnim aktivnostim. Eno ključnih področij razprav v rehabilitaciji ACL je vama in učinkovita integracija vaj odprte kinetične verige (OKC). Čeprav so te vaje pomembne za krepitev mišic kvadricepsa, je čas njihove uvedbe še vedno sporen zaradi skrbi glede obremenitve presadka. Namen tega pregleda je povzeti aktualne znanstvene dokaze o vključevanju vaj odprte kinetične verige po rekonstrukciji ACL, s poudarkom na časovni ustreznosti, varnosti in klinični učinkovitosti.

Ključne besede: fizioterapija, rekonstrukcija ACL, vaje odprte kinetične verige

Optimizing Rehabilitation After ACL Reconstruction: Evidence-Based Guidelines for Initiating Open Kinetic Chain Exercises

The anterior cruciate ligament (ACL) is essential for maintaining knee joint stability and enabling proper leg movement. Its primary role is to prevent excessive forward displacement of the tibia and to assist in the neuromuscular control of the knee via mechanoreceptors. The ACL is prone to injury, primarily due to the significant forces exerted on the knee during athletic activities. ACL injuries are among the most common and severe knee injuries, often leading to long-term instability, disruption of joint biomechanics, and secondary damage to the meniscus and cartilage. Typically, a complete rupture requires surgical reconstruction, which should be followed by professionally supervised rehabilitation. Effective rehabilitation after ACL reconstruction is crucial for restoring knee function, preventing re-injury, and enabling a safe return to athletic activities. An important point of discussion in ACL rehabilitation is the safe and effective integration of open kinetic chain (OKC) exercises. Whilst these exercises are valuable in restoring quadriceps strength, their timing remains controversial due to graft loading concerns. This review aims to summarise the current evidence on the initiation of OKC exercises following ACL reconstruction, with a focus on timing, safety and clinical effectiveness.

Keywords: physiotherapy, ACL reconstruction, open kinetic chain exercises

Zdravstvena vzgoja in prva pomoč pri ugrizu strupene kače

Ugriz strupene kače je redek, a lahko predstavlja življenjsko nevaren dogodek. Zahteva hitro in ustrezno ukrepanje. V Sloveniji živijo tri strupene vrste kač: modras, navadni gad in laški gad. Ugriz lahko povzroči lokalne simptome, kot so bolečina in oteklina, ter sistemske zaplete, kot so motnje strjevanja krvi in odpoved organov. Prva pomoč vključuje omejitev gibanja, imobilizacijo uda in takojšen klic na številko 112, medtem ko so postopki, kot so sesanje strupa ali uporaba alkohola, neustrezni. Preventivni ukrepi temeljijo na nošenju zaščitnih oblačil in ozaveščanju prebivalstva. V raziskavi med zdravstvenimi delavci so bili ugotovljeni določeni manjkajoči elementi v znanju in močno izražena želja po dodatnem izobraževanju. Rezultati poudarjajo pomen zdravstvene vzgoje ne le za splošno populacijo, temveč tudi za zdravstvene delavce, saj ustrezno znanje zmanjšuje tveganje za zaplete in izboljšuje izide ob obravnavi ugriza.

Ključne besede: ugriz kače, prva pomoč, zdravstvena vzgoja, preventiva, modras

Health Education and First Aid for Venomous Snake Bites

A venomous snake bite is a rare but potentially life-threatening event that requires immediate and appropriate action. Three species of venomous snake are found in Slovenia: the horned viper (*Vipera ammodytes*), the adder (*Vipera berus*) and the asp viper (*Vipera aspis*). A bite can lead to local symptoms such as pain and swelling, but also to systemic complications such as coagulation disorders and organ failure. First aid measures include restricting movement, immobilising the affected limb and calling the emergency services (112), while practises such as sucking out the venom or using alcohol are inappropriate. Preventive strategies focus on wearing protective clothing and raising public awareness. A survey of healthcare workers revealed gaps in knowledge and a strong need for further training. The results emphasise the importance of health education not only for the general population but also for health care workers, as adequate knowledge reduces the risk of complications and improves outcomes in the treatment of snakebites.

Keywords: snakebite, first aid, health education, prevention, viper

Funkcionalna fizioterapevtska obravnava diastaze rektusov po porodu

Diastaza rektusov abdominis (DRA) je pogost pojav pri ženskah v nosečnosti in po porodu, ki lahko vpliva na stabilnost trupa, funkcijo trebušne stene ter povzroča številne težave, kot so bolečine v križu, disfunkcija medeničnega dna ali spremenjeno telesno držo. Kljub pogostosti stroka ni enotna glede diagnostike ter obravnave. S pregledom strokovne literature smo ugotovili, da sodobni pristopi vedno bolj poudarjajo funkcionalno obravnavo DRA, kjer ni v ospredju samo kvantitativno merjenje razmaka med mišicama, temveč ocena nateznosti linee albe, aktivacije mišic in prenosa sil čez trebušno steno. Pomemben je tudi celostni pristop, ki upošteva dihanje, gibanje, telesno držo in individualne potrebe pacientke. Namen raziskave je sistematično predstaviti in ovrednotiti obstoječe znanstvene dokaze ter strokovne smernice s področja funkcionalne fizioterapevtske obravnave diastaze rektusov abdominis pri ženskah v nosečnosti in po porodu. Pristop upošteva dihanje, gibanje, telesno držo ter individualne potrebe pacientke. Raziskava temelji na pregledu znanstvene literature, zbrane v podatkovnih bazah PubMed, Science Direct ter Pedro. Upoštevani so bili članki ter strokovne smernice za celostno obravnavo, objavljeni med 2015 in 2025.

Ključne besede: diastaza rektus abdominis, poporodno obrobje, edukacija, obravnava, funkcija

Functional Physiotherapeutic Treatment of Postpartum Rectus Diastasis

Diastasis recti abdominis (DRA) is a common condition in women during pregnancy and postpartum that can affect the stability of the trunk and the function of the abdominal wall and lead to a number of problems such as lower back pain, pelvic floor dysfunction or altered posture. Despite the prevalence of the condition, there is no consensus among experts on diagnosis and treatment. A review of the literature shows that modern approaches increasingly emphasise the functional management of DRA, focusing not only on the quantitative measurement of the gap between muscles, but also on the assessment of linea alba tension, muscle activation and force transmission across the abdominal wall. A holistic approach that takes into account breathing, movement, posture and the individual needs of the patient is essential. The purpose of the research is to systematically present and evaluate existing scientific evidence and professional guidelines in the field of functional physiotherapy treatment of diastasis recti abdominis in women during pregnancy and postpartum. The approach includes breathing, movement, posture and personalisation according to the specific needs of the patient. The research is based on a review of scientific literature collected from databases such as PubMed, Science Direct and PEDro. Articles and professional guidelines for holistic treatment published between 2015 and 2025 were included.

Keywords: diastasis recti abdominis, postpartum, education, treatment, function

Implementacija modela celostne paliativne oskrbe otrok v kliničnem okolju

Pediatrična paliativna oskrba je celostna, specializirana podpora otrokom z neozdravljivimi boleznimi in njihovim družinam. Namenjena je lajšanju simptomov, izboljšanju kakovosti življenja ter ohranjanju dostojanstva skozi celoten potek bolezni. Raziskava, izvedena z intervjuji petih medicinskih sester, izpostavlja ključno vlogo medicinske sestre kot člana multidisciplinarnega tima, pomen pravočasnega vključevanja oskrbe in etičnega odločanja. Celostna obravnava vključuje telesne, psihološke, socialne in duhovne potrebe otroka ter njegove družine. Poudarjena je potreba po večji ozaveščenosti, kontinuiranem izobraževanju in sistemski podpori za kakovostno implementacijo modela v kliničnem okolju. Paliativna oskrba otrok ni le pomoč ob koncu življenja, temveč dolgoročen proces podpore, prilagojen individualnim potrebam in razvojnim stopnjam otroka.

Ključne besede: paliativna oskrba, pediatrična paliativna oskrba, multidisciplinarni pristop, kakovost življenja, etični vidiki

Implementation of the Holistic Paediatric Palliative Care Model in a Clinical Setting

Paediatric palliative care is comprehensive, specialised support for children with life-limiting illnesses and their families. It aims to alleviate symptoms, improve quality of life and maintain dignity throughout the course of the illness. The study, based on interviews with five nurses, emphasises the essential role of the nurse as a member of the multidisciplinary team, the importance of timely initiation of care and ethical decision-making. Holistic care takes into account the physical, psychological, social and spiritual needs of the child and their family. The findings emphasise the need for greater awareness, ongoing education and systemic support to ensure the quality of implementation of the model in clinical practise. Paediatric palliative care is not limited to end-of-life care, but is a long-term support process tailored to the individual needs and developmental stages of the child.

Keywords: palliative care, paediatric palliative care, multidisciplinary approach, quality of life, ethical aspects

Oskrba pooperativne bolečine pacienta po operaciji na odprtem srcu

Srčno-žilne bolezni so v današnjem času pogoste in eden izmed glavnih vzrokov umrljivosti pri ljudeh. Veliko ljudi se še vedno »izogiba« zdravega načina življenja, kar pripelje do različnih srčno-žilnih bolezni, pri katerih je nemalokrat potrebna tudi operacija. Raziskava temelji na kvalitativni raziskovalni in deskriptivni metodi dela. Za potrebe empiričnega dela smo zbrali, analizirali ter sintetizirali primarne in sekundarne vire. Primarne podatke za analizo smo pridobili s tehniko intervjuvanja. Sekundarne pa s pregledom strokovne domače in tuje literature ter spletnih baz (PubMed, Cobiss). Diplomirane medicinske sestre bolečino pri sediranih pacientih največkrat prepoznajo po vitalnih znakih – povišan krvni tlak in srčni utrip, hitrejše dihanje, potenje, mimika obraza, budni pacienti pa sami povejo za bolečino. Največkrat za oceno bolečine uporabljajo VAS lestvico. Za realno oceno bolečine si pomagajo tudi z monitorji, vitalnimi funkcijami in položajem pacienta v postelji. Pri sediranem pacientu se uporablja CPOT lestvica za oceno, pri budnem pacientu pa se o bolečini izve verbalno preko pogovora oziroma se ga vpraša o prisotnosti bolečine in se pri tem oceni njegovo bolečino s pomočjo VAS skale in numerične lestvice. Prava interpretacija bolečinske lestvice je pomembna zaradi aplikacije analgetične terapije za omilitev bolečine.

Ključne besede: operacija, pooperativna bolečina, srčna kirurgija

Postoperative Pain Management in a Patient after Open Heart Surgery

Cardiovascular diseases are widespread nowadays and are one of the main causes of human mortality. Many people continue to "avoid" a healthy lifestyle, leads to various cardiovascular diseases that often require surgical intervention. The aim of this article is to define the recognition of postoperative pain in patients. The study is based on a qualitative research approach and a descriptive working method. For the empirical part, primary and secondary sources were collected, analysed and synthesised. The primary data for the analysis was obtained using the interview technique. The secondary data was obtained by reviewing national and international specialist literature and online databases (PubMed, Cobiss). Nurses most often recognise pain in sedated patients based on vital signs - increased blood pressure, increased heart rate, faster breathing, sweating and facial expression. Patients who are conscious self- report their pain. The most commonly used pain assessment tool is the VAS scale. The nursing staff also use monitoring devices, vital signs and the patient's body position in bed to obtain a realistic pain assessment. For sedated patients, the CPOT scale is used to assess pain, while for awake patients, pain is assessed verbally through conversation or by directly asking about the presence of pain. The pain is then assessed using the VAS scale and the numerical rating scale. The correct interpretation of the pain scale is important for the administration of analgesics for pain relief.

Keywords: surgery, postoperative pain, cardiac surgery

Kratkoročni učinki telesne vadbe na funkcionalno sposobnost starejših odraslih v domu starejših občanov

Demografsko staranje prebivalstva prinaša pomembne izzive na področju zdravstvene oskrbe in funkcionalne samostojnosti starejših odraslih. Strukturirani vadbeni programi imajo ključno vlogo pri ohranjanju mobilnosti, zmanjševanju tveganja za padce ter izboljšanju kakovosti življenja starejših odraslih. Namen raziskave je bil oceniti vpliv 8-tedenskega vadbenega programa na funkcionalne sposobnosti starejših odraslih v Domu starejših občanov Novo mesto. V raziskavo je bilo vključenih 16 oseb. Vadbeni program je potekal enkrat tedensko in je vključeval vaje za moč, ravnotežje in vzdržljivost. Funkcionalna sposobnost je bila ocenjena s testom vstani in pojdi, 6-minutnim testom hoje ter meritvijo moči stiska roke. Rezultati kažejo izboljšanje v testu vstani in pojdi, kjer je bila povprečna razlika -2,9 sekunde, vendar razlika ni dosegla statistične značilnosti ($p = 0,067$). V 6-minutnem testu hoje so udeleženci po vadbenem programu v povprečju prehodili 49,5 metra več, kar predstavlja statistično značilen napredek v vzdržljivosti ($p = 0,024$). Izsledki raziskave podpirajo potrebo po vključevanju strukturiranih vadbenih programov v institucionalno oskrbo starejših odraslih ter izobraževanje študentov zdravstvenih ved za njihovo izvajanje. Pri nadaljnjih raziskavah je treba podaljšati čas intervencij in vključiti dolgoročno spremljanje rezultatov, povečati vzorec ter dodati vaje za moč zgornje okončine.

Ključne besede: starejši odrasli, strukturirani vadbeni program, vzdržljivost, institucionalno varstvo

Short-Term Effects of Physical Activity on the Functional Abilities of Older People in a Nursing Home

The demographic ageing of the population poses significant challenges for the healthcare and functional independence of older adults. Structured physical activity programmes play a key role in maintaining mobility, reducing the risk of falls and improving the quality of life of older people. The aim of the study was to investigate the effects of an 8-week exercise programme on the functional abilities of older adults in the Novo mesto nursing home. The study involved 16 participants. The exercise programme took place once a week and included strength, balance and endurance exercises. Functional capacity was determined by a timed stand-up and walk test, a 6-minute walk test and a measurement of handgrip strength. The results show an improvement in the stand-up and walk test with a mean difference of -2.9 seconds, although the difference did not reach statistical significance ($p = 0.067$). In the 6-minute walk test, participants walked an average of 49.5 metres further after the training programme, which represents a statistically significant improvement in endurance ($p = 0.024$). The results highlight the need to integrate structured exercise programmes into institutional care for older adults and to train health science students to deliver these programmes. Future research should extend the duration of interventions and include long-term follow-up, increase the sample size, and add upper-limb strengthening exercises.

Keywords: older adults, structured exercise programme, endurance, institutional care

Komplementarne metode u zdravstvenoj njezi bolesnika u palijativnoj skrbi

Komplementarne metode se koriste zajedno sa standardnim medicinskim postupcima, a njihov cilj je ublažavanje određenih simptoma, poboljšanje cjelokupnog psihofizičkog, socijalnog i duhovnog stanja bolesnika. Cilj je utvrditi koriste li medicinske sestre komplementarne metode u palijativnoj skrbi te razlikuje li se korištenje s obzirom na obrazovanje, radno iskustvo i mjesto rada. Provedeno je kvantitativno presječno istraživanje na uzorku od 194 medicinske sestre u području specijalističke palijativne skrbi u Republici Hrvatskoj. Ukupno 47,90 % sudionika navodi kako koristi neke od komplementarnih metoda, od čega najveći broj navodi upotrebu masaže i dodataka prehrani. Nema statistički značajnih razlika u korištenju komplementarnih metoda s obzirom na razinu obrazovanja, godine radnog iskustva te radno mjesto u specijalističkim službama palijativne skrbi. Čak 72,90 % sudionika navodi kako bi im edukacija o komplementarnim metodama koristila u radu s bolesnicima. S obzirom da komplementarne metode nisu uključene u formalnu edukaciju medicinskih sestara, valja razmotriti mogućnosti uvođenja istih u edukaciju i praksu. S obzirom na značajan broj sudionika koji navodi da koristi komplementarne metode daljnjim istraživanjima, potrebno je provjeriti jesu li sudionici educirani o provođenju istih ili se radi o pogrešnom razumijevanju navedenog pojma.

Ključne riječi: komplementarne metode skrbi, palijativna skrb, sestrinstvo, edukacija

Complementary Methods in Nursing Care among Palliative Care

Complementary medicine methods are used in conjunction with standard medical procedures and aim to alleviate certain symptoms and improve the patient's general psychophysical, social and spiritual condition. The aim is to determine whether nurses use complementary methods in palliative care and whether their use differs in terms of training, professional experience and place of work. A quantitative cross-sectional study was conducted on a sample of 194 nurses in the field of specialised palliative care in the Republic of Croatia. A total of 47.90% of participants reported using some of the complementary methods, with most of them reporting massage and nutritional supplements. There were no statistically significant differences in the use of complementary methods in terms of educational level, years of professional experience and position in specialised palliative care. As many as 72.90% of the participants stated that training in complementary methods would help them in their work with patients. As complementary methods are not part of the formal training of nurses, it is crucial to explore the possibilities of introducing them into training and practise. Given the significant number of participants who reported using complementary methods, further research is needed to verify whether participants are educated about their use or whether this is a misunderstanding of the concept.

Keywords: complementary methods, palliative care, nursing, education

Prevalenca krhkosti pri starejših odraslih osebah

Krhkost je pogost geriatrični sindrom, ki močno zmanjšuje funkcionalnost in kakovost življenja. Večdimenzionalno stanje je povezano z večjo ranljivostjo starejših odraslih, hospitalizacijo, potrebo po institucionalnem varstvu in smrtjo ter lahko služi tudi kot kazalnik in napovednik izidov zdravljenja. Po pregledu biomedicinskih podatkovnih baz v juniju 2025 smo v analizi upoštevali 14 člankov. Iskali smo raziskovalne članke na podlagi niza iskalnih besed »frail and elderly«, »frail and prevalence« ter »frail and incidence«. Vključili smo prosto dostopna strokovna besedila, objavljena med leti 2015 in 2025, v angleškem jeziku. Razširjenost predkrhkosti ali krhkosti je prisotna v več kot polovici preiskovane populacije, nekoliko v višjem odstotku pri ženskah. Kaže se povezanost med obolenji in kognitivnimi odkloni in obratno. Za ugotavljanje krhkosti je najpogostejše v veljavi Indeks krhkosti in test FRAIL-NH, ki je v uporabi v institucionalnem varstvu. Uporaba ustreznega presejalnega orodja lahko pomaga pri prepoznavanju krhkosti in tako omogoči ciljno usmerjanje kliničnih ukrepov. Določitev ustrezne (pred)stopnje krhkosti, omogoči oceno stanovalcev, ki so najbolj ogroženi, za boljše načrtovanje oskrbe. V obdobju »dvojnega staranja«, kjer so zmanjšane fiziološke rezerve in je povečana ranljivost, je za obvladovanje sindroma, nujno ukrepanje na kliničnem nivoju kot tudi na nivoju nacionalne ekonomije.

Ključne besede: geriatrični sindrom, starostnik, ranljivost

Prevalence of Frailty in Older Adults

Frailty is a common geriatric syndrome that significantly impairs the functional capacity and quality of life of older people. It represents a multidimensional state of vulnerability that is associated with an increased risk of hospitalisation, institutionalisation, mortality and unfavourable clinical outcomes. A review of biomedical databases conducted in June 2025 identified 14 eligible articles. Research was selected using keyword combinations such as frail and older, frail and prevalence, and frail and incidence. The analysis included open-access, peer-reviewed English-language publications from 2015 to 2025. More than half of the population analysed showed signs of prefrailty or frailty, with a slightly higher prevalence in women. The syndrome showed notable correlations with chronic disease and cognitive decline. The most commonly used diagnostic tools were the Frailty Index and the FRAIL-NH test, the latter being used primarily in institutional settings. The use of validated screening instruments facilitates the early detection of frailty and enables targeted clinical interventions. Defining the (pre-)frailty stage helps to identify high-risk individuals and optimises care planning in the institutional setting. Against the background of "double ageing", where age-related vulnerability and reduced physiological reserves come together, action at clinical and national policy level is needed to effectively address the frailty syndrome.

Keywords: geriatric syndrome, older people, vulnerability

Digitalizacija zdravstvene nege: priložnosti in izzivi pri uporabi umetne inteligence

Umetna inteligenca in digitalizacija predstavljata pomemben napredek v zdravstveni negi, saj omogočata izboljšanje kakovosti oskrbe, diagnostike in terapij. S kvantitativno metodo raziskovanja in tehniko anketiranja je bila izvedena analiza odnosa zdravstvenih delavcev do uporabe umetne inteligence. Anketa je zajemala vprašanja o izkušnjah, poznavanju in pripravljenosti zdravstvenih delavcev za implementacijo umetne inteligence ter izzivih, kot so etični vidiki, varnost podatkov in regulativne omejitve. Rezultati so pokazali, da umetna inteligenca ponuja številne prednosti, kot so personalizirana medicina, telemedicina ter boljša organizacija zdravstvenih podatkov, medtem ko pomanjkanje izobraževanja in regulativni izzivi ostajajo ključne ovire. Raziskava poudarja pomen izobraževanja zdravstvenih delavcev, razvijanja strategij za uspešno vključitev umetne inteligence v zdravstveno prakso ter spodbujanje ozaveščenosti o etičnih in varnostnih vprašanjih za izboljšanje oskrbe bolnikov.

Ključne besede: digitalizacija v zdravstvu, umetna inteligenca, prednosti in izzivi umetne inteligence

Digitalisation of the Healthcare Sector: Opportunities and Challenges in the Use of Artificial Intelligence

Artificial intelligence and digitalisation represent important advances in the healthcare sector and improve the quality of care, diagnostics and therapies. A quantitative research method and a survey technique were used to analyse the attitudes of healthcare professionals towards the use of artificial intelligence. The survey included questions on healthcare professionals' experience, knowledge and willingness to use AI, as well as challenges such as ethical considerations, data security and regulatory restrictions. The results show that AI offers many benefits, such as personalised medicine, telemedicine and better organisation of healthcare data, while lack of awareness and regulatory challenges remain important barriers. The research highlights the importance of educating healthcare professionals, developing strategies to successfully integrate AI into healthcare practise and raising awareness of ethical and safety issues to improve patient care.

Keywords: digitalisation in healthcare, artificial intelligence, benefits and challenges of artificial intelligence

Etična dimenzija izobraževanja: znanje študentov o osteoartrozi kolena

Ena temeljnih etičnih obvez visokošolskih zavodov na področju zdravstva je zagotavljanje strokovne usposobljenosti, ki omogoča varno in učinkovito klinično prakso. Ključno pri tem je zgodnje preverjanje znanja študentov. Prispevek predstavlja empirično raziskavo kognitivne usposobljenosti študentov prvega letnika fizioterapije glede osteoartroze (OA) kolenskega sklepa – najpogostejše degenerativne sklepne bolezni, ki pomembno vpliva na funkcionalno zmožnost in kakovost življenja. Uporabljena je bila kvantitativna zasnova z validiranim vprašalnikom, izvedenim pred začetkom in po zaključku pedagoškega procesa. Vsebina je zajemala patofiziologijo, diagnostiko, terapijo in vlogo fizioterapevta. V raziskavi je sodelovalo 31 študentov. Začetni rezultati so pokazali nizko raven predhodnega znanja in napačne predstave, zlasti glede simptomov in diagnostičnih postopkov. Zaključno preverjanje je pokazalo statistično pomembno izboljšanje, kar potrjuje učinkovitost predavanj in praktičnega pouka. Rezultati poudarjajo pomen zgodnjega in sistematičnega posredovanja vsebin ter rednega preverjanja znanja kot pogojev za etično odgovorno in kompetenčno usmerjeno izobraževanje.

Ključne besede: etično izobraževanje, kognitivna usposobljenost, osteoartroza kolenskega sklepa, visokošolski študij fizioterapije, evalvacija znanja

Ethical Dimension of Education: Students' Knowledge about Knee Osteoarthritis

One of the fundamental ethical obligations of higher education in the health sciences is to ensure the professional competence that enables safe and effective clinical practise. In this context, early assessment of student knowledge is crucial. This paper presents an empirical study investigating the cognitive competence of first-year physiotherapy students in relation to knee osteoarthritis (OA) – the most common degenerative joint disease that significantly affects function and quality of life. A quantitative design was applied using a validated questionnaire that was completed before and after the educational process. The content included pathophysiology, diagnostic criteria, therapeutic approaches and the role of the physiotherapist. Thirty-one students participated. Initial testing revealed low baseline knowledge and misconceptions, particularly in relation to symptoms and diagnosis. The final assessment showed a statistically significant improvement and confirmed the effectiveness of the lectures and practical training. The results emphasise the importance of early, systematic knowledge transfer and regular testing as a prerequisite for ethically responsible and competence-oriented higher education.

Keywords: ethical education, cognitive competence, knee osteoarthritis, physiotherapy education, knowledge assessment

Fizioterapevtska obravnava pacienta po šivanju meniskusa

Poškodbe meniskusa so med najpogostejšimi poškodbami kolenskega sklepa, še posebej pri športno aktivni populaciji. Zaradi pomembne biomehanske vloge meniskusa in tveganja za razvoj osteoartritisa je kakovost rehabilitacije po šivanju meniskusa ključna za dolgoročno funkcionalnost kolena. Raziskava obravnava primerjavo fizioterapevtskih pristopov v prvi fazi rehabilitacije (0–6 tednov po operaciji) v različnih zdravstvenih ustanovah po Sloveniji, tako v javnem kot zasebnem sektorju. Uporabljena je bila kombinacija deskriptivne metode pregleda literature in empirične analize šestih primerov pacientov. Podatki so bili zbrani iz treh zasebnih in treh javnih ustanov, obravnavani pa so bili glede na skladnost z nacionalnim protokolom za rehabilitacijo po šivanju meniskusa. Rezultati kažejo, da so bili osnovni cilji prve faze – zmanjšanje bolečine in otekline, vzpostavitev popolnega iztega in doseganje fleksije do 90° – doseženi. V zasebnih ustanovah so pacienti praviloma hitreje napredovali, uporabljene so bile sodobnejše metode, terapije pa so bile bolj individualizirane. Javne ustanove so uporabljale metode, ki jih dovoljuje ZZZS v javnem zdravstvu. Raziskava potrjuje, da pospešeni, strokovno utemeljeni protokoli omogočajo enako varno, celo hitrejšo rehabilitacijo. Priporočljivo bi bilo večje usklajevanje med sektorji in uvedba poenotениh, z dokazi podprtih protokolov, ki bi pacientom omogočili optimalno okrevanje, ne glede na dostop do zasebne oskrbe.

Ključne besede: šivanje meniskusa, poškodba meniskusa, fizioterapija, rehabilitacijski protokol

Physiotherapeutic Treatment of a Patient after Meniscus Repair

Meniscus injuries are among the most common knee joint injuries, especially in physically active people. Due to the crucial biomechanical role of the meniscus and the risk of developing osteoarthritis, high-quality rehabilitation after meniscus repair is essential for long-term knee functionality. This seminar paper investigates and compares physiotherapy approaches during the first phase of rehabilitation (0–6 weeks after surgery) in different healthcare institutions in Slovenia, both in the public and private sector. A combination of descriptive literature review and empirical analysis of six patient cases was used. Data were collected in three private and three public facilities and checked for compliance with the national rehabilitation protocol after meniscus repair. The results show that the primary goals of the first phase - reduction of pain and swelling, achievement of full knee extension and achievement of 90° flexion - were generally achieved. In private clinics, patients tended to make faster progress, using modern therapeutic methods and personalised treatment plans. Public facilities used approaches approved by the ZZZS, which limited their approach. The study confirms that accelerated, evidence-based rehabilitation protocols enable a safer and faster recovery process. Greater coordination between sectors and the implementation of standardised, evidence-based protocols is recommended to ensure optimal recovery outcomes for all patients.

Keywords: meniscus repair, meniscus injury, physiotherapy, rehabilitation protocol

Zdravlje adolescenata u doba digitalne tehnologije

Eksponencijalni porast korištenja digitalne tehnologije među adolescentima izaziva sve veću zabrinutost stručne javnosti zbog mogućih štetnih posljedica na njihovo zdravlje. Cilj ovog pregleda literature jest istražiti i analizirati utjecaj korištenja digitalnih tehnologija na zdravlje adolescenata, s posebnim naglaskom na identifikaciju negativnih učinaka i potencijalnih rizika koji proizlaze iz prekomjerne ili nepravilne uporabe digitalnih tehnologija. Korišten je kvalitativni istraživački pristup temeljen na pregledu znanstvene literature koja se bavi utjecajem digitalnih tehnologija na zdravlje adolescenata. Istraživanje je provedeno u rujnu 2025. godine u bazi podataka Pubmed, pomoću ključnih riječi na hrvatskom i engleskom jeziku definiranih prema PICO modelu. Rezultati pokazuju kako prekomjerno i nekontrolirano korištenje digitalnih tehnologija u adolescenata može uvelike negativno utjecati na njihovo zdravlje te dovesti do razvoja prekomjerne tjelesne težine, poremećaja spavanja i hranjenja, sindroma računalnog vida, anksioznosti i depresije, digitalne ovisnosti i dr. Pretjerana upotreba digitalnih tehnologija negativno utječe na zdravlje adolescenata, što zahtijeva edukaciju o odgovornom korištenju na razini cijele zajednice ciljem promicanja digitalne pismenosti te poticanja odgovornog, savjesnog i kontroliranog korištenja digitalnih tehnologija.

Ključne riječi: adolescenti, digitalne tehnologije, zdravlje, medicinska sestra/tehničar

Adolescent Health in the Age of Digital Technology

The exponential increase in the use of digital technologies by young people is causing increasing concern among experts about the possible harmful effects on their health. The aim of this literature review is to investigate and analyse the impact of digital technology use on adolescents' health, with a focus on identifying negative effects and potential risks resulting from excessive or inappropriate use of digital technologies. A qualitative research approach was used, based on a review of the scientific literature addressing the impact of digital technologies on adolescent health. The search was conducted in September 2025 in the Pubmed database using keywords in Croatian and English defined according to the PICO model. The results show that excessive, long-term and inappropriate use of digital technologies among adolescents can severely affect their health and lead to the development of obesity, sleep and eating disorders, computer vision syndrome, anxiety and depression, digital addiction, etc. The excessive use of digital technologies has a negative impact on the health of young people. Therefore, it is necessary to educate about responsible use of digital technologies at the community level in order to promote digital literacy and encourage responsible, conscientious and controlled use of digital technologies.

Keywords: adolescents, digital technologies, health, nurse/technician

Igralna terapija v otroški bolnišnici na Švedskem

Igralna terapija kot terapevtska obravnava se vse bolj uveljavlja tudi pri zdravstveni obravnavi hospitaliziranega otroka. Namen prispevka je predstaviti kako igralna terapija poteka na Švedskem kot alternativa bolnišničnemu vrtcu v Sloveniji. Predstavljena je študija primera izbrane bolnišnice na terciarnem nivoju v regiji Stockholm. Igralna terapija je v omenjeni bolnišnici sestavni del hospitalizacije v pediatriji: zdravljenja in zdravstvene nege otroka, igralne terapevte pa sodelujejo z ostalimi zdravstvenimi strokovnjaki v okviru interdisciplinarnega tima. Igralno terapijo lahko tako razumemo kot pomemben element atravmatske obravnave hospitaliziranega otroka.

Ključne besede: igra, otrok, zdravstvena nega, igralna terapija

Play Therapy at a Children's Hospital in Sweden

Play therapy as a therapeutic approach is increasingly being established in the healthcare of hospitalised children. The purpose of this article is to present how play therapy is conducted in Sweden as an alternative to hospital kindergartens in Slovenia. A case study from a tertiary-level hospital in the Stockholm region is presented. In this hospital, play therapy is an integral part of paediatric hospitalisation, with play therapists collaborating with other healthcare professionals within an interdisciplinary team as part of the medical treatment and nursing of the child. Play therapy can thus be understood as an important element of atraumatic care for hospitalised children.

Keywords: play, child, nursing, play therapy

Uporabniška izkušnja pacientov s spletno vadbo za povečanje gibljivosti in krepitev mišic kolena

Osteoartrza kolenskega sklepa je eden vodilnih vzrokov za bolečino in omejeno gibljivost pri starejših odraslih. Vadba predstavlja temelj nefarmakološkega zdravljenja, a številni pacienti naletijo na ovire pri redni udeležbi v rehabilitacijskih programih. Telerehabilitacija se v tem kontekstu uveljavlja kot obetavna rešitev, ki omogoča izvajanje vaj na daljavo ob strokovni podpori. Namen prispevka je bil preučiti zadovoljstvo in uporabniško izkušnjo pacientov, ki so uporabljali spletno aplikacijo za vadbo kolenskega sklepa. V okviru randomizirane klinične študije smo analizirali odgovore 57 pacientov, starih nad 50 let, ki so po šesttedenskem programu telerehabilitacije izpolnili strukturiran vprašalnik. Raziskava je zajela oceno zadovoljstva, zaznane prednosti uporabe in razloge za zmanjšanje pogostosti vadbe. Rezultati kažejo visoko stopnjo zadovoljstva, zlasti glede časovne učinkovitosti, enostavne uporabe, občutka avtonomije in dostopa do strokovne podpore. Največje ovire za redno vadbo so bile povezane z zdravstvenim stanjem in osebnimi okoliščinami, ne pa s tehničnimi dejavniki. Ugotovitve potrjujejo pomen dobro zasnovane digitalne rešitve ter razlikovanje med zadovoljstvom kot subjektivnim doživljanjem in adherenco kot vedenjskim rezultatom. Študija ponuja izhodišče za nadaljnji razvoj telerehabilitacijskih pristopov v klinični praksi.

Ključne besede: telerehabilitacija, osteoartrza kolenskega sklepa, uporabniška izkušnja, zadovoljstvo pacientov, spletna aplikacija

Patient Experience with Online Exercise for Improving Knee Mobility and Strength

Knee osteoarthritis is one of the leading causes of pain and reduced mobility among older adults. Exercise is the cornerstone of non-pharmacological treatment; however, many patients encounter barriers to regular participation in rehabilitation programs. In this context, telerehabilitation has emerged as a promising solution, enabling remote exercise supported by healthcare professionals. The aim of this study was to examine patient satisfaction and user experience with a web-based exercise application for knee joint rehabilitation. As part of a randomized clinical study, we analysed the responses of 57 patients over the age of 50 who completed a structured questionnaire following a six-week telerehabilitation programme. The survey assessed satisfaction, perceived benefits, and reasons for reduced exercise frequency. Results revealed high levels of satisfaction, particularly in terms of time efficiency, ease of use, perceived autonomy, and access to professional support. The most common barriers to regular exercise were related to health conditions and personal circumstances, rather than technical issues. The findings underscore the importance of well-designed digital solutions and highlight the distinction between satisfaction as a subjective perception and adherence as a behavioural outcome. This study provides a foundation for further development and clinical implementation of telerehabilitation strategies.

Keywords: telerehabilitation, knee osteoarthritis, user experience, patient satisfaction, web-based application

Aplikacija MojaFizioterapija - funkcionalne in tehnične specifikacije

Digitalizacija v zadnjem času vse bolj spreminja naša življenja, tako zasebno, kot tudi poslovno. Utira si pot v vse pore človeške družbe, vpliva na obstoječe navade, delovne procese, ustvarja nova delovna mesta in ukinja stara. Zdravstvo je eno od področij, kjer digitalizacija prinaša številne koristi: združevanje podatkov o pacientih iz različnih virov, uporaba umetne inteligence pri diagnosticiranju, izvajanje storitev na daljavo itd. V prispevku je predstavljen načrt izvedbe aplikacije MojaFizioterapija, nadgradnja aplikacije MojeKoleno, ki je bila v obliki prototipa razvita v letu 2024 na Univerzi v Novem mestu. Aplikacija MojaFizioterapija je zastavljena širše, omogočala bo pripravo in izvedbo kakršnih koli fizioterapevtskih vaj za vse možne vrste poškodb in bolezenskih stanj. Namen prispevka je predstaviti vse ključne značilnosti aplikacije: uporabniške zahteve, podatkovni model in arhitekturo izvajanja. Podan načrt aplikacije zagotavlja arhitektom programske opreme, programerjem, podatkovnim analitikom in sistemskim administratorjem, kot tudi ostalim članom projektne skupine, dobra izhodišča za zagon razvojnih aktivnosti.

Ključne besede: spletne aplikacije, razvoj programske opreme, digitalizacija zdravstva

MojaFizioterapija Application - Functional and Technical Specifications

In recent times, digitalisation has increasingly changed our lives, both in our private and professional lives. It is permeating all areas of human society, influencing existing habits and work processes, creating new jobs and eliminating old ones. Healthcare is one of the areas in which digitalisation brings numerous benefits: Integration of patient data from different sources, use of artificial intelligence in diagnostics, remote provision of services, etc. This article presents the implementation plan for the MojaFizioterapija application, an extension of the MojeKoleno application, which was developed as a prototype at the University of Novo mesto in 2024. The MojaFizioterapija application is broader in scope and enables the preparation and performance of physiotherapy exercises for all possible types of injuries and diseases. This article presents all the main features of the application: User requirements, data model and execution architecture. The proposed application plan provides software architects, programmers, data analysts and system administrators, as well as other members of the project team, with a solid basis for initiating development activities.

Keywords: web applications, software development, digitalisation of the healthcare sector

Delavnica o spolni vzgoji za večjo ozaveščenosti pri mladostnikih

Spolna vzgoja mladostnikov predstavlja pomemben del celostnega pristopa k promociji spolnega in reproduktivnega zdravja. Učinkovite oblike izobraževanja, kot so interaktivne delavnice, lahko prispevajo k večji informiranosti ter razumevanju tveganj, povezanih s spolnim vedenjem. Namen raziskave je bil oceniti učinkovitost delavnice s področja spolne vzgoje pri dijakih srednje šole z vidika njihove subjektivne informiranosti o spolnosti. Raziskava je bila izvedena v obliki spletnega strukturiranega vprašalnika, ki ga je 111 dijakov ustrezno izpolnilo. Za analizo smo primerjali samooceno informiranosti o spolnosti pred in po delavnici. Povprečna samoocena informiranosti pred delavnico je bila 3,43 (SD = 0,95), po delavnici pa 3,94 (SD = 0,90). Povprečni napredek je znašal +0,51 točke. Mediana spremembe je bila 0, med tem ko 75. percentil kaže na napredek za vsaj 1 točko. Wilcoxonov test je pokazal statistično značilno razliko v informiranosti pred in po izvedbi delavnice ($W = 194$, $p < 0,001$). Delavnica se je, glede na pozitivne učinke pri izboljšanju zaznane informiranosti dijakov o spolnosti izkazala kot primeren način dopolnjevanja formalnih oblik spolne vzgoje v šolskem prostoru.

Ključne besede: spolna vzgoja, mladostniki, promocija spolnega in reproduktivnega zdravja

Workshop on Sex Education for Greater Awareness Among Adolescents

Adolescent sex education is a key component of a holistic approach to promoting sexual and reproductive health. Effective educational methods, such as interactive workshops, can increase awareness and understanding of the risks associated with sexual behaviour. The aim of this research was to assess the effectiveness of a workshop on sex education among secondary school students, focusing on their self-reported knowledge about sexuality. The survey was conducted using an online structured questionnaire, completed by 111 students. For analysis, we compared students' self-assessment of their knowledge about sexuality before and after the workshop. The average self-assessment score before the workshop was 3.43 (SD = 0.95), and after the workshop it was 3.94 (SD = 0.90). The average improvement was +0.51 points. The median change was 0, while the 75th percentile showed an improvement of at least 1 point. The Wilcoxon test indicated a statistically significant difference in self-reported knowledge before and after the workshop ($W = 194$, $p < 0.001$). Given the positive effects on students' perceived awareness of sexuality, the workshop proved to be an effective complement to formal sex education in schools.

Keywords: meniscus repair, meniscus injury, physiotherapy, rehabilitation protocol

Celostna obravnava otroka s kronično boleznijo z vidika medicinskih sester

Kronične bolezni pri otrocih so definirane kot stanja, ki trajajo eno leto ali več. Kronična bolezen pomembno poseže v otrokovo življenje in življenje njegove družine. Za otroka predstavlja kronični stres in s tem prinaša tveganje za pojav težav v čustvenem in socialnem funkcioniranju, ki so včasih lahko bolj obremenilne kot sama bolezen. Medicinska sestra pripomore k boljši kakovosti življenja in k aktivnejšemu sodelovanju otroka in njegove družine. V raziskavi smo preučili celostni pristop pri obravnavi kronično bolnega otroka, vlogo medicinske sestre, psihosocialne potrebe otroka in njegove družine. Ob vstopu otroka v zdravljenje ima medicinska sestra možnost in priložnost, da njemu, in družini pomaga soočiti se s težavami, ki so lahko v določenem trenutku videti neobvladljive ali nepremagljive. Pomaga pri prilagajanju na bolezen z vzpostavitvijo jasne in odprte komunikacije, zagotavljanju neposrednih in razumljivih informacij med vsemi udeleženi, prilagajanju zdravljenja potrebam otroka glede na njegov šolski urnik ter z aktivnim vključevanjem otroka v proces zdravljenja, kar spodbuja njegovo sodelovanje in občutek nadzora nad lastnim zdravljenjem.

Ključne besede: kronično bolan otrok, družina, medicinska sestra, sodelovanje

Comprehensive Treatment of Children with Chronic Diseases from the Perspective of Nurses

Chronic diseases in children are defined as illnesses that last a year or longer. Chronic illness has a significant impact on the life of the child and their family. It places a chronic burden on the child and therefore carries the risk of emotional and social dysfunction, which can sometimes be more stressful than the illness itself. Carers contribute to a better quality of life and more active involvement of the child and their family. In this study, we explored a holistic approach to the treatment of chronically ill children, the role of carers and the psychosocial needs of children and their families. When a child enters treatment, nurses have the opportunity to help both the child and his or her family cope with problems that may seem intractable or insurmountable at any given time. They help with adjustment to the illness by establishing clear and open communication, providing direct and understandable information to all involved, tailoring treatment to the child's needs in relation to their school schedule, and actively involving the child in the treatment process, which encourages their co-operation and sense of control over their own treatment.

Keywords: chronically ill child, family, nurse, co-operation

Najpogostejše metode dela z osebami z demenco v domovih za starejše in potrebe zaposlenih po izobraževanju

Demenca predstavlja vse večji izziv v dolgotrajni oskrbi, saj zahteva na posameznika osredinjen in individualiziran pristop. V raziskavi smo uporabili deskriptivno metodo in kvantitativni raziskovalni pristop z namenom preučiti najpogostejše uporabljene metode dela ter izobraževalne potrebe zaposlenih v zdravstveni negi. Podatke smo zbrali s strukturiranim vprašalnikom, ki ga je izpolnilo 104 izvajalcev zdravstvene nege. Rezultati kažejo, da ima 88 % anketiranih vsakodnevni stik z osebami z demenco, pri čemer se 42 % počuti nezadostno usposobljenih za delo z njimi. Med prepoznanimi metodami dela so izstopali Montessori pristop, validacija, bazalna stimulacija, glasbena terapija in individualizirani pristopi, medtem ko se v praksi najpogostejše uporabljajo pogovor, umirjen pristop in terapevtske dejavnosti. Kar 83 % zaposlenih ocenjuje delo z osebami z demenco kot zahtevno, še posebej tisti z daljšimi delovnimi izkušnjami. Večina (96 %) anketiranih izraža potrebo po dodatnem izobraževanju, kot optimalno pogostost pa navajajo izobraževanja vsakih 6 do 12 mesecev. Rezultati raziskave osvetljujejo razkorak med prepoznavanjem sodobnih metod dela in samozavestjo pri njihovi uporabi ter poudarjajo nujnost rednega, strukturiranega in ciljno usmerjenega izobraževanja zaposlenih na področju oskrbe oseb z demenco.

Ključne besede: sodobne metode dela, demenca, izvajalci zdravstvene nege, izobraževanje

The Most Common Methods for Working with People with Dementia in Care Homes and the Training Needs of Staff

Dementia is an increasing challenge in long-term care as it requires a person-centred and individualised approach. In this study, we used a descriptive method and a quantitative research design to investigate the most commonly used working methods and the educational needs of care staff. The data was collected using a structured questionnaire completed by 104 nurses. The results show that 88% of respondents deal with people with dementia on a daily basis, but 42% do not feel sufficiently qualified to work with them. Among the recognised working methods, the Montessori approach, validation, basal stimulation, music therapy and individualised approaches stand out, while in practise, conversations, a calm demeanour and therapeutic activities are most commonly used. A total of 83% of staff consider working with people with dementia to be challenging, especially those with longer work experience. The majority (96%) of respondents expressed a need for additional training, with an optimum frequency of training every 6 to 12 months indicated. The results highlight a gap between the recognition of modern care methods and confidence in their application and emphasise the need for regular, structured and targeted training for staff caring for people with dementia.

Keywords: modern working methods, dementia, healthcare providers, training

Zgodnji rehabilitacijski protokol po operaciji endoproteze kolena

Totalna endoproteza kolena (TKA) je ena najpogostejših in najučinkovitejših kirurških metod za zdravljenje napredovalne osteoartraze kolena. Uspešnost posega je v veliki meri odvisna od ustrezno izvedene rehabilitacije. Namen raziskave je bil pregledati in primerjati rehabilitacijske protokole v različnih slovenskih bolnišnicah v zgodnji fazi po TKA ter ugotoviti, katere metode se uporabljajo in kakšni so kriteriji za odpust pacientov. Podatki so bili zbrani s pomočjo vprašalnika, ki so ga izpolnili fizioterapevti iz treh ustanov. Rezultati so pokazali razlike pri začetku fizioterapije, uporabi kontinuiranega pasivnega gibanja (KPG), krioterapiji, kompresijskem povijanju in merilih za odpust. V vseh ustanovah se rehabilitacija začne zelo zgodaj, vendar se metode in intenzivnost obravnave razlikujejo. Ugotovljeno je bilo, da bi uvedba enotnih smernic, večja individualizacija vadbenih programov ter dosledno vključevanje aktivnih vaj pomembno izboljšalo obstoječe protokole. Ključno je tudi ozaveščanje o pomembnosti predoperativne priprave, krepitev mišice kvadriceps ter uravnotežene funkcionalne obremenitve za doseganje optimalnih izidov po operaciji.

Ključne besede: totalna endoproteza kolena, fizioterapija, rehabilitacijski protokol, zgodnja mobilizacija, bolnišnično zdravljenje

Protocol for Early Rehabilitation after Total Knee Arthroplasty

Total knee arthroplasty (TKA) is one of the most common and effective surgical procedures for the treatment of advanced knee arthrosis. However, the success of the operation depends heavily on the quality and timing of postoperative rehabilitation. The aim of this study was to review and compare rehabilitation protocols used in different Slovenian hospitals in the early phase after TKA, with special emphasis on therapeutic methods and discharge criteria. Data were collected by means of a questionnaire completed by physiotherapists from three healthcare institutions. The results revealed differences in the initiation of physiotherapy, the use of continuous passive motion (CPM), cryotherapy, compression bandaging and discharge standards. While early rehabilitation is initiated in all centres, the specific techniques and intensity of physiotherapy differ. The results suggest that the introduction of standardised but flexible protocols, the improvement of tailored exercise programmes and the consistent inclusion of active exercise could significantly improve current practise. Greater emphasis should also be placed on preoperative preparation, quadriceps strengthening and controlled functional loading to optimise postoperative outcomes.

Keywords: total knee arthroplasty, physiotherapy, rehabilitation protocol, early mobilisation, hospital care

Vloga operacijske medicinske sestre pri preprečevanju okužb, povezanih z zdravstvom, v operacijskem bloku

Okužbe, povezane z zdravstvom, predstavljajo enega najresnejših zapletov v kirurškem okolju, saj ogrožajo varnost pacientov ter povečujejo stroške zdravljenja in trajanje hospitalizacije. Operacijski blok velja za okolje z visokim tveganjem za prenos mikroorganizmov, zato je izvajanje preventivnih ukrepov ključnega pomena. Operacijska medicinska sestra ima pri preprečevanju teh okužb osrednjo vlogo, saj s svojim strokovnim znanjem, izkušnjami in natančnostjo pomembno vpliva na varnost pacienta. Namen prispevka je bil s pomočjo pregleda znanstvene in strokovne literature predstaviti najpomembnejše naloge in kompetence operacijske medicinske sestre na tem področju. Rezultati pregleda so pokazali, da so ključni ukrepi dosledna higiena rok, ustrezna uporaba osebne varovalne opreme, nadzor sterilnosti, spoštovanje protokolov ter aktivno sodelovanje pri zdravstveni vzgoji in izobraževanju v timu. Izpostavljena je tudi potreba po stalnem strokovnem izpopolnjevanju. Prispevek poudarja pomen celostnega in preventivnega pristopa, ki pomembno prispeva k zmanjšanju okužb in višji kakovosti zdravstvene obravnave.

Ključne besede: operacijska medicinska sestra, okužbe povezane z zdravstvom, preprečevanje okužb, operacijski blok

The Role of the Operating Theatre Nurse in the Prevention of Healthcare-Associated Infections in the Operating Theatre

Healthcare-associated infections are among the most serious complications in surgery, as they jeopardise patient safety and increase treatment costs and length of hospital stay. The operating theatre is considered a high-risk environment for the transmission of microorganisms, which makes the implementation of preventive measures essential. Operating theatre nurses play a central role in the prevention of these infections, as their expertise, experience and precision contribute significantly to patient safety. The aim of this paper was to review the scientific and professional literature to identify the key roles and competences of the theatre nurse in this area. The review revealed that the most important measures include consistent hand hygiene, proper use of personal protective equipment, sterility control, adherence to protocols and active participation in health education and team training. The need for continuous professional development is also emphasised. The article emphasises the importance of a comprehensive and preventative approach, which contributes significantly to reducing infections and improving the quality of patient care.

Keywords: theatre nurse, healthcare-associated infections, infection prevention, operating theatre, nursing care

Utjecaj ekstremnih vrućina na starije osobe s kroničnim bolestima

Klimatske promjene, osobito ekstremne vrućine, za zdravlje starijih osoba s kroničnim nezaraznim bolestima predstavljaju sve veći izazov. S pojavom sve češćih ekstremnih vrućina povećava se rizik od pogoršanja simptoma bolesti i potrebe za medicinskom intervencijom, a preventivna ponašanja postaju ključna u očuvanju zdravlja ove populacije. Cilj istraživanja je ispitati utjecaj ekstremnih vrućina na zdravstveno stanje i svakodnevne navike osoba starijih od 60 godina koje imaju najmanje jednu kroničnu nezaraznu bolest. Anonimna online anketa provedena je u razdoblju od srpnja do kolovoza 2025. godine. Upitnik je obuhvatio demografske podatke, postojeće dijagnoze, subjektivnu procjenu simptoma tijekom ekstremnih vrućina, korištenje preventivnih mjera te podatke o eventualnim hospitalizacijama. Očekuje se da će rezultati ukazati na čestu pojavu pogoršanja simptoma tijekom razdoblja ekstremnih vrućina kao i na razlike u preventivnim navikama među ispitanicima. Analiza će pružiti uvid u povezanost između klimatskih uvjeta i zdravstvenih problema starijih osoba s kroničnim nezaraznim bolestima. Dobiveni rezultati mogu doprinijeti boljem razumijevanju potrebe za personaliziranim preventivnim preporukama i osnaživanju lokalnih zajednica u pripremi na klimatske promjene koje pogađaju stariju populaciju, posebice onu s kroničnim nezaraznim bolestima.

Ključne besede: klimatske promjene, starije osobe, kronične nezarazne bolesti, ekstremne vrućine, preventivno ponašanje

Effects of Extreme Heat on Older Adults with Chronic Diseases

Climate change, particularly extreme heat, poses an increasing challenge to the health of older adults with chronic non-communicable diseases (NCDs). As the frequency of heatwaves increases, so does the risk of exacerbation of symptoms and the need for medical intervention, while preventive behaviours become increasingly important for maintaining the health of this population. The aim of this study is to investigate the impact of extreme heat on the health status and daily habits of people over the age of 60 who have at least one NCD. An anonymous online survey was conducted from July to August 2025. The questionnaire included demographic data, existing diagnoses, subjective assessment of extreme heat symptoms, use of preventive measures and information on possible hospitalisations. The results are expected to indicate a frequent exacerbation of symptoms during periods of extreme heat and differences in the prevention habits of respondents. The analysis will shed light on the relationship between climatic conditions and health problems in older adults with NCDs. The results may contribute to a better understanding of the need for personalised prevention recommendations and to empower local communities in preparing for climate-related challenges affecting the older population, especially those with NCDs.

Keywords: climate change, older adults, chronic non-communicable diseases, extreme heat, prevention behaviour

Socialna intervencija kot determinanta kakovosti življenja pri onkoloških bolnicah z diagnozo raka dojke

Ocena kakovosti življenja (QoL) pri preživelih bolnicah z rakom dojke je pomemben del onkološke oskrbe. Socialna podpora, vključno z udeležbo v podpornih skupinah, lahko pomembno vpliva na več razsežnosti kakovosti življenja. Cilj študije je primerjava kakovosti življenja žensk z rakom dojke v povezavi z njihovo udeležbo v podpornih skupinah. V študijo je bilo vključenih 135 bolnic z rakom dojke, ki so bile rekrutirane v onkoloških ambulantah v Prešovu in Košicah. Podatki so bili zbrani s standardiziranim vprašalnikom, ki je ocenjeval različna področja kakovosti življenja s poudarkom na psiholoških in socialnih dimenzijah. Udeleženske so bile razdeljene v dve skupini glede na njihovo udeležbo v skupinah za samopomoč. Ženske, ki so sodelovale v skupinah za samopomoč, so poročale o znatno boljših psiholoških rezultatih, zlasti v zvezi s telesno podobo. V socialni dimenziji je bila vključenost v skupine za samopomoč povezana z bolj pozitivnim dojemanjem spolnega življenja in zaznано večjo socialno podporo. Na splošno so udeleženske v skupinah za samopomoč dosegle višje ocene za psihološko odpornost in kakovost socialnih odnosov. Socialna podpora, ki jo nudijo podporne skupine, ima pozitiven vpliv na psihološko počutje in socialno delovanje žensk z rakom dojke. Takšni ukrepi omogočajo boljše spoprijemanje s spremembami v intimnih in družinskih odnosih ter izboljšajo duševno in telesno zdravje med preživetjem.

Ključne besede: kakovost življenja, rak dojke, nega, socialna podpora, onkologija

Social Intervention as a Determinant of Quality of Life in Oncology Patients Diagnosed with Breast Cancer

Quality of life (QoL) assessment in breast cancer survivors is an important component of oncological care. Social support, including participation in support groups, can significantly influence several dimensions of QoL. The aim was to compare the quality of life of women with breast cancer in relation to their participation in support groups. The study involved 135 breast cancer patients recruited from oncological outpatient clinics in Prešov and Košice. The data was collected using a standardised questionnaire that assessed different areas of quality of life with a focus on psychological and social dimensions. The participants were divided into two groups based on their utilisation of self-help groups. Women who participated in self-help groups reported significantly better results in the psychological dimension, particularly in relation to body image. In the social dimension, the use of self-help groups was associated with a more positive perception of sexual life and greater perceived social support. Overall, participants in self-help groups had higher scores for psychological resilience and quality of social relationships. The social support provided by support groups has a positive impact on the psychological well-being and social functioning of women with breast cancer. Such interventions help to better cope with changes in intimate and family relationships and improve mental and physical health during survivorship.

Keywords: quality of life, breast cancer, caregiving, social support, oncology

Uporaba digitalnih in interaktivnih zdravstvenovzgojnih gradiv pri učenju samokateterizacije: pregled literature

Samokateterizacija je ključen postopek pri pacientih z urološkimi stanji, pri čemer je ustrezna zdravstvena vzgoja bistvena za preprečevanje zapletov. V zadnjem desetletju se vse pogosteje uporabljajo digitalna in interaktivna zdravstvenovzgojna gradiva, katerih učinkovitost še ni celovito raziskana. Namen pregleda je bil analizirati literaturo o uporabi teh gradiv pri učenju in izvajanju samokateterizacije. Izveden je bil pregled literature v bazah Web of Science, PubMed in CINAHL. Vključene so bile raziskave med letoma 2015 in 2024. Končna analiza je zajela 5 člankov. Pregled je bil izveden v skladu s PRISMA smernicami, kakovost raziskav pa je bila ocenjena z JBI orodji. Vključenih je bilo 5 raziskav: dve randomizirani kontrolirani, dve pregledni in ena kvazi-eksperimentalna. Uporaba videoposnetkov, mobilnih aplikacij in simulacijskih orodij je izboljšala praktične veščine, samozavest ter znanje pacientov. Digitalna gradiva so prispevala k zmanjšanju okužb sečil, bolečine in težav pri izvedbi kateterizacije. Digitalna in interaktivna gradiva pozitivno vplivajo na učenje samokateterizacije, vendar je področje še vedno raziskovalno podhranjeno. Pomanjkanje primerjav s tradicionalnimi metodami in vprašanja dolgoročne učinkovitosti ostajajo omejitve. Izziv predstavljata tudi digitalna pismenost in dostopnost tehnologije. Potrebne so nadaljnje raziskave za oceno dolgoročnih učinkov in vpliva na kakovost življenja pacientov.

Ključne besede: samokateterizacija, digitalna pismenost, zdravstvena vzgoja

Using Digital and Interactive Teaching Materials to Teach Self-Catheterisation: a Literature Review

Self-catheterisation is an important procedure for patients with urological conditions where appropriate health education is essential to prevent complications and promote independence. In recent years, digital and interactive educational materials have become increasingly available, but their effectiveness has not yet been sufficiently researched. The aim of this study was to analyse the use of such materials in learning and performing self-catheterisation. A literature search was conducted in the Web of Science, PubMed and CINAHL databases, including studies published between 2015 and 2024. Five articles were analysed. The review followed the PRISMA guidelines and the quality of the studies was assessed using the JBI tools. Five studies were included: two randomised controlled trials, two reviews and one quasi-experimental study. The use of videos, mobile applications and simulation tools improved patients' practical skills, confidence and knowledge. Digital resources also helped to reduce urinary tract infections, pain and difficulties with catheterisation. Digital and interactive educational materials have a positive impact on learning self-catheterisation, increasing confidence and reducing complications. However, research in this area is still limited. The lack of comparability with conventional methods and uncertainty about long-term effectiveness remain the biggest limitations. Challenges also include digital literacy and accessibility of the technology. Further studies are needed to assess long-term effects and impact on patients quality of life.

Keywords: self-catheterisation, digital literacy, health education

Potencial na umetni inteligenci temelječe programske opreme za izboljšanje kakovosti diagnosticiranja v fizioterapiji

Umetna inteligenca (UI) je aktualna potencialno uporabna oblika informacijske tehnologije. Eden od potencialnih načinov uporabe UI v zdravstvu je pohitrenje in olajšanje diagnosticiranja ter posledično načrtovanja terapije. Fizioterapevti kot neodvisni zdravstveni strokovnjaki so eni od potencialnih uporabnikov takega sistema. Da bi ugotovili verodostojnost UI kot metode, namenjene pomoči pri diagnosticiranju, smo izvedli sistematični pregled literature. V sistematični pregled literature so bile vključene raziskave, ki so ugotovljale zanesljivost umetne inteligence pri postavljanju diagnoze. Pregledani so bili obstoječi znanstveni članki, pridobljeni iz podatkovne baze PubMed. Iskanje v bazi PubMed je vmilo 101 zadetek. Po ročnem pregledu naslovov in izvlečkov je ostalo 10 raziskav, po pregledu raziskav v celotnem besedilu pa 9. Zaradi neustrezne intervencije so bile izključene še 3 raziskave. Vključenih je bilo 6 raziskav. Priporočljivo je, da se UI zaradi izziva, ki ga predstavlja razložljivost rezultatov, pridobljenih na podlagi koncepta strojnega učenja, obravnava kot vzporednico človeškim ekspertom in ne kot nadomestilo. V vključenih raziskavah je UI manj izkušenim strokovnjakom pripomogla k njihovemu znanju na način, da je natančnost njihovih rezultatov postala primerljiva z rezultati bolj izkušenih strokovnjakov.

Ključne besede: umetna inteligenca, diagnoza, natančnost

Potential of Artificial Intelligence-Based Software to Improve the Quality of Diagnostics in Physiotherapy

Artificial intelligence (AI) is a current, potentially useful form of information technology. One of the potential applications of AI in healthcare is to speed up and facilitate diagnosis and thus therapy planning. Physiotherapists, as independent healthcare professionals, are among the potential users of such a system. To determine the validity of AI as a method to support diagnosis, we conducted a systematic literature review. The systematic literature search included studies that assessed the reliability of artificial intelligence in diagnosis. A search of the PubMed database yielded 101 hits. After a manual review of the titles and abstracts, 10 studies remained, and after a review of the full text, 9 studies remained. Three studies were excluded due to insufficient intervention. Six studies were included. It is recommended that AI be considered as a supplement to, rather than a replacement for, human experts, as it is difficult to explain the results obtained based on the concept of machine learning. In the included studies, AI helped less experienced professionals to increase their knowledge so that the accuracy of their results became comparable to that of more experienced professionals.

Keywords: artificial intelligence, diagnosis, accuracy

Odpornost proti antibiotikom – od starodavnih genov do globalne krize

Odpornost mikrobov proti zdravilom (AMR) predstavlja resno grožnjo globalnemu zdravju, zato je namen prispevka predstavitev celovitih ukrepov in strategij za ozaveščanje o AMR. Čeprav so mehanizmi AMR evolucijsko zelo stari, je selekcijski pritisk zaradi obsežne uporabe antibiotikov/protimikrobnih sredstev v klinični in veterinarski medicini, v kmetijstvu in potrošniških izdelkih pospešil nastajanje in širjenje AMR v velikih razsežnostih. Kriza AMR je posledica prilagoditvenih mehanizmov mikroorganizmov, ki povzročajo zmanjšano občutljivost mikroorganizmov proti antibiotikom/protimikrobnim sredstvom. Preobsežna uporaba antibiotikov je preko mehanizmov prenosa genov in mehanizmov selekcijskega pritiska privedla do nastanka mikroorganizmov, odpornih proti več protimikrobnim učinkovinam. Širjenje AMR presega klinično okolje in vključuje okoljske rezervoarje, vključno z odpadnimi vodami, kmetijskimi obrati, verigami prehranske proizvodnje itd. Strategije za obvladovanje AMR so vključene v globalni program »Eno zdravje«, ki naslavlja pristope za zdravje ekosistema kot celote. Intervencije vključujejo programe odgovornega upravljanja z antibiotiki, nadzor nad uporabo protimikrobnih zdravil ter ciljne pobude za dvig zdravstvene pismenosti. S takšnimi pristopi lahko zmanjšamo neprimerno uporabo antibiotikov, upočasnimo širjenje AMR in ohranimo terapevtsko učinkovitost antibiotikov za prihodnje generacije.

Ključne besede: odpornost mikrobov proti zdravilom (AMR), antibiotiki, pristop Eno zdravje, programi odgovornega upravljanja, zdravstvena pismenost

Antimicrobial Resistance – From Ancient Genes to a Global Crisis

Antimicrobial resistance (AMR) poses a serious threat to global health and requires urgent awareness and implementation of comprehensive measures. Although the mechanisms of antimicrobial resistance are evolutionarily very old/conserved, selection pressure due to the extensive use of antibiotics/antimicrobials in clinical and veterinary medicine, agriculture and consumer products has accelerated the emergence of antimicrobial resistance to an unprecedented extent. The AMR crisis is a consequence of adaptation mechanisms of microorganisms that lead to a reduced sensitivity of microorganisms to antibiotics/antimicrobial agents. Excessive use of antibiotics has led to the emergence of microorganisms resistant to multiple antimicrobial agents through mechanisms of gene transfer and selection pressure. The spread of AMR goes beyond the clinical setting and also includes environmental reservoirs such as wastewater, agricultural facilities, food production chains, etc. AMR management is implemented as part of the "One Health" programme, which addresses approaches for the health of the ecosystem as a whole. Measures include antibiotic stewardship programmes, use control and targeted health literacy initiatives. With such approaches, we can reduce the inappropriate use of antibiotics, slow the spread of antibiotic resistance and preserve the therapeutic efficacy of antibiotics for the future.

Keywords: antimicrobial resistance (AMR), antibiotics, One Health approach, antimicrobial stewardship, health literacy

Fizioterapevtska obravnava pacienta z artrozo kolena

Artroza kolena je ena najpogostejših kroničnih bolezni starejših in predstavlja pomemben zdravstveni izziv. Glavni simptomi vključujejo bolečino, okorelost in zmanjšano gibljivost sklepa, kar pomembno vpliva na kakovost življenja bolnikov. Namen prispevka je preučiti fizioterapevtsko obravnavo pacientov z artrozo kolena v različnih fizioterapevtskih ustanovah v Sloveniji. Uporabljena je bila deskriptivna metoda raziskovanja, podatki pa so bili zbrani z intervjuji diplomiranih fizioterapevtov. Cilji raziskave so bili: primerjati protokole fizioterapevtskih obravnav znotraj Slovenije in jih primerjati z mednarodnimi smericami ter praksami. Ugotovljeno je bilo, da se slovenske prakse večinoma ujemajo z mednarodnimi priporočili – največji poudarek je na vadbi za krepitev mišic, gibljivost in ravnotežje. Dopolnilne terapije, kot so TENS, ultrazvok in laser, se pogosto uporabljajo, čeprav nekatere mednarodne smernice njihovo učinkovitost postavljajo pod vprašaj. Poleg tega je bilo opaženo, da je vloga edukacije pacienta premalo izkoriščena. Rezultati kažejo, da je fizioterapija ključna pri obvladovanju artroze kolena, a obstaja prostor za izboljšave, zlasti na področju dodatnih edukacijskih strategij in bolj usmerjenega prilagajanja terapije posamezniku. Raziskava prispeva k razumevanju aktualnih praks in odpira možnosti za nadaljnji razvoj fizioterapevtskih protokolov.

Ključne besede: artroza kolena, edukacija pacienta, dopolnilne terapije, slovenska praksa, mednarodne smernice

Physiotherapeutic Treatment of a Patient with Knee Osteoarthritis

Knee osteoarthritis is one of the most common chronic conditions in older people and represents a major public health challenge. The main symptoms include pain, stiffness and limited joint mobility, which significantly affect the patient's quality of life. This seminar paper examines the physiotherapy treatment of patients with knee osteoarthritis, focussing on different physiotherapy facilities in Slovenia. A descriptive research method was used and data was collected through interviews with qualified physiotherapists. The main objective was to compare the physiotherapy protocols in Slovenia and to assess the extent to which they are in line with international guidelines and practises. The results show that Slovenian practises are largely in line with global recommendations, with a focus on muscle strengthening, mobility and balance exercises. Complementary therapies such as TENS, ultrasound and laser are widely used, although some international guidelines question their effectiveness. In addition, the role of patient education appears to be underutilised. The results confirm that physiotherapy plays an important role in the treatment of knee osteoarthritis, but that there is room for improvement, particularly in improving education strategies and personalising treatment. This study contributes to the understanding of current physiotherapy practise in Slovenia and identifies potential areas for further development and optimisation of treatment protocols.

Keywords: knee osteoarthritis, patient education, complementary therapies, Slovenian practise, international guidelines

Goran Mošić

Balkanska asocijacija medicinskih sestara tehničara i babica

Mirjana Blanuša

Udruženje zdravstvenih radnika i saradnika Republike Srbije »Eskulap«, Beograd

Značaj regionalne saradnje između fakulteta i udruženja u edukaciji medicinskih sestara

Današnje sestrinstvo favorizuje edukaciju kao prioritet u profesionalnom životu medicinskih sestara. Obrazovanje medicinskih sestara je prioritet modernih država. Nacionalne obrazovne politike se temelje na konceptu doživotnog učenja, tj. društvo koje uči. Kada se govori o značaju regionalne saradnje fakulteta i sestrinskih udruženja on je višestruk, posebno u kontekstu jačanja zdravstvenih sistema, unapređenja obrazovanja i profesionalnog razvoja medicinskih sestara. Cilj rada je izdvojiti nekoliko ključnih tačaka, pre svega unapređenje obrazovanja i razmena znanja iz oblasti zdravstvene nege, pa preko mobilnosti kadrova do harmonizacije nastavnih planova, jačanja profesionalnih standarda u okviru sestrinstva i etike pa do rada na zajedničkim projektima i istraživanjima. Regionalna saradnja fakulteta i sestrinskih udruženja nije samo poželjna, već je neophodna za razvoj savremenog i održivog zdravstvenog sistema. Ona doprinosi jačanju kapaciteta, unapređenju kvaliteta usluga i izgradnji profesionalne zajednice koja je spremna, da odgovori na sve izazove savremenog zdravstva.

Ključne reči: zdravstveni sistemi, sestrinstvo, obrazovanje medicinskih sestara, profesionalni standardi

The Importance of Regional Cooperation between Faculties and Associations in the Education of Nurses

In today's nursing profession, training has a high priority in the professional life of nurses. The education of nurses is a priority of modern countries. National education policy is based on the concept of lifelong learning, i.e. a learning society. The importance of regional co-operation between faculties and nursing associations is manifold, especially in the context of strengthening healthcare systems, improving education and professional development of nurses. We would like to highlight some key points, especially the improvement of education and the exchange of knowledge in the field of healthcare, through staff mobility, the harmonisation of curricula, the strengthening of professional standards in nursing and ethics, and work on joint projects and research. Regional co-operation between faculties and nursing associations is not only desirable, but necessary for the development of a modern and sustainable healthcare system. It helps to strengthen capacity, improve the quality of services and build a professional community that is ready to respond to all the challenges of modern healthcare.

Keywords: health systems, nursing, nursing education, professional standards

Kakovost življenja bolnikov z rakom glave in vratu

Diagnostika raka glave in vratu (H&N) je izredno težka, zlasti zaradi raznolikosti anatomskih struktur in njihovega funkcionalnega pomena. Glede na lokacijo imajo tumorji različne poteke napredovanja, simptome in učinke na osnovne življenjske funkcije, kot so dihanje, prehranjevanje in govor. Ti dejavniki pomembno vplivajo na kakovost življenja bolnikov kot tudi na njihovo splošno preživetje. Članek predstavlja rezultate kvantitativne raziskave, ki je namenjena oceni kakovosti življenja bolnikov s tumorji glave in vratu. Uporabljeni so bili standardizirani vprašalniki EORTC QLQ-C30 in EORTC QLQ-H&N35. Rezultati potrjujejo visoko prevalenco simptomov, kot so bolečina, utrujenost, motnje spanja, izguba telesne teže, problemi z zobmi, zmanjšanje spolne aktivnosti in finančne težave. Psihološke in socialne posledice bolezni se kažejo v zaskrbljenosti zaradi videza, težavah z govorom, občutkih sramu, zmanjšani energiji, omejenih socialnih stikih in čustveni stiski. Na podlagi rezultatov priporočamo zgodnjo rehabilitacijsko podporo in interdisciplinarno zdravniško oskrbo, ki vključuje medicinske sestre, nutricioniste, fizioterapevte, psihologe in logopede. Potreben je poudarek na krepitevi samozavesti bolnika, vključevanje v skupnost in seznanjanje s skupinami za samopomoč, ki nudijo čustveno, socialno in praktično podporo.

Ključne besede: rak glave in vratu, kakovost življenja, oskrba

Quality of Life in Patients with Head and Neck Cancer

Cancers of the head and neck (H&N) are an extremely difficult group to diagnose, particularly in view of the variety of anatomical structures and their functional significance. Depending on their location, tumours have different progressions, symptoms and effects on basic life functions such as breathing, eating and speech. These factors have a significant impact on patients' quality of life and also influence their overall survival. This article presents the results of a quantitative survey designed to assess the quality of life of patients with head and neck tumours. The standardised questionnaires EORTC QLQ-C30 and EORTC QLQ-H&N35 were used. The results confirm a high prevalence of symptoms such as pain, fatigue, sleep disturbances, weight loss, dental problems, decrease in sexual activity and financial difficulties. The psychological and social consequences of the disease manifest themselves in anxiety about appearance, speech problems, feelings of shame, reduced energy, limited social contact and emotional distress. Based on the results, we recommend early rehabilitation support and interdisciplinary care by doctors, nurses, nutritionists, physiotherapists, psychologists and speech therapists. Emphasis should be placed on strengthening the patient's self-esteem, community involvement and familiarisation with self-help groups that provide emotional, social and practical support.

Keywords: head and neck cancer, quality of life, care

Integracija koncepta osredotočenosti na pacienta v proces zdravstvene nege

Osredotočenost na pacienta predstavlja enega temeljnih pristopov sodobne zdravstvene nege, ki pomembno prispeva k višji kakovosti, večji varnosti pacientov ter izboljšanju zadovoljstva pacientov in njihovih svojcev. V prispevku so predstavljena teoretična izhodišča, razvoj koncepta osredotočenosti na pacienta ter ključna načela, kot so spoštovanje, partnerski odnos, dvosmerna komunikacija in vključevanje svojcev. Empirični del temelji na kvalitativni raziskavi, izvedeni s polstrukturiranimi intervjuji med petimi zdravstvenimi delavci. Rezultati kažejo, da zdravstveni delavci koncept razumejo kot celostno obravnavo posameznika, ki vključuje aktivno vključevanje pacienta v proces odločanja. Med glavnimi izzivi so pomanjkanje časa, kadrovske omejitve in neenotnost v timu. Ugotovitve potrjujejo, da je za uspešno udejanjanje osredotočenosti na pacienta ključno kontinuirano izobraževanje, timsko sodelovanje in ustrezna organizacijska podpora.

Ključne besede: osredotočenost na pacienta, zdravstvena nega, komunikacija, vključevanje pacienta, kakovost oskrbe

Integrating the Concept of Patient-Centred Care into the Care Process

Patient-centred care is one of the fundamental approaches in modern nursing care, which contributes significantly to a higher quality of care, improved patient safety and greater satisfaction for patients and their relatives. This article presents the theoretical foundations, the historical development of the concept and the most important principles such as respect, partnership, two-way communication and family involvement. The empirical part is based on a qualitative study with semi-structured interviews with five healthcare professionals. The results show that patient-centred care is understood as holistic care in which patients are actively involved in the decision-making process. Lack of time, limited staff resources and inconsistency within healthcare teams were cited as the biggest challenges. The results confirm that successful implementation requires continuous training, interdisciplinary collaboration and appropriate organisational support.

Keywords: patient-centred care, care, communication, patient involvement, quality of care

Načrtovanje izobraževalnih programov za nego bolnikov s sladkorno boleznijo tipa 2

Raziskava obravnava načrtovanje neformalnih izobraževalnih programov za diplomirane medicinske sestre v enotah intenzivne terapije, s poudarkom na zdravstveni negi bolnikov s sladkorno boleznijo tipa 2. Predstavljene so značilnosti kroničnih bolezni in pomen stalnega izobraževanja odraslih. Empirični del zajema raziskavo med medicinskimi sestrami, ki je pokazala dobro osnovno, a površinsko znanje o obravnavi sladkornega bolnika, ter potrebo po poglobljenih, strukturiranih izobraževanjih. Na podlagi rezultatov je predlagan program, ki osvežuje klinično znanje in krepi praktične spretnosti s ciljem zagotavljanja kakovostne nege in zmanjševanja zapletov. Prispevek poudari pomen kontinuiranega, vsebinsko prilagojenega učenja za varno in učinkovito klinično prakso.

Ključne besede: izobraževalni programi, sladkorna bolezen tipa 2, načrtovanje

Planning Educational Programmes for the Care of Patients with Type 2 Diabetes

The project paper deals with the planning of non-formal education programmes for registered nurses in intensive care units, with a focus on the care of patients with type 2 diabetes. The characteristics of chronic diseases are outlined and the importance of continuous adult education is emphasised. The empirical part includes a survey of nurses, which revealed a solid but superficial basic knowledge of caring for diabetic patients and the need for in-depth, structured training. Based on the findings, a programme is proposed to refresh clinical knowledge and strengthen practical skills to ensure high quality care and reduce complications. The paper emphasises the importance of continuous, content-tailored training for safe and effective clinical practise.

Keywords: training programmes, type 2 diabetes mellitus, planning

Uporaba aromaterapije kot komplementarne oblike v zdravstvu

Aromaterapija je komplementarna terapevtska metoda, ki vključuje uporabo eteričnih olj, pridobljenih iz različnih rastlinskih izvlečkov. Ta visoko koncentrirana in hlapna fitokemijska sredstva delujejo predvsem preko modulacije limbičnega sistema, ki je ključen za uravnavanje čustvenih odzivov, razpoloženja in hormonskega ravnovesja. Najpogostejši načini aplikacije vključujejo inhalacijo in masažo. Eterično olje sivke, ki vsebuje linalool in linalil acetat, je še posebej relevantno zaradi svojih anksiolitičnih in sedativnih učinkov. Poznamo tri glavne pristope, ki se delijo na medicinsko, holistično in klinično aromaterapijo. Empirične študije podpirajo učinkovitost aromaterapije pri izboljšanju kakovosti spanja, zmanjševanju anksioznosti ter izboljšanju psihosocialnega počutja pacientov, zlasti v populacijah z onkološkimi, psihiatričnimi in kritičnimi stanji. Zaradi visoke koncentracije eteričnih olj je nujna previdnost pri njihovi uporabi, saj lahko neustrezna aplikacija privede do neželenih učinkov, kot so glavobol in alergijske reakcije. Kljub potencialnim koristim pa formalno izobraževanje zdravstvenih delavcev na področju aromaterapije ostaja omejeno. Medicinske sestre izkazujejo velik interes za dodatno strokovno usposabljanje, kar predstavlja pomembno priložnost za izboljšanje integracije aromaterapije v standardno klinično prakso.

Ključne besede: aromaterapija, eterična olja, komplementarno zdravljenje, nespečnost

Use of Aromatherapy as a Complementary Form of Medicine

Aromatherapy is a complementary therapeutic method that uses essential oils extracted from various plants. These highly concentrated and volatile phytochemicals work primarily by modulating the limbic system, which is crucial for regulating emotional responses, mood and hormonal balance. The most common forms of administration are inhalation and massage. Lavender essential oil, which contains linalool and linalyl acetate, is particularly characterised by its anxiolytic and sedative properties. There are three main approaches to aromatherapy: medicinal, holistic and clinical. Empirical studies demonstrate the effectiveness of aromatherapy in improving sleep quality, reducing anxiety and improving the psychosocial well-being of patients, especially those with oncological, psychiatric and critical illnesses. Due to the high concentration of essential oils, caution should be exercised when using them, as improper use can lead to adverse effects such as headaches and allergic reactions. Despite their potential benefits, formal training in aromatherapy for healthcare professionals remains limited. Nurses express a strong interest in continuing professional development, which represents an important opportunity to improve the integration of aromatherapy into standard clinical practise.

Keywords: aromatherapy, essential oils, complementary medicine, insomnia

Dojenje v romski skupnosti

Dojenje je izrednega pomena za zdravje in optimalen razvoj otrok. Priporočilo UNICEF-a in številnih drugih strokovnih združenj je, da naj bi bili otroci izključno dojeni prvih šest mesecev življenja in nato ob dopolnilni prehrani do 2 let ali več. Na trajanje dojenja vpliva veliko dejavnikov, ki imajo lahko pozitiven ali negativen učinek. Z raziskavo smo želeli ugotoviti, koliko časa dojijo Rominje in kateri dejavniki na to vplivajo. Raziskava je potekala v obliki strukturiranega intervjuja. Sodelovalo je 30 romskih žensk iz dveh romskih naselij na jugovzhodu Slovenije. Njihova povprečna starost je 33 let. Skupaj so rodile 86 otrok. Povprečno trajanje dojenja je bilo 49,35 tednov. 20 otrok ni bilo dojenih, 26 otrok pa po manj kot en teden. Najpogostejši vzrok za prenehanje dojenja je bilo prepričanje, da ima mati premalo mleka. Povprečna starost žensk ob prvem porodu je bila 18,3 let. Najnižja starost ob prvem porodu je bila 12 let, najvišja pa 30 let. 12 mater (40 %) je rodilo pred dopolnjenim osemnajstim letom starosti. Velik delež, 92,6 % intervjuvank je kadilk. Niti ena intervjuvanka ni obiskovala Šole za starše. O koristih dojenja je večina slišala v porodnišnici in kasneje v pediatričnem dispanzerju, polovica pa tudi od svoje matere, babice ali tašče. Le dve sta navedli tudi internet. Vendar pa so Rominje v intervjuvani skupini dojile le kratek čas. Potrebno je izboljšati osveščenost Romov o pomenu dojenja in jim približati preventivne programe.

Ključne besede: dojenje, rizične skupine, preventivni programi

Breastfeeding in the Roma Community

Breastfeeding is extremely important for the health and optimal development of children. The recommendation of UNICEF and many other professional organisations is that children should be exclusively breastfed for the first six months of life and then given complementary foods until the age of two or older. There are many factors that have a positive or negative effect on the duration of breastfeeding. The aim of the study was to find out how long Roma women breastfeed and which factors influence this. The study was conducted in the form of a structured interview. 30 Roma women from two Roma settlements in south-east Slovenia took part. Their average age is 33 years. Together they have given birth to 86 children. RESULTS. The average duration of breastfeeding was 49.35 weeks. 20 infants were not breastfed and 26 infants were breastfed for less than one week. The most common reason for stopping breastfeeding was the belief that the mother did not have enough milk. The average age of women at first birth was 18.3 years. The minimum age at first birth was 12 years, the maximum age 30 years. 12 mothers (40%) gave birth before the age of eighteen. A large proportion, 92.6% of respondents, are smokers. None of the respondents had attended parenting classes. Most of them heard about the benefits of breastfeeding in the maternity clinic and later in the paediatric clinic, half of them also from their mother, grandmother or mother-in-law. Only two also mentioned the internet. However, the Roma women in the surveyed group only breastfed for a short time. It is necessary to improve Roma awareness of the importance of breastfeeding and to introduce them to prevention programmes.

Keywords: breastfeeding, risk groups, prevention programmes

Z dokazi podprta fizioterapija – mnenja, ovire in spodbujevalni dejavniki pri vpeljavi v prakso

V preteklosti je fizioterapevtska stroka temeljila predvsem na izkušnjah dobre prakse, danes pa se v ospredje vse bolj postavlja pomembnost z dokazi podprte fizioterapije. Z dokazi podprta fizioterapija oziroma DPF je relativno nov, a vse bolj popularen koncept na področju fizioterapije in rehabilitacije. Kljub temu, pa jasna in enotna definicija še ni znana. Svetovno združenje fizioterapevtov z dokazi podprto fizioterapijo definira kot integracijo znanstvenih dokazov, kliničnih izkušenj in želj pacientov ob upoštevanju prepričanj, vrednot ter kulturnih kontekstov lokalnega okolja. Empirični del: S sistematičnim pregledom literature smo ugotavljali, kakšen odnos imajo fizioterapevti do koncepta z dokazi podprte fizioterapije, kaj jih pri vpeljavi ovira ter kaj bi jih spodbudilo. Večina vključenih fizioterapevtov meni, da so dokazi pomemben dejavnik pri sprejemanju kliničnih odločitev ter služijo kot pomemben dejavnik pri sprejemanju kliničnih odločitev ter fizioterapevtom ne predstavlja prevelikega zalogaja. Avtorji vključenih študij so prišli do podobnih zaključkov, ki so primerljivi z ugotovitvami študije izvedene v Sloveniji. S sistematičnim pregledom smo ugotovili, da ima večina fizioterapevtov pozitivna mnenja o z dokazi podprti fizioterapiji.

Ključne besede: fizioterapija, dokazi, DPF, kakovost

Evidence-Based Physiotherapy – Attitudes, Barriers and Promoters

In the past, the field of physiotherapy was primarily based on experience with best practise, but today evidence-based physiotherapy is becoming increasingly important. Evidence-based physiotherapy is a relatively new but increasingly popular concept. World Physiotherapy defines evidence-based physiotherapy as the integration of scientific knowledge, clinical expertise and patient preferences, while also taking into account beliefs, values and the cultural context of the local environment. Using a systematic literature review, we investigated physiotherapists' attitudes towards the concept of evidence-based physiotherapy, the barriers they perceive to its implementation and what might encourage its adoption. Most of the participating physiotherapists consider evidence to be an important factor in clinical decision-making and do not find it overly burdensome. The authors of the included studies came to similar conclusions. Despite positive opinions about evidence-based physiotherapy, the consistency of its implementation in clinical practise remains questionable. In this systematic review, we found that most physiotherapists have a positive attitude towards evidence-based physiotherapy, but also identified common barriers that physiotherapists face.

Keywords: EBP, physiotherapy, evidence, practise

Učinki manualnih tehnik sproščanja mišičnih ovojníc pri pacientih z bolečino v križu – pregled literature

Bolečina v križu (BVK) predstavlja razširjen zdravstveni izziv, ki vpliva na kakovost življenja posameznika. V fizioterapevtski obravnavi pogosto uporabljamo manualne tehnike, kot je sproščanje mišičnih ovojníc, katerih uporaba lahko izboljša oskrbo pacientov. Namen raziskave je bil ugotoviti vpliv teh tehnik na BVK ter s pridobljenimi podatki podpreti učinkovitost obravnave. V pregled literature so bile vključene domače in tuje znanstvene objave, objavljene med letoma 2014 in 2024, pridobljene v podatkovnih bazah PEDro, PubMed, CINAHL, ProQuest in COBISS. Med 315 identificiranimi viri smo za končno analizo izbrali 11 ustreznih študij. Pregled literature pokaže, da so manualne tehnike sproščanja mišičnih ovojníc, kot so sproščanje mišične fascije, manipulacija fascije in ishemična kompresija, učinkovite pri obravnavi pacientov z BVK. Sproščanje mišičnih ovojníc zmanjšuje fibrozne adhezije in njihovo debelino, izboljšuje drsenje fascije, modulacijo živčnih signalov in propriocepcijo, poveča prekrvavitev in pretok, izboljšuje dotok kisika v tkiva. Posledično izboljšuje psihološko stanje, zmanjšuje bolečino in togost ter izboljšuje gibljivost mišic in ovojníc. Obravnavanje mišičnih ovojníc predstavlja samostojno ali dopolnilno tehniko v manualni terapiji, s katerimi lahko učinkovito odpravljamo BVK.

Ključne besede: fizioterapija, manualna terapija, fascija, fascijalni sistem, bolečina v križu

Effects of Manual Myofascial Release Techniques in Patients with Low Back Pain – a Literature Review

Low back pain (LBP) continues to be a common health problem that significantly affects an individual's quality of life. In physiotherapy practise, manual techniques, particularly myofascial release, are commonly used to improve patient outcomes. The aim of this study is to evaluate the effectiveness of these techniques and provide evidence-based support for their use in the treatment of low back pain. A structured literature search (2014–2024) in PEDro, PubMed, CINAHL, ProQuest and COBISS identified 11 high-quality studies from 315 sources. The review showed that myofascial manual techniques, including fascial release, fascial manipulation and ischaemic compression, are effective in LBP patients and show consistent improvement in pain reduction and functional mobility. Myofascial interventions reduce fibrous adhesions and thickness, improve fascial gliding, neuromodulation and proprioception, improve blood circulation and facilitate tissue oxygenation. As a result, it supports psychological well-being, reduces pain intensity and stiffness and increases muscle and fascial flexibility and range of motion. Myofascial therapy is a valuable treatment modality for low back pain that can be used alone or in combination with other approaches to improve patient care.

Keywords: physiotherapy, manual therapy, fascia, fascial system, low back pain

Oskrba življenjsko ogroženega pacienta po poskusu samomora

Članek obravnava zdravstveno-vzgojno vlogo medicinskih sester pri obravnavi pacientov po poskusu samomora. Na pojavnost vplivajo duševne motnje, socialna izolacija, družinske disfunkcije in drugi dejavniki tveganja. Posebej ranljivi so bolniki s shizofrenijo, ki imajo bistveno večje tveganje za samomor. Pandemija COVID-19 je prinesla številne dejavnike tveganja (osamljenost, finančni stres, duševne motnje), vendar se stopnja samomorov v tem času ni bistveno povečala. Izveden je bil kvalitativni in sistematični pregled tuje in domače znanstvene literature. Rezultati pregleda kažejo, da je samomorilno vedenje pogosto povezano z duševnimi motnjami, kot je shizofrenija, pri kateri je tveganje za samomor večje. Med pandemijo COVID-19 se kljub dejavnikom tveganja stopnja samomorov ni povečala, kar je pripisano družbeni povezanosti, ekonomski podpori, dostopnosti duševnozdravstvenih storitev in telezdravstvenim oblikam pomoči. Učinkovita preventiva temelji na zgodnjem prepoznavanju tveganja, multidisciplinarnem sodelovanju in dostopnosti intervencij, ki zmanjšujejo stigo in zagotavljajo stalno podporo.

Ključne besede: samomor, zdravstvena nega, medicinska sestra, preventiva, psihosocialna podpora

Care of a Patient with a Life-Threatening Illness after a Suicide Attempt

Suicide is a complex public health problem that has existed in Slovenia for a long time, although rates have decreased in recent decades. Patients with schizophrenia, who have a significantly shorter life expectancy and a higher risk of suicide, are particularly at risk. The COVID-19 pandemic brought with it numerous risk factors (loneliness, financial stress, mental disorders), yet suicide rates did not increase significantly during this time. A qualitative and systematic review of foreign and domestic scientific literature was conducted. The study shows that suicidality is often associated with mental disorders such as schizophrenia, with the risk of suicide being 5.8 times higher in people with suicidal anxiety. Despite these risk factors, suicide rates did not increase during the COVID-19 pandemic due to social ties, economic support, accessibility of mental health services and telemedicine measures. Effective prevention relies on early risk identification, multidisciplinary collaboration and access to interventions that reduce stigmatisation and ensure ongoing support.

Keywords: suicide, nursing, nurse, prevention, psychosocial support

Respiratorna fizioterapija pri otrocih z astmo – pregled literature

Astma je kronična vnetna bolezen dihal, ki pogosto prizadene otroke in negativno vpliva na kakovost življenja. Respiratorna fizioterapija predstavlja pomemben nefarmakološki pristop za lajšanje simptomov astme. Z različnimi fizioterapevtskimi postopki in terapevtsko vadbo se izboljšata pljučna funkcija in posledično kakovost življenja otrok z astmo. Uporabljen je bil pregled slovenske in tuje znanstvene literature, dostopne s celotnim besedilom, ki je bila objavljena med letoma 2014 in 2024. Pregledali smo podatkovne baze PubMed, PeDro, Wiley in COBISS ter spletni brskalnik Google Scholar. Skupno smo našli 1082 virov. Z uporabo vključitvenih kriterijev: leto objave med 2014 do 2024, vsebinska ustreznost, polno dostopni članki je bilo v končno analizo vključenih 15 člankov. Oblikovali smo 43 kod in razvrstili v dve kategoriji. Ugotovitve potrjujejo pomembnost celostnega pristopa pri zdravljenju astme, ki vključuje respiratorne pristope, kot so dihalne vaje (Buteyкова dihalna tehnika), telesna dejavnost in masaža prsnega koša. S postopki vplivamo na izboljšanje pljučne funkcije in kakovost življenja otrok. S pravilno uporabo respiratornih tehnik imajo otroci boljši nadzor nad astmo.

Ključne besede: pljučna funkcija, dihalne tehnike, telesna dejavnost, kakovost življenja

Physiotherapy of the Airways in Children with Asthma – Literature Review

Asthma is a chronic inflammatory disease of the airways that frequently affects children and impairs their quality of life. Respiratory physiotherapy is an important non-pharmacological approach to relieving asthma symptoms. Various physiotherapy procedures and therapeutic exercises help to improve lung function and thus the quality of life of children with asthma. A review of Slovenian and international scientific literature with full-text availability published between 2014 and 2024 was conducted. The databases analysed included PubMed, PeDro, Wiley and COBISS as well as the Google Scholar search engine. A total of 1,082 sources were identified. Based on the inclusion criteria - year of publication between 2014 and 2024, relevance of content and availability of full text – 15 articles were included in the final analysis. We developed 43 codes and categorised them into two main categories. The results confirm the importance of a comprehensive approach to asthma management, including breathing methods such as breathing exercises (e.g. the Buteyko breathing technique), physical activity and chest massage. These techniques contribute to improved lung function and a better quality of life for children. When the breathing techniques are used correctly, children have better control of their asthma.

Keywords: lung function, breathing techniques, physical activity, quality of life

Vpliv družbenih omrežij na duševno zdravje mladostnikov

Družbena omrežja predstavljajo nepogrešljiv del vsakdanjika mladostnikov, vendar njihova prekomerna uporaba lahko škoduje duševnemu zdravju. Raziskave opozarjajo na povezave med uporabo družbenih platform, anksioznostjo, primerjanjem z vrstniki in strahom pred zamujenimi priložnostmi. Namen prispevka je preučiti navade mladostnikov pri uporabi družbenih omrežij, njihov vpliv na duševno zdravje ter izpostaviti zaščitne dejavnike in strategije za vamejšo rabo. Raziskava je temeljila na kombiniranem metodološkem pristopu. Kvantitativni del je zajemal spletno anketo izvedeno na vzorcu 120 mladostnikov (15–18 let). Kvalitativni del pa je vključeval polstrukturirani intervju s strokovnjakom za področje digitalne zasvojenosti, z namenom celostnega razumevanja raziskovalnega problema. Rezultati raziskave so pokazali, da 60 % mladostnikov poroča o občutkih tesnobe, 71 % se pogosto primerja z drugimi, kar prispeva k slabšemu počutju (48 %) in negativni samopodobi (30 %). 69 % mladostnikov ima osebo, s katero se lahko pogovori o svojih negativnih občutkih. S tematsko analizo intervjuja smo identificirali štiri teme: vpliv družbenih omrežij, potrošništvo in manipulacija, negativni vplivi na dobrobit uporabnika in strategije zaščite. Čeprav družbena omrežja omogočajo družabno povezanost in podporo, so pogosto tudi vir stresa. Pomembno vlogo pri spodbujanju kritične in zmerne uporabe ter zmanjševanju tveganj za mladostnike imajo starši, šole, družba, organizacije ter platforme same.

Ključne besede: družbena omrežja, mladostniki, anksioznost, dejavniki tveganja, samopodoba

The Impact of Social Media on Adolescent Mental Health

Social media has become an integral part of young people's everyday lives, but its excessive use can be detrimental to their mental health. Research points to links between the use of social platforms, anxiety, comparison with peers and the fear of missing out. The aim of this paper is to investigate young people's social media habits and their impact on mental health, as well as to identify protective factors and strategies for safer use. A mixed methods approach was used for the study. The quantitative part consisted of an online survey conducted with a sample of 120 adolescents aged 15 to 18 years. The qualitative part was conducted through a semi-structured interview with a digital addiction expert to gain a comprehensive understanding of the research problem. The survey found that 60% of young people report feeling anxious and 71% frequently compare themselves to others, contributing to poorer wellbeing (48%) and a negative self-image (30%). 69% of young people have someone they can talk to about their negative feelings. The thematic analysis of the interviews revealed four themes: the impact of social media, consumption and manipulation, negative impact on users' wellbeing and protective strategies. Although social media provides a sense of social connection and support, it is often a source of stress. Parents, schools, society, organisations and the platforms themselves have an important role to play in promoting critical and moderate use and reducing the risks for young people.

Keywords: social media, young people, anxiety, risk factors, self-esteem

Vpliv carskega reza na uspešnost dojenja

Materino mleko je najbolj optimalna prehrana za novorojenčka, vendar se matere po carskem rezu pogosto soočajo z izzivi pri dojenju. Namen članka je bil raziskati, kako način poroda vpliva na uspešnost dojenja v času odpusta iz porodnišnice, pri čemer je bila posebna pozornost namenjena primerjavi med vaginalnim porodom in carskim rezom – tudi med urgentnim in elektivnim. Podatki iz Nacionalnega perinatalnega informacijskega sistema za leto 2023, so pokazali, da je delež izključno dojenih otrok po carskem rezu nižji kot po vaginalnem porodu. Poleg tega je bilo več otrok izključno dojenih po urgentnem kot po elektivnem carskem rezu. Med porodničnicami so bile pomembne razlike v deležu dojenih otrok, kar nakazuje na raznoliko prakso svetovanja in podpore novepečenim materam. Kljub izzivom, ima ob ustrezni podpori, tudi po carskem rezu večina mater možnost, uspešno dojiti.

Ključne besede: dojenje, carski rez, porod, novorojenček, materino mleko

The Influence of Caesarean Section on Breastfeeding Success

Breast milk is the most optimal nutrition for a newborn, but mothers who deliver by caesarean section often face challenges when initiating breastfeeding. The aim of this study was to investigate how the type of delivery affects breastfeeding success during hospitalisation, with a focus on comparing vaginal births with elective and emergency caesarean sections. Data from the Slovenian National Perinatal Information System (2023) showed a lower rate of exclusive breastfeeding after caesarean sections compared to vaginal deliveries. In addition, emergency caesarean sections were associated with higher breastfeeding rates than elective caesarean sections. Notable differences in breastfeeding rates between maternity hospitals suggest different approaches to counselling and support. Despite challenges, mothers undergoing caesarean section can still achieve successful breastfeeding outcomes with appropriate support and timely interventions.

Keywords: breastfeeding, caesarean section, birth, newborn, breast milk

Umetna inteligenca kot priložnost in podpora pacientom ter zdravstvenemu sistemu

Javnozdravstveni problemi predstavljajo eno največjih obremenitev sodobnih družb, saj povzročajo visoke neposredne stroške zdravstvenega sistema ter posredne posledice, kot so bolniške odsotnosti, zmanjšana produktivnost in obremenitev družin. Raziskave NIJZ za obdobje 2020–2023 kažejo, da na primer demenca in mišično-skeletne bolezni skupaj povzročijo več sto milijonov evrov stroškov letno, pri čemer stroški niso omejeni le na zdravstveni sistem, temveč pomembno vplivajo tudi na gospodarstvo in socialno okolje. V takšnem okviru umetna inteligenca predstavlja priložnost in podporo tako pacientom kot zdravstvenemu sistemu. S pomočjo naprednih algoritmov in tehnološkega učenja je mogoče zgodaj prepoznati ranljive skupine, napovedati potek bolezni, analizirati bolniške staleže in optimizirati razporejanje zdravstvenih virov. UI lahko tako prispeva k ciljno usmerjenim preventivnim ukrepom, personalizirani obravnavi ter bolj učinkovitemu načrtovanju zdravstvenih politik. S tem odpira pot k celostni obravnavi pacienta, ki presega zgolj klinični vidik in povezuje ekonomske, socialne ter javnozdravstvene vidike.

Ključne besede: javnozdravstveni problemi, umetna inteligenca, kakovost življenja

Artificial Intelligence as an Opportunity and Support for Patients and the Healthcare System

Health problems are one of the greatest burdens on modern societies and cause high direct costs in the healthcare system as well as indirect consequences such as sickness absence, reduced productivity and increased strain on families. NIJZ research for the period 2020–2023 shows that dementia and musculoskeletal disorders together account for over a hundred million euros annually, with the burden extending beyond the healthcare system and significantly affecting the economy and social environment. In this context, artificial intelligence offers both an opportunity and support for patients and the healthcare system. Through advanced algorithms and technological learning, it is possible to identify vulnerable groups at an early stage, predict disease progression, analyse disease outcomes and optimise the allocation of healthcare resources. AI can therefore contribute to targeted preventive measures, personalised care and more effective health policy planning. In doing so, it supports a holistic approach to patient care that goes beyond the clinical perspective and includes economic, social and health policy dimensions.

Keywords: public health problems, artificial intelligence, quality of life

Izkušnje zdravstvenih delavcev pri uporabi različnih pristopov za lajšanje bolečine po elektivnih operacijah

Bolečina je po definiciji neprijetna čutna in čustvena zaznava, povezana z dejansko ali potencialno poškodbo tkiva. Poznamo akutne in kronične bolečine. Uporabljena je bila kvalitativna raziskovalna metodologija z uporabo intervjujev za zbiranje podatkov. Izvedli smo intervjuje z medicinskimi sestrami ter z zdravnico kirurginjo. Podatke smo obdelali s pomočjo odprtega kodiranja, kjer smo posameznim segmentom besedila pripisali kode, ki označujejo njihovo vsebino. Najpogostejše uporabljene metode vključujejo splošno anestezijo, regionalno anestezijo in sistemsko analgezijo z uporabo opioidov in nesteroidnih protivnetnih zdravil. Celostno gledano, metode analgezije niso le farmakološke, temveč vključujejo tudi ustrezno spremljanje in ocenjevanje bolečine s pomočjo lestvic, kot je VAS (vizualno analogna lestvica), ter prilagajanje lajšanja glede na posamezne potrebe pacienta in potek okrevanja. Z uporabo multimodalne analgezije, ki vključuje kombinacijo farmakoloških in ne-farmakoloških pristopov, je mogoče doseči boljše rezultate, zmanjšati tveganje za zaplete ter zagotoviti hitrejše okrevanje.

Ključne besede: akutna bolečina, postoperativna bolečina, zdravljenje z opioidi

Healthcare Professionals' Experiences with Different Approaches to Pain Relief after Elective Surgery

Pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage. A distinction is made between acute and chronic pain. A qualitative research methodology was used, with interviews as the primary method of data collection. We conducted interviews with nurses and a surgeon. Data were analysed using open coding, whereby individual text segments were assigned codes representing their content. The most commonly used methods include general anaesthesia, regional anaesthesia and systemic analgesia with opioids and non-steroidal anti-inflammatory drugs. From a holistic perspective, pain management methods are not only pharmacological, but also include appropriate monitoring and pain assessment using tools such as the VAS (Visual Analogue Scale), as well as adapting analgesia to the individual needs of the patient and the course of recovery. The use of multimodal analgesia – a combination of pharmacological and non-pharmacological approaches – can achieve better outcomes, reduce the risk of complications and speed up recovery.

Keywords: acute pain, postoperative pain, opioid treatment

Kvalitativna raziskava o vplivu kontracepcije na spolnost

Kljub široki dostopnosti in učinkovitosti sodobnih kontracepcijskih metod se velik del svetovne populacije še vedno poslužuje tradicionalnih oblik kontracepcije, ki so pogosto manj zanesljive. Posledično v razvitih državah tradicionalne metode pomembno prispevajo k številu nenačrtovanih nosečnosti in posledičnih umetnih prekinitev nosečnosti. Namen predstavljene kvalitativne raziskave je bil analizirati vpliv kontracepcije na spolno življenje uporabnic ter identificirati razloge za vztrajanje pri uporabi tradicionalnih metod. V raziskavo je bilo vključenih 65 naključno izbranih žensk, ki so v različnih življenjskih obdobjih uporabljale različne kontracepcijske metode. Uporabnice sodobne kontracepcije so večinsko izpostavile njen pozitiven vpliv na spolno zadovoljstvo in kakovost življenja. Kljub temu je 46 sodelujočih poročalo o uporabi prekinjenega spolnega odnosa, čeprav so večinoma ocenjevale, da ta metoda negativno vpliva na spolno izkušnjo. Razloge za uporabo tradicionalnih metod so utemeljevale z verskimi prepričanji, negativnimi izkušnjami z drugimi metodami ter prepričanjem o večji »naravnosti« tradicionalnih pristopov. Ugotovitve opozarjajo na potrebo po poglobljenem razumevanju kulturnih in individualnih dejavnikov.

Ključne besede: sodobne metode kontracepcije, prekinjen spolni odnos, diskurz naravnega

Qualitative Research on the Impact of Contraception on Sexuality

Despite the widespread availability and proven effectiveness of modern contraceptive methods, a significant proportion of the global population continues to rely on traditional forms of contraception, which are often less reliable. Consequently, traditional methods contribute substantially to the number of unintended pregnancies and elective abortions in developed countries. This qualitative study aimed to analyse the impact of contraception on women's sexual lives and to identify the reasons for the continued use of traditional methods. The study included 65 randomly selected women who had used various contraceptive methods at different stages of their lives. Regular users of modern contraception predominantly reported a positive impact on their sexual satisfaction and overall quality of life. Nevertheless, 46 participants admitted to having used the withdrawal method, although most believed it had a negative effect on their sexual experience. The reasons for using traditional methods were rooted in religious beliefs, negative experiences with other methods, and the perception that traditional approaches are more "natural". The findings highlight the need for a deeper understanding of the cultural and individual factors influencing contraceptive choices.

Keywords: modern contraceptive methods, withdrawal, natural discourse

Ko domače okolje postane tveganje za ponovno hospitalizacijo

Veliko pacientov po končanem akutnem zdravljenju potrebuje zdravstveno nego. Da bi jim omogočili kakovosten odpust v domačo ali domsko oskrbo, svojce in paciente podkrepimo z vsemi potrebnimi informacijami, z njimi po potrebi izpolnimo vlogo za pomoč na domu in dom starejših občanov ter izvedemo edukacijo. Pri organiziranju odpusta se povezujemo tudi z zunanjimi službami, kot so center za socialno delo, patronažna služba, pomoč na domu, dom starejših občanov in drugi. Vse pogosteje opažamo, da se pacienti v kratkem času po odpustu ponovno vrnejo v bolnišnico, k čemur pripomorejo različni dejavniki (ponovne poškodbe, poslabšanje zdravstvenega stanja, socialna problematika, odklonijo organizirano pomoč, samovoljni odhod iz doma starejših občanov ...). Izbrali smo kvantitativno deskriptivno metodo raziskovanja. Podatke za empirični del smo pridobili iz dokumentacije pacientov, ki so bili hospitalizirani v Splošni bolnišnici Jesenice v času od 1. 1. 2025 do 31. 8. 2025. Statistična analiza podatkov je bila pripravljena s programom Microsoft Excel 2016. Z raziskavo smo prikazali podatke o številu ponovno hospitaliziranih pacientih, ki so bili že predhodno vključeni v socialno obravnavo. Analizirali smo razloge ponovne hospitalizacije, kraj odpusta, število družinskih sestankov in sodelovanje z zunanjimi institucijami.

Ključne besede: domače okolje, pacient, ponovna hospitalizacija, koordinacija odpusta, socialna obravnavo

When the Home Environment Becomes a Risk for Re-admission to Hospital

Many patients require medical care after their acute treatment has ended. To enable them to be discharged to a high- quality home or nursing home, we support our patients and ourselves with all the necessary information, help them to complete the application for home care and, if necessary, nursing home care and provide training. When organising discharge, we also liaise with external services, e.g. social services, community service, home care, nursing homes and others. We are increasingly finding that patients return to hospital within a short time of discharge, with various factors contributing to this (re-injury, deterioration in health, social problems, refusal of organised care, voluntary departure from the care home, etc.). We chose a quantitative, descriptive research method. Data for the empirical part were obtained from the documentation of patients who were hospitalised in the Jesenice General Hospital from 1 January 2025 to 31 August 2025. The statistical analysis of the data will be carried out using the Microsoft Excel 2016 programme. The research will present data on the number of re-hospitalised patients who were previously admitted to social treatment. We will analyse the reasons for re-hospitalisation, the place of discharge and the number of family meetings in collaboration with external institutions.

Keywords: home environment, patient, re-hospitalisation, discharge coordination, social treatment

Preplet znanj in veščin zdravstvenih delavcev za bolj dostopno in učinkovito zdravstveno obravnavo pacientov

Preplet znanj in spretnosti ima tri izvedbene oblike, in sicer prenos nalog (task shifting), razširitev vlog (role expansion) in več poklicno sodelovanje (multi professional collaboration). Obstajajo številni znanstveni dokazi o učinkovitosti sprememb v okviru prepleta znanj in spretnosti – zlasti na področjih promocije zdravja in preprečevanja bolezni, obvladovanja kroničnih bolezni in oskrbe ranljivega prebivalstva. Sodelovalna več poklicna praksa ima pozitiven doprinos, tako na primarni ravni kot med primarno in sekundarno ali terciarno specialistično ravno. Razumevanje prepleta znanj in spretnosti in njegova implementacija sta v Sloveniji v razvoju. Slovenski visokošolski prostor prehiteva nujno potrebne reakcije zdravstvenega sistema na področju prepleta znanj in spretnosti. Pred zdravstvenim sistemom je izziv, ki ga evropski prostor že dobro pozna, to je implementacija naprednih oblik dela v zdravstvenem timu in sistemu.

Ključne besede: zdravstvo, prenos nalog, razširitev vlog, več poklicno sodelovanje, implementacija

Bridging the Knowledge and Skills of Healthcare Professionals for More Accessible and Effective Patient Care

The interplay of competences has three forms of implementation: task shifting, role expansion and multi-professional collaboration. There is extensive scientific evidence of the effectiveness of changes in the context of the interplay of competences – particularly in the areas of health promotion and disease prevention, chronic disease management and care of vulnerable populations. Collaborative multi-professional practise makes a positive contribution, both at the primary level and between the primary and secondary or tertiary professional levels. The understanding of the interplay of skills and their implementation is developing in Slovenia. The Slovenian higher education sector is ahead of the healthcare system's timely responses in the area of skills and knowledge interplay. The healthcare system is facing a challenge that the European area is already familiar with, namely the introduction of advanced forms of work.

Keywords: healthcare, task shifting, role expansion, multi-professional collaboration, implementation

Vloga medicinske sestre pri anesteziji: pomen dihanja in vzdrževanja telesne temperature

Zaradi narave dela je anesteziološka medicinska sestra tista, pri kateri je ključnega pomena razvito kritično razmišljanje, saj je odgovorna za spremljanje vitalnih funkcij pomembnih za pacientovo življenje. Za zbiranje podatkov smo uporabili anketni vprašalnik. V vzorec smo zajeli 30 anketiranih, večji delež vzorca so bile ženske ter zaposleni na terciarni ravni zdravstvenega varstva. Izvedena je bila deskriptivna statistika. Anketiranci svojo vlogo pri zagotavljanju ustreznega dihanja pri pacientu in vzdrževanja normalne telesne temperature med operacijo ocenjujejo kot zelo pomembno. Najpogosteje za spremljanje ustreznega pacientovega dihanja med operacijo anketiranci uporabljajo pulzno oksimetrijo. Za preprečevanje perioperativne hipotermije pa anketiranci uporabljajo opazovanje tresavosti. Pri zagotavljanju ustreznega pacientovega dihanja med operacijo se v praksi večinoma poslužujejo merljivih parametrov dihanja in ne toliko kliničnega opazovanja. Za preprečevanje temoregulacijskih zapletov med operacijo pa je ključnega pomena že zgodnje prepoznavanje pacientovih dejavnikov tveganja.

Ključne besede: dihanje, normalna telesna temperatura, anesteziologija, diplomirana medicinska sestra

The Role of the Nurse in Anaesthesia: the Importance of Breathing and Maintaining Body Temperature

Due to the nature of their work, nurse anaesthetists must have well-developed critical thinking skills as they are responsible for monitoring vital patient functions. Data was collected using a structured questionnaire. The sample consisted of 30 respondents, most of whom were women working in tertiary healthcare facilities. Descriptive statistics were used to analyse the data. Respondents rated their role in ensuring adequate breathing and maintaining a normal body temperature during surgery as very important. The most commonly used method for monitoring patient respiration during surgery was pulse oximetry. To prevent perioperative hypothermia, respondents most frequently relied on observing signs of shivering. In practise, measurable respiratory parameters are most commonly used to ensure adequate patient breathing during surgery, while clinical observation is used less frequently. Early detection of risk factors in patients remains the key to avoiding thermoregulatory complications during surgery.

Keywords: respiration, normal body temperature, anaesthesia, nursing staff

Prevalenca proti antibiotikom odpornih bakterij na konicah prstov: primerjava zdravstvenih delavcev in kontrolne skupine

Bolnišnične okužbe so eden glavnih vzrokov obolevnosti in smrtnosti, pri čemer imajo ključno vlogo bakterije na rokah zdravstvenih delavcev. Zdravstveni delavci so zaradi neposrednega stika z bolniki in kontaminirano bolnišnično okolico izpostavljeni povečanemu tveganju za kolonizacijo s proti antibiotikom odpornimi bakterijami (ARB). Kljub upoštevanju higienskih standardov lahko postanejo asimptomatski prenašalci in potencialni rezervoar ARB. Podatki o primerjavi obremenjenosti z ARB med zdravstvenim osebjem in splošno populacijo so omejeni, zato je bil naš namen ugotoviti stopnjo prevalence proti antibiotikom odpornih bakterij na konicah prstov pri zdravstvenih delavcih v primerjavi s splošno populacijo. Primerjali smo prevalenco ARB na rokah zaposlenih v zdravstveni negi ($n = 26$) s splošno populacijo ($n = 15$). S tehniko brisa smo odvzeli vzorce s konic prstov palca in kazalca ter pod nohti dominantne roke. Rezultati so pokazali prisotnost različnih ARB pri obeh skupinah. Prisotnost ARB med skupinama se ni statistično značilno razlikovala, vendar smo opazili trend višje prevalence določenih proti antibiotikom odpornih bakterij pri zdravstveni negi. Ti rezultati nakazujejo, da roke zdravstvenih delavcev predstavljajo pomemben rezervoar ARB in da lahko zdravstveni delavci kljub upoštevanju higienskih standardov predstavljajo potencialen vir prenosa proti antibiotikom odpornih bakterij, kar potrjuje potrebo po nadaljnjih raziskavah in izboljšavah obstoječih preventivnih ukrepov.

Ključne besede: antibiotična odpornost, zdravstveni delavci, bakterije, higiena rok

Prevalence of Antibiotic-Resistant Bacteria on Fingertips: a Comparison between Healthcare Workers and a Control Group

Hospital-acquired infections are a major cause of morbidity and mortality, with bacteria on the hands of healthcare workers playing a key role. Due to contact with patients and contaminated environments, healthcare workers are at a higher risk of becoming colonised with antibiotic-resistant bacteria (ARB). Even if they comply with hygiene standards, they can become asymptomatic carriers and potential reservoirs of ARB. There is limited data comparing ARB prevalence between healthcare workers and the general population. Our aim was to determine the prevalence of ARB at the fingertips of healthcare workers compared to the general population. We compared the presence of ARB on the hands of healthcare workers ($n = 26$) and individuals from the general population ($n = 15$). Samples were taken with swabs from the fingertips and under the fingernails of the dominant hand. Different ARBs were found in both groups. Although the difference was not statistically significant, a trend towards a higher prevalence of certain ARBs was found in nursing staff. These results suggest that healthcare workers' hands may be a reservoir for ARB and a potential source of transmission, emphasising the need for further research and improved prevention strategies.

Keywords: antibiotic resistance, healthcare workers, bacteria, hand hygiene

Duševno zdravje izvajalcev zdravstvene nege v psihiatriji

Duševno zdravje izvajalcev zdravstvene nege je pomembno za nudenje kakovostne, varne in celostne zdravstvene obravnave, dobro počutje pacientov in ostalih zaposlenih v zdravstvenem sistemu. Stres in izgorelost sta dva različna pojava pri izvajalcih zdravstvene nege, a sta povezana in neposredno vplivata na njihovo duševno zdravje. Uporabili smo kvantitativno metodo dela. Vzorec je bil namenski in je vključeval izvajalce zdravstvene nege v psihiatriji ($n = 82$). Uporabili smo strukturiran vprašalnik, ki smo ga sestavili na podlagi pregleda literature. Raziskavo smo izvedli v septembru 2024. Izvajalci zdravstvene nege se v povprečju najpogosteje počutijo samozavestni glede svoje sposobnosti za obvladovanje lastnih osebnih težav oz. stresa. Veliko ljudi, ki so del poslovnega življenja izvajalcev zdravstvene nege, zahteva od njih veliko časa in energije, obenem pa sami izvajalci zdravstvene nege priznavajo, da bi se morali več gibati in zdravo prehranjevati. Izvajalci zdravstvene nege pri svojem delu občutijo izgorelost, pri čemer sta prevladujoča segmenta izčrpanost ($PV=2,02$; $SO=0,80$) in duševna odtujenost ($PV=2,68$; $SO=0,99$). Izvajalci zdravstvene nege so na svojem delovnem mestu izgoreli in pod stresom, a na podlagi naših rezultatov ne moremo trditi, da je stanje alarmantno. V prihodnje bo potrebna sistematična vključitev vseh zdravstvenih zavodov na primarni, sekundarni in terciarni ravni zdravstvenega varstva na področju duševnega zdravja in psihiatrije.

Ključne besede: medicinske sestre, čustvena obremenjenost, izčrpanost, duševno zdravje

Mental Health of Healthcare Providers in Psychiatry

The mental health of healthcare providers is important for high-quality, safe and holistic healthcare as well as for the well-being of patients and other healthcare workers. Stress and burnout are two distinct phenomena among healthcare providers, but they are interrelated and have a direct impact on their mental health. A quantitative method was used. The sample comprised mental health care providers ($n = 82$). A structured questionnaire was used, which was developed based on a literature review. The survey was conducted in September 2024. On average, nurses are most likely to feel safe when it comes to managing their personal problems or stress. There are many things in the working lives of healthcare providers that take up a lot of time and energy, but they also recognise that they should exercise more and eat healthier. Nurses experience burnout in their work, with exhaustion ($M=2.02$; $SD=0.80$) and mental detachment ($M=2.68$; $SD=0.99$) being the dominant segments. Nurses feel burnt out and stressed at work, but our results do not indicate that the situation is alarming. In the future, all healthcare facilities at primary, secondary and tertiary care levels need to be systematically involved in mental health and psychiatry.

Keywords: nurses, emotional distress, exhaustion, mental health

Vadba kot ključen dejavnik pri obvladovanju OA kolena: izzivi, ovire in priložnosti

Osteoartroza (OA) kolenskega sklepa je ena najpogostejših oblik degenerativnih sklepnih bolezni in pomemben dejavnik omejene mobilnosti, bolečine ter zmanjšane kakovosti življenja pri odrasli populaciji. Ključno vlogo pri obvladovanju simptomov ima individualno prilagojena, strokovno vodena terapevtska vadba kot temeljni del fizioterapevtske obravnave. V okviru projektnega sodelovanja med visokošolskim zavodom, klinično prakso in študenti smo izvedli empirično raziskavo, s katero smo želeli ovrednotiti stališča, stopnjo informiranosti in pripravljenost pacientov z OA kolenskega sklepa za vključevanje v terapevtsko vadbo. Uporabljena metodologija je temeljila na strukturiranem vprašalniku, s katerim smo analizirali subjektivne izkušnje, zaznavo simptomov, prepoznavanje koristi vadbe ter morebitne ovire za udeleževanje v rehabilitacijskih programih. Rezultati kažejo, da večina anketiranih pacientov izraža pozitiven odnos do telesne aktivnosti, a hkrati poroča o pomanjkanju informacij glede možnosti individualiziranih vadbenih programov. Pomembna ugotovitev je zaznana psihološka komponenta ovir – pomanjkanje motivacije, dvom v učinkovitost vadbe in nizka samoučinkovitost, ki vplivajo na adherenco. Visoka stopnja pripravljenosti za vključevanje v telerehabilitacijske oblike podpira nadaljnji razvoj digitalno podprtih intervencij.

Ključne besede: osteoartroza kolenskega sklepa, terapevtska vadba, telerehabilitacija, motivacija v fizioterapiji

Exercise as a Key Factor in the Treatment of Knee Osteoarthritis: Challenges, Obstacles and Opportunities

Knee osteoarthritis (OA) is one of the most common forms of degenerative joint disease and is a major contributor to reduced mobility, pain and reduced quality of life in the adult population. Individually tailored, professionally guided movement therapies play a key role in managing symptoms and are an essential part of physiotherapy care. As part of a collaborative project between a higher education institution, clinical practise and students, we conducted an empirical study aimed at investigating the attitudes, awareness and willingness of patients with knee OA to participate in therapeutic exercise. The research methodology was based on a structured questionnaire to analyse subjective experiences, symptom perceptions, recognition of the benefits of exercise and potential barriers to participation in rehabilitation programmes. The results show that most patients have a positive attitude towards physical activity, but report a lack of information about the availability of individual exercise programmes. An important finding was the identification of psychological barriers such as lack of motivation, doubts about the effectiveness of exercise and low self-efficacy, which have a significant impact on adherence. The high willingness to participate in telerehabilitation indicates great potential for the further development of digitally supported interventions.

Keywords: knee osteoarthritis, exercise therapy, telerehabilitation, motivation in physiotherapy

Fizioterapevtska obravnava po transferju latissimus dorsi v Sloveniji

Transfer mišice latissimus dorsi (LD) je kirurška rešitev za kompleksne patologije ramena. Uspeh je odvisen od ustrezne fizioterapije. Pregled fizioterapevtske obravnave po transferju LD, s ključnimi fazami, intervencijami in primerjavo obstoječih protokolov. Izvedena je bila analiza literature o rehabilitaciji po transferju LD. Predstavljen je rehabilitacijski proces, deljen na faze: zaščitna, pridobivanja gibljivosti, reedukacije LD in krepitev/vrnitve k funkciji. Primerjana sta protokola Brigham and Women's Hospital in Melbourne Orthopaedic Group. Postoperativna fizioterapija zahteva strukturiran, fazni pristop, ki upošteva celjenje in individualne potrebe. Ključni elementi so zaščita tetive, zgodnje razgibavanje, reedukacija LD za novo funkcijo ter postopna krepitev. Primerjava protokolov kaže podobnosti v načelih in razlike v časovnih okvirih, vajah in kriterijih napredovanja. Skrbno načrtovana in izvedena fizioterapevtska obravnava je bistvena za funkcionalne izide po transferju LD. Ključen je individualiziran pristop.

Ključne besede: transfer latissimus dorsi, fizioterapevtska obravnava, rehabilitacija, postoperativna oskrba

Physiotherapy after Latissimus Dorsi Transfer in Slovenia

Latissimus dorsi (LD) muscle transfer is a surgical solution for complex shoulder pathologies. Success depends on appropriate physiotherapy. An overview of physiotherapy treatment after a latissimus dorsi transfer with the most important phases, measures and a comparison of existing protocols. A literature review on rehabilitation after LD transfer was conducted. The rehabilitation process is presented and divided into the following phases: Protection, regaining mobility, relearning LD and strengthening/return to function. Protocols from Brigham and Women's Hospital and the Melbourne Orthopaedic Group were compared. Post-operative physiotherapy requires a structured, staged approach that takes into account healing and individual needs. Key elements are tendon protection, early mobilisation, retraining the LD to its new function and gradual strengthening. A comparison of the protocols shows similarities in the principles and differences in the time frame, exercises and progression criteria. Carefully planned and executed physiotherapy treatment is essential for functional outcomes following an LD transfer. An individualised approach is crucial.

Keywords: latissimus dorsi transfer, physiotherapy treatment, rehabilitation, postoperative care

Koristi hidroterapije pri zdravljenju mišično-skeletnih obolenj kot je tendinitis

Mišično-skeletna obolenja predstavljajo enega izmed večjih zdravstvenih problemov ob precejšnjem ekonomskem bremenu zdravstvenega sistema. Hidrostatične in hidrodinamične lastnosti vode v hidroterapiji uporabljamo za rehabilitacijo v kombinaciji s konvencionalnimi metodami zdravljenja bolezni kostno-mišičnega sistema. Namen pregleda literature je opredeliti se do učinkovitosti hidroterapije v procesu rehabilitacije omenjenih bolezni, med katere uvrščamo tudi tendinitise. Pregledali smo slovensko in tujo strokovno in znanstveno literaturo, podatkovne baze: PubMed, Physiopedia, PeDro, COBISS, Digitalna knjižnica Slovenije. Upoštevali smo vsebinsko ustrezne recenzirane vire zadnjih desetih let, pri nekaterih bazah 15 let. Iskali smo vire, dostopne v celoti, v tujih podatkovnih bazah smo iskali vire v angleškem jeziku. V končno analizo smo izmed začetnih 48.286 zadetkov uvrstili 14 virov. Med vsebinsko analizo smo oblikovali 41 kod in tri kategorije: hidrostatične in hidrodinamične lastnosti vode ter vpliv fizioloških sprememb med hidroterapijo, histologijo in patogenezo mikro poškodb degenerirane tetive, mišično-skeletna obolenja v povezavi s hidroterapijo. Hidroterapija ima ugoden vpliv na rehabilitacijo. Z izkoriščanjem fizikalnih zakonitosti vode je obremenitev na kosti in sklepe v vodi manjša kot na suhem, zaradi česar lahko rehabilitacijo v vodnem mediju pričnemo prej, marsikdaj tudi, ko je le-ta na suhem še kontraindicirana.

Ključne besede: hidroterapija, tendinopatije, mišično-skeletni sistem, vzgon, hidrostatski tlak

The Benefits of Hydrotherapy in the Treatment of Musculoskeletal Disorders such as Tendinitis

Musculoskeletal disorders are one of the major health problems that contribute significantly to the economic burden on the healthcare system. The hydrostatic and hydrodynamic properties of water are utilised in hydrotherapy for rehabilitation and combined with conventional treatment methods for musculoskeletal disorders. The aim of this literature review is to evaluate the effectiveness of hydrotherapy in the rehabilitation process for these conditions, especially tendinitis. We searched Slovenian and international specialised and scientific databases PubMed, Physiopedia, PeDro, COBISS, Digital Library of Slovenia from the last ten years, in some databases up to fifteen years. The sources were fully accessible; in the foreign databases we focussed on English-language articles. Of the 48,286 search results, 14 articles were included in the final analysis. In the content analysis, 41 codes and three categories were formed: hydrostatic and hydrodynamic properties of water and the influence of physiological changes during hydrotherapy, histology and pathogenesis of micro-injuries in degenerated tendons and musculoskeletal disorders associated with hydrotherapy. Hydrotherapy has a positive effect on rehabilitation. By utilising the physical properties of water, stress on bones and joints is reduced compared to land, allowing rehabilitation to begin earlier- often even when rehabilitation on land is contraindicated.

Keywords: hydrotherapy, tendinopathies, musculoskeletal system, buoyancy, hydrostatic pressure

Vpliv stresa na imunski sistem pacientov z rakom

Stres je fiziološki in psihološki odziv organizma na zaznano grožnjo ali motnjo ravnovesja. Kadar preide v kronično obliko, pomembno vpliva na imunski sistem. Kronični stres predstavlja pomemben dejavnik, ki vpliva na napredovanje raka, saj preko nevroendokrinih mehanizmov oslabi imunski sistem, spodbuja vnetne procese ter pospešuje rast in metastaziranje tumorjev. Pri onkoloških pacientih je kronični stres pogosto prisoten zaradi diagnoze, poteka zdravljenja in negotovosti glede izida bolezni. Raziskave kažejo, da stresne hormone, kot so kortizol in kateholamini, spremlja aktivacija imunske supresivnih celic in zmanjšanje učinkovitosti imunskih odzivov. Namen raziskave je bil na osnovi pregleda literature preučiti vpliv stresa na imunski sistem bolnikov z rakom. Učinkovito obvladovanje stresa z vključevanjem psihoterapije, čuječnosti, telesne vadbe ter farmakoloških intervencij lahko izboljša psihološko stanje, okrepi imunski odziv in podpre rezultate zdravljenja. Ugotovitve raziskave poudarjajo pomen celostne obravnave onkološkega pacienta, ki vključuje strategije za obvladovanje stresa, saj te dokazano izboljšujejo psihofizično stanje in lahko vplivajo na potek bolezni.

Ključne besede: stres, imunski sistem, rak, kakovost življenja, celostna obravnava

The Impact of Stress on the Immune System of Cancer Patients

Stress is a physiological and psychological response of the body to a perceived threat or imbalance. When it becomes chronic, it has a significant impact on the immune system. Chronic stress is an important factor influencing the progression of cancer, as it weakens the immune system through neuroendocrine mechanisms, promotes inflammatory processes and accelerates tumour growth and metastasis. In cancer patients, chronic stress is often due to the diagnosis, the course of treatment and uncertainty about the outcome of the disease. Research shows that stress hormones such as cortisol and catecholamines are associated with the activation of immunosuppressive cells and a decrease in the effectiveness of the immune response. The aim of this study was to investigate the impact of stress on the immune system of cancer patients based on a literature review. Effective stress management through psychotherapy, mindfulness, physical exercise and pharmacological interventions can improve psychological well-being, enhance immune response and support treatment outcomes. The results of the study emphasise the importance of a holistic approach to cancer treatment that includes stress management strategies, as these have been shown to improve psychophysical well-being and influence disease progression.

Keywords: stress, immune system, cancer, quality of life, holistic care

Od pasivnega upokojenca do aktivnega udeleženca: proaktivna vloga starejših odraslih pri preprečevanju nezdravega staranja

Zdravo staranje vse bolj temelji na proaktivnem pristopu in preprečevanju bolezenskega staranja. Ključno vlogo imajo izveninstitucionalni vadbeni programi pod vodstvom fizioterapevtov z izkušnjami pri delu s starejšimi, ki spodbujajo aktivno sodelovanje. Raziskave kažejo, da strokovno vodena telesna dejavnost prispeva k ohranjanju funkcionalnosti, vitalnosti in preprečevanju zdravstvenih težav. Izvedena je bila presečna raziskava na vzorcu 200 oseb, starejših od 65 let (95 % žensk), uporabnikov programov gerontološkega centra v Novem Zagrebu. Uporabljena sta bila standardizirana vprašalnika za oceno socialne podpore in posebej oblikovan vprašalnik za namen raziskave. Rezultati kažejo, da večina udeležencev redno vadi, informacije o vadbi pa se večinoma širijo prek osebnih stikov. Raven zaznane socialne podpore ostaja stabilna ne glede na starost ali trajanje vključevanja. Izsledki potrjujejo pomen tovrstnih programov pri prehodu v aktivno staranje in potrebo po nadaljnjem razvoju preventivnih programov ter usposabljanju fizioterapevtov.

Ključne besede: staranje, vadba, fizioterapevt, gerontologija

From Passive Retiree to Active Participant: the Proactive Role of Older Adults in Preventing Unhealthy Ageing

Healthy ageing increasingly depends on a proactive approach and the prevention of unhealthy ageing. Community-based physical activity programmes led by physiotherapists with experience of working with older adults play a key role in encouraging active participation. Research shows that professionally guided physical activity helps to maintain functionality and vitality and prevent secondary health problems. A cross-sectional study was conducted with 200 participants over the age of 65 (95% women) who participated in physical activity programmes at a gerontological centre in Novi Zagreb. The study used a standardised questionnaire to assess social support and a survey developed specifically for this study. The results show that most of the participants regularly take part in the training sessions, with the exchange of information mostly taking place through personal contacts. The perceived social support remains stable regardless of age and programme duration. The results demonstrate the importance of such programmes for the promotion of active ageing and underline the need to further develop prevention programmes and the training of physiotherapists in relation to ageing.

Keywords: ageing, exercise, physiotherapists, gerontology

Ukrepi za trajnostno zagotavljanje celovite integrirane zdravstvene obravnave marginaliziranih odraslih na področju duševnega zdravja

Motnje duševnega zdravja prizadenejo več kot milijardo ljudi po svetu, kar predstavlja 7 % svetovnega bremena bolezni. Marginalizirane skupine so še posebej ranljive zaradi višjih stopenj viktimizacije, diskriminacije in stigmatizacije, kar povečuje tveganje za duševne težave. Ta študija raziskuje vrzeli v dostopu do celovite zdravstvene obravnave za marginalizirane odrasle osebe na področju duševnega zdravja, s poudarkom na stereotipih pri zdravstvenih delavcih in študentih. Uporabili smo mešane raziskovalne metode (kvalitativne in kvantitativne). Ugotovitve so pokazale potrebo po izboljšanju dostopa do storitev, zlasti v okviru zdravstvene oskrbe. Oblikovali smo model ukrepov, ki so razdeljeni v pet ključnih področij: kakovost življenja in skupnostna skrb, ocena tveganja za marginalizirane skupine, promocija duševnega zdravja, kakovost storitev v različnih sektorjih in vrednotenje skupnostne skrbi. Priporočila vključujejo spremembe v izobraževalnih programih za zdravstvene delavce, da bi zmanjšali vpliv stereotipov in povečali zavedanje o potrebah teh skupin.

Ključne besede: duševno zdravje, marginalne skupine, stigma, zdravstveni delavci, integrirana obravnava

Sustainable Measures to Ensure Comprehensive, Integrated Psychosocial Care for Marginalised Adults

Mental illness affects more than one billion people worldwide and accounts for 7% of the global burden of disease. Marginalised groups are particularly vulnerable as they are more likely to be victims of victimisation, discrimination and stigma, which increases the risk of mental illness. This study examines the gaps in access to comprehensive mental health care for marginalised adults, focusing on stereotypes among health professionals and students. We used mixed research methods (qualitative and quantitative). The results highlight the need to improve access to services, particularly in healthcare settings. We developed an action model divided into five key areas: quality of life and community-based care, risk assessment for marginalised groups, mental health promotion, service quality across sectors and evaluation of community-based care. Recommendations include changes to training programmes for healthcare professionals to reduce the impact of stereotypes and raise awareness of the needs of these groups.

Keywords: mental health, marginalised groups, stigma, healthcare professionals, integrated care

SEKCIJA PRISPEVKOV NASTALIH V OKVIRU ERASMUS+KIP PROGRAMA / SECTION OF PAPERS DEVELOPED WITHIN THE ERASMUS+ KIP PROGRAMME:

Manjkajoče študentske kompetence – izziv za prihodnost izobraževanja

V zborniku je predstavljenih pet prispevkov mednarodnih, interdisciplinarnih študentskih skupin iz Portugalske, Hrvaške, Bolgarije in Slovenije, nastalih v okviru Erasmus+ kombiniranega intenzivnega programa Manjkajoče študentske kompetence – izziv za prihodnost izobraževanja. Program, ki je potekal od 20. do 24. oktobra 2025 na Univerzi v Novem mestu in se nadaljeval na daljavo, je študentom omogočil raziskovanje kompetenčnih vrzeli med različnimi področji – zdravstva, tehnologije, IKT, ekonomije, prava in psihologije – z vidika zdravja in dobrega počutja. Namen programa je bil prepoznati in razviti ključne kompetence za učinkovito sodelovanje bodočih strokovnjakov z zdravstvenim sektorjem ter spodbuditi interdisciplinarnost in inovativnost. Prispevki ponazarjajo raznolikost pristopov in rešitev pri razumevanju in krepitevi manjkajočih kompetenc ter ponujajo dragocen vpogled v povezovanje izobraževanja z dejanskimi potrebami sodobne družbe.

Missing Student Competences – A Challenge for the Future of Education

The proceedings present five papers by international, interdisciplinary student teams from Portugal, Croatia, Bulgaria, and Slovenia, created within the Erasmus+ Blended Intensive Programme Missing Student Competences – A Challenge for the Future of Education. The programme, held from 20 to 24 October 2025 at the University of Novo mesto and continued online, enabled students to explore competence gaps across various fields – health, technology, ICT, economics, law, and psychology – in the context of health and well-being. Its aim was to identify and develop key competences for effective collaboration of future professionals with the healthcare sector, while fostering interdisciplinarity and innovation. The papers illustrate the diversity of approaches and solutions in understanding and strengthening missing competences, offering valuable insights into linking education with the real needs of contemporary society.

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Bridging Competence Gaps in Higher Education: A Four-Country Perspective on Sustainability and Well-Being

The contemporary higher education, despite increasing emphasis on interdisciplinarity, sustainability, and international collaboration, continues to face significant competence gaps among students preparing for work in the field of health and well-being. These gaps, particularly in applying theoretical knowledge and addressing the dual green and digital transition, limit students' ability to collaborate effectively and respond to complex societal challenges. The purpose of this study is to explore and understand competence gaps and examples of good practices identified by students and employers from four European countries; Bulgaria, Croatia, Portugal, and Slovenia; representing the disciplines of Law, Linguistics/Business Communications, Education, and Nursing. The research employed a qualitative design based on twelve semi-structured interviews, analysed thematically to identify key patterns and cross-national differences. The findings revealed consistent gaps in practical experience, transversal skills, digital competences, and sustainability-related learning. However, participants also identified good practices such as project-based learning, mentorship, simulation-based training, longer internships, and international collaboration.

Keywords: competence gaps, sustainability, higher education, interdisciplinary learning, digital literacy, employability

Preseganje kompetenčnih vrzeli v visokošolskem izobraževanju: pogled na trajnost in blaginjo iz štirih evropskih držav

Sodobno visokošolsko izobraževanje, kljub vse večjemu poudarku na interdisciplinarnosti, trajnosti in mednarodnem sodelovanju, se še vedno sooča z izrazitimi vrzeli v kompetencah študentov, ki se pripravljajo na delo na področju zdravja in dobrega počutja. Te vrzeli, zlasti pri uporabi teoretičnega znanja in odzivanju na zahteve dvojnega zelenega in digitalnega prehoda, omejujejo sposobnost študentov za učinkovito sodelovanje in reševanje zapletenih družbenih izzivov. Namen te študije je raziskati in razumeti vrzeli v kompetencah ter primere dobrih praks, ki so jih opredelili študenti in delodajalci iz štirih evropskih držav; Bolgarije, Hrvaške, Portugalske in Slovenije; s področij prava, jezikoslovja/poslovnega komuniciranja, izobraževanja in zdravstvene nege. Raziskava temelji na kvalitativnem pristopu z desetimi polstrukturiranimi intervjuji, ki so bili tematsko analizirani za prepoznavanje ključnih vzorcev in meddržavnih razlik. Ugotovitve so pokazale stalne vrzeli na področjih praktičnih izkušenj, prečnih veščin, digitalnih kompetenc in učenja, povezanega s trajnostjo. Kljub temu so udeleženci izpostavili tudi primere dobrih praks, kot so projektno učenje, mentorstvo, simulacijsko usposabljanje, daljše prakse in mednarodno sodelovanje.

Ključne besede: vrzeli v kompetencah, trajnost, visokošolsko izobraževanje, interdisciplinarno učenje, digitalna pismenost, zaposljivost

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The Invisible Skill Gap: Overlooked Communication Competencies in Health Professions Education

Contemporary healthcare environments demand effective interdisciplinary collaboration and culturally sensitive communication. However, significant competence gaps persist among students in health-related disciplines, hindering their readiness for real-world healthcare settings. This study explores communication and intercultural competence gaps among students preparing to work in healthcare and identifies necessary improvements in higher education curricula to better align academic preparation with workplace demands. A qualitative research approach was employed using semi-structured interviews with two key stakeholder groups: students from different programs and employers in healthcare professions. Data were analyzed using thematic analysis to identify recurring patterns and themes related to competence gaps and educational needs. Thematic analysis revealed that while communication, empathy, critical thinking, and professionalism are recognized as essential competencies, students frequently demonstrate deficiencies in practical application. Participants emphasized the urgent need for practice-based learning, realistic simulations, and stronger partnerships between academic institutions and healthcare employers.

Keywords: communication, competencies, soft skills, higher education, patient, healthcare

Nevidna vrzel v znanju: spregledane komunikacijske kompetence v izobraževanju zdravstvenih poklicev

Sodobna zdravstvena okolja zahtevajo učinkovito interdisciplinarno sodelovanje in kulturno občutljivo komunikacijo. Kljub temu med študenti zdravstvenih smeri še vedno obstajajo izrazite kompetenčne vrzeli, ki zmanjšujejo njihovo pripravljenost na delo v realnih kliničnih okoljih. Študija raziskuje vrzeli na področju komunikacijskih in medkulturnih kompetenc med študenti, ki se pripravljajo na delo v zdravstvu, ter opredeljuje potrebne izboljšave visokošolskih učnih načrtov za boljše usklajevanje akademske priprave z zahtevami delovnega okolja. Uporabljena je bila kvalitativna raziskovalna metoda s polstrukturiranimi intervjuji dveh ključnih skupin deležnikov: študentov in delodajalcev v zdravstvenih poklicih. Podatki so bili analizirani s tematsko analizo, s katero smo identificirali ponavljajoče se vzorce in teme, povezane s kompetenčnimi vrzelmi in izobraževalnimi potrebami. Tematska analiza je pokazala, da so komunikacija, empatija, kritično razmišljanje in profesionalnost sicer prepoznani kot ključne kompetence, vendar študenti pogosto izkazujejo pomanjkljivosti pri njihovi praktični uporabi. Udeleženci so poudarili nujnost učenja na podlagi prakse, realističnih simulacij in močnejšega partnerstva med akademskimi institucijami ter delodajalci v zdravstvu.

Ključne besede: komunikacija, kompetence, mehke veščine, visokošolsko izobraževanje, oskrba pacientov, zdravstvo

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Competence Gaps in Critical Thinking and Innovation in the Field of Healthcare and Wellbeing

This research investigates competence gaps in critical thinking, innovation among students and employers from various academic disciplines. Across most educational sectors in many countries, employers report that students lack skills, such as analytic reasoning, evidence-based decision-making and innovative thinking. This deficiency is particularly pronounced in the healthcare and well-being sector. The study employs a qualitative research methodology and conducts sixteen in-depth interviews. It aims to address gaps in cross-cultural perspectives and experiential learning. The findings reveal key differences in expectations between academic institutions and healthcare organisations. By synthesising the theoretical and empirical aspects, the research suggests strategies to bridge competence gaps. Results indicate that students value strong theoretical knowledge but feel unprepared for real-world challenges due to limited opportunities for experiential learning at university. They emphasise the importance of critical thinking and adaptability, advocating for mentorship and the integration of theory and practice.

Keywords: competence gaps, critical thinking, cross-cultural perspectives

Pomanjkanje kompetenc za kritično razmišljanje in inovativnost na področju zdravstva in dobrega počutja

Ta raziskava proučuje pomanjkanje kompetenc na področju kritičnega razmišljanja in inovativnosti med študenti in delodajalci iz različnih akademskih disciplin. V večini izobraževalnih sektorjev v številnih državah delodajalci poročajo, da študentom primanjkuje spretnosti, kot so analitično sklepanje, na dokazih temelječe odločanje in inovativno razmišljanje. Ta primanjkljaj je še posebej izrazit v sektorju zdravstva in dobrega počutja. Raziskava uporablja kvalitativno metodologijo in vključuje šestnajst poglobljenih intervjujev. Namen je obravnavati vrzeli v medkulturnih perspektivah in izkustvenem učenju. Ugotovitve razkrivajo ključne razlike v pričakovanjih med akademskimi institucijami in zdravstvenimi organizacijami. Z združevanjem teoretičnih in empiričnih vidikov raziskava predlaga strategije za premoščanje kompetenčnih vrzeli. Rezultati kažejo, da študenti cenijo trdno teoretično znanje, vendar se zaradi omejenih priložnosti za izkustveno učenje na univerzi pogosto počutijo nepripravljene na izzive iz resničnega okolja. Poudarjajo pomen kritičnega razmišljanja in prilagodljivosti ter zagovarjajo mentorstvo in večje povezovanje teorije s prakso.

Ključne besede: pomanjkanje kompetenc, kritično razmišljanje, medkulturne perspektive

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Obvladovanje stresa in osebna odpornost med študenti – vrzeli v kompetencah za delo na področju zdravstva in dobrega počutja

Zdravstvo je multidisciplinarno okolje, v katerem sta sodelovanje in integrirano strokovno znanje ključna za kakovostno oskrbo in inovacije. Kljub vse večji pozornosti namenjeni poklicni pripravljenosti študenti in diplomanti pogosto nimajo zadostnih čustvenih in psiholoških spretnosti za soočanje s stresom na delovnem mestu. Namen raziskave je prepoznati in primerjati vrzeli v kompetencah na področju obvladovanja stresa in odpornosti pri delu v zdravstvu in dobrem počutju, kot jih zaznavajo študenti in delodajalci iz različnih disciplin in držav. Uporabljen je bil kvalitativni raziskovalni pristop s polstrukturiranimi intervjuji. Pripravljeni sta bili dve različici intervjuja – ena za študente različnih disciplin in ena za delodajalce/deležnike na področju zdravstva in dobrega počutja. Študenti so kot bistvene za odpornost izpostavili empatijo, komunikacijo, profesionalnost in čustveno stabilnost. Delodajalci so te izzive potrdili, pri čemer so izpostavili pritiske zaradi obremenitev in nezadostno pripravljenost diplomantov.

Ključne besede: obvladovanje stresa, osebna odpornost, vrzeli v kompetencah

Stress Management and Personal Resilience among Students – Competence Gaps for Work in the Field of Healthcare and Well-Being

Healthcare is a multidisciplinary environment where collaboration and integrated expertise are crucial for quality care and innovation. This study focuses on competences in stress management and personal resilience. The study aims to identify and compare competence gaps in stress management and resilience for work in healthcare and well-being as perceived by students and employers across of different disciplines and countries. A qualitative design was applied using semi-structured interviews. Two interview versions targeted students from various disciplines and employers/stakeholders in healthcare and well-being. Purposive sampling ensured diversity across professions and national contexts. Students emphasized empathy, communication, professionalism, and emotional stability as crucial for resilience but noted limited emotional preparation and institutional support. Employers confirmed these challenges, citing workload pressures and insufficient graduate readiness.

Keywords: stress management, personal resilience, competence gaps

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Pomanjkanje kompetenc na področju digitalnih veščin in umetne inteligence med študenti in zaposlenimi na področju zdravstva in dobrega počutja

V sodobnem visokošolskem izobraževanju med študenti, ki se pripravljajo na delo na področju zdravstva in dobrega počutja, še vedno obstajajo izrazite vrzeli v kompetencah na področju digitalnih znanj in umetne inteligence. Namen prispevka je analizirati in razumeti primanjkljaje kompetenc med študenti različnih disciplin in iz štirih držav (Hrvaška, Slovenija, Bolgarija, Ukrajina) in med štirimi nacionalnimi deležniki (delodajalci) iz Hrvaške in Slovenije. Raziskava je temeljila na kvalitativnem raziskovalnem pristopu z uporabo strukturiranih intervjujev iz različnih disciplin. Tematska analiza je bila uporabljena za prepoznavanje ključnih vzorcev in razlik med disciplinami ter nacionalnimi konteksti. Rezultati so pokazali pomembne vrzeli v kompetencah med študenti. Študenti so poročali o omejenih priložnostih za interdisciplinarno, praktično naravnano učenje ter o pogosti uporabi generativne umetne inteligence za hitre razlage in iskanje idej. Delodajalci so opozorili, da diplomanti nimajo zadostnega znanja o naprednih orodjih in integraciji sistemov. Deležniki so poudarili potrebo po tesnejšem sodelovanju med visokoškolskimi institucijami in delodajalci ter priporočili obvezne praktične komponente, modele dualnega izobraževanja in vključitev etike umetne inteligence v študijske programe.

Ključne besede: vrzeli v kompetencah, praktične izkušnje, umetna inteligenca (UI)

Competence Gaps in Digital Competencies and Artificial Intelligence among Students and Employees from Different Disciplines and Countries for Work in the Field of Healthcare and Well-Being

In contemporary higher education, significant competence gaps in digital competencies and artificial intelligence persist among students preparing for work in the field of health and well-being. The purpose of this paper is to analyze and understand the competence gaps among students from various disciplines and 4 countries (Croatia, Slovenia, Bulgaria, Ukraine) and four national stakeholders (employers) from Croatia and Slovenia. The study applied a qualitative research design based on structured interviews from different disciplines. Thematic analysis was used to identify key patterns and differences across disciplines and national contexts. The results revealed significant competence gaps among students. Students reported fewer opportunities for interdisciplinary, practice-based learning and frequent reliance on generative AI for quick explanations and ideation. Employers noted graduates lack proficiency in advanced tools and system integration. Stakeholders emphasized the need for stronger cooperation between higher education institutions and employers, recommending mandatory practical components, dual education models, and integrating AI ethics into curricula.

Keywords: competence gaps, practical experience, artificial intelligence (AI)

Častni pokrovitelj konference

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



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