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7. ZNANSTVENA KONFERENCA Z MEDNARODNO UDELEŽBO
ZA ČLOVEKA GRE: PRIHODNOST ZDAJ!

7th SCIENTIFIC CONFERENCE WITH INTERNATIONAL PARTICIPATION
ALL ABOUT PEOPLE: FUTURE FIT!

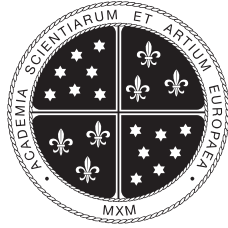
Maribor, 15. - 16. 3. 2019

ZBORNİK POVZETKOV / BOOK OF ABSTRACTS

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**7th SCIENTIFIC CONFERENCE WITH INTERNATIONAL PARTICIPATION
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Uredil / Editor: dr. Tanja Angleitner Sagadin

Jezikovni pregled / Linguistic revision: Dominatus d.o.o

Prelom / Pre-press preparation: Tjaša Pogorevc s. p.

Tisk / Printing: Design Studio

Izdaja / Edition: 1. izdaja / 1st edition

Kraj / Place: Maribor

Založba / Publisher: AMEU – ECM, Alma Mater Press

Za založbo / For the publisher: prof. dr. Ludvik Toplak

Leto izdaje / Year of publishing: 2019

Naklada / Number of copies: 50 izvodov / copies

CIP - Kataložni zapis o publikaciji
Narodna in univerzitetna knjižnica, Ljubljana
001(082)

ZNANSTVENA konferenca z mednarodno udeležbo Za človeka gre: prihodnost zdaj!
(7 ; 2019 ; Maribor)

Zbornik povzetkov = Book of abstracts / 7. znanstvena konferenca z mednarodno udeležbo Za človeka gre: prihodnost zdaj! = 7th Scientific Conference with International Participaton All About People: Future Fit!, Maribor, 15.-16. 3. 2019 ; [uredila Tanja Angleitner Sagadin]. - 1. izd. = 1st ed. - Maribor : Alma Mater Europaea - ECM, 2019

ISBN 978-961-6966-45-0

1. Dodat. nasl. 2. Angleitner Sagadin, Tanja
299193600

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PLENARNI GOVORCI
KEYNOTE SPEAKERS /
PLENARY LECTURES

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DIGITIZATION, DATA ANALYTICS, AND ARTIFICIAL INTELLIGENCE TRANSFORMING BUSINESS AND SOCIETY

The processing capacity of today's smartphones – in the hand of every student, employee, and citizen – outperforms the computers that landed a man on the moon in 1969. Digitization and Artificial Intelligence (AI) are about to drive fundamentally transformed business models, thereby challenge established economics and lead to emerging approaches of value creation in business, society, and research. While impressive examples are gaining ground, the disruptive effects will not spare those who underestimate the increasing momentum of digitization.

This presentation will outline how digitization, big data analytics, and AI can empower organizations, while dooming institutions which cling to maintaining their status quo. Hopefully, it will open the discussion on how to proactively shape new business and societal opportunities.

Reference:

Loebbecke, C., Picot, A. (2015) Reflections on Societal and Business Model Transformation arising from Digitization and Big Data Analytics: A Research Agenda, Journal of Strategic Information Systems (JSIS), 24(3), 149-157.



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**PARTICIPATION AND SUCCESS RATE
OF NEW EU MEMBER STATES IN HORIZON 2020
AND THEIR OUTLOOK IN HORIZON EUROPE**

European framework programs belong to important pillars of the development of research and education in EU new members states (NMS). However, their success in this competition is only moderate so far. Countries may be divided into three categories, the most successful are Estonia, Slovenia, Malta and Cyprus. In the paper the position of EU NMS in the present framework program Horizon 2020 is analysed following eight basic criteria: supported project applications; projects over threshold; ineligible applications; number of projects and contribution from EC; contribution per one scientists; number of scientists per one participation; average contribution per one participation.

A comparison of Horizont 2020 and previous 7th Framework Programme will be provided. Our results demonstrate large influence and contribution of Teaming, Twinning and EraChair instruments for NMS activities. The results are interpreted within the framework of EC study „Overcoming innovation gaps in the EU 13 member states“, 2018. Eleven hypotheses were tested and the often used argument that participants in NMS have alternative and more easily accessible funding opportunities that in EU 15 was rejected. Lower quality of proposals from NMS and their weaker connections to the collaboration networks explains the present situation. Finally, the basic segments of the prepared Horizon Europe (2021 - 2027), its missions and NMS outlook are given.



Prof. dr. Lučka Kajfež Bogataj
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ŽIVIMO NA PLANETU KI NE RASTE WE LIVE ON A PLANET WHICH DOESN'T GROW

Eksponentna rast človeških aktivnosti ustvarja izjemne pritiske na biofizikalne sisteme Zemlje, ki je omejen planet. Dosegli smo stopnjo rasti, ki v nekaterih pogledih že skrajne biofizikalne točke zmogljivosti našega planeta, znotraj katerih lahko naša civilizacija deluje brez nevarnih pritiskov na okolje. Pozornost v prispevku je namenjena devetim pomembnim procesom ali sistemom, znotraj katerih bo treba upoštevati omejitve. Družba se mora glede rasti in razvoja učiti iz delovanja ekosistemov in preseči stanje, da v ekonomiji in politiki prevladuje doktrina nenehne gospodarske rasti. Zapoved neomejene rasti na planetu z omejenimi viri ni niti fizikalno smiselna, z družbenega vidika pa za zdaj ne odpravlja revščine niti nas ne naredi srečnejše. Da bomo lahko sprejeli alternativne modele znotraj družbeno-ekonomske znanosti, ki bodo spoštovali omejenost planeta, bo potrebna preobrazba naše spoznavnosti, gospodarstva, politike in norm, prenova civilizacije in naše kulture. V ospredje mora stopiti kakovostna in ne več količinska rast. Ključne besede: nosilnost planeta, podnebne spremembe, gospodarska rast, preobrazba

Planet Earth is finite but anthropogenic pressures on the Earth System have reached a scale where major environmental change can no longer be excluded. Science already set planetary environmental boundaries within which humanity can operate safely. Transgressing these will likely trigger abrupt environmental change within planetary scale. Today mainstream economics seems to believe that economics exists independent of the laws of biology, chemistry and physics. But perpetual economical growth is not possible on a finite planet, so the situation requires new thinking on global economy and search for alternative economic models. Growth so far has failed to increase our happiness and has failed to end poverty. Cognitive, economic, political and normative transformation, renewal of civilisation or cultural change are needed to find ways of living for human beings that are fulfilling and consistent with the laws of the planet. Prosperity today means nothing if it undermines the conditions on which prosperity tomorrow depends.

Key words: planetary boundaries, climate change, economical growth, transformation

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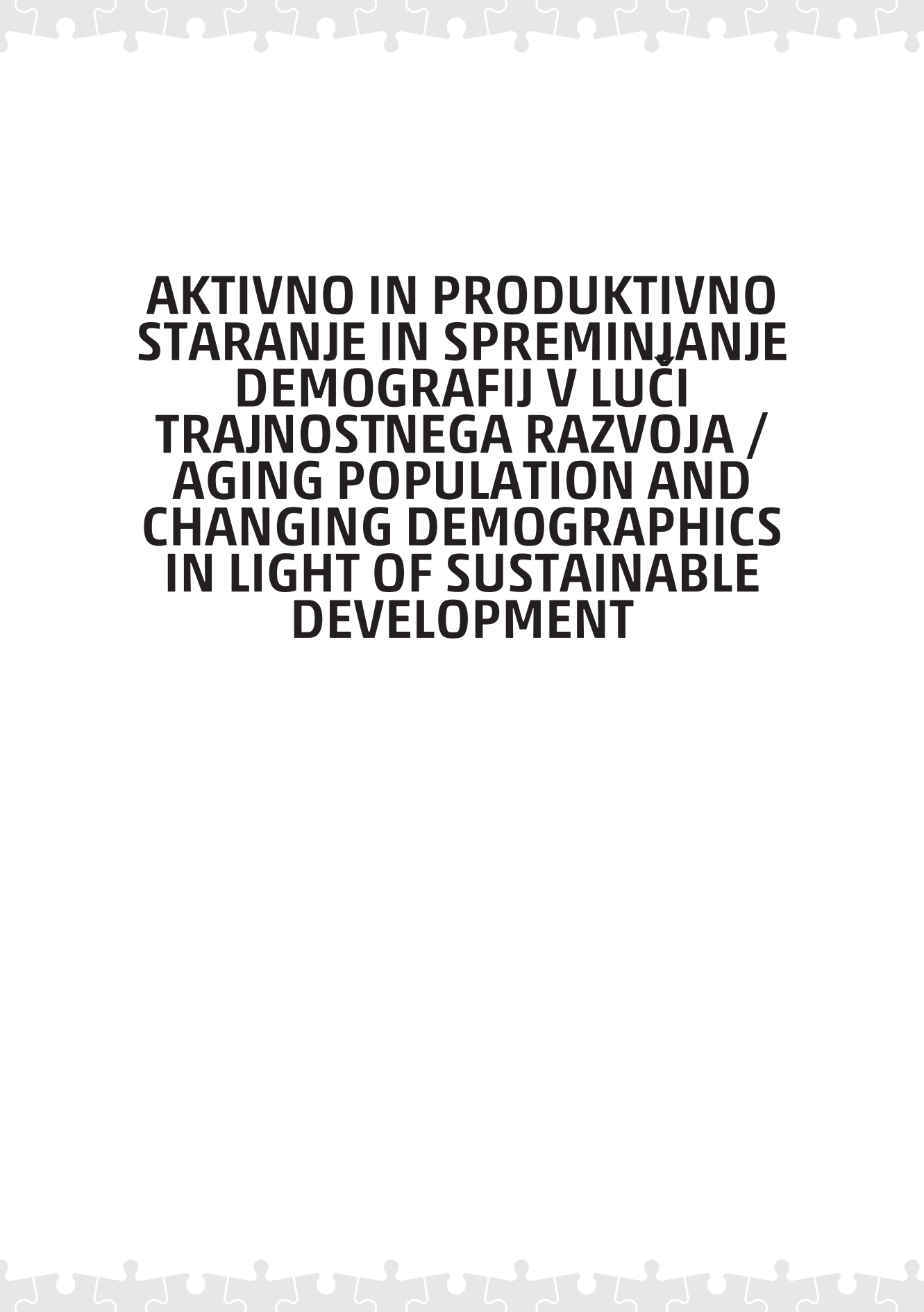
INNOVATIVE PERSPECTIVE IN AGING CARE AND FALLS-RELATED INJURIES IN OLDER PERSONS

Orthostatic challenge could lead to dizziness upon standing up, especially if adequate brain perfusion is not able to be maintained by the cardiovascular system. This condition occurs quite frequently in older persons and returning astronauts. The spaceflight environment of microgravity, for example, influences several physiological systems, including the cardiovascular system, cerebral autoregulation, and musculoskeletal function; some of these factors alone, and in combination, could contribute to post-spaceflight orthostatic intolerance. This presentation provides an overview of these microgravity-induced physiological effects (deconditioning) and then discusses important similarities and connections to the aging process.

The present paper describes an innovative and integrated model incorporating best practices of new innovations into an overarching health care system that can effectively address the multidimensional health care challenges related to aging patient especially with chronic health issues. There is a need to create such models as the number of aging persons grows. The main goal of the proposed model is to address the emerging health care challenges of an aging population and stimulate improved cost-efficiency, effectiveness, and patients' well-being. Not only should it include patients but also families, caregivers but also regional stakeholders.

Key words: spaceflight, aging, falls, orthostatic intolerance, immobilization, bedrest.





**AKTIVNO IN PRODUKTIVNO
STARANJE IN SPREMINJANJE
DEMOGRAFIJ V LUČI
TRAJNOSTNEGA RAZVOJA /
AGING POPULATION AND
CHANGING DEMOGRAPHICS
IN LIGHT OF SUSTAINABLE
DEVELOPMENT**

Mirhada Šehić, Danijela Panić, Snježana Svitlić- Budisavljević

PERSONAL PROCESSING AND EXPERIENCE OF THE RETIREMENT PROCESS

Objective of the study: The aim of the study was to establish the differences in the retirement process and to point to the difference in the retirement experience as a natural part of the elderly.

Method in the Study: The qualitative method; the method of data collection is an interview. The method for data analysis is descriptive, words. The results: The results show the difference in the experience of the retirement process in group »A« retirees compared to the retirement of group »B«. Based on the responses we concluded that only the last question is answered unanimously by the respondents, and that is how they perceive the conditions for obtaining a pension. The terms of retirement were adopted by the laws so that they had to go through the same procedure that was not easy. Conclusion: Retirement is the individual experience of a person experiencing it. Retirement conditions greatly determine the retirement process and the attitude towards and experience of retirement as current status.

Key words: ageing, old age, retirement, age, forced retirement



Lucie Vidovičová

HUMANOIDNI ROBOT IN VLOGA ZABAVE PRI DEJAVNEM STARANJU

HUMANOID ROBOT AND THE ROLE OF ENTERTAINMENT IN ACTIVE AGEING

Uvod: Staranje populacij v času sovpada s hitrim razvojem tehnologij, kar prinaša zanimiva vprašanja o tem, kako tehnologije podpirajo izkušnje staranja v najširšem pomenu, le omejena pozornost je bila namenjena temu, kakšno vlogo lahko igrajo humanoidni roboti pri dejavnem staranju. Metode: V prispevku bom pojasnila idejo novega projekta »Uporaba humanoidnega robota v spodbujanju aktivnega staranja pri starejših moških in ženskah« (TL02000362, Tehnološka agencija Češke). Predstavitev idej temelji na pregledu razpoložljive literature o dejavnem staranju ter interakciji med človekom in robotom. Rezultati: Do zdaj je bilo opisanih vsaj pet vlog robotske tehnologije: čustvena terapija, kognitivno usposabljanje, podpora socialne mreže, druženje in fizikalna terapija. Medtem ko dejavno staranje, v širšem smislu, vsebuje kognitivno usposabljanje in podporo socialne mreže, je bila vloga »zabave«, kot tudi njeni tehnološki viri, za zdaj dokaj neizkoriščena v socialni gerontologiji. Razvedritev ob uporabi humanoidnega robota lahko pomaga pri naraščajočem sprejemanju tehnologije na splošno. Sklepi: Zdi se, da humanoidni roboti in zabava manjkajo v diskurzih socialne gerontologije. Cilj tekočega projekta in njegovega razlogovanja je zapolniti to vrzel.

Ključne besede: dejavno staranje, humanoidni robot, starejši odrasli, zabava

Introduction: The ageing of the populations in the global North coincides in time with speedy development of technologies. These phenomena combined give rise to intriguing questions on how technologies assist the experience of ageing in its broadest sense. However, only limited attention was devoted so far to the role humanoid robots can play in the active ageing pursuits of older people striving for active ageing lifestyles. Methods: The paper will introduce the reasoning of the new project "The use of the humanoid robot in promoting active ageing in older men and women" (grant no. TL02000362, by the Technological agency of the Czech Republic). It is based on the overview of the available literature dealing with both active ageing and human-robot interaction. Results: So far, five roles have been identified that are usually employed by the assistive robot technology: affective therapy, cognitive training, social facilitator, companionship and physiological therapy. While active ageing, in its broad sense, involves both cognitive training and social relationship facilitation, the role of the "entertainment" as well as its technological sources, seems to be so far rather untapped by social gerontology. The entertaining role the humanoid robot can play in raising the technology acceptance in older people as part of their active ageing pursuits should be considered as a genuine part of the longevity society. Conclusions: Both humanoid robots and entertainment seem to be missing from mainstream discourses in social gerontology. The ongoing project and its reasoning aim to fill this gap.

Key words: human-robot interaction; active ageing; entertainment; older adults

Peter Seljak

POMEN SOCIALNEGA KAPITALA STAREJŠIH LJUDI ZA KREPITEV NJIHOVEGA BIVALNEGA ZADOVOLJSTVA THE RELEVANCE OF THE ELDERLY'S SOCIAL CAPITAL FOR STRENGTHENING THEIR SATISFACTION WITH THEIR LIVING ENVIRONMENT

Uvod: Bivalno okolje starejših ljudi je pomembno za njihovo kakovostno preživljanje starosti in zagotavljanje koncepta »staranja doma«. Bivalno zadovoljstvo starejših ljudi je odvisno od stanovanja, sosedov in soseske. Na krepitev bivalnega zadovoljstva starejših ljudi v domačem okolju pomembno vplivajo dejavniki socialnega kapitala. Namen raziskave je bil raziskati dejavnike bivalnega zadovoljstva in pomen socialnega kapitala za krepitev bivalnega zadovoljstva starejših ljudi. V raziskavi smo teoretični konstrukt oblikovali na podlagi spoznanj teorije bivalnega zadovoljstva in teorije socialnega kapitala.

Metode: V raziskovalnem delu smo uporabili kvantitativni raziskovalni pristop, pri katerem smo uporabili metodo anketiranja. Podatke smo pridobili z lastnim anketnim vprašalnikom, ki smo ga oblikovali na podlagi teoretičnega konstrukta. Anketiranje smo izvedli med majem in septembrom 2016, pri katerem smo pridobili podatke 531 starejših ljudi, ki bivajo v domačem okolju. V raziskavi smo uporabili metode opisne in sklepne statistike, pri čemer smo tri hipoteze preverjali z regresijsko analizo.

Rezultati: Rezultati empirične analize dokazujejo, da je stanovanje najpomembnejši dejavnik bivalnega zadovoljstva starejših ljudi ter da sta prostovoljstvo in solidarnost najpomembnejša dejavnika socialnega kapitala starejših ljudi. Ugotovili smo, da dejavniki socialnega kapitala pomembno vplivajo na krepitev bivalnega zadovoljstva starejših ljudi. Izpostavimo lahko močno povezavo med dejavnikoma medsosedska povezanost in omrežja ter dejavnikom sosedje, pa tudi med dejavnikoma zaupanje in varnost ter dejavnikom soseska.

Sklepi: Na podlagi raziskovalnih rezultatov lahko ugotovimo, da socialni kapital starejših ljudi pomembno vpliva na njihovo zaznavanje bivalnega zadovoljstva. Ugotovitve raziskave so osnova za oblikovanje socialnih in stanovanjskih politik na področju starejših ljudi ter modelov za opolnomočenje starejših ljudi za bivanje v domačem okolju.

Ključne besede: starejši ljudje, socialni kapital, bivalno zadovoljstvo, stanovanje, soseska, sosedje

Introduction: The living environment of the elderly is very relevant to the quality of their lives, as is experiencing the concept of »ageing in place«. Residential satisfaction depends on housing, neighbourhood and neighbours. Social capital factors have an important impact on strengthening the elderly's satisfaction with their place of residence. The purpose of the research was to investigate factors of residential satisfaction and the relevance of social capital for strengthening residential satisfaction in the elderly. The theoretical construct used in the research is based on a theory of residential satisfaction and a theory of social capital.

Methodology: Research is based on quantitative research methods, namely a survey method has been used to collect data. Data were collected using a questionnaire specially designed for this survey by the researchers, based on the earlier mentioned theoretical construct developed for the purpose of this study. The interviews took place between May and September 2016. 531 elderly people living in a home environment participated in the survey. Data were analysed using the descriptive and inferential statistical methods. The three hypotheses were cross-checked with regression analysis.

Results: The results of the empirical analysis show that housing is the most important factor that is relevant to the residential satisfaction of the elderly and that voluntarism and solidarity are the most important factors of the elderly's social capital. Furthermore, it was established that the factor of social capital importantly impacts residential satisfaction. The research brought to light a strong connection between factors such as "interconnectedness among neighbours and networks" and the factor "neighbours", and factors such as "trust" and "security" and the factor "neighbourhood".

Conclusions: Based on this research it can be concluded that the elderly's social capital is importantly impacting their perceptions of their residential environment. Findings of this research provide the basis for the formulation of social and housing policies for the elderly and for developing models that will empower the elderly for living in a home environment.

Key words: The elderly, social capital, residential satisfaction, housing, neighbourhood, neighbours



Nataša Vidnar, Marija Mikolič, Boris Miha Kaučič

TELESNA DEJAVNOST STARIH LJUDI – PRIMERJAVA MED URBANIM IN RURALNIM OKOLJEM PHYSICAL ACTIVITY OF THE ELDERLY: A COMPARISON BETWEEN RURAL AND URBAN ENVIRONMENTS

Teoretična izhodišča: Telesna dejavnost je ključnega pomena pri ohranjanju dobrega telesnega zdravja in počutja pri starih ljudeh. Omogoča jim samostojno, kakovostno življenje ter zmanjšuje tveganje za padce in poškodbe. Z raziskavo smo želeli ugotoviti, kakšen pomen stari ljudje pripisujejo redni telesni dejavnosti, s katerimi dejavnostmi se najpogosteje ukvarjajo in kako bivalno okolje vpliva na telesno dejavnost starih ljudi. Metode: Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije in tehniko anketiranja. Za zbiranje podatkov smo kot instrument uporabili anketni vprašalnik, ki smo ga razvili na osnovi pregleda literature. Uporabili smo neslužajnostni priložnostni vzorec. V raziskavo je bilo vključenih 100 anketirancev, ki živijo v urbanem in ruralnem okolju. Anketni vprašalnik je izpolnilo 60 starih ljudi, kar pomeni, da je bila realizacija 60-odstotna. Zbrane podatke smo analizirali z računalniškim programom Microsoft Office Excel 2010. Rezultati: 22 (74 %) anketiranih starih ljudi v ruralnem okolju in 23 (77 %) anketiranih starih ljudi v urbanem okolju se zaveda, da je zanje telesna dejavnost zelo pomembna. Strinjajo se s trditvijo, da telesna dejavnost pozitivno vpliva na njihovo zdravje in telesno kondicijo. Podatki kažejo, da je med oblikami telesne dejavnosti najbolj priljubljena hoja, saj se z njo ukvarja 53 (88 %) anketiranih starih ljudi. 24 (80 %) anketiranih starih ljudi v ruralnem okolju in 20 (67 %) v urbanem okolju je telesno dejavnih vsak dan. Večina anketiranih se po izvajanju telesne dejavnosti počuti bolje, so boljše razpoloženi in lažje spiyo. Kot najpogostejši vzrok za telesno nedejavnost so navedli bolezen, pomanjkanje volje in energije ter samodiscipline. Na osnovi ankete smo ugotovili, da bivalno okolje ne vpliva bistveno na telesno dejavnost starih ljudi. Razprava: Z opravljeno raziskavo smo ugotovili, da so stari ljudje ozaveščeni o pomenu redne telesne dejavnosti in njenem pozitivnem vplivu na zdravje. Redna telesna dejavnost starih ljudi se kaže z večjim lastnim zadovoljstvom z življenjem, kar pomembno vpliva na posameznikovo kakovost življenja. Ob vsem tem pa ohranjajo svojo neodvisnost, kar je želja vsakega posameznika.

Ključne besede: staranje, stari ljudje, telesna dejavnost, hoja, kakovost življenja

Theoretical background: Physical activity is the key when it comes to good physical health conservation and wellbeing at old age. It allows seniors independence, quality of life and it lowers the risks of falls and injuries. With the research we wanted to figure out what they think of regular physical activity, which activities are they most frequently involved in and what kind of impact has their environment on physical activity. Method: We used a quantitative method of research and collected the information with the help of a survey. 60 people participated in it, 30 of them were from an urban area and the other half was from a rural area. Information we gathered with the survey was statistically processed with Microsoft Office Excel 2010. Results: In the analysis of the questionnaires, we figured out that 74 % of respondents from a rural area and 77 % of respondents from an urban area know how important physical activity is. They agree that physical activity has a positive influence on their health and physical fitness. With the help of research, you can see that walking is the most popular physical activity because more than 80 % of respondents are involved in it. Most of the respondents feel better, are in a better mood and sleep easier after exercising. The most frequent causes of physical inactivity are illnesses, lack of will, energy and self-discipline.

Discussion: We figured out that the elderly are informed about the meaning of physical activities. With them, they have a good influence on their well-being; it brings them more joy and better life quality. And with all that, they maintain their independence, which is the dream of every individual.

Key words: Key words: ageing, elders, physical activity, types of physical activity

Nataša Štandeker

MODEL DELOVNE SPOSOBNOSTI V INSTITUCIONALNEM VARSTVU STAREJŠIH A MODEL OF WORKING ABILITY IN THE FIELD OF THE INSTITUTIONAL CARE OF THE ELDERLY

Demografske spremembe v obstoječih strukturah zaposlenih v institucionalnem varstvu starejših predstavljajo enega izmed trajnostnih izzivov za zagotavljanje zadostnega števila zaposlenih v institucionalnem varstvu starejših. Metode: Mednarodna empirična raziskava, izvedena na vzorcu 650 zaposlenih v institucionalnem varstvu starejših v Sloveniji, Avstriji in na Hrvaškem, s standardiziranim anketnim vprašalnikom. Kvantitativna raziskava z uporabo delfi metodologije z namenom doseganja konsenza o potrebnih ukrepih za podaljšanje delovne sposobnosti zaposlenih v posameznih poklicnih in starostnih skupinah zaposlenih v institucionalnem varstvu starejših. Rezultati: V empirični raziskavi smo ugotovili, kateri dejavniki statistično signifikantno vplivajo na delovno sposobnost zaposlenih. Sklep: Na osnovi rezultatov empirične in kvalitativne raziskave smo oblikovali socialnogerontološki model za podaljšanje delovne sposobnosti zaposlenih v institucionalnem varstvu starejših.

Ključne besede: delovna sposobnost, institucionalno varstvo starejših, demografske spremembe, zaposleni

Due to demographic changes in the existing structures of those employed in the field of institutional care of the elderly, ensuring a sufficient workforce in this field is becoming increasingly challenging. Methods: international empirical survey on 650 employees of the field of institutional care of the elderly in Slovenia, Austria and Croatia with standard Questionnaire and qualitative study with the use of a Delphi method to ensure the consensus between experts from the field of the institutional care of the elderly in Slovenia, Austria and Croatia about measures of prolonging the working ability of the employees in the research field in specific professional and age groups. Results: in the empirical survey we have defined those factors of working ability which are influencing the working ability in specific professional and age groups of the employees in the field of institutional care of the elderly. With qualitative survey we have created the list of measurements of prolonging the working ability among the employees in the field of institutional care of the elderly for specific professional and age groups of employees. Conclusions: With the results of both the empirical and qualitative research we have created the social - gerontological model of prolonging the working ability of employees from the field of institutional care of the elderly.

Keywords: working ability, institutional care of the elderly, demographical changes, employees



Barbara Grintal

AGEIZEM KOT DRUŽBENO KONSTRUIRAN POJAV AGEISM AS SOCIALLY CONSTRUCTED PHENOMENON

Uvod: Proces staranja je družbeno konstruiran pojav, odvisen od percepcije ljudi. Zgodovinske in kulturne transformacije, odsotnost starih ljudi pri pomembnih družbenih vlogah ter negativen družbeni odnos do procesa staranja ustvarjajo pogoje za pojav diskriminacije starih ljudi oz. ageizma. Raziskava je usmerjena v proučevanje stališč o starih ljudeh, ageističnega vedenja in odnosa drugih do starih ljudi. Metode: V raziskovalnem delu smo uporabili kvantitativni raziskovalni pristop, pri katerem smo z metodo anketiranja ugotavljali ageistična vedenja in odnos do starih ljudi. Anketiranje smo izvedli v novembru in decembru 2018 na vzorcu 808 ljudi, starejših od 55 let. Hipotezi smo testirali s testom hi-kvadrat. Rezultati: Rezultati raziskave kažejo, da stari ljudje večinoma ne zaznavajo ageističnega vedenja s strani drugih. Najpogosteje so ageistično vedenje zaznali kot šalo na račun starih ljudi, rekli so jim, da so prestari za nekaj, poleg tega je zdravstveno osebje njihove zdravstvene težave pogojevalo s starostjo. Ugotavljamo razliko pri zaznavanju žalitev med spoloma, pri tem so bili moški pogosteje deležni žaljivk zaradi starosti kot ženske. Stari ljudje iz urbanega okolja so pogosteje žrtve kriminala kot stari ljudje iz ruralnega okolja. Sklepi: Ageizem je pogosto povezan s kulturo družbe ter njenim odnosom in vedenjem do starih ljudi. Družba se mora soočiti z razumevanjem narave strahu pred starostjo in staranjem, saj bo le tako lahko vzpostavila mehanizme za odpravo ageizma. Pomemben učinek za zmanjševanje ageizma ima tudi prizadevanje za višji status starih ljudi v družbi, s čimer bodo le-ti še naprej prispevali v družbi s svojo modrostjo in izkušnjami.

Ključne besede: ageizem, stari ljudje, odnos, vedenje, stereotipi

Introduction: The process of ageing is a socially constructed phenomenon dependent on the people's perception. Historical and cultural transformations, absence of the elderly in important social roles and a negative social attitude to the process of ageing create the conditions for discrimination of the elderly or ageism. The research is focused on the exploration of the perceptions of the elderly, the ageist attitude and the relationships of others with the elderly. Methods: In the research part we used the quantitative approach, with which we established ageistic behaviour and attitude towards the elderly. The survey was carried out in November and December 2018 on 808 people older than 55 years. The hypotheses were tested using the hi-squared test. Results: The research results show that the majority of the elderly does not perceive any ageist behaviour from others. They mostly perceive the ageist attitude as a joke at the expense of the elderly, having been told they are too old for something and that the medical staff ascribed their medical problems to old age. We established the difference in the perception of insults in relation to gender, whereby men were more often insulted because of their age than women. Elderly people from an urban environment were more often victims of crime than the elderly from a rural environment. Conclusions: Ageism is often related to the culture of a certain society and their attitude and behaviours toward the elderly. Society has to be confronted with understanding the nature of fear of old age and ageing because only then will it be able to establish the proper mechanisms for eradicating ageism. An important factor in reducing ageism also lies in the effort for achieving a higher status of the elderly in society, through which they will be able to further contribute to society with their wisdom and experience.

Key words: ageism, elderly, attitudes, behaviour, stereotypes

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NEKATERI VIDIKI SKRBI STAREJŠIH ŽENSK ZA OSEBNI VIDEZ SOME ASPECTS OF THE CONCERNS OF OLDER WOMEN REGARDING THEIR PERSONAL APPEARANCE

Uvod: V prispevku želimo predstaviti vpliv staranja na izbiro oblačil, obutve, nakita in modnih dodatkov ter uporabo kozmetičnih izdelkov in storitev za osebno potrebo in higieno žensk v tretjem in četrtem življenjskem obdobju ter vpliv le-teh na njihovo samopodobo. Zanimalo nas je tudi, ali družbeno-ekonomski status vpliva na izbiro kakovosti materialov in pogostost storitev, ki si jih ženske 65+ (lahko) privoščijo oz. kupijo.

Metode: Za potrebe raziskave smo izvedli 205 individualno vodenih intervjujev z ženskami, stariimi 65+, v obdobju november–december 2018 v različnih slovenskih regijah. Za potrebe vodenja intervjuja smo pripravili 16 vprašanj. Dobljene odgovore smo obdelali s programoma Excel in SPSS; uporabili smo frekvenčno distribucijo (f , $f\%$) odgovorov na zastavljena vprašanja; osnovno deskriptivno statistiko (min., maks., aritmetično sredino, standardni odklon, koeficient asimetrije, koeficient sploščenosti); χ^2 -preizkus in Kruskal-Wallisov preizkus. Veljavnost smo zagotovili s pregledom obstoječe literature, pregledom odgovorov vseh intervjuvank in sondažno uporabo; zanesljivost pa z natančnimi navodili in specifičnimi vprašanji.

Rezultati: Na osnovi dobljenih empiričnih rezultatov smo ugotovili, da vsako življenjsko obdobje za ženske vsebuje določena »pravila« oblačenja, vpliva na uporabo kozmetičnih sredstev in storitev, modnih dodatkov in nakup obutve, kar je pogojeno z družbeno-ekonomskim statusom intervjuvank. Vseeno pa je njihova pozitivna samopodoba odvisna od njihove urejenosti, ki je za vse intervjuvanke zelo pomembna; ne glede na kraj in način bivanja.

Sklepi: Ugotovili smo, da imajo tako oblačila kot obutev zelo pomembno vlogo v življenju starejših žensk. Tudi zato, ker želijo vzpostaviti nove socialne povezave, ustvariti družbeno sprejemljivo podobo, predvsem pa skriti nepravilnosti, ki so posledica morfoloških sprememb, nastalih kot posledica staranja. Ugotovili smo tudi, da je pomen oblačil subjektiven in je lahko povezan s fiziološkimi, psihološkimi in filozofskimi, kot tudi socialnimi in kulturnimi dejavniki okolja, v katerem starejša ženska živi.

Ključne besede: starejše ženske, kozmetika, samopodoba, družbeno-ekonomski status, modni dodatki

Introduction: In this article, we would like to present the impact of ageing on the selection of clothing, footwear, jewellery and accessories, as well as the use of cosmetic products and services for personal needs and hygiene in the third and fourth life-period of women, and the impact on their self-image. We were wondering whether the socio-economic status influences the choice of quality of materials and frequency of service, which women 65 + (can afford to) buy.

Methods: For the purposes of research we carried out 205 individual guided interviews with women aged 65 + in the period from November to December 2018 in various Slovenian regions. To conduct the interview, we formed 16 questions. The resulting answers were analysed with the help of the Excel and SPSS programmes. We used the following methods: frequency distribution (f, f%) of the answers to questions; basic descriptive statistics (min, max, arithmetic mean, standard deviation, coefficient of asymmetry kurtosis); χ^2 -test and Kruskal-Wallis test.

Results: On the basis of the obtained empirical results we discovered that for women each age period contains a set of »rules« regarding the use of cosmetic products and services, accessories and the purchase of footwear, which is conditioned by the socio-economic status of the women participating in the interview. However, their positive self-image depends on their fashion sense, which is of great importance for all interviewees, regardless of the place and manner of living.

Conclusion: We have found that both clothing and shoes play a very important role in the life of older women, because they want to establish new social connections, create an image of social acceptableness, but above all to hide irregularities that are caused by morphological changes as a result of their aging. We also found that the meaning of clothing is subjective and may be linked to physiological, psychological and philosophic, as well as social and cultural factors of the environment in which older women live.

Key words: older women, cosmetics, self-image, socio-economic status, fashion accessories.



Manca Grum

VPLIV LAŽJIH MISELNIH NALOG NA RAVNOTEŽJE PRI STAROSTNIKIH THE INFLUENCE OF BASIC COGNITIVE TASKS ON BALANCE IN ELDERLY PEOPLE

Uvod: S starostjo se pojavi veliko telesnih sprememb, upad življenjskih funkcij, poslabšanje ravnotežja in nevarnost padcev. Z raziskavo smo ugotavljali vpliv kognicije na ravnotežje in ali kognitivni trening vpliva na izboljšanje ravnotežja oz. izvedbo izbranih testov za ravnotežje ter kakšno vlogo ima pri tem spol. Metode: Raziskava je bila narejena na vzorcu testirancev (N = 60), ki smo jih razdelili v dve skupini po 30. Raziskava je trajala 4 tedne in je vključevala 12 kognitivnih treningov. Na začetku in koncu raziskave smo opravili testiranja s testom vstani in pojdi ter testom korakanja v štirih kvadratih s kognitivnimi nalogami in brez njih. Rezultati: Ugotovili smo, da spol ne vpliva na končne rezultate. Kognitivne naloge vplivajo na izvedbo ravnotežnih testov, in sicer se čas izvedbe testov podaljša. Rezultati so se po končanem večtedenskem kognitivnem treningu znatno izboljšali. Ugotovili smo statistično značilno (pri $p < 0,001$) zmanjšanje časa pri testu korakanja v štirih kvadratih med začetnimi in končnimi meritvami, brez kognitivne naloge (začetno 15,40 s in končno 13,77 s ($p = 0,0003$)) in z njo (začetno 19,42 s in končno 17,35 s ($p = 0,0002$)), ter pri testu vstani in pojdi, brez kognitivne naloge (začetno 12,83 s in končno 11,02 s ($p = 0,0000$)) in z njo (začetno 20,42 s in končno 15,47 s ($p = 0,0002$)). Sklepi: V naši raziskavi smo ugotovili pozitivne učinke kognitivnega treninga v izboljšanju izvedbe izbranih testov za ravnotežje, kar nam daje pozitivno izhodišče za nadaljnja raziskovanja.

Ključne besede: kognitivne naloge, ravnotežje, starostniki

With age, many changes occur in the body. One of these is a decline in life functions. The elderly have poor balance, which often leads to falls. In our research thesis we wanted to investigate the impact of cognition on balance and whether cognitive training influences balance, whether the performance of balance tests improves and what role gender plays in this. The study was conducted on a sample of test subjects (N = 60), who were divided into two groups of 30. The study lasted for 4 weeks, during which we did 12 cognitive training sessions with the research group. At the beginning and the end of the study, we tested balance with selected tests (TUG test and four-square step test with and without cognitive tasks). We have found that gender does not affect the results. Cognitive tasks influence the performance of balance tests, whereby we found that time performance on the tests has improved. We found a statistically significant decrease in time ($p < 0.001$) in the four-square step test between initial and final measurements, without (initial 15.40s and final 13.77s ($p = 0.0003$)) and with a cognitive task (initial 19.42s and final 17.35s ($p = 0.0002$)) and in the timed up and go test, without (initial 12.83s and final 11.02s ($p = 0.0000$)) and with the cognitive task (initial 20, 42s and final 15.47s ($p = 0.0002$)). In our study, we found positive effects of the cognitive training on improving the performance of selected balance tests, which gives us a positive starting point for further research.

Key words: cognitive tasks; balance; elderly

Sara Žumer

VPLIV VZGOJNO-PREVENTIVNIH PROGRAMOV NA IZBOLJŠANJE TELESNE PRIPRAVLJENOSTI PRI ODRASLI POPULACIJI THE IMPACT OF CURRENT PREVENTIVE PROGRAMS TO IMPROVE BODY PREPARATION IN THE ADULT POPULATION

Teoretična izhodišča: Glavni namen vzgojno-preventivnih programov je opolnomočenje in motiviranje odraslih posameznikov za dejaven življenjski slog prek postopnega povečanja ravni telesne dejavnosti in posledičnega spreminjanja gibalnih navad ter izboljšanja telesne pripravljenosti. Metode: Opravili smo raziskavo kvantitativnega značaja. Podatke smo zbirali s testiranjem telesne pripravljenosti posameznikov, s katerimi smo objektivno izmerili napredek v posameznikovi telesni pripravljenosti. V teoretičnem delu smo uporabili opisno oz. deskriptivno metodo s študijem domače in tuje literature. Vzorec je predstavljala točno določena populacija, vanj smo zajeli populacijo ljudi z dejavnikom tveganja telesne nedejavnosti in osebe s funkcijsko manjmožnostjo. V raziskavi je sodelovalo 70 oseb. Rezultati: Popolno udeležbo na začetnih in končnih testiranjih je zaključilo 40 oseb. Izvedli smo testiranja motoričnih sposobnosti, mišično-skeletne pripravljenosti in kardiorespiratorne pripravljenosti. Skozi 14-tedensko raziskavo smo ugotovili, da se je telesna pripravljenost sodelujočih izboljšala za 11 %. Največji napredek smo dosegli v izboljšanju mišično-skeletne pripravljenosti gibljivosti, pri čemer se je gibljivost izboljšala za 25 %. Razprava: Naše telo je ustvarjeno za gibanje. Če želimo živeti neodvisno od drugih, moramo ohraniti sposobnost, da za različna opravila poskrbimo sami. Z udeležbo na vzgojno-preventivnih delavnicah dosežemo izboljšanje telesne pripravljenosti.

Ključne besede: preventiva, gibanje, fizioterapevt, telovadba

Introduction: The main purpose of educational preventive programs is empowerment in motivating adult individuals for an active lifestyle through a gradual increase in the level of physical activity and consequent changes in physical habits and the improvement of physical fitness. Method: We carried out a quantitative study. Data were collected by testing the physical fitness of individuals, with which we objectively measured progress in the individual's physical fitness. In the theoretical part we used a descriptive method with the study of domestic and foreign literature. The sample represented a precise population in which we included the population of people with a risk factor of physical inefficiency in persons with functional disabilities. The study involved 70 people. Results: Full participation in initial and final tests was completed by 40 people. We carried out tests of motor abilities, musculoskeletal preparedness and cardiorespiratory preparedness. Through 14 weeks of research we found that the fitness of the participants improved by 11%. The greatest progress was made in improving the muscular and skeletal preparedness of mobility, where mobility improved by 25%. Discussion: Our body is created for movement. If we want to live independently of others, we must preserve the ability to take care of various tasks. With the help of educational preventive workshops, we achieve an improvement in physical fitness.

Key words: prevention; movement; physiotherapist; exercise

Mojca Hucman

ODNOS LJUDI DO VPRAŠANJA OBSMRTNEGA OBREDA PEOPLE'S ATTITUDE TOWARD PRE-FUNERAL ARRANGEMENT

Uvod: Pogrebni ritual se spreminja skupaj z družbo in kulturo v kateri živimo. Postmoderno obdobje, izrazita individualizacija ter sekularizacija, ponujajo drugačno perspektivo pogreba, kot je le ta bil nekoč. Pogreb umrlega se še vedno ureja na podlagi presoje in želj naročnika pogreba. V večini primerov se z razmišljanjem, kaj bi si umrli želeli, da mu pripravijo kot zadnje slovo, ukvarjajo svojci. Namen raziskave je bilo raziskati in ugotoviti ali je ljudem pomembno vprašanje v zvezi z lastnim pogrebom. Koliko ljudi bi se želelo dogovoriti o vseh podrobnostih svojega pogreba v času življenja, v kolikor bi to možnost imeli, ob tem pa podati tudi strokovni vidik tega vprašanja in ga reflektirati skozi delovno prakso.

Metode: Pri raziskavi so bili uporabljeni sekundarni podatki. Podatki so bili zbrani na področju Mestne občine Ljubljana (MOL), v času od 1.12.2016 do 28.12.2016. Vzorec zajema 500 oseb. Za obdelavo podatkov je bil uporabljen program SPSS. Zastavili smo si tri raziskovalne hipoteze, ki smo jih preverjali z metodami sklepne statistike.

Rezultati: Rezultati empirične analize kažejo, da možnost predčasne ureditve pogreba zanima manj kot polovico anketiranih prebivalcev MOL. Kljub temu pa je odstotek anketiranih znotraj določenih skupin, ki smo jih porazdelili glede na starost, spol in tip družinske skupnosti v kateri živijo, izredno visok.

Sklepi: Na podlagi rezultatov raziskave lahko ugotovimo, da je delež oseb, ki bi se odločile za ureditev pogreba v času življenja, znotraj posameznih skupin tako visok, da bi bilo smiselno to raziskavo še poglobiti. Pridobljeni rezultati bi lahko bistveno prispevali k uvedbi tovrstne delovne prakse v okvir pristojnih inštitucij.

Ključne besede: pogreb, družina, smrt, umiranje, ritual

Introduction: The funeral ritual has been changing along with the society as well as culture in which we are living. The post-modern period, a distinct individualization and secularism offer a different perspective to the funeral as it is not as it used to be. The funeral of the deceased is still arranged in accordance with the customer's judgment and wishes. In most cases, the family members of the deceased are the ones who decide upon what kind of a funeral their dearly departed would have wanted as his or her final wish. The purpose of the research was to find out whether people find it important to deal with questions regarding their own funeral and how many living people would have wanted to arrange their funeral into detail if they had such an opportunity. If such an option existed, a professional aspect of this question would be given and thus put into working practice.

Methods: Secondary data has been used in this research. The data was collected within the City Municipality of Ljubljana (MOL) from 1st December 2016 to 28th December 2016. 500 people were involved in this study. A SPSS program was used to process the gathered data. Three research hypotheses were set and tested with the methods of joint statistics.

Findings: The results of the empirical analysis show that less than a half of the people surveyed (MOL residents) were interested in the option of an early funeral arrangement. Never the less, the percentage scored quite high within certain groups arranged according to their age, gender and marital status.

Conclusions: On the basis of the results of the research we can conclude that the percentage of the subjects surveyed (within certain groups) who would have favoured a pre-arranged funeral is high enough to consider developing the research even further. The gathered results would contribute to introduction of this kind of working practice within competent institutions.

Key words: funeral, family, death, dying, rituals

Vesna Čačić

HEALTH PROMOTION AND DISEASE PREVENTION

Introduction: It is a well known fact that health care aims to protect the health of the whole population. In order to do so, health care relies on community as a base holder/provider in the state and entire society whose primary factor is the individual's self-defense in health protection. Health care is conducted through two basic segments. The first segment is prevention of disease and health treatments once the illness is present. The second segment is health improvement through rehabilitation and further promotion of the individual's state of health. However, the most important measure should be the individual's recovery (complete or partial) in order to carry out daily activities in life to their highest level of achievement. Therefore, to achieve the goal of health promotion it is necessary that state investments become pivotal support for all age groups.

The aim of this report is to present the methods of general education for the promotion of health and disease prevention. The promotion of health is compared between two groups: the healthy and the sick population, as organised through the education of individuals and the community. The community education was delivered by campaigns focused on risk factors such as increased cholesterol, increased blood pressure, smoking and obesity, as well as the promotion of national programs for early detection of malignant diseases. In addition, individuals' education was based on self-awareness and self-control. Furthermore, the education was conducted within local health care institutions (private or governmental) that include health care professionals and the general population of mixed age.

Health education implies health care measures that strive for change of an individual's harmful behavior. Plans for further education and the implementation of the same should be based on teaching about disease prevention, proper health treatments and alleviation of the consequences of disease. Such models will lead to increased awareness of the general population.

Key words: education, health promotion, prevention, risk factors



Janez Görgner

POMEN KREPITVE MOČI ZA SMISELNO ŽIVLJENJE LJUDI V TRETJEM ŽIVLJENJSKEM OBDOBJU

THE IMPORTANCE OF EMPOWERMENT FOR A MEANINGFUL LIFE OF PEOPLE IN THE THIRD AGE

Življenjska doba ljudi se podaljšuje. Posledično se tudi mentalne in fizične zmožnosti starejših ljudi podaljšujejo v poznejše starostno obdobje. V prispevku bomo predstavili rezultate raziskave, ki ovrednotijo hipotezo: socialnodelovni koncept krepitve moči ima pomen za smiselno življenje ljudi v tretjem življenjskem obdobju. Opravili smo kvalitativno raziskavo s polstrukturiranim intervjujem kot instrumentom. V intervjujih smo iskali odgovore na raziskovalna vprašanja: kakšen pomen ima krepitev moči v življenju raziskovanih oseb, katere strategije ustvarjajo, da jim krepijo moč in pomen socialnih mrež pri ustvarjanju pogojev, da jim krepijo moč? V raziskavi smo intervjuvali dva moška, eden je bil star 69 let, drugi pa 86 let, in eno žensko, staro 78 let. Vse raziskovane osebe so odgovarjale na raziskovalna vprašanja. Raziskovalni rezultati kažejo, da je krepitev moči v življenju oseb v tretjem življenjskem obdobju zelo pomembna, saj sproža smisel, ki stare osebe spodbuja k smiselnemu preživljanju starosti. Pri tem so pomembne socialne mreže, ki soustvarjajo pogoje, da se krepí moč. Prispevek osvetli pomen krepitve moči pri soustvarjanju pogojev za kakovostno in smiselno življenje v tretjem življenjskem obdobju.

Ključne besede: življenjska doba, krepitev moči, starost, smisel življenja, socialne mreže

As life expectancy increases, the mental and physical abilities of seniors extend into their old age. In the following article we will present the results of a research that invalidates the following hypothesis: The concept of social work, i. e. empowerment, is important for a meaningful life of people in the third age. We conducted a qualitative research in the form of a semi-structured interview. The interview sought answers to the following research questions: how important is empowerment in the life of the research subjects, which empowerment strategies they use and what is the importance of social networks which create the conditions of empowerment. In relation to the research, we interviewed two men, one at the age of 69 and the other at the age of 86, and a woman who was 78 years old. All subjects answered the research questions. The results show the considerable importance of empowerment for people in the third age; empowerment ensures a way for the elderly to live a meaningful life in old age. Social networks are of crucial importance as well, for they co-create the conditions of empowerment. The article highlights the importance of empowerment which co-creates the conditions of a good and meaningful life for people in their third age.

Key words: Life expectancy, empowerment, old age, the meaning of life, social networks

Mitja Slapar

UPORABA INFORMACIJSKO-KOMUNIKACIJSKIH TEHNOLOGIJ PRI STAREJŠIH INVALIDIH *USE OF INFORMATION AND COMMUNICATION TECHNOLOGIES IN OLDER DISABLED PEOPLE*

Uvod: Raziskovalno vprašanje, kaj starejšim invalidom omogoča IKT na področju socialne vključenosti, samostojnosti in varnosti, sem želel osvetliti s pregledom literature s tega področja. Metode: Uporabil sem metodo pregleda literature na temo uporabe IKT pri starejših osebah na splošno in posebej pri starejših invalidih z živčno-mišičnimi obolenji. Z metodo kompilacije sem raziskal teoretične osnove. V pomoč pri delu mi je bil diagram predvidenega poteka dela. Pregled sem izvajal s poizvedbami v mednarodnih bibliografskih bazah ProQuest (Dissertations & Theses Global), SAGE Journals in Web of Science (Core Collection). Rezultati: Pregled literature je pokazal, da imajo starejši invalidi zaradi uporabe IKT danes večje možnosti za uresničevanje svojih potreb, s tem pa tudi višjo kakovost življenja z invalidnostjo, kot so jo imeli v preteklosti. IKT jim omogoča socialno vključenost, samostojnost in varnost. Sklepi: Doprinos izvedenega pregleda literature so nekatera spoznanja, ki lahko pripomorejo k realizaciji teženj po kakovostnejšem življenju starejših invalidov, pri čemer je bila glavna omejitev raziskave majhno število vključenih virov. V prihodnjih raziskavah bi veljalo zajeti večji bazen virov.

Ključne besede: starejši, invalidi, kakovost, informacijsko-komunikacijska tehnologija

Introduction: Through a review of literature I wanted to clarify the research question of what information and communication technology (ICT) aids older people with disabilities in the field of social inclusion, autonomy, and security. Methods: I used the method of the review of the literature on the topic of ICT use in older people in general and especially in older disabled people with neuromuscular diseases. Using the compilation method, I investigated the theoretical basics. To help with the work, I used the diagram of an anticipated course of work. I conducted a survey with inquiries in bibliographic international databases ProQuest (Dissertations & Theses Global), SAGE Journals and Web of Science (Core Collection) Results: A review of the literature has shown that older disabled people have now with the use of ICT gained greater opportunities to meet their needs, and thus improve the quality of their lives with disabilities more than they did in the past. ICT enables them to experience social inclusion, autonomy and security. Conclusions: The contribution of the literature review are some findings that can contribute to the realization of the aspirations for a better quality of life for older people with disabilities. The main limitation of the research was the small number of resources involved. In future research, a large pool of resources should be covered.

Key words: Elderly, disabled, quality, information and communication technology

Jelena Komel

HOJA ZA VSE LET'S WALK TOGETHER!

Hoja je osnovna človekova gibalna dejavnost. Je ena od najnaravnejših oblik gibanja. Primerna je za ljudi vseh starosti in fizičnih sposobnosti. Dostopna je skoraj vsakomur. Hodimo (skoraj) vse življenje. Z osebami z zmerno motnjo v duševnem razvoju sem opravila intervjuje in prišla do zaključka, da se večina v prostem času premalo giba, da imajo zunaj organizacij, v katere so vključeni, zelo malo stikov z drugimi ljudmi, da so osamljeni in da si želijo skupinske dejavnosti in druženja tako z vrstniki kot tudi drugimi ljudmi. Odločila sem se za organizacijo pohodov. Prvi lažji pohodi so bili namenjeni pridobivanju kondicije in spoznavanju, kaj kdo zmore. Načrtujem daljše, zahtevnejše pohode tudi z različnimi društvi, to pomeni z različnimi populacijami ljudi. Cilj je, da osebe z zmerno motnjo v duševnem razvoju razvijajo primeren odnos do narave, sodelujejo med seboj in z drugimi ljudmi, razvijajo občutek za medsebojno pomoč, stkejo nova prijateljstva, oblikujejo naravnost, kako izkoristiti prosti čas. Menim, da bi lahko pozitivne izkušnje prenesli tudi na druge, predvsem na skupine ljudi, ki bi jim s pohodi popestrili vsaj lepe sončne dni, ki jih lahko preživijo v naravi in v družbi drugih. Največ, kar potrebujemo za hojo, je dobra volja, če se nam pridruži še prijatelj ali spoznamo novega, smo zmagovalci.

Ključne besede: hoja, osebe z zmerno motnjo v duševnem razvoju, pohodi, narava, prijatelj

Walking is the basic movement activity of humans. It is one of the most natural forms of motion. It is suitable for people of all ages and physical abilities and is accessible to almost anyone. We are walking (almost) our all life. I carried out interviews with people with moderate mental disorders and concluded that most of them do not spend enough time outside in their leisure time. They have very few contacts with people who are not involved in the same organizations they belong to, they feel lonely and want to participate in various group activities. Also, they want to socialize with peers and other people. I decided to organize hiking activities. The first trips which were easier were to acquire fitness and to know what each participant is capable of. I am planning longer, more demanding hikes with different societies (different populations of people) in the future. The goal of the described activities is to develop an appropriate attitude towards nature, to work with each other and with the others and to develop a sense of mutual assistance. Moreover, people with moderate mental disorders might gain new friendships and can form a positive attitude towards spending their free time in nature. I think positive experiences can be passed on to the others, especially to groups of people who would be grateful for spending effective time outside in others' company. Everything we need for walking is good will, and if a friend joins us or we meet a new one, we are already the winners.

Key words: walking, people with moderate mental disorders, hikes, nature, friends

Mitja Slapar, Anton Zupan

STRAHOVI, POTREBE IN VESELJE STAREJŠIH INVALIDOV Z ŽIVČNO-MIŠIČNIMI BOLENJI **FEARS, NEEDS AND JOYS OF ELDERLY DISABLED PEOPLE WITH NEUROMUSCULAR DISORDERS**

Uvod: Pri načrtovanju samostojnega, dejavnega, predvsem pa kakovostnega bivanja starejših invalidov z živčno-mišičnimi obolenji (ŽMO) v domačem okolju načrtovalci potrebujejo ustrezne relevantne informacije, pridobljene neposredno od omenjenih oseb. Postavili smo hipotezo, da so za starejše invalide z ŽMO nematerialne dobrine veliko pomembnejše od materialnih. Metode: Raziskava je bila izvedena po kvantitativni metodi dela. Pripravili smo polstrukturirani anketni vprašalnik in ga uporabili na vzorcu sedemindvajsetih starejših invalidov z ŽMO. Vsi vprašani so bili starejši od enainšestdeset let, iz različnih predelov Slovenije in iz različnih bivalnih okolij. Rezultati so prikazani po metodi opisne statistike. Rezultati: Raziskava je pokazala, da se večina samostojno živečih starejših invalidov z ŽMO najbolj boji poslabšanja bolezni in popolne odvisnosti od tuje pomoči. Najbolj se veselijo obiskov družinskih članov in druženja s prijatelji. Najbolj pogrešajo zdravje in samostojnost, v vsakdanjiku pa najbolj potrebujejo prijatelje in svojo družino. Velika večina si nadvse želi živeti v domačem okolju in se boji odhoda v institucije. Sklepi: Raziskava je potrdila hipotezo, da so starejšim invalidom z ŽMO prioriteta nematerialne dobrine. Skrbi jih, da bi njihova bolezen napredovala in da bi postali bolj odvisni od tuje pomoči. Njihove največje vrednote so samostojnost, družina in prijateljstvo. Za starejše invalide z ŽMO je najpomembnejše samostojno življenje v domačem okolju.

Ključne besede: starejši, invalidi, samostojnost, živčno-mišična obolenja, kakovost

Introductions: When planning independent, active and quality accommodation for elderly disabled people with neuromuscular disorders (EDPNMD) in the home environment, planners need relevant information directly from the above-mentioned persons. We have hypothesized that for the EDPNMD non-material things are much more important than material ones. Methods: The survey was carried out according to the quantitative method of work. We prepared a semi-structured questionnaire and used it on a sample of twenty-seven EDPNMD. All respondents were over sixty- one years of age, from different parts of Slovenia. Both sexes were represented. The results are shown by descriptive statistics method. Results: The survey showed that most of the EDPNMD living independently in their home environment are most afraid of a worsening of the disease and complete dependence on foreign aid. They are most happy about their family members visiting and socialising with friends. In their life, they miss health and independence, and in everyday life they most need friends and their families. Discussion and conclusion: The study confirmed the hypothesis that the priority of the EDPNMD are non-material goods. They worry that the disease will progress and they will become more dependent on foreign aid. The greatest value for them is their independence, their family and friendships.

Key words: Elderly, disabled, autonomy, neuromuscular disorders, quality

Blaž Razvornik

STRATEGIJE OBVLADOVANJA DEMENCE DO LETA 2020: SLOVENIJA IN ŠKOTSKA

DEMENCIA STRATEGIES UNTIL 2020: SLOVENIA AND SCOTLAND

Uvod: Zaradi dramatičnega povečanja števila bolnikov z Alzheimerjevo boleznijo in ostalimi oblikami demence je demenca postala globalno breme. Vse več avtorjev meni, da bo demenca do leta 2050 postala »globalna epidemija«. Namen raziskave je pregled obstoječih strategij obvladovanja demence do leta 2020 ter primerjava med slovensko in škotsko strategijo. Metode: V raziskavi smo uporabili kvalitativno raziskovanje. Uporabili smo metodo analiziranja, primerjave in opisovanja. Podatke za analiziranje in primerjavo smo dobili na spletnih straneh Ministrstva za zdravje Republike Slovenije in na spletni strani škotske vlade. Rezultati: Slovenska strategija je zelo dobra osnova za začetek organiziranega in kakovostnega dela ter ponudbe storitev za osebe z demenco, njihove svojce in negovalce. Škotska strategija je bolj osredotočena na nadgradnjo že storjenega na tem področju. Slovenska strategija je obsežnejša in podaja celoten sistem reševanja problema demence, Škotska je ta del že vzpostavila in se bolj osredotoča na screening svojih projektov in na podlagi rezultatov na dodatne izboljšave. Sklepi: Skozi predstavitev in analizo smo ugotovili, da je malo držav, ki imajo razvito dobro in kakovostno podporo za osebe z demenco. Škotska strategija je že tretja na tem področju, zato bi se morali iz nje kaj naučiti, še posebej bi morali vzpostaviti načelo, da za vse, ki jim je diagnosticirana demenca, velja, da jim je vsaj leto dni omogočena vsa dosegljiva podpora.

Ključne besede: demenca, strategija, starejši, Slovenija, Škotska

Introduction: Due to the dramatic increase in patients with Alzheimer's disease and other forms of dementia, dementia has become a global burden. More and more authors believe that dementia will become a "global epidemic" by 2050. The purpose of the research is to review the existing dementia strategies by 2020 and to compare the Slovene and Scottish strategies. Methods: We used a qualitative research model. We used the method of analysing, comparing and describing. Data for analysis and comparison were obtained on the websites of the Slovene and the Scottish Government.

Results: The Slovenian strategy is a very good basis for the launch of organized and quality work and service provision for people with dementia. The Scottish strategy is more concentrated on upgrading what has already been done in this area. The Slovene strategy is more comprehensive and provides the entire system of solving the problem of dementia, Scotland has already established this part and focuses more on screening its projects and on further improvements based on the results. Conclusions: Through presentations and analysis, we came to the conclusion that only a few countries have developed good and quality support for people with dementia. The Scottish strategy is already the third in this field, so we should learn from them, especially we should establish the principle that all those who have been diagnosed with dementia should be provided with all available support for at least a year.

Key words: Dementia, strategy, elderly, Slovenia, Scotland



Darja Mohorko

PROSTOČASNE DEJAVNOSTI IN VPLIV NA POČUTJE STAROSTNIKOV Z DEMENCO FREE TIME ACTIVITIES AND THEIR INFLUENCE ON THE WELL-BEING OF THE ELDERLY WITH DEMENTIA

Uvod: Demenca je bolezen, o kateri se vedno več govori, število dementnih se večja. Ponujajo nam recepte za zdravo življenje in urjenje možganov tudi v starejših letih. Prostočasne dejavnosti so postale tudi del vsakdanjika starostnikov z demenco, nastanjenih v domovih za starejše. Domovi četrte generacije jim ponujajo v urejenih gospodinjstkih skupnostih primerno okolje za različne dejavnosti, prilagojene njihovim sposobnostim. Demenca jim odvzame sposobnosti vsakdanjega sporazumevanja, pogosto nemirno tavajo ali tiho posedajo v prostoru. V prispevku je predstavljenih nekaj dejavnosti (glasbena urica, pogovorna ura z branjem in športne dejavnosti) za starostnike v drugem/tretjem stadiju demence, ki se izvajajo v enoti. Metode: V raziskavi sem uporabila kvalitativni raziskovalni pristop, metodo opazovanja. V raziskavo je bilo vključenih 10 starostnikov v drugem stadiju demence. Opazovala sem njihovo sodelovanje, vključevanje v dejavnosti in počutje po končani dejavnosti. Rezultati: Raziskovalni rezultati so pokazali, da s pravilnim sporazumevanjem starostnike uspešno aktiviramo. V večini primerov se je izboljšalo njihovo počutje, ublažil nemir. Starostnik se je počutil varnega in sprejetega, poskusi sporazumevanja z okolico so postali pogostejši. Razprava: Pravilno sporazumevanje in pestre dejavnosti, prilagojene starostnikom z demenco, lahko pripomorejo k počasnejšemu napredovanju bolezni, zmanjšata se nemirno tavanje in apatija. S poznavanjem posameznikovih potreb in želja ga lažje vključimo v dejavnosti in izboljšamo njegovo počutje.

Ključne besede: demenca, starostnik, sporazumevanje, prostočasne dejavnosti, vključenost

Free time activities and their influence on the well-being of the elderly with dementia Abstract Introduction: Dementia is a disease which is more spoken about today. The number of people with dementia is rising. We are offered advice for a healthy life and for the activities to train the function of the brain of the elderly. Free time activities have become part of daily routine for the elderly with dementia who live in homes for the elderly. Care homes for the so-called fourth generation in their care households provide a suitable environment for a variety of activities that are adjusted for the elderly. Dementia takes away the abilities for communication of the elderly, they often wander around restlessly or sit quietly in a room. In this article, some activities for the elderly with the second or third degree of dementia are presented, such as music hour, a conversation combined with reading and sport activities, all of which are provided in a care facility unit. Methods: In the survey the qualitative method and the observation method were used. Ten elderly people in the second stage of dementia are included in the survey. Their cooperativeness, inclusion in activities and their well-being after the activities were observed. Results: The results show that by providing the right communication the elderly are activated positively. In most cases their well-being has improved, their unrest was alleviated. The elderly felt safe and accepted, the willingness to communicate with others has increased. Discussion: The right communication and rich variety of activities adjusted to the elderly with dementia can slow down the progress of disease, it decreases the restless wandering and the apathy. By knowing someone's needs and wishes, an individual can be joined in the activities more easily. They will feel better, calmer.

Key words: dementia, elderly, communication, free time activities, inclusion

Maja Velički

POSTMODERNA DRUŽBA IN STAREJŠI POSTMODERN SOCIETY AND THE ELDERLY

Intenzivno podaljševanje življenjske dobe bo privedlo do strukturnih sprememb prebivalstva. Odnosi med posameznimi skupinami se bodo zaradi trenda staranja spremenili. V svetu raziskovalci ugotavljajo, da imajo različne starostne skupine različen odnos do starejših. V Sloveniji ni širših raziskav, ki bi obravnavale to tematiko. Pomembno je, kako trendi staranja na različnih ravneh vplivajo na vse segmente družbe in pogojujejo spremembe. Prevladujoči kulturni vzorci konceptualizirajo različne družbene skupine. Zaznati je, da se negativnost starostnih stereotipov linearno povečuje. Namen raziskave je ugotoviti stanje spreminjajoče se družbe in odnosa do starejših, pri čemer moramo veliko pozornosti nameniti izzivu staranja in prilagajanja sodobne družbe na povečevanje starejše populacije. Na osnovi pregleda znanstvene literature in ocene dosedanjih raziskav bomo obravnavali starost in poglede različnih generacij na starejše. Izsledki raziskave bodo pomagali pri boljši informiranosti in soočanju s težavami, s katerimi se spopada starejša populacija. Kažejo se potrebe po razširitvi in ohranjanju medgeneracijskih programov ter možnost implementacije ugotovitev v izobraževalni sistem.

Ključne besede: starejši, podoba, družba, staranje, stereotipi

The intensive increase of life expectancy will result in structural change of population. The relationship between different age groups will change. Researchers all around the world have determined different attitudes to the elderly from different age groups. There aren't any such extensive research studies in Slovenia. The knowledge of how trends of ageing affect all segments of society and what changes they cause is crucial. The dominant social patterns conceptualize different social groups. Age stereotypes are increasing linearly. The aim of the research is to determine how society and attitudes towards the elderly change. It is crucial to face the challenges of getting old and for society to adapt to the increasing number of elderly people. Based on scientific literature and research, age and attitudes to age in different age groups will be discussed. The results of the research will provide information about the challenges of the ageing society. It seems that there is the need to expand existing intergenerational programmes and implement the results in the educational system.

Key words: the elderly, image, society, ageing, stereotypes

Mihaela Kežman

UČINEK KREATIVNE DELAVNICE »SERVIETNA TEHNIKA« ZA STAREJŠE NA MEDGENERACIJSKO SODELOVANJE IN NJIHOVO SAMOPODOBO THE EFFECT OF THE CREATIVE WORKSHOP »DECOUPE« ON INTERGENERATIONAL COOPERATION AND SELF-IMAGE OF THE ELDERLY

Uvod: V prispevku želimo predstaviti učinke kreativne delavnice Servietna tehnika, ki smo jo izvedli v okviru projekta Večgeneracijskega centra Posavje, enote Brežice, s starejšimi. Zanimalo nas je, kako delavnica vpliva na udeležence, na njihovo samopodobo in kako se učinek kaže tudi na medgeneracijskem sodelovanju. Metode: Skozi opazovanje z udeležbo (na delavnicah) in z izvedenimi vodenimi intervjuji v času od januarja do aprila 2018 smo želeli ugotoviti vplive udeležbe na delavnici. Izvedli smo 30 strukturiranih intervjujev z udeleženci (ženske nad 65 let), ki so bili vključeni v delavnico. Intervju je zajemal vprašanja zaprtega tipa in je bil sestavljen iz dveh delov. Prvega smo izvedli po prvi delavnici, drugega pa ob koncu druge delavnice. Rezultati: Udeleženci so izkazali veliko navdušenje in zadovoljstvo nad pridobljenim znanjem; pri tem so med seboj sodelovali, se povezovali, pridobivali nove ideje, ustvarjali tudi s svojimi vnuki doma, podarjali izdelke in se ob tem odlično počutili. Sklepi: Sklepati je torej mogoče, da ima delavnica opazovane in opažene učinke (samorealizacija, medgeneracijsko sodelovanje, povezovanje, razvijanje lastne vrednosti in sposobnosti, samoiniciativnost pri prenosu znanj in veščin, družbena vključenost, širjenje socialne mreže, tkanje medgeneracijskih vezi, večanje občutka pripadnosti, otroci so pridobivali pomembne veščine, osrečevanje drugih, razvoj in krepitev prostovoljske note, razvoj solidarnosti in drugo), vpliva na samopodobo starejših in tudi na medgeneracijsko sodelovanje. Hkrati pa smo dobili nova izhodišča za nadaljnje dejavnosti, ki smo jih prepoznali kot potrebo med udeleženci.

Ključne besede: medgeneracijsko sodelovanje, kakovostno življenje, starejši, otroci, servietna tehnika

Introduction: In the paper, we wish to present the effects of the creative workshop Decoupage, which we carried out in the framework of the project Multigeneration Centre Posavje, unit Brežice, with the elderly. We were interested in what impact the workshop will have on the participants' self-image and how the effect is reflected in intergenerational cooperation. Methods: Through observation with participation (at workshops) and interviews conducted from January to April 2018, we wanted to determine the effects of participation in the workshop. We conducted 30 structured interviews of participants (over-65-year-old women) who were involved in the workshop. The interview covered closed-ended questions and consisted of two parts. The first one was carried out after the workshop and the other at the beginning of the next workshop. Results: The participants showed great enthusiasm over the acquired knowledge, they collaborated, interacted, gained new ideas, which they recreated with their grandchildren at home, donated the products and felt great at that. Conclusions: It is therefore possible to conclude that the workshop has the effects that we have observed (self-regulation, intergenerational cooperation, integration, development of one's own value and competence, self-initiative in the transfer of knowledge and skills, social inclusion, the expansion of the social network, the weaving of intergenerational links, the feeling of belonging, the children acquire important skills, the happiness of others, the development and strengthening of the volunteer field, the development of solidarity, and others), influenced the participants' self-image and also fostered intergenerational cooperation. At the same time, we find new starting points for further activities that we identified as a need among participants.

Key words: intergeneration cooperation, quality life, elderly, children, decoupage

Marjeta Maruša Kerč

UČINKOVITOST KOGNITIVNEGA TRENINGA PRI STAREJŠIH Z BLAGO KOGNITIVNO MOTNJO THE EFFECTIVENESS OF COGNITIVE TRAINING IN THE ELDERLY WITH MILD COGNITIVE IMPAIRMENT

Povečevanje deleža starejših in daljša življenjska doba vplivata tudi na povečevanje deleža starejših s kognitivnim upadom. Ena od nefarmakoloških dejavnosti, ki vplivajo na ohranjanje oziroma izboljšanje kognitivnih funkcij, je kognitivni trening. Kognitivni trening je vodena in ciljno usmerjena naloga, ki zajame določeno funkcijo, npr. spomin, pozornost, reševanje problemov ipd. Posameznik lahko rešuje naloge prek računalnika ali tradicionalno na papirju in so prilagojene njegovi stopnji zmogljivosti. Kognitivni izziv, ki ob uporabi računalnika zahteva fleksibilnost, spodbuja k ustvarjanju novih nevronskih povezav, ki vplivajo na izboljšanje delovanja določenih kognitivnih domen. Namen članka je opraviti sistematičen pregled raziskav in rezultatov računalniškega kognitivnega treninga pri osebah z blago kognitivno motnjo ter proučiti, ali je računalniško voden kognitivni trening učinkovit. Cilj je potrditi uspešnost kognitivnega treninga na določene kognitivne domene in vpliv na kakovost življenja starejših. V podatkovnih bazah so bile iskane raziskave, ki so vključevale računalniško vodene intervencije pri osebah z blago kognitivno motnjo in so zajele različne kognitivne domene. Rezultati so potrdili pozitiven vpliv treninga na izboljšanje kognitivnega delovanja, nekatere raziskave so potrdile pozitiven vpliv tudi na psihološko delovanje.

Ključne besede: starejši, blaga kognitivna motnja, kognitivni trening, kognitivne domene, možgani

An increasingly older population and longer lifespan bring with them also a larger share of the older population with cognitive deficits that impact quality of life. One of the non-pharmacological activities that positively impact cognition is cognitive training. It is a guided and goal-oriented activity that targets specific functions, such as memory, attention and problem solving. Tasks are adapted to the abilities of the individual and can be solved on a computer or paper. Usage of a computer itself demands flexibility, which stimulates the formation of new neuron connections that improve performance in some cognitive domains. The purpose of this article is a systematic research overview of computer-assisted cognitive training that involved individuals with mild cognitive impairment in order to find out whether it is efficient. One of the goals is also to confirm the effects of cognitive training on certain cognitive domains and quality of life. Research studies which included computer guided interventions for individuals with mild cognitive impairment and different cognitive domains were included in overview. The results confirmed positive effects of cognitive training on cognitive activity, and also on psychological activity. Conclusion: Computer-assisted cognitive training is a goal-oriented activity that activates targeted cognitive domains. It also facilitates the growth of new neuron connections, which are important for brain functioning.

Key words: Key words: elderly, mild cognitive impairment, cognitive training, cognitive domains, the brain

Nejc Krašovec, Marija Ovsenik, Nikolaj Lipič

IZZIVI ZDRAVSTVENEGA VARSTVA V ČASU DEMOGRAFSKIH SPREMEMB IN DOLGOŽIVE DRUŽBE HEALTHCARE CHALLENGES IN A TIME OF DEMOGRAPHICAL CHANGES AND LONG-LIVING SOCIETY

Uvod: Demografske spremembe so torišče številnih znanstvenih razprav tako razvitih kot tudi nerazvitih družb. Tudi Slovenija se sooča z intenzivnim staranjem prebivalstva in dolgoživostjo družbe. Kakovostno staranje je vse bolj ključno eksistencialno vprašanje vsakega posameznika. Prav zato mora družbeno-politična konjunktura vzpostaviti vzdržne in družbeno sprejete systemske prilagoditve na vseh področjih družbenega življenja. Tudi v zdravstvenem varstvu, ki se bo le z reformnimi spremembami lahko kompetentno odzvalo izzivom dolgožive družbe. Kakšna so stališča uporabnikov zdravstvenih storitev o izzivih zdravstvenega varstva v času demografskih sprememb, je naše vodilno raziskovalno vprašanje, saj je civilna javnost pogosto preslišana v družbenih razpravah. Namen raziskave je identificirati stališča uporabnikov zdravstvenih storitev vseh treh generacij o izzivih in dilemah zdravstvenega varstva v času aktualnih demografskih sprememb in dolgoživosti slovenske družbe. Metode: Uporabili smo relevantne metode deskriptivne in inferenčne statistike (faktorska analiza). Populacijo tvorijo uporabniki zdravstvenih storitev. Najprej smo uporabili stratificirano in nato enostavno slučajnostno vzorčenje. V raziskavo smo vključili 307 anketirancev vseh treh generacij. Podatke smo zbrali z lastnim anketnim vprašalnikom v letu 2018. Rezultati: Z raziskavo ugotavljamo različna stališča generacij do raziskovalnega problema. V raziskavi smo identificirali statistično značilne razlike med generacijami v stališčih o dostopnosti do zdravstvenih storitev, o pravičnosti in enakopravnosti zdravstvenega sistema ter kompetentnosti zdravstvenih delavcev. Sklepi: Raziskovalna spoznanja nas opozarjajo, da je treba v izvajanje zdravstvenih reform in oblikovanje novih zdravstvenih politik vključevati tudi uporabnike zdravstvenih politik vseh treh generacij. To je še posebej pomembno zaradi njihovih različnih stališč glede soočanja zdravstvenega varstva z izzivi dolgoživosti slovenske družbe.

Ključne besede: demografske spremembe, zdravstveno varstvo, staranje, dolgoživa družba, kakovostno staranje

Introduction: Demographical changes are the topic of numerous scientific discussions of both developed and undeveloped societies. Slovenia as well is facing an intense senescence of the population and longevity of society. Quality senescence is becoming an increasingly crucial existential question of every individual. That is why the social-political conjuncture must set out enduring and socially accepted systemic adjustment on all areas of social life. Also in healthcare, which will be able to competently respond to challenges of long-living society but only if there will be some reformed changes. Because the public is often ignored in social debates, our leading research question concerns the views of health service users regarding health care challenges in a time of demographical changes. The purpose of this research is to identify the viewpoints of health service users of all three generations regarding the challenges and healthcare dilemmas in the time of current demographical changes and longevity of Slovenian society. Methods: We used relevant methods of descriptive and inferential statistics (factor analysis). Health care users formed the population. We used firstly stratified and secondly simple coincidental sampling. 307 interviewees of all three generations were included in the research. We gathered the information with our questionnaire in 2018. Results: With this research we are establishing different points of view across generations toward this research problem. In this research we identify statistically typical differences between generations in points of view on healthcare service accessibility, fairness and equality of healthcare service, as well as on the competence of healthcare service employees. Conclusion: Research discoveries warn us that there is a need for integration of all three generation users into the healthcare reforms as well as into the formation of a new healthcare politics. This in particular is relevant because of their different points of view on healthcare confronted by challenges of longevity of Slovenian society.

Key words: Demographic change, health care, ageing, long-life society, quality ageing

Lidija Gradišnik, Tomaž Velnar

EKSPERIMENTALNI MODEL AD HOC MEDGENERACIJSKEGA DNEVNEGA CENTRA AN EXPERIMENTAL MODEL OF AN AD-HOC INTER-GENERATION DAY CENTRE

Uvod: Dobro medgeneracijsko sodelovanje je pomembno in ugodno vpliva na družbeno delovanje. Zato predlagamo ustanovitev ad hoc medgeneracijskega dnevnega centra, v katerem bi sodelovali člani vseh petih generacij: X, Y, Z, veterani in generacija blaginje. Metode ad hoc dnevnega centra bi oblikovali v določenih mesecih leta, ko bi bilo zanimanje največje. Glavna dejavnost bi bilo druženje in prostočasne dejavnosti. Rezultati: Vsaka generacija bi glede na znanje in usposobljenost prispevala k delovanju. Generacija Z bi se ukvarjala z računalniškimi dejavnostmi. Generaciji Y in X bi bili vključeni v trenutni trend in smernice v družbi. Veterani bi bili odgovorni za oglaševanje delovanja centra in vključevanje uporabnikov. Generacija blaginje bi bila odgovorna za logistične dejavnosti zaradi dobrega poznavanja in izkušenj v medsebojnih odnosih. Sredstva bi pokrili iz prihodkov prodanih predmetov, sodelujoči bi delovali prostovoljno. Zaključki: Pomembna je vključitev vseh generacij, ne glede na njihove vrednote, ki se med generacijami razlikujejo. Vsaka ima svoje interese, izkušnje, znanje in zanimanje. Z integracijo vseh generacij lahko v ugodnem okolju in ob interesu udeleženih omogočimo pozitivno medgeneracijsko sodelovanje.

Ključne besede: dnevni center, model, ad hoc, medgeneracijsko sožitje, generacija

Introduction: Good relationships among generations are important and have a positive effect on society. We propose an ad-hoc intergeneration day centre, where members of all five generations would participate: X, Y, Z, veterans and the baby booms. Methods: The ad-hoc daily centre would operate during certain months. The main activity would be socializing and leisure activities, for example making decorations for the upcoming holidays. Results: Each generation would contribute according to their knowledge and competence. Generation Z would be responsible for computer-based instructions and models. Generations Y and X would conduct the market analysis, regarding to current trends in fashion and society. Veterans would be responsible for advertising for the centre and recruitment of users. The baby boom generation would be responsible for logistics. Conclusions: It is important to include all generations, regardless of their values, which vary from one generation to the other. Each has their own interests, experiences and knowledge. The integration of all generations may lead into positive intergenerational environment, which is in the interest of all parties.

Key words: day centre, model, ad hoc, intergenerational environment, generations

Uroš Marušič

GIBALNA IN KOGNITIVNA DEJAVNOST ZA DEJAVNO IN ZDRAVO STARANJE PHYSICAL AND COGNITIVE ACTIVITY FOR ACTIVE AND HEALTHY AGEING

Uvod: S staranjem prebivalstva se viša tudi stopnja pojavnosti nevrodegenerativnih bolezni, za katere še ne poznamo ustreznih (ne)farmakoloških tretmajev. Namen raziskave je bil preveriti učinkovitost dvomesečne kognitivne intervencije na gibalno-kognitivne parametre. Metode: V sklopu randomizirane kontrolirane raziskave smo izvedli dvomesečno kognitivno intervencijo, pri kateri smo starostnike (N = 77) izpostavili trikrat tedenskem možganskemu treningu na računalnikih, medtem pa z vprašalniki in pospeškometri spremljali morebitne spremembe in udeleževanje v gibalnih/športnih dejavnostih. Pred dvomesečno intervencijo in po njej smo izvedli obsežne meritve kognitivnega, gibalnega ter prehranskega statusa starostnikov. Rezultati: Rezultati raziskave so razkrili pozitiven transfer možganskega treninga predvsem na subjektivne ocene kognitivnega delovanja udeležencev v vsakdanjem življenju, kot tudi na objektivno izmerjene meritve gibalnega in kognitivnega statusa. Sklepi: Kognitivne izboljšave posameznikov lahko prispevajo k poznejšemu pojavu blage kognitivne motnje in demence ter tako pozitivno vplivajo na življenje posameznika in stroške zdravstvenega sistema na splošno.

Ključne besede: kognitivni trening, zdravo staranje, demenca, zdrave starejše osebe, fizična dejavnost

Introduction: With the ageing of the population, the incidence of neurodegenerative diseases is also increasing, for which we do not yet know the relevant (non-)pharmacological treatments. The purpose of the study was to evaluate the effectiveness of a two-month cognitive intervention on the physical and cognitive outcome measures. Methods: Within a randomized controlled trial, a two-month computerized cognitive training intervention was carried out, in which the elderly (N = seventy-seven) were exposed to computerized cognitive training (three times per week). During this period, using questionnaires and accelerometers we were monitoring possible changes and engagements in exercise and sports activities. Before and after the two-month intervention, extensive measurements of the cognitive, motor and nutritional status of the elderly were carried out. Results: The results of this randomized controlled trial revealed a positive transfer of computerized cognitive training mainly to subjective assessments of participants' cognitive functioning in everyday life, as well as to objectively measured sets of physical and cognitive status. Conclusions: Cognitive improvements can contribute to the subsequent onset of mild cognitive impairment and dementia, and thus have a positive impact on the life of the individual as well as costs of the health care system.

Key words: cognitive training; healthy ageing; dementia; older healthy persons; physical activity

Karmen Arko

VARSTVO ČLOVEKOVIH PRAVIC STAREJŠIH LJUDI Z INSTITUTOM ZAGOVORNIŠTVA PROTECTION OF HUMAN RIGHTS FOR ELDERLY PEOPLE THROUGH INSTITUTION OF ADVOCACY

Uvod: Raziskovalo se je mnenje starejših ljudi o potrebi po instituciji za pomoč pri reševanju različnih problemov in, ali se potreba starejših po zagovorništvu varstva človekovih pravic in kakovosti življenja razlikuje glede na spol, kronološko starost, izobrazbeno raven in kulturno okolje kulturno okolje, iz katerega izhajajo.

Metode: Pri teoretičnem delu sta bili uporabljeni primerjalna in opisna metoda raziskovanja, za empirični del pa kvantitativne in kvalitativne raziskovalne metode. Podatki so se zbrali neposredno z anketnimi vprašalniki in polstrukturiranimi intervjuji.

Rezultati: Starejši želijo zagovornika njihovih pravic, ni pa potreba po zagovorništvu varstva človekovih pravic odvisna od spola, kronološke starosti, izobrazbene ravni in njihovega kulturnega okolja. Strokovnjaki, ki se ukvarjajo s starejšimi osebami, prepoznajo uvedbo instituta zagovorništva za varstvo pravic starejših za nujnost. Rezultati raziskave so pomembni za potrditev, da je v Sloveniji potrebna uvedba instituta zagovorništva za varstvo pravic starejših ljudi.

Razprava: V Sloveniji ni dovolj poskrbljeno za varstvo pravic starejših. Ugotovitev znanstvenikov je, da so pogosto kršene pravice starejših ljudi. Predlaga se ustanovitev samostojnega in neodvisnega instituta za zagovorništvo pravic starejših ljudi.

Ključne besede: Zagovorništvo, varstvo človekovih pravic, starejši ljudje, opolnomočenje

Introduction: The thesis studied the opinion of the elderly on the need for an institution to help solve various problems and whether a difference in the need of the elderly for an institution of advocacy for the protection of human rights and the quality of life varies according to gender, chronological age, educational level and the cultural environment from which they arise.

Methods: A comparative and descriptive methods of research were used in the theoretical part, and quantitative and qualitative research methods for the empirical part. The data were collected directly through questionnaires and semi-structured interviews.

Results: The elderly wish for someone to defend their rights, but the need for advocacy for the protection of human rights depends on gender, chronological age, educational level and their cultural environment. Experts working with the elderly, recognise the introduction of an advocacy institute to protect the rights of the elderly for urgency. The results of the research are important for confirming that in Slovenia there is a need to introduce an institute of advocacy for the protection of the rights of the elderly.

Discussion: In Slovenia, the protection of the rights of the elderly is not sufficiently taken care of. The finding of scientists is that the rights of the elderly are often violated. The study proposes to set up an autonomous and independent institute for the advocacy of the rights of the elderly.

Key words: advocacy, human rights protection, elderly people, empowerment

Irena Švab Kavčič

IZOBRAŽEVANJE O DUHOVNI OSKRBI SPIRITUAL CARE EDUCATION

Uvod: Vse od uvedbe fenomena totalne bolečine se v raziskovanju potreb v paliativni oskrbi pozornost namenja tudi duhovnim potrebam. Dokazano je, da subjektivno doživljanje duhovnosti pri zaposlenih vpliva na zagotavljanje duhovne oskrbe pri bolnikih. S pregledom literature smo proučili obstoječe izobraževalne programe s področja duhovnosti v paliativni oskrbi. Metode: Uporabljena sta bila integrativni pregled literature in opisna tematska analiza podatkov. Literatura je bila zbrana z uporabo iskalnika ProQuest in iz drugih virov. Rezultati: Izbranih je bilo 11 člankov iz baze ProQuest in 10 člankov iz drugih virov. Prepoznane glavne teme so: vsebina kurikulumov, izobraževalne metode in učinek izobraževanja. Zaključek: Ključne vsebine se bistveno ne razlikujejo od ugotovitev Delovne skupine za duhovno oskrbo v paliativni oskrbi pri Evropskem združenju za paliativno oskrbo.

Izpostavljene so inovativne izobraževalne metode in njihov učinek na zagotavljanje duhovne oskrbe. Ugotovitve bomo uporabili za načrtovanje nadaljnjega izobraževanja s področja duhovnosti in duhovne oskrbe ter pripravo smernic izobraževalnega programa za zaposlene v domovih za starejše, ki se pri svojem delu srečujejo s hudo bolnimi in umirajočimi.

Introduction: Since the phenomenon of total pain was introduced to palliative care, research has paid attention to spiritual needs. The research found out that the subjective experiencing of spirituality among the employees has an impact on providing spiritual care to the patients. A review of literature has been performed in order to examine existing training programmes in the field of spirituality in palliative care. Methods: An integrative review and descriptive thematic analysis were performed. Literature was collected using the search engine ProQuest and other sources. Results: 11 articles were selected from the ProQuest databases and 10 articles from other sources. The major themes identified in this review are: the content of the curriculum, educational methods, the effect of education. Conclusions: Core topics do not significantly differ from the findings of the Working Group on Spiritual Care in Palliative Care at the European Association for Palliative Care. The innovative methods of education and their impact on providing spiritual care are exposed. Our findings will be used to prepare the programme of advanced education in the field of spirituality and spiritual care, as well as for the preparation of the guidelines for the education programme for employees in old people's homes who face seriously ill and dying people.

Key words: spirituality, spiritual care, education, curriculum

Dragica Tepeš, Nikolaj Lipič

PROSTOČASNE AKTIVNOSTI STAROSTNIKOV KOT DEJAVNIK SOCIALNE VKLJUČENOSTI VOLUNTARY ACTIVITIES OF ELDERLY PEOPLE AS A FACTOR OF SOCIAL INCLUSION

Uvod: Domače in tuje raziskave opozarjajo, da splet različnih dejavnikov vpliva na socialno izključenost starostnikov. Prizadevanja strokovne in znanstvene javnosti za izboljšanje socialne vključenosti starejših morajo biti usmerjena v identifikacijo ključnih dejavnikov za načrtovanje konkretnih družbenih rešitev na nivoju lokalnega, regionalnega in nacionalnega okolja.

V naši raziskavi smo se omejili na prvi nivo – to je lokalno okolje občine Rogatec. Namen raziskave je bil na osnovi ponudbe in povpraševanja po prostočasnih aktivnostih za starostnike v lokalnem okolju raziskati priložnosti in protislovja za izboljšanje njihove socialne vključenosti. Vodilo raziskave je bilo raziskovalno vprašanje: »Ali večja vključenost v prostočasne aktivnosti starostnikov vpliva na njihovo percepcijo boljše socialne vključenosti?«.

Metode: V empiričnem delu raziskave smo uporabili metodo anketiranja. Podatke smo zbrali v letu 2018. Vzorec je predstavljal 100 anketirancev, starejših od 65 let, od katerih polovica živi v urbani in polovica v ruralni lokalni okolju. Spolna struktura anketirancev je bila uravnovežena.

Rezultati: Ugotovljamo, da je povpraševanje po prostočasnih aktivnostih za starejše večje od ponudbe. Ugotovili smo tudi, da so prostočasne aktivnosti za starostnike dejavnik socialne vključenosti, saj po mnenju starostnikov večja vključenost v prostočasne aktivnosti prispeva k njihovi boljši socialni vključenosti.

Sklepi: Lokalna okolja morajo s ponudbo raznovrstnih, ustvarjalnih in na konceptu aktivnega staranja utemeljenih prostočasnih aktivnosti prispevati k ustvarjanju okoliščin za kakovostno staranje v lokalnem okolju. To pa so izhodišča za modeliranje rešitev na regionalnem in nacionalnem nivoju.

Ključne besede: starostnik, prostočasne aktivnosti, socialna vključenost, lokalno okolje, aktivno staranje

Introduction: Domestic and foreign studies point out that a variety of factors affect the social exclusion of the elderly. The efforts of the professional and scientific public to improve the social inclusion of the elderly should be focused on identifying key factors for the design of concrete social solutions at the level of the local, regional, and national environment.

In our research we limited ourselves to the first level - this is the local environment of the municipality of Rogatec. The purpose of the research was to explore the opportunities and contradictions on the basis of supply and demand for leisure activities for the elderly in the local environment in order to improve their social inclusion. The research's lead was the research question, »Does greater involvement in leisure activities of older people affect their perception of better social inclusion?«

Methods: In the empirical part of the research we used the survey method. Data were collected in 2018. The sample was represented by 100 respondents aged 65 and over, half of whom live in urban and half in rural local environment. Gender structure of respondents was balanced.

Results: We find that demand for leisure activities for the elderly is higher than supply. We also found that leisure activities for the elderly are a factor of social inclusion, since, according to the elderly, greater inclusion in leisure activities contributes to their better social inclusion.

Conclusions: By offering diversified, creative, and active aging concepts, based on leisure activities, local environments must contribute to creating the conditions for quality aging in the local environment. These are the starting points for modeling solutions at the regional and national levels.

Key words: elderly, leisure activities, social inclusion, local environment, active aging

Helena Kristina Halbwachs

RAZUMEVANJE TEORIJE ŽIVLJENJSKEGA POTEKA S POMOČJO 3-GENERACIJSKEGA INTERVJUJA INSIGHT INTO THE LIFE COURSE THEORY VIA A 3-GENERATIONAL INTERVIEW

Uvod: Teorija življenjskega poteka izstopa med vsemi teorijami v socialni gerontologiji kot najpogosteje uporabljen teoretični okvir. Opredeljujejo jo štiri središčna načela: povezanost življenja, interakcije zgodovinskih dogodkov in življenja, časovno načrtovanje življenja in človeška dejavnost. Raziskovanje življenjskega poteka še ni doseglo svojega celotnega potenciala in za nadaljnji razvoj potrebuje več medgeneracijskega raziskovanja. Z raziskavo sem želela testirati teorijo življenjskega poteka in ugotoviti, na kakšen način se izraža povezanost življenja treh generacij iste družine. Metode: Z empirično kvalitativno raziskavo, intervijem pripadnikov treh generacij v eni družini, sem pridobila podatke, ki sem jih nato analizirala z metodo kvalitativne vsebinske analize (odprtega kodiranja). Povezanost življenja sem prikazala deskriptivno in z modelom. Rezultati: Z raziskavo sam ugotovila, da je v preučevani družini povezanost življenja močno vplivala na prenos vrednot, na reakcije na zgodovinske dogodke ter na doživljanje sveta, čeprav so bile opazne spremembe v intenzivnosti in prioriteti vrednot. Obenem je bil opazen vpliv drugih dejavnikov na življenjski potek, kot sta spol in časovna umestitev generacije (generacijska kohorta). Razprava in zaključek: Ob testiranju teorije življenjskega poteka je bila razvidna povezanost življenja, predvsem v okviru prenosa vrednot. Prenašal se je tip vrednote, ne pa jakost. Še vedno je malo znanega o tem, kdaj je prenos vrednot najučinkovitejši, kako vpliva na kakovost medgeneracijskih odnosov, v kakšnem sorazmerju je s tipom vrednote in kako nanj vpliva kohortnost generacij. Sistematično preučevanje medgeneracijskih življenjskih potekov in povezav je pomembno ne le za razumevanje teorije življenjskega poteka, temveč tudi za razumevanje socialnih pojavov, pa tudi za celotno obravnavo in preventivo tistih, ki so neželjeni.

Ključne besede: teorija življenjskega poteka, 3-generacijski intervju, vrednote

Introduction: The life course theory stands out from other social gerontology theories as the most commonly used theoretical frame. It is characterized by 4 key principles: linked lives, interactions of lives and historical times, the timings of lives and human agency. Research within this theory has not yet achieved its full potential and requires more intergenerational studies for its development. The present study tests the theoretical frame of life course theory and explores the effects of linked lives within three generations of the same family. Methods: Empirical qualitative study was conducted within three generations of the same family. Data, obtained by semi-structured interviews, were analysed by open content coding. The results are shown descriptively and as a model. Results: In the studied family, the linkage of lives played a strong role on the value transfer, on the reaction to the historical events and the world views, although the changes in the intensity and priority of values were noticed. The influence of other factors on the life course was also observed, such as gender and generational cohort. Discussion: While testing the life course theory it became obvious how lives are linked, especially by value transfer. While type of value remains the same, the intensity changes. There is still a gap in the understanding of the best timings for effective value transfer, how it affects the quality of intergenerational relationships and how it is affected by generational cohort.

Systematic research of intergenerational life courses is important not only for understanding the theoretical life course frame, but also for gaining insight into social phenomena, as well as for holistic management and prevention of the undesirable ones.

Key words: life course theory, 3-generation interview, values

Ivana Živoder, Mihaela Kranjčević- Ščurić, Mara Županić, Valentina Pomper

QUALITY OF LIFE OF ELDERLY PEOPLE IN VARAŽDIN COUNTY

Introduction: Given the growing number of elderly people (65 years and over) in the total population of the Republic of Croatia who need better social and health care, there is an increasing interest in research and measurement of the quality of life of elderly people. The World Health Organization (WHO) defines quality of life as an individual perception of the personal position in the context of culture and value system in which individuals live concerning goals, expected values, and desires, including physical health, psychological state, level of independence, social relationships, personal beliefs. The research aimed to examine the subjective quality of life of older adults in Varaždin County and the relative importance of specific areas of life for their overall quality of life. Methods: The survey conducted on a sample of 119 respondents from the Varaždin County (57 female and 62 male respondents). The age of respondents ranged from 65 to 94 years. The questionnaire of quality of life by COMQoL was used in the survey. The assessment of the satisfaction and importance of certain areas life (material well-being, health, life achievement, close relationships with other people, security, community affiliation, emotional well-being, and happiness) was assessed. Results: The participants rated the overall quality of life at an average of 3.73. The worst was the estimated satisfaction with health (3.37), while they were most satisfied with their sense of security (3.97) and emotional well-being (3.97). Conclusion: Society needs to continually work to improve the living conditions of seniors in the community to increase their satisfaction and provide a quality life.

Key words: quality of life, elderly people, homes for the elderly, community



Sanja Zoranić

AN EXAMPLE OF GOOD PRACTICE TO HELP OLDER PEOPLE IN DUBROVAČKO-NERETVANSKA COUNTY

Family separation and accommodation in the home for elderly person presents great stress, which greatly influences on quality of life. In order to achieve the best quality of life, the World Health Organization (2012) recommends how long it takes staying and ageing in their own home with ensuring adequate care and health protection. Considering to an increasing number of elderly people, ensuring quality ageing, in terms of organizing local and wider community care is the imperative of society. The tendency is to reduce the institutionalization of older people and to ensure quality ageing in their own home, with the availability of social and health support, which enables the person life satisfaction. Good organization and targeted policies in terms of support make it possible for older people to have longer autonomy and stay in their own home, and on the other hand greatly reduces institutionalization. A good example of support for the elderly is a project called »Halo Assistance«, which was conducted in the County of Dubrovnik-Neretva in order to support and assist elderly people living in their own household. The help is intended for people who do not want or are unable to go at home for Elderly, but they need support. This project provides 24- hour assistance, reduces social exclusion and strengthens the sense of personal security, which together reduces the number of people accommodated in social care facilities, and also allows rapid healthcare interventions in home care patients. All of the above parameters allow for longer stay in their own home, and at the same time a good quality of ageing overcome with pleasure.

Key words: Key words: elderly, social support, quality of life



Karmen Romih, Maja Pozvek

POGLED SVOJCEV PREMINULIH STANOVALCEV NA PALIATIVNO OSKRBO V DOMU VIHARNIK FAMILY MEMBERS OF DECEASED ELDERLY AND THEIR VIEW ON PALLIATIVE CARE AT THE ELDERLY HOME VIHARNIK

Uvod: S paliativno oskrbo želimo izboljšati kakovost življenja oseb, ki imajo diagnosticirano neozdravljivo bolezen. Pravočasna vključitev oseb v paliativno mrežo nam omogoča, da so enakovredni in pomemben člen pri načrtovanju zdravstvene oskrbe. Metode: Z uporabo vprašalnika smo izvedli kvalitativno raziskavo. Vključenih je bilo 10 svojcev umrlih stanovalcev. Podatke smo vsebinsko analizirali, oblikovali kode, ki smo jih nato povezali v kategorije. Kategorije smo nato uporabili za potrebe analize SWOT in jih razvrstili med prednosti, pomanjkljivosti, priložnosti in nevarnosti. Pridobljeni rezultati nam bodo v pomoč za izboljšanje paliativne oskrbe v Domu Viharnik. Rezultati: Svojci umrlih stanovalcev so najbolj pogrešali informacije in sporazumevanje z zdravnikom (9 svojcev), prepoznali pa smo tudi kategoriji empatija (10 svojcev) in timska obravnava (7 svojcev). Kot prednosti so svojci (10 svojcev) izpostavljali ustrezno obravnavo bolečine, 24-urno prisotnost in podporo. Anketirani svojci (10 svojcev) pa si želijo več informacij, ki naj bi bile realne in celostne, ter kontinuirane podpore. Sklepi: Prednosti izvajanja paliativne oskrbe v Domu Viharnik so 24-urna oskrba, podpora, razbremenitev svojcev in učinkovit bolečinski menedžment. Področja, ki omogočajo izboljšanje paliativne oskrbe, so interdisciplinarni pristop, empatija in sporazumevanje. Kot nevarnost paliativne oskrbe v Domu Viharnik pa smo prepoznali številčno in izobrazbeno podhranjenost osebja v domovih za starejše, uveljavitev biomedicinskega modela, ki pa se kaže v pomanjkanju psihološke in socialne podpore. Zaradi podaljševanja življenjske dobe in porasta različnih kroničnih bolezni bodo potrebe po paliativni oskrbi naraščale, kar kliče po ustrezni umestitvi paliativne oskrbe v socialnovarstvene ustanove.

Ključne besede: umiranje, starejši ljudje, sporazumevanje, svojci

Introduction: With palliative care we want to improve the quality of life of persons who are terminally ill. If a person is included in palliative care in time, it helps us and them if they play an equal and important part in planning quality health care. Methods: For our research, we used the quantity method. We obtained data through an anonymous questionnaire. 10 family members of deceased elderly who were included in palliative care participated in our research. Collected data were analysed by content, we formed codes which we have linked into categories. We used categories for the SWOT analysis. Data that we collected will be used for improving palliative care at the elderly home Viharnik. Results: Family members mostly missed receiving information and communication with the doctor (9 family members), we also recognized the categories empathy (10 family members) and team approach (7 family members). 10 family members say that the advantage of palliative care is appropriate pain management, 24-hour presence and support. 10 family members want more information, which should be realistic, holistic and support should be more continuous. Conclusions: Our advantages in palliative care are 24-hour health care, support and efficient pain management. Parts that needs to be improve are interdisciplinary approach, empathy and communication. As areas of concern at the elderly home Viharnik we perceived the lack of well-educated personnel in elderly homes and the enforcement of biomedicine model that lacks psychological and social support. Because of the increasing life-span and the prevalence of diseases, our needs for palliative care will also keep increasing. This is also important for the appropriate application of palliative care in elderly homes.

Key words: Dying, elderly, communication, family members

Kaja Železnik, Zdenka Milič Žepič, Uroš Marušič, Voyko Kavcic

UČINKOVITOST KOGNITIVNEGA TRENJGA PRI PREBIVALCIH DOMOV ZA STAREJŠE THE EFFECTIVENESS OF COGNITIVE TRAINING IN NURSING HOME RESIDENTS

Namen raziskave je preveriti vpliv računalniško podprtega kognitivnega treninga (KT) na motorične in kognitivne sposobnosti starejših odraslih, živečih v domovih za starejše. V raziskavo je bilo vključenih dvainštirideset prebivalcev domov za starejše. Na podlagi testa MoCA so bili razdeljeni v tri skupine, in sicer na starejše odrasle brez kognitivnega primanjkljaja, z blago kognitivno motnjo in tiste z demenco. Za KT je bilo naključno izbranih šestnajst udeležencev, ki so v razponu osmih tednov opravili šestnajst enournih sej računalniško podprtega treninga virtualne prostorske navigacije (virtualni labirint). Meritve so bile izvedene pred KT in po njem z baterijo nevropsiholoških testov ter testov motorične funkcionalnosti. Statistična ocena je bila opravljena z RM ANOVA, pri čemer je bila statistična pomembnost določena na ravni $p < 0,05$. Rezultati niso pokazali pomembnih razlik pri izhodiščnih vrednostih med preučevanimi skupinami in parametrih motorične funkcionalnosti. Boljši rezultati so se pokazali pri kognitivnih testih in slabši pri osebah z demenco. Odsotnost izboljšav pri testih motorične funkcionalnosti se lahko pripisuje nezadostni količini ali pa nizki občutljivosti izbranih testov. Na splošno naša pilotna raziskava ponuja empirične dokaze, da je KT sprejemljiv za prebivalce domov za starejše in, kar je najpomembnejše, da KT izboljšuje pozornost in pomnilne kognitivne sposobnosti.

Ključne besede: kognitivni trening, trening virtualne prostorske navigacije, kognitivne motnje, demenca, starejši ljudje

The purpose of this research was to examine the impact of computerized cognitive training (CCT) on motor and cognitive abilities of older adults living in nursing homes. The research included forty-two nursing home residents, who were divided into three groups: older adults with no cognitive deficit; those with mild cognitive impairment and those with dementia. Within eight weeks, sixteen randomly selected participants concluded sixteen one-hour sessions of CCT with virtual spatial navigation task (virtual labyrinth). Physical performance tests and the neuropsychological assessment battery was measured pre- and post-CCT. Statistical evaluation was performed with RM ANOVA at p value 0.05). Significant improvements were obtained on cognitive tests and poorer results in the group of individuals with dementia. The absence of improvements on functional tests could be attributed to insufficient training dosage or low sensitivity of selected tests. Overall, our pilot study provides empirical evidence that CCT is accepted by nursing home residents, and most importantly, CCT improves attentional and mnemonic cognitive abilities.

Key words: Cognitive training, virtual spatial navigation training, cognitive impairment, dementia, older people

Nataša Vidnar, Denis Andrić, Boris Miha Kaučič

MOTIVACIJSKI DEJAVNIKI, KI VPLIVAJO NA TELESNO DEJAVNOST STARIH LJUDI MOTIVATIONAL FACTORS THAT AFFECT THE PHYSICAL ACTIVITY OF THE ELDERLY POPULATION

Teoretična izhodišča: Staranje je proces, ki povzroči fizične in psihične spremembe. Redna telesna dejavnost pozitivno vpliva na te spremembe. S pravilno in primerno telesno dejavnostjo star človek ohranja ali izboljša zdravstveno stanje in počutje. Namen raziskave je ugotoviti motivacijske dejavnike, ki vplivajo na telesno dejavnost starih ljudi. Metoda: Uporabili smo kvantitativno metodo dela, metodo deskripcije in tehniko anketiranja. Za zbiranje podatkov smo kot merilni instrument uporabili anketni vprašalnik. Uporabili smo naključni, priročni vzorec. V vzorec smo vključili 100 ljudi, ki so stari 65 in več let ter bivajo v domačem ali institucionalnem okolju. Pravilno in v celoti je vprašalnik izpolnilo 76 starih ljudi. Podatke smo analizirali s programoma Microsoft Excel 2007 in SPSS 20.0. Rezultati: Stare ljudi motivirajo za gibanje naslednji dejavniki: boljše zdravje in počutje, terapije in organizatorji telesnih dejavnosti, boljša kondicija in strah pred zmanjšano funkcionalno sposobnostjo. V povprečju namenjajo telesni dejavnosti 2,9 ure dnevno in 4,9 dneva tedensko. Najbolj priljubljeni telesni dejavnosti sta telovadba (73 %) ter hoja in nordijska hoja (37 %). Največjo oviro pri motivaciji predstavljajo: slabše zdravstveno stanje (53 %), starost (27 %) in kronična bolezen (20 %). Razprava: Stari ljudje so dobro seznanjeni s pozitivnimi učinki telesne dejavnosti. Bivalno okolje jim ponuja dobre možnosti za gibanje, zanj pa so srednje motivirani. Na stopnjo motivacije vpliva zdravstveno stanje, bivalno okolje in posameznikovo finančno-ekonomsko stanje. Glavni dejavnik, ki negativno vpliva na motivacijo za redno telesno dejavnost pri starih ljudeh, je zdravstveno stanje.

Ključne besede: motivacija, staranje, socialna gerontologija, telesna dejavnost

Theoretical starting points: Ageing is a process that causes physical and psychological changes. Regular physical activity positively affects these changes. Correct and appropriate physical activity allows the elderly to maintain or improve their health and well-being. The purpose of the study is to establish motivational factors that affect the physical activity of the elderly population. Method: The quantitative and descriptive methods were used, as well as surveying. A questionnaire was used as the measuring instrument for collecting data. A random convenience sample was used. The sample included 100 people over the age of 65, living at home or in an institution. The questionnaire was filled in correctly and completely by 76 respondents. The data were analysed using Microsoft Excel 2007 and SPSS 20.0 Results: The following factors motivate elderly people for exercise: better health and well-being, therapists and physical activity organisers, better physical fitness and fear of reduced functional capacity. They spend an average of 2.9 hours a day and 4.9 hours a week on physical activity. The most popular physical activities are exercise (73 %) and walking and Nordic walking (37 %). The greatest obstacles to motivation are: poor health (53 %), old age (27 %) and chronic disease (20 %). Discussion: The elderly are well familiar with the positive effects of physical activity. Their living environment offers good opportunities for exercise and their motivation is medium. The level of motivation is affected by the health, living environment and financial and economic situation of the individual. The main factor that has a negative effect on motivation of the elderly for regular physical activity is their health.

Key words: Key words: motivation, ageing, social gerontology, physical activity

Luka Zrnić, Sebastjan Kristovič, Jasmina Arsić

SUBJECTIVE WELL-BEING, GRATITUDE AND OPTIMISM AMONG SENIORS LIVING IN RETIREMENT COMMUNITIES

This research study was focused on examining positive psychological constructs in the senior population living in retirement communities, which have been under-researched in this specific age cohort. We hypothesised that subjective well-being, trait gratitude and dispositional optimism would be interrelated. Additionally, we speculated that gender, age, the type of environment individuals reside in (urban/rural), the experience of the cessation of a child's life, and the ability to walk would act as differentiatonal factors among groups of respondents, relative to the above-mentioned constructs. The data for this cross-sectional study were collected on a sample of 201 older adults living in three distinct locations of Gerontology Centre "Novi Sad", using an anonymous self-report questionnaire. Subjective well-being, gratitude and optimism have been shown to be interrelated.

However, only several of the categorial variables mentioned earlier acted as differentiatonal factors for the examined dimensions. Thus, the first three hypotheses were confirmed, while the fourth, and final, hypothesis was only partially confirmed. This study was focused on providing a more realistic, positive picture of the ageing phenomenon, while endeavouring to compel future researchers to maximise efforts on finding mechanisms to amplify the presence of positive-psychological constructs, which would lead to much healthier and more successful generations of seniors in the years and decades to come.

Key words: subjective well-being, gratitude, optimism, gerontology, ageing



Eva Rotman, Boris Miha Kaučič

ODNOS STAREJŠIH LJUDI DO SPOLNOSTI IN STEREOTIPOV O SPOLNOSTI ATTITUDES OF OLDER PEOPLE TOWARDS SEXUALITY AND STEREOTYPES ABOUT SEXUALITY

Teoretična izhodišča: Spolnost predstavlja pomemben del kakovosti življenja starejših ljudi. Z raziskavo smo želeli ugotoviti, kakšen odnos imajo starejši do spolnosti in stereotipov o spolnosti. Metoda: Uporabili smo kvalitativno metodo raziskovanja, metodo utemeljene teorije. Raziskovalni instrument je bil strukturirani intervju. V raziskavi je sodelovalo šest ljudi, starejših od 65 let, ki bivajo v domačem ali institucionalnem okolju. Rezultati: Z analizo intervjujev smo določili 46 kod, ki smo jih razvrstili v 9 podkategorij in oblikovali 4 glavne kategorije. Kvalitativna analiza je pokazala, da je starejšim ljudem intimnost pomembnejša od spolnosti. Kot najpogostejše ovire v spolnosti so navajali zdravstvene težave, pomanjkanje partnerja in izgubo interesa. Stereotipov in predsodkov ne zaznavajo, opažajo pa splošno negativno mnenje v družbi, ki pa jih ne prizadene in ne vpliva na njihovo samopodoba ali spolno dejavnost. Razprava: Ugotavljamo, da spolnost starejšim ljudem ni osrednjega pomena, zelo pa cenijo intimnost, bližino in naklonjenost druge osebe. Predvsem sta jim pomembna iskreno prijateljstvo in spoštovanje med partnerjema, na osnovi katerega se gradi zaupen odnos. V zvezi s stereotipi na področju spolnosti v starosti ugotavljamo, da ne vplivajo na doživljanje spolnosti ali samospoštovanje sodelujočih v raziskavi. Prav zato si bo v prihodnje treba prizadevati za pozitivnejši odnos do spolnosti v starosti in s tem prispevati k odpravljanju stereotipov.

Ključne besede: spolnost, stereotipi, staranje, intimnost, samopodoba

Theoretical background: Sexuality presents an important part of quality of life of the elderly. With the research, we wanted to explore what attitudes the elderly have towards sexuality and stereotypes about it. Method: We used a qualitative method of researching, the method of Grounded theory. The instrument of the research was a structured interview. Six people cooperated in the research; they were older than 65 and living in a domestic or institutional environment. Results: Through analysis of the interviews we defined 46 codes which were placed into 9 sub-categories and formed 4 main categories. The qualitative analysis showed that intimacy is more important for the elderly than sexuality. The most frequent obstacles in sexuality are health issues, lack of a partner, and loss of interest. They do not notice stereotypes and prejudices; however, general negative opinion in the society is noticed, which does not hurt them and does not influence their self-esteem or sexual activity. Discussion: We establish that sexuality for the elderly is not essential; however, they appreciate intimacy, closeness, and fondness of the other person. Honest friendship and respect between partners are especially important for them, which are the bases for an intimate relationship. We establish that stereotypes for sexuality do not influence experiencing it or self-respect of the respondents in the research. Therefore, it is important that we develop more positive relations towards the sexuality of the elderly.

Key words: sexuality, stereotypes, ageing, intimacy, self-esteem

Nataša Žalar, Edvard Jakšič

POMEN ODLOČITVE STAREJŠIH ZA ŽIVLJENJE V DOMAČEM OKOLJU ALI DOMSKEM VARSTVU THE IMPORTANCE OF THE DECISION OF THE ELDERLY FOR LIVING IN A HOME ENVIRONMENT OR NURSING HOME

Uvod: V Sloveniji in drugih razvitih državah se povečuje število starejših oseb. Spremembe, ki so povezane s tem, pa pomembno vplivajo na obravnavo in oskrbo starostnika. Zanimalo nas je, kakšno je življenje starejših oseb, ki živijo v domačem okolju, kakšno je njihovo mnenje o domskem varstvu in za kakšno oskrbo bi se odločili v primeru popolne odvisnosti. Metode: Raziskava temelji na empirični kvantitativni metodi dela. Sestavljen je bil anketni vprašalnik s šestindvajsetimi vprašanji. Raziskovalni vzorec je zajemal šestdeset naključno izbranih starejših oseb, ki živijo v domačem okolju na podeželju v Prlekiji. Rezultati: Z raziskavo smo pridobili rezultate, ki so pokazali, da so starejše osebe v povprečju zadovoljne z življenjem v domačem okolju. O življenju v domskem varstvu redko razmišljajo. Najpogostejši razlog, da se ne bi odločili za domsko varstvo, je previsok strošek bivanja. Kljub temu da imajo starejše osebe dobro mnenje o bivanju, oskrbi in osebju v domskem varstvu, bi se jih le četrtina odločila za institucionalno varstvo v primeru popolne odvisnosti. Sklepi: Odločitev starejših oseb glede življenja v domačem okolju ali domskem varstvu je pomembna, saj se starejši človek odloča za okolje, v katerem bo preživel zadnje trenutke svojega življenja. Na odločitev vplivajo mnogi dejavniki, kot so samostojnost opravljanja vsakodnevnih dejavnosti ter starostnikovo zdravstveno in finančno stanje. Velik vpliv imajo tudi svojci in drugi, povezani s starostnikom.

Ključne besede: starostnik, staranje, domače okolje, domsko varstvo, medicinska sestra

Introduction: In Slovenia and other developed countries, the number of elderly people is increasing. Changes related to this, however, significantly affect the treatment and care of the elderly. We were interested in the life of elderly people living in the home environment, their opinion on home care, and what kind of care they would choose in the event of complete dependence. Methods: The research is based on the empirical quantitative method of work. A questionnaire was compiled with twenty-six questions. The research sample covered sixty randomly selected elderly people living in a home environment in the countryside of Prlekija. Results: We obtained results from the survey, which showed that older people are on average satisfied with life in their home environment. They rarely think about life in home care. The most common reason for not choosing home care is the high cost of living. Despite the fact that older people have a good opinion of housing, care and staff in home care, only a quarter would opt for institutional care in the event of complete dependence.

Conclusions: The decision of older people regarding life in the home environment or home care is important, because the elderly person chooses the environment in which they will spend the last moments of their life. Many factors influence the decision, such as the autonomy of day-to-day activities, the old-age health and financial conditions. Relatives and others associated with the elderly have a great influence.

Key words: elderly, ageing, home environment, nursing home, nurse





**AVTIZEM:
IZZIV ZA PRIHODNOST /
AUTISM: CHALLENGE
FOR THE FUTURE**

Marta Macedoni Lukšič

AVTISTIČNE MOTNJE: ZADNIJH 15 LET AUTISM SPECTRUM DISORDERS: THE LAST 15 YEARS

Avtistične motnje (AM) so razvojno-nevrološke motnje, ki vplivajo na bistveno človeško vedenje, kot je vzpostavljanje medsebojnih odnosov, sposobnost sporazumevanja in imaginacije. Včasih je bil avtizem redka motnja, v zadnjih desetletjih pa se je pogostnost drastično povečala. Danes je 1 od 59 otrok v ZDA diagnosticiran z AM. Ni popolnoma jasno, koliko je ta porast dejanski, je pa brez dvoma tudi rezultat spremenjenega koncepta v smislu dimenzionalne perspektive, zamenjave in dodajanja diagnoz, kakor tudi večje ozaveščenosti, novih terapevtskih možnosti in posebnih pristopov pri izobraževanju teh otrok. Razumevanje avtizma se je bistveno spremenilo, odkar je bil prvič opisan. Diagnostična merila so se večkrat spreminjala, nazadnje l. 2013 z novo verzijo *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. Etiopatogeneza ostaja nepojasnjena v večini primerov. Še vedno drži, da so genetski dejavniki med najpomembnejšimi, v zadnjih 15 letih pa se je povečalo število raziskav, ki proučujejo okoljske dejavnike pri razvoju AM. Boljše je tudi poznavanje zgodnjih znakov. Pomembne spremembe so se pojavile pri terapevtskih pristopih, ki so bolj eklektični. Večji poudarek kot prej je na izobraževanju strokovnjakov in staršev.

Ključne besede: avtistične motnje, diagnostična merila, terapija

*Autism spectrum disorders (ASD) are developmental disorders that affect essential human behaviours, such as social interaction, the ability to communicate ideas and feelings and imagination. Autism was once considered a rare disorder; however, the reported incidence and prevalence have drastically increased during the last decades. Today, 1 in 59 children in the US are diagnosed with ASD. It is not known to what extent the exceptional growth in the prevalence of ASD is real or not, but there can be no doubt that it must have been affected by the change of the concept in term of a dimensional perspective, by substitution and "addition" of diagnoses, as well as greater awareness, new therapeutic options and specific approaches to the education of these children. The understanding of autism has been changed profoundly since it was discovered. The diagnostic criteria were changed many times, the last time in 2013 when the newest edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)* was published. Since then, the various subgroups have been replaced with one broad diagnosis of ASD. Autistic individuals are now placed on a continuum depending on the severity of the symptoms. The etiopathogenesis remains unexplained in the majority of cases. It still holds true that genetic influences are the most important in ASD, although in recent studies researchers have found less concordance for monozygotic (0.58) and dizygotic (0.21) twins in comparison with older studies, which indirectly points to the role of environmental factors in the development of ASD. Early signs recognition has also improved. Therapeutic approaches have changed significantly, becoming more eclectic. More attention is paid to educating experts and parents.*

Key words: autism spectrum disorders, diagnostic criteria, therapy

Kristina Mlinarič

INDIVIDUALIZIRANI PROGRAM – IZZIV ZA UČITELJA IN OPORA UČENCU Z AVTIZMOM **INDIVIDUALIZED EDUCATION PROGRAMME – A CHALLENGE FOR TEACHERS AND SUPPORT FOR STUDENTS WITH AUTISM**

Otroci s posebnimi potrebami imajo pravico do vzgoje in izobraževanja v obliki, ki jim omogoča optimalni razvoj in polnovredno vključitev v družbo. S ciljem, da bi izobraževalni pristop do teh otrok ustrezno načrtovali, izpeljali in evalvirali, slovenska zakonodaja predpisuje izdelavo individualiziranega programa (IP) za vsakega otroka s posebnimi potrebami. Predpisanega obrazca za sestavo IP ni, zato se poraja vprašanje, ali so obstoječi IP zastavljeni dovolj individualizirano, v obliki živega dokumenta, ki se spreminja in raste z otrokom. Članek predstavlja konkreten primer priprave IP. Je rezultat večdesetletnih izkušenj pri delu z otroki z avtizmom v Centru za sluh in govor Maribor, pri čemer nam je v oporo naš Strokovni center za avtizem. Pričujoči članek temelji na dveh metodah: kvalitativni analizi vsebine predhodno pripravljenih IP in opazovanju uresničevanja ciljev le-teh. Ugotovitve so pokazale, da je treba IP zastaviti konkretnije, vanj pa zapisati realne in merljive cilje po načelu »manj je več«. Za te otroke je namreč izjemen izziv in napor spremeniti svoja ponavljajoča se dejanja v barvit nabor različnih možnosti sporazumevanja, interakcije in razmišljanja. Z učiteljevo podporo in ustrezno načrtovanim IP je to mogoče. Otroci s svojimi na videz majhnimi dosežki naredijo velike korake k vključitvi v okolje, ki jih sprejme in z njimi sobiva. S svojim konkretnim primerom želim biti v pomoč pedagoškim delavcem, ki se s pripravo IP srečujejo prvič.

Ključne besede: individualizirani program, posebne potrebe, avtizem, osnovna šola, triada primanjkljajev

Children with special needs have the right to education that enables their optimal development and earns them equal status in society. In order to adequately plan, execute and evaluate the education of special needs children, the Slovene law stipulates that an Individualized Education Programme (IEP) must be created for each child. Since there is no fixed IEP form a question arises whether IEPs are truly individualized and regularly adjusted to students' growth and development. The article presents an example of IEP creation. It is based on several decades of experience in teaching children with autism at the Centre for Hearing and Speech Maribor, where the Professional Centre for Autism offers teachers expert support. Data for the article results from two scientific methods: qualitative analysis of IEPs' content and observation of IEP goal realization. Results have shown IEPs need to be more concrete with realistic and measurable goals using the 'less is more' principle. Children with autism have to put immense effort in order to change their repetitive behaviours into a colourful collection of possibilities in communication, interaction and thinking. Still, with teachers' support and a well- designed IEP, it is realisable. Through their seemingly small achievements, children take giant steps towards inclusion into society. My plan is to follow and improve the guidelines we have set while my IEP example can help education staff who are faced with its preparation for the first time.

Key words: Individualized Educational Programme, special needs, autism, elementary school, triad of impairments

Suzana Vasić

UČENEC Z AVTIZMOM – IZZIV ZDAJ THE STUDENT WITH AUTISM – CHALLENGE TODAY

Učenje je vseživljenjski proces, naša gonilna sila, ki poteka neprekinjeno. Učitelji smo na poti učenja spremljevalci otrok in usmerjevalci k cilju – usvojiti uporabna znanja in veščine. Poučevanje učencev z avtizmom je za učitelja svojevrsten izziv, ki zahteva veliko teoretičnega znanja, dobro poznavanje učencev, inovativnost, doslednost in vztrajnost. Učence z avtizmom pogosto poučujejo učitelji, ki so nanje večkrat nepripravljeni in strokovno premalo podkovani, posledično so učenci neuspešni in v stiski. Zaradi velike raznolikosti učencev z avtizmom je nemogoče ubrati enak poučevalni pristop za vse. V članku predstavim sistematično pripravo na poučevanje, od podrobne seznanitve z učenčevimi individualnimi posebnostmi do ustrezne ureditve prostora. Dodana vrednost članka so številni konkretni primeri individualiziranega načrtovanja vsebin, metod in dejavnosti. Temelj članku so dolgoletne izkušnje s poučevanjem otrok s posebnimi potrebami v Centru za sluh in govor Maribor, med njimi otrok z avtizmom. V okviru ustanove deluje Strokovni center za avtizem, ki daje našemu pedagoškemu delu veliko strokovne podpore. Članek je nastal na podlagi metode opazovanja in intervjujev. Skozi opazovanje delovanja učencev ter na podlagi konstruktivnih pogovorov med strokovnimi delavci in starši je namreč mogoče načrtovati pouk na način, ki bo učencu z avtizmom omogočil, da izkoristi svoj intelektualni potencial, večja svojo socialno vključenost in postaja dejaven del okolja, v katerem živi.

Ključne besede: prilagajanje pouka, posebne potrebe, avtizem, osnovna šola, primer dobre prakse

Learning is a lifelong, continuous process. On their path to successful learning, students are supported by teachers to reach the ultimate goal – acquiring useful knowledge/skills. Teaching students with autism is a challenge demanding in-depth knowledge of theory and innovativeness, persistency and consistency of both students and teachers. Students with autism are sometimes taught by teachers who are unprepared and without necessary qualifications/training. Consequently, students are unsuccessful and in distress. Since students with autism are very different, it is impossible to use the same approach for all. Thus, the article presents a systematic teaching preparation, which includes a thorough research of students' individual specifics as well as appropriate environment/class structure. Numerous concrete examples of individualized content, method and activity planning present the article's added value. The article is based on long-year experience in teaching children with special needs, among them children with autism, at the Centre for Hearing and Speech Maribor, whose Professional Centre for Autism offers our teachers great support. The article data was collected by two scientific methods, observation and interview. By observing students' functioning and through constructive debate between education staff and students' parents we can enable them to use their intellectual potential, improve social inclusion and become active members of the environment they live in.

Key words: lesson adjustments, special needs, autism, elementary school, good practice examples

Nika Vizjak Puškar

PISNO SPORAZUMEVANJE Z OSEBAMI S POSEBNIMI POTREBAMI NA PODROČJU JEZIKA **WRITTEN COMMUNICATION WITH A PERSON WITH SPECIAL NEEDS IN THE FIELD OF LANGUAGE**

Prispevek podaja splošna pravila pisnega sporazumevanja s posamezniki s posebnimi potrebami na področju jezika. Besedna zveza posebne potrebe na področju jezika se uporablja za populacijo oseb, s katero se srečujemo pri svojem delu v Centru za sluh in govor Maribor. To so gluhi in naglušni, osebe z govorno-jezikovnimi motnjami, osebe z disleksijo ter osebe z avtizmom.

Tem osebam je skupno, da imajo težave na jezikovnem področju, zato potrebujejo poseben pristop pri obravnavi in branju pisnih besedil. Prispevek obravnava teoretična izhodišča in zakonske podlage prirejanja besedil za osebe s posebnimi potrebami. V prvem delu so predstavljene obravnavane posebne potrebe in njihov vpliv na bralno-pisno sporazumevanje posameznikov. V nadaljevanju so predstavljena določila za prirejanje besedil za osebe s posebnimi potrebami na področju jezika.

Predstavljene so smernice lahkega branja (»easy to read«) kot ene od najprimernejših oblik prilagajanja besedil za omenjene posameznike. Danes sporazumevanje večinoma poteka pisno prek elektronskih medijev. Prav zato je izjemno pomembno, da je širša javnost seznanjena s problematiko, ki se pojavlja pri določeni skupini oseb na področju pisnega sporazumevanja. Na ta način se lahko izognemo številnim nespোরазumom, kot tudi neprijetnim situacijam in nenamerni stigmatizaciji oseb s posebnimi potrebami.

Ključne besede: prilagajanje besedil, posebne potrebe, jezik, pisno sporazumevanje, lahko branje

The paper outlines the general rules of written communication with individuals with special needs in the field of language. The term »special needs in the field of language« is used as a common term for the population we encounter in our work at the Centre for Hearing and Speech Maribor. These are the deaf and hard of hearing, people with speech and language disorders, people with dyslexia and people with autism. It is common for these people to have problems in the field of language, and therefore they need a special approach to reading written texts. The article deals with the theoretical background and the legal basis for the organization of texts for people with special needs. The first part presents the considered specific needs and their impact on written communication between individuals followed by provisions on how to modify texts for people with special needs in the field of language. Easy to read guidelines are presented as one of the most suitable forms of text adaptation for these individuals. Today, most communication is written and occurs via electronic media. This is why it is extremely important that the general public is acquainted with the issues that arise in a particular group of people in the field of written communication. In this way we can avoid many misunderstandings, as well as unpleasant situations and inadvertent stigmatisation of people with special needs.

Key words: text adaptation, special needs, written communication, language, easy to read

Petra Tomc Šavora, Janja Vidovič

SPORAZUMEVANJE MED STARŠI IN STROKOVNJAKI COMMUNICATION BETWEEN PARENTS AND PROFESSIONALS

Dale (1996) deli modele sporazumevanja med strokovnjakom in starši na tradicionalne oblike, pri katerih je vloga staršev omejena le na posredovanje informacij in upoštevanje navodil brez sodelovanja pri odločanju, ter sodobne oblike sporazumevanja, pri katerih pa starši predstavljajo pomemben vir pomoči. Z večjo informiranostjo in ozaveščenostjo rastejo pričakovanja staršev v zvezi z izvajanjem različnih terapij. Strokovne novosti v terapijah na splošno in tudi porast motenj v razvoju postavljajo strokovnjaka v položaj koterapevta oziroma tistega, ki želi opolnomočiti starše. Ali smo večji sporazumevanja s starši? So naša pričakovanja skladna s pričakovanji in željami staršev otrok, ki so v naši obravnavi? Kako je na področju logopedске stroke? Kako si sporazumevanje z logopedom predstavljajo starši? Izdelane anketne vprašalnike, s katerimi sva želeli zajeti trenutno stanje na področju opolnomočenja in sporazumevanja s starši, je izpolnilo 39 logopedov in 103 starši iz celotne Slovenije. Anketna vprašalnika sta pokazala, da so starši na splošno zelo zadovoljni z logopedskimi storitvami in vzajemnim sporazumevanjem, želeli pa bi si pogostejšo in zgodnejšo obravnavo bližje domačemu kraju. Logopedi pri sporazumevanju s starši izhajamo iz izkušenj, mnogi bi si želeli več specialnih znanj in timsko podporo ter podporo nadrejenih.

Ključne besede: sporazumevanje, strokovnjaki, aktivna vloga staršev, sodelovanje, opolnomočenje

Dale (1996) divides models of communication between professionals and parents into traditional forms, where the role of parents is limited only to providing information and consideration of instructions without participation in decision-making, and modern forms of communication, where parents are an important source of help in therapy. Along with the fact that the parents are better and better informed and more aware, their expectations regarding therapy treatment grow. Professional innovations in therapy as well as an increase in developmental disorders, put the therapist in the position of a co-therapist or one who wishes to empower parents. Are we proficient in our communication with parents? Are our expectations in line with expectations and wishes of the parents of children who we are treating? How do parents picture the communication with a speech therapist? The questionnaires, with which we wanted to capture the current state in the field of empowerment and communication with parents, was filled out by 39 speech therapists and 103 parents from all parts of Slovenia. The questionnaires showed us that parents are generally very satisfied with therapies and therapist-parent communication. They would like to have earlier treatment and more therapies near their homes. Speech therapists communicate with parents mostly based on their experience, so many would like to acquire more special knowledge, be included in team work and support from their senior coworkers.

Key words: communication, therapists, an active role of parents, participation, empowerment

Ingrid Vrabl, Janez Jerman, Marta Macedoni Lukšič

MODEL PODPORE NA DELOVNEM MESTU PRI OSEBI Z ASPERGERJEVIM SINDROMOM A WORKPLACE SUPPORT MODEL FOR A PERSON WITH ASPERGER SYNDROME ABSTRACT

Aspergerjev sindrom je oblika avtizma, ki se kaže v posameznikovem razumevanju sveta, procesiranju informacij in vzpostavljanju odnosov z drugimi ljudmi. Pri osebah z Aspergerjevim sindromom pogosto opažamo težave, povezane z izvršilnim delovanjem. Te se pri osebah kažejo tudi pozneje v življenju, v odraslosti. Pomembno vlogo imajo v vsakdanjem življenju vsake osebe in so pomembne tako v izobraževanju kot na delovnem mestu. Med dejavnike uspešnosti na delovnem mestu spada tudi razvitost izvršilnih funkcij. Pričujoči članek predstavlja oblikovan model podpore na delovnem mestu, katerega izvajanje je potekalo z odraslo osebo, ki ima diagnosticiran Aspergerjev sindrom. V modelu podpore smo se osredotočili na dve izvršilni funkciji – organizacijo in načrtovanje. Sprva smo ugotavljali, v kolikšni meri so pri osebi razvite organizacijske spretnosti in spretnosti načrtovanja, oblikovali model podpore in ga nato z osebo izvajali na delovnem mestu.

Beleženi rezultati prikazujejo, da se je bila oseba sposobna delno držati dnevnega urnika, ki je bil osnova modela podpore. Mentorjeva podpora v obliki enournega spremljanja na dan se je sicer izkazala za uspešno, pomemben prispevek k raziskavi pa se kaže v potrebi po večji meri spremljanja osebe na delovnem mestu.

Ključne besede: avtizem, Aspergerjev sindrom, organizacijske spretnosti, spretnosti načrtovanja, model podpore

Asperger syndrome is a form of autism that is reflected in the individual's understanding of the world, the processing of information and the establishment of relationships with other people. In people with Asperger syndrome, we often see problems that are associated with executive functions. These also appear later in life, at the time of adulthood. Executive functions play an important role in the everyday life of each person, they are important both in education and at the workplace. The success factors at the workplace include also the development of executive functions. The existent article presents a designed model of support at the workplace, the implementation of which was carried out with an adult diagnosed with Asperger syndrome. In the model of support, we focused on two executive functions - organization and planning. First, we determined how much the organizational and planning skills were developed in the person; we developed a model of support and then implemented it with the person at the workplace. The recorded results show that the person was able to partially follow the daily schedule, which was the basis of the model of support.

The support of the mentor in the form of a one-hour supervision per day has proved successful. The important contribution of research shows that a person with Asperger syndrome needs support from the mentor more times per day.

Key words: autism, Asperger syndrome, organizational skills, planning skills, model of support

Tine Kovačič, David Lugonjič

VPLIV NEVROFIZIOTERAPEVTSKEGA PROGRAMA NA MOČ IN GIBLJIVOST PRI OSEBAH Z AVTIZMOM THE EFFICACY OF THE NEUROPHYSIOTHERAPY PROGRAM ON STRENGTH AND FLEXIBILITY IN PERSONS WITH AUTISM

Uvod: Za otroke z motnjo avtističnega spektra (MAS) so na področju gibalnega razvoja značilne hipotonija, motnje senzorne integracije, dispraksija in apraksija. Z dokazi podprta praksa si je enotna, da je treba otroke z MAS vključiti v zgodnjo neurofizioterapevtsko obravnavo, ki med drugim vključuje različne sodobne koncepte, kot je sodobna razvojno nevrološka obravnavo (RNO), kot tudi proprioceptivna nevomuskularna facilitacija (PNF), katerih kombinacija in njeni kratkoročni učinki na obseg gibljivosti (OG) in mišično moč (MM) pri tej ranljivi populaciji še niso bili raziskani. *Metode:* Izvedli smo pilotsko študijo z uporabo protokola randomizirane klinične študije (RKŠ), v katero je bilo vključenih 10 oseb z MAS, naključno razvrščenih v študijsko (N = 5) in kontrolno (N = 5) skupino. Obe skupini sta bili deležni RNO, medtem ko je bila študijska deležna še PNF. Uporabili smo veljavne in zanesljive funkcijske teste za merjenje OG in MM. *Rezultati:* Po štirih mesecih neurofizioterapevtskega programa so se pojavile statistično pomembne razlike v rezultatih povprečnih vrednosti funkcijskih testov za merjenje OG in MM med skupinama ($p < 0,05$) v prid študijski skupini. *Sklep:* RNO v kombinaciji s PNF bi lahko bila koristna v neurofizioterapevtskem programu za izboljšanje OG in MM pri osebah z MAS, za kar bi bilo treba v prihodnje izvesti RKŠ na večjem vzorcu oseb z MAS.

Ključne besede: motnja avtističnega spektra, proprioceptivna živčnomišična facilitacija, razvojno nevrološka obravnavo, gibljivost, mišična moč

Introduction: For children with Autism spectrum disorder (ASD), hypotonia, disorders of sensory integration, dyspraxia and apraxia are characteristic in their motor development. The evidence-based practice is consistent in that children with ASD should be included in early neurophysiotherapy, which includes, among other things, various modern concepts such as contemporary neurodevelopmental treatment (NDT), as well as proprioceptive neuromuscular facilitation (PNF) whose combination and its short-term effects on the range of motion (ROM) and muscle strength (MS) in this vulnerable population have not yet been investigated. *Methods:* We conducted a pilot study using a randomized clinical study (RCS) protocol involving 10 people with ASD randomly assigned to the study group (N = 5) and the control group (N = 5). Both groups received NDT while the study group additionally received PNF. We used valid and reliable functional tests for measuring ROM and MS. *Results:* After four months of the neurophysiotherapy program, there were statistically significant differences in the results of the mean values of the functional tests for the measurement of ROM and MS among the groups ($p < 0.05$) in favor of the study group. *Conclusion:* NDT in combination with PNF could be useful in the neurophysiotherapy program for the improvement of ROM and MS in subjects with ASD, which would in the future be performed by RCS on a larger sample of people with ASD.

Key words: Key words: autism spectrum disorder, proprioceptive neuromuscular facilitation, neurodevelopmental treatment, flexibility, muscular strength

Tine Kovačič, Ana Cimerman

UČINKI HIPOTERAPIJE NA GROBO MOTORIKO OSEB Z MOTNJO AVTISTIČNEGA SPEKTRA THE EFFECTS OF HYPOTHERAPY ON GROSS MOTOR SKILLS OF PERSONS WITH AUTISM

Uvod: Naraščajoča zahteva po celostnem pristopu pri večdisciplinarni rehabilitaciji otrok, mladostnikov in odraslih z motnjo avtističnega spektra (MAS) potrebuje raziskovalni protokol, ki bi znanstveno ocenil kratkoročne učinke razvojno nevrološke obravnave (RNO) v kombinaciji s hipoterapijo na izboljšanje grobe motorike pri tej ranljivi populaciji s pervazivno razvojno motnjo. Metode: Izvedli smo pilotsko študijo z uporabo protokola randomizirane klinične študije, v katero je bilo vključenih 10 oseb z MAS, naključno razvrščenih v študijsko (N = 5) in kontrolno (N = 5) skupino. Obe skupini sta bili deležni RNO, medtem ko je bila študijska deležna še hipoterapije. Uporabili smo veljavno in zanesljivo lestvico grobih gibalnih veščin TGMD-2 in testirali grobe gibalne veščine pred 6-mesečno intervencijo in po njej. Rezultati: Ob koncu raziskave pa so bile ugotovljene statistično značilne razlike v razvoju grobih gibalnih veščin ($p = 0,008$), v prid preiskovancem v študijski skupini. Sklepi: na podlagi analize rezultatov ugotavljamo, da bi kombinacija RNO in hipoterapije lahko bila uporabljena v nevrofizioterapevtski obravnavi oseb z MAS, ki imajo slabše razvite grobe gibalne veščine.

Ključne besede: avtizem, hipoterapija, razvojno nevrološka obravnava, grobe gibalne veščine

Introduction: The growing demand for an integrated approach in multidisciplinary habilitation of children, adolescents and adults with autism spectrum disorder (ASD) requires a research protocol that would scientifically evaluate the short-term effects of contemporary neurodevelopmental treatment (NDT) in combination with hypotherapy to improve gross motor skills in this vulnerable population with a pervasive developmental disorder. Methods: We conducted a pilot study using a randomized clinical study protocol involving 10 people with MAS randomly assigned to the study group (N = 5) and the control group (N = 5). Both groups received RNA, while the study group received hypotherapy. We have used a valid and reliable scale of rough-moving motor skills TGMD-2 and tested gross motor skills before and after the 6-month intervention. Results: At the end of the study, statistically significant differences were found in the development of grossmotor skills ($p = 0.008$), in favor of subjects in the study group. Conclusions: Based on the analysis of the results, we find that a combination of RNA could be used in the neurophysiotherapeutic treatment of people with MAS who have less developed gross motor skills.

Key words: autism, hypotherapy, neuro developmental treatment, gross motor skills

Ana Bezenšek, Marta Macedoni- Lukšič, Mojca Juriševič

SLOVENSKI MODEL IZOBRAŽEVANJA O VEDENJSKEM PRISTOPU IN NEŽELENO VEDENJE OTROK Z MOTNJAMI AVTISTIČNEGA SPEKTRA

THE SLOVENIAN EDUCATIONAL MODEL OF BEHAVIOURAL INTERVENTION AND THE CHALLENGING BEHAVIOR OF CHILDREN WITH AUTISM SPECTRUM DISORDERS

Uvod: Neželeno vedenje predstavlja pogosto in resno težavo otrok z motnjami avtističnega spektra (MAS). Zadnje študije so pokazale, da vedenjski pristop (VP) učinkovito izboljša njihovo raven prilagojenega vedenja, jezika, kognitivnih in socialnih veščin. V sklopu naše raziskave smo razvili nov slovenski model izobraževanja specialnih in rehabilitacijskih pedagogov (SRP) za delo z otroki z MAS (model SI-VP) in ga implementirali v treh osnovnih šolah s prilagojenim programom v obdobju šestih mesecev. Cilj raziskave je ugotoviti, ali implementacija modela SI-VP v prilagojen program šolskega okolja vpliva na neželeno vedenje otrok z MAS s pridruženo motnjo v duševnem razvoju (MDR). Metoda: Učinkovitost modela SI-VP na neželeno vedenje otrok z MAS je bila evalvirana z lestvico Behavior Problems Inventory (BPI-S, kratka verzija). SRP-ji so neželeno vedenje otrok z MAS s pridruženo MDR merili pred vključitvijo in po zaključenem modelu SI-VP. Na treh področjih (samopoškodbeno, stereotipno in agresivno/razdiralno) so ocenili frekvenco pogostosti pojava in stopnjo resnosti izraženosti neželenega vedenja otrok z MAS s pridruženo MDR. Za obdelavo in predstavitev podatkov je bil uporabljen postopek kvalitativne analize. Rezultati: Rezultati kažejo napredek na vseh treh področjih neželenega vedenja otrok z MAS s pridruženo MDR. Sklepi: Implementacija modela SI-VP pomembno pripomore k upadu pogostosti in stopnje izraženosti neželenega vedenja otrok z MAS s pridruženo MDR.

Ključne besede: slovenski model izobraževanja (model SI-VP), specialni in rehabilitacijski pedagogi, vedenjski pristop, neželeno vedenje, otroci z motnjami avtističnega spektra

Background: Challenging behavior presents a common and serious problem in children with autism spectrum disorders (ASD). Recent studies showed that behavioural interventions (BI) are effective in improving adaptive behaviour, language, cognitive and social skills in children with ASD. We developed a Slovenian educational model of BI for special education teachers (model SI-VP), that has been implemented in three special schools with curricula for children with moderate intellectual disability for a period of six months. The goal is to determine whether the implementation of the SI-VP model in special schools impacts on challenging behaviour of children with ASD and intellectual disability. Methods: To evaluate the efficiency of the SI-VP model for children with ASD and intellectual disability, the Behavior Problems Inventory (BPI-S; short version) was administered by special education teachers in the ex-post impact-training phase. Challenging behavior (self-injuries, stereotyped and aggressive/destructive behaviour) was assessed and measured in terms of the frequency of occurrence and its seriousness. The research results were presented as an analysis of the qualitative data. Results: The results show the improvement of all three measured types of challenging behaviors of children with ASD and intellectual disability. Conclusions: The implementation of the SI-VP model significantly lowers the frequency and severity of challenging behaviour of children with ASD and intellectual disability.

Key words: The Slovenian educational model (model SI-VP); special education teachers; behavioural intervention; challenging behaviour; children with autism spectrum disorders

Katja Križe

OTROCI, OBARVANI Z MAVRIČNO ENERGIJO CHILDREN COLOURED WITH RAINBOW ENERGY

V povzetku želim opisati izkušnjo, ki jo imamo v Vrtcu Ptuj pri delu z otroki s spektroavtistično motnjo. V vrtec vključujemo vedno več otrok z avtizmom in vsak tak otrok zase nam ponuja nove poklicne izzive. Pri delu z otrokom z avtizmom uporabljamo različne metode dela in pristope, saj so si med seboj zelo različni. Težava se pojavi že pri prepoznavanju teh otrok in pri seznanitvi staršev o otrokovih težavah. Primerno sporazumevanje s starši je ključno pri delu z otrokom z avtizmom. V nadaljevanju prispevka se bom posvetila teoretskemu pogledu in metodam ter pristopom dela, ki jih uporabljamo v vsakdanjem delu z otrokom s spektroavtistično motnjo. Za delo z otrokom je treba uvesti strukturo in analizo otrokovega vedenja. Predstaviti in pokazati želim smernice in rezultate sedanjega dela. V zaključku bom opredelila vprašanja in dileme ter težave, ki se nam v vrtcu porajajo pri delu z otrokom s spektroavtistično motnjo.

Ključne besede: avtizem, odnos, struktura, rutina

In this abstract, I am going to describe our experience in the work with children with autistic spectrum disorder in the nursery Ptuj. An increasing number of children with autism are entering the Nursery and each of them offers new professional challenges. Different work methods and approaches are used in work with an autistic child, as each one of them is very different from the others. The first difficulty presents itself already at the detection of such children and informing their parents about the child's problem. The adequate communication with parents is crucial in the work with autistic children. In the following, I will focus on the theoretical view and on the methods and approaches to work used in everyday work with the child with autism spectrum disorder. For the work with an autistic child, structure must be introduced, and an analysis of the child's behaviour performed. I want to present and show the directives and results of the present work. In the conclusion I will specify the questions and dilemmas and difficulties arising in our work with children with autism spectrum disorder.

Key words: Autism, relationship, structure, routine

Nenad Petrc, Danijela Panić

AWARENESS AND KNOWLEDGE ABOUT AUTISM AMONG HIGH SCHOOL STUDENTS

In the last two decades, there has been a huge improvement in understanding autism, although there are still prejudices about it. The reason for this lies also in the poor education of both students and the population in general. So far, not much research has been performed about the attitudes of high school students towards autism. Therefore, the aim of this paper is to establish the awareness and the level of knowledge of high school students. METHODS A non-experimental, quantitative survey was performed. The survey covered 185 respondents; eighty-two physiotherapists and 103 high school students. Statistical data processing was carried out in Statistica 13.3. The descriptive data are calculated using the frequency tables, while the comparison by grade and the direction calculated by the t test for independent samples. RESULTS The percentage of correct answers to all five questions is a good 59.24 percent. When analysing question by question, however, there is a deficit in knowledge. The comparison of all grades showed a slight significant difference in the level of knowledge ($p = 0.0938$), while the difference between physiotherapists and high school students ($p = 0.5737$) did not show statistically significant difference. CONCLUSION Better education on autism is needed in secondary schools. By increasing the level of knowledge and awareness about people with autism, it would greatly assist in their early involvement in rehabilitation programs or better integration into society.

Key words: autism, high school students, information, knowledge, education



Polonca Pangrčič

OTROCI Z VIŠOKO FUNKCIONALNIM AVTIZMOM V OSNOVNI ŠOLI CHILDREN WITH HIGH-FUNCTIONING AUTISM IN ELEMENTARY SCHOOL

V prispevku bomo opisali termin visoko funkcionalni avtizem in ga povezali z Aspergerjevim sindromom. Opisali bomo delovanje posameznikov z Aspergerjevim sindromom ter kako njihova motnja vpliva na možnost sodelovanja pri pouku in učenja obravnavane snovi. Dotaknili se bomo izjemno redkega pojava med (pretežno) osebami z avtizmom, imenovanega savant. V nadaljevanju bomo predstavili učence z motnjami avtističnega spektra kot posebno skupino učencev s posebnimi potrebami, obenem pa učence z visoko funkcionalnim avtizmom oz. Aspergerjevim sindromom povezali z nadarjenostjo. Takšni učenci imajo oznako dvojno izjemni učenci in imajo dva dokumenta (individualizirani program za učenca s posebnimi potrebami in individualizirani program za nadarjenega učenca), ki jim pomagata k boljšemu šolskemu delovanju in uspehu. V drugem delu prispevka bomo predstavili študijo primera dvojno izjemnega učenca, ki ga aktivno spremljamo že osmo leto v šoli in pasivno že dve leti pred vstopom v šolo, v vrtcu. Zaključili bomo z ugotovitvami iz našega primera, jih poskušali povezati s širše znanimi dejstvi in razmišljali o tem, kako bi približali šolo oz. šolski sistem učencem, ki imajo takšne težave kot otroci z Aspergerjevim sindromom. Poleg tega jih je treba pripraviti tudi na uspešno razvijanje potencialov in talentov, ki jih imajo. Ob koncu prispevka bomo izpostavili kvalitete opisane skupine posameznikov, ki jim lahko v prihodnosti zagotovijo uspešne poklicne poti.

Ključne besede: avtizem, Aspergerjev sindrom, dvojno izjemni učenci, poučevanje dvojno izjemnih otrok

In the paper, the term -high-functioning autism will be described and associated with Asperger's syndrome. The performance of individuals with Asperger syndrome will be described, and it will be shown how their disorder affects the ability to participate in classes and in learning the subject matter. An extremely rare occurrence among (predominantly) people with autism called savant syndrome will be briefly described. In the following, the students with autism spectrum disorders will be presented as a group of pupils with special needs, and at the same time students with Asperger syndrome will be linked to giftedness. Such pupils are labeled as doubly exceptional pupils and have two documents (individualized program for a learner with special needs and individualized program for a talented learner), which help them to improve school performance and success. In the second part of the paper, a case study of a doubly exceptional pupil will be presented. We actively monitored him for eight years at school and passively two years before entering school, in kindergarten. The findings will be connected with known facts and thoughts about how to approach school or rather the school system, regarding students who have such problems as children with Asperger syndrome. In addition, children need to be prepared for the successful development of the potentials and talents they have. At the end of the paper, the qualities of this specific group of individuals will be described that can enable them to choose a successful career paths in the future.

Key words: autism, Asperger syndrome, doubly exceptional pupils, educating of doubly exceptional children

Tamara Pernek

GIBSO – GIBALNO-SENZORNE URICE ZA OTROKE Z AM SENSORY-BASED MOVEMENT ACTIVITIES FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS

Otroci z motnjo avtističnega spektra (v nadaljevanju otroci z AM) se razvijajo drugače kot njihovi vrstniki. Značilnosti avtističnega spektra se kažejo kot težave na različnih področjih delovanja. Pogosta so odstopanja na področju jezika, motorike in gibanja, kognitivnih spretnosti ter socialnih interakcij z drugimi ljudmi. Disfunkcija senzorne integracije je pri njih zelo pogosta. Gibanje je osnova za otrokov razvoj, in ker se v današnjem času, poleg gibanja, poudarja tudi pomen senzorne integracije, smo v sklopu društva Školjke začeli izvajati gibalno-senzorne urice za otroke z AM. S prispevkom želim predstaviti prilagojene gibalne dejavnosti, ki jih izvaja delovna terapevtka in defektologinja. Dejavnosti potekajo enkrat tedensko, po dve šolski uri. V skupino so vključeni štiri otroci z AM. Poudarek je na sensoriki, motoriki in skupinski dinamiki. Vključeni otroci so bili sprva deležni večletnih individualnih terapij delovne terapevtke z dodatnim znanjem senzorne integracije. Otroci so pokazali velik napredek na različnih področjih, zato sva se z letošnjim šolskim letom z defektologinjo odločili za skupinsko obravnavo, ki je nadgradnja individualnih terapij. Pri otrocih se je odločitev o skupinski obravnavi izkazala kot izredno dobra za njihovo vsesplošno delovanje, kar je pokazatelj, da je sodelovanje različnih strokovnjakov primer dobre prakse na področju dela z otroki s posebnimi potrebami.

Ključne besede: avtizem, disfunkcija senzorne integracije, skupinska dinamika, gibalne dejavnosti, sodelovanje različnih strokovnjakov

Children with autism spectrum disorders (hereinafter: ASD) develop differently from their peers. The characteristics of the ASD are shown in several areas of functioning. The deviation in the area of speech, motor and movement function, cognitive skills and social interactions with others is frequent. Dysfunction of sensory integration is common as well. Because movement and sensory integration are the basics for their development, we (members of the society to help children with ASD - Školjke) started with sensory-based movement activities for children with ASD. With this article, I would like to present the adopted movement activities that are presented by two different experts, an occupation therapist and a special educational teacher, and performed once a week for an hour and a half. There are four children with ASD participating in the research. The emphasis is on the sensory and motor-based activities and group dynamics. At first, children have participated in individual occupational therapy with sensory integration approach for several years. Individually, progress was perceived in several areas. This year, we tried group therapy. The group therapy has positive effects on children's general functioning, which indicates that collaboration between different experts is an example of a good practice in the special-needs education.

Key words: Autism, dysfunction of sensory integration, group dynamic, movement activities, collaboration of different experts

Zlatko Bukvić

TEACHERS' JOB SATISFACTION IN CLASSES INVOLVING STUDENTS WITH BEHAVIORAL DIFFICULTIES

Teachers' job satisfaction is an often investigated field. It is influenced by numerous factors in the school environment and can result with good job performance, student achievement and wellbeing. In this research, the author wants to analyse the correlation between teacher job satisfaction and student disruptive behaviors. An online questionnaire was used on the sample of primary school teachers, subject teachers, special education teachers and school counselors (N=201). Statistic software SPSS was used. Results show significant positive correlation between teachers' job satisfaction, professional fulfillment and school climate. Negative correlation is significant for job satisfaction and professional exhaustion. Student behavioral problems are not significantly correlated with job satisfaction. The highest impact in this research on job satisfaction comes from the teacher's perception of the school climate.

Key words: teachers' job satisfaction, student with disruptive behaviors, professional competences



Matevž Stanovnik

NAPREDNI PRISTOPI IN IZVIRNE REŠITVE PRI IZVAJANJU PROJEKTA »SOCIALNA VKLJUČENOST« V ZAVODU ZA GLUHE IN NAGLUŠNE V LJUBLJANI

ADVANCED APPROACHES AND SURVEY SOLUTIONS IN THE IMPLEMENTATION OF THE PROJECT »SOCIAL INCLUSION« IN THE INSTITUTE FOR DEAF AND HARD OF HEARING IN LJUBLJANA

V Zavodu za gluhe in naglušne Ljubljana izobražujemo gluhe in naglušne, otroke, učence in dijake z govorno-jezikovno motnjo in avtistično motnjo. S pomočjo projekta »Spodbujanje socialne vključenosti za osebe s posebnimi potrebami v lokalno okolje«, ki smo ga v sodelovanju z Ministrstvom za šolstvo začeli izvajati v letu 2017, poskušamo najti primere dobrih praks, primere izvirnih rešitev in inovativnih načinov izvajanja s ciljem oblikovanja novega prilagojenega izobraževalnega programa za dijake z avtistično motnjo.

Zavedanje, da dijaki z avtistično motnjo rabijo strukturiran čas ter usmerjene in terminsko natančno vodene dogodke, je v projektu Socialna vključenost vodilo do modulskega izvajanja vseh novih vsebine.

Z modulskim sistemom izvajanja izbranih vsebin dosegamo:

- *da naši učenci in dijaki, lažje premagujejo težave, ki jih imajo zaradi svojih primanjkljajev*
- *da nadgrajujejo svoja znanja na različnih področjih,*
- *da se funkcionalno in čustveno opremijo za življenje v polnočutnem svetu*
- *da enakovredno konkurirajo na zahtevnem trgu dela.*

V okviru projekta smo v letih 2017 in 2018 smo izvedli 29 modulov, v katere smo vključili več kot 50 otrok, učencev in dijakov. Opažamo, da so dijaki veliko bolj samostojni, da ne prihaja do stresov ob nepredvidenih dogodkih, da njihov strukturiran čas in terminsko izvajanje vodi do boljše socializacije in posledično boljših šolskih uspehov. Ključne ugotovitve raziskave: Hitrejša in uspešnejša socializacija, večja samostojnost in boljši šolski uspeh dijakov z avtistično motnjo, drugačno razmišljanje vodi do sprememb, inovacij in napredka.

Ključne besede: Socialna vključenost, odprti kurikulum, avtistična motnja, modulsko izvajanje, prilagojen program.

Institute for the Deaf and Hard of Hearing is the main institution for educating of deaf and hard of hearing, children, pupils and students with speech and language disorder and autistic disorder.

Through the project »Social inclusion for people with special needs in the local environment«, which we started in cooperation with the Ministry of Education in 2017, we are trying to find examples of good practices, examples of original solutions and innovative ways of implementing with the goal of creating a new customized program for students with autistic disorder.

We believe that students with autism disorders need a customized educational program, since they have a big variety of very special needs.

Awareness that students with autistic disorder need structured time, targeted and time defined events, the Social Inclusion project has led to the modular system of teaching of all new contents.

With the modular system we can achieve:

- *that our students overcome the difficulties they face due to their special needs in school system*
- *that they upgrade their knowledge in various fields,*
- *that they are functionally and emotionally equipped for life in a real world and*
- *that they can equally compete on a demanding labor market.*

29 modules with more than 50 children, pupils and students, were included in project Social inclusion in 2017 and 2018. We noted that students are much more independent in order to avoid stress in case of unexpected events, that their structured time and structured events leads to better socialization and better school grades. Key findings of the research: Faster and more successful socialization, greater autonomy and better school grades of students with autism disorder, a different thinking leads to change, innovation and progress.

Key words: Social inclusion, Open curriculum, Autistic disorder, Modular education, Customized program.



Klemen Klavčič

PRAKTIČNI POUK V ŠOLI Z DIJAKOM Z VEČ MOTNJAMI **PRACTICAL CLASSES WITH A STUDENT WITH MULTIPLE IMPAIRMENTS**

V prispevku bom opisal primer dijaka, ki ima poleg AM tudi slepoto z desetimi odstotki ostanka vida in je popolnoma gluha. S pomočjo polževega vsadka sliši. Predstavil bom, kako poteka delo z dijakom, dijakov odnos od začetka šolanja do danes. Zaradi njegovih potreb mu je med poukom dodeljen stalni spremljevalec. Kako to vpliva na delovni proces? Metode: Uporabljam predvsem tri metode: na začetku je bila opazovalna metoda, zdaj pa praktična metoda pogovora in metoda ovrednotenja dela. Rezultat: Kot rezultat bom navedel napredek, ki smo ga dosegli v smislu miselnosti, samostojnosti, delovanja ter ravnanja z živili in predmeti (stroji). Sklepi: Dijaka pripravim do znanja, da bo samostojen pri pripravi sladice in da pri delu ne bo potreboval spremljevalca. V nadaljevanju se lahko dijak specializira za določene segmente slaščičarstva (testo, kreme ...). Ključne besede: avtizem, samostojnost

This presentation focuses on a student with Autism Spectrum Disorder who is also visually impaired, with 90% vision loss, and deaf. He uses a Cochlear Implant. I will outline my work with the student, the student's attitude from the beginning of his studies until today. Because of his special needs he was assigned an assistant. How does this affect the work process? Methods: When working with the student I mostly use three methods: observation (at the beginning), discussion, and work evaluation. Result: I am going to outline the progress achieved in his thinking, autonomy, work, and handling foods and objects (machines). Conclusion: Our goal is to help the student become independent at preparation of desserts so that he will not require an assistant. Afterwards, the student can specialise in different segments of confectionery (doughs, creams ...). Key words: autism, independence

Jurica Veronek, Kristina Hudler

NURSES' AND NURSING STUDENTS' FAMILIARITY WITH AUTISM SPECTRUM DISORDERS

Introduction: previous studies have shown that within the nursing population there is lack of knowledge or understanding of different aspects of autism spectrum disorders. The purpose of this study was to examine the basic familiarity of nurses and nursing students with clinical picture of autism spectrum disorders. Methods: the methodology of the study included a non-experimental, quantitative questionnaire survey. The questionnaire that was used in this research was created using online tools for creating forms and implementing surveys. The research was focused on the population of working nurses and nursing students in the area of Varaždin, Zagreb, Osijek and Dubrovnik. The results are statistically processed in free R programming language, version R 3.4.1 for Windows, and are presented numerically and by percentage. Results and discussion: research results show that the concepts of social interaction, interpersonal communication, behaviors and interests of children with autism spectrum disorders are conceptually known among the surveyed population. In the specific areas of care (medication and its side effects, diet specificity, behavioral therapy as part of treatment, child inclusion in school environment, communication with families from different cultures, community resource information) there is a visible area for improving the existing knowledge and level of awareness. The results have been correlated with previously conducted researches and confirm that within the nursing population there is a deficiency of knowledge or lacking awareness of the problematics. Conclusion: the results call for a systematic and continuous education of both nursing students and working nurses through lifelong learning.

Key words: autism spectrum disorder, nurses, familiarity



Nina Berložnik

UPORABA METODE TEACCH PRI POUKU USING THE TEACCH METHOD IN CLASS

Avtizem je vseživljenjska razvojna motnja. Je del spektra – motnje avtističnega spektra (MAS). Glavna področja, na katerih imajo osebe z MAS težave, so: težave na področju socialnega sporazumevanja, težave na področju socialne interakcije in težave na področju fleksibilnosti mišljenja. Po izobraževanju v Ameriki sem sistem TEACCH intenzivno uvedla v vzgojno-izobraževalni (VIZ) proces. Predvidevala sem, da bodo imeli učenci manj težav pri organizaciji, prehodih, manj bo neželene vedenja, VIZ-proces pa bo potekal prilagojeno učenčevim individualnim potrebam. Sistem sem v oddelku uvajala v treh delih: 1. struktura prostora in časa (kotički, vizualne opore, urniki, didaktično gradivo), 2. delo ena na ena, prilagajanje gradiva, pravila in 3. učenčevo individualno delo. Pri strukturi prostora in časa sem upoštevala močna področja posameznega učenca. Učencem sem predstavila gradivo in pravila. Pogovorili smo se o namenu uporabe in kaj bodo z njim razvijali. V razredu smo določili prostor, v katerem je bilo gradivo shranjeno, in prostor, kjer so ga uporabljali. Učenci so predlagali, da bi vrečke lahko uporabljali tudi na tleh. Vsak je dobil svojo preprogo. Pripomočke so najprej preizkusili ob mojem vodenju. Gradivo (vsebinsko in težavnost) sem prilagodila vsakemu učencu posebej. Izdelali smo vizualni urnik, da so vedeli, kdaj je čas za samostojno delo. PREDNOSTI IN POZITIVNI UČINKI: Učenci so bili za delo bolj motivirani, saj so VIZ sprejeli kot igro. Učenci so izvajali naloge samostojno. Z didaktičnim gradivom sem spodbujala razvoj več področij hkrati (samostojnost, zaporedje, organizacija). Neželeno vedenje (upiranje, agresija) ni bilo prisotno vsakodnevno.

Ključne besede: TEACCH, urnik, struktura, individualno delo, motnje avtističnega spektra

Autism is a lifelong development disorder. It is part of a spectrum – Autism Spectrum Disorders (ASD). The main areas where people with ASD have troubles are: (a) problems with social communication; (b) problems with social interaction; and (c) problems with flexible thinking. After attending a TEACCH course in the USA, I included the TEACCH method into my educational process. I assumed that the pupils would have fewer issues with organisation and transitions, there would be less undesirable behaviour, while the educational process would be adapted to the pupils' individual needs. I introduced the whole system in three parts: 1. structure of space and time (kids corners, visual support, timetables, didactic material); 2. working one-on-one, adapting materials, rules; and 3. individual work of a pupil. While structuring space and time, I considered the strong areas of an individual pupil. I introduced the materials and rules to the pupils in the class. We talked about the purpose of using the materials and what they would develop with them. We agreed on a particular place within the classroom for storing these materials and a place for pupils to use them. The pupils put forward their own suggestion that they could use the bags on the floor. Thus everyone got their own mat. At first, they used the given materials under my guidance. I adapted materials (content and degree of difficulty) specifically for each student. I made a visual timetable for pupils to know when it was time for individual independent work. BENEFITS AND POSITIVE EFFECTS: (a) The pupils were better motivated for work, they saw the educational process as play; (b) the pupils did the work individually; (c) with the use of materials, I encouraged the development of several areas (independence, sequencing, organisation); and (d) undesirable behaviour (resistance, aggression) was not an everyday occurrence.

Key words: TEACCH, timetables, structure, individual work, autism spectrum disorders

Nives Horvat

UČENJE OTROK Z MOTNJAMI AVTISTIČNEGA SPEKTRA S POMOČJO VIDEO MODELIRANJA CHILDREN WITH AUTISM SPECTRUM DISORDER LEARNING WITH THE HELP OF VIDEO MODELLING

Največji izziv pri delu z učenci z motnjami avtističnega spektra predstavlja dejstvo, da so si učenci med seboj zelo različni. To je tudi glavni razlog, da pri njihovi obravnavi ne moremo zagovarjati enotne metode, strategije, temveč se moramo vedno prilagoditi posameznikovim posebnostim. Video modeliranje je metoda poučevanja, pri kateri se posameznik uči vedenja ali spretnosti z gledanjem video posnetka modela, ki prikazuje želeno vedenje ali spretnost. Raziskave kažejo, da je metoda še posebej učinkovita kot intervencija za otroke z motnjo avtističnega spektra, saj si lahko video pogledajo tolikokrat, kot je potrebno, da ga usvojijo. Omenjeno metodo smo preizkusili tudi sami, in sicer smo za učenca z motnjami avtističnega spektra, ki je vključen v prilagojeni program z enakovrednim izobrazbenim standardom, izdelali video in uporabili metodo video modeliranja za učenje spretnosti – samostojna priprava učnih potrebščin pri pouku slovenščine. Učenec si pred gledanjem posnetka nikoli ni pripravil potrebščin za pouk slovenščine povsem samostojno. Zanimalo nas je, ali bo s pomočjo video modeliranja opravil vse korake, predstavljene na posnetku, samostojno, koliko korakov bo opravil samostojno po prvem gledanju posnetka in kolikokrat bo moral pogledati posnetek, da bo opravil vse korake samostojno. Rezultati so pokazali, da je učenec nekatere korake opravil samostojno že po prvem gledanju posnetka, po petem predvajanju pa je opravil vse korake popolnoma samostojno. Rezultati kažejo, da je video modeliranje zanimiva in poučna metoda, ki pomaga otroku na prijazen način usvojiti želeno spretnost, pri tem pa lahko učitelji oziroma starši prihranijo precej časa in energije.

Ključne besede: video modeliranje, motnje avtističnega spektra

The greatest challenge when working with pupils who have autism spectrum disorder is the fact that the pupils are very different from one another. This is also the main reason why we cannot defend a unified method or strategy in their treatment, but we must always adapt to the peculiarities of the individual. Video modelling is a teaching method in which an individual learns certain behaviour or skills by watching a video clip of a model that shows the desired behaviour or skill. Research shows that the method is effective as an intervention especially for children with autism spectrum disorders, as they can view the video as many times as needed to adopt it. The same method was tested by ourselves. We prepared a video for the pupil with autism spectrum disorder involved in a customized program with an equivalent education standard and used the video modelling method for learning the skills – the independent preparation of learning supplies for lessons of the Slovenian language. Before watching the video, the pupil had never prepared his learning supplies for lessons of the Slovenian language completely independently. We were wondering whether, with the help of the video modelling, he would perform all the steps presented in the video independently, how many steps he would perform independently after the first viewing of the video clip, and how many times he would have to replay the video to perform all the steps independently. The results showed that the pupil performed certain steps independently after the first viewing of the video, and after the fifth viewing, the pupil performed all the steps completely independently. The results show that video modelling is an interesting and educational method that helps the child to adopt the desired skill in a friendly way, while teachers or parents can save a lot of time and energy.

Key words: video modelling, autism spectrum disorders

Tina Grkinič

MOTORIČNO-GIBALNE URICE ZA OTROKE Z AVTISTIČNO MOTNJO MOTOR – MOVEMENT ACTIVITIES FOR CHILDREN WITH AUTISM SPECTRUM DISORDER

Otroci z avtistično motnjo imajo poseben način delovanja, posebnosti pri učenju in sprejemanju informacij, pogoste so tudi posebnosti v gibanju. V prispevku želim prikazati primer iz prakse: motorično-gibalne urice za otroke z zmerno motnjo v duševnem razvoju in pridruženo avtistično motnjo (v nadaljevanju otroci z AM). Zato smo se odločili, da v okviru društva Školjke začnemo izvajati motorično-gibalne urice za otroke z AM. Urice potekajo enkrat na teden, v skupino so vključeni štirje otroci. Športno vadbo izvajava defektologinji. Pri vadbi je posebnega pomena strukturiranje, ki otrokom omogoča uspešno vključevanje in sodelovanje pri motoričnih skupinskih dejavnostih. Tedensko izvajanje gibalnih dejavnosti daje otrokom občutek varnosti, sproščenosti, zadovoljstva in omogoča uspešen gibalni razvoj otroka. S tovrstno vadbo bi otroke radi naučili različnih gibalnih spretnosti in drugih veščin, ki bi jih pozneje prenašali v druga okolja ter jih generalizirali.

Ključne besede: motorične dejavnosti, gibanje, motnja v duševnem razvoju, avtizem, strukturiranje

Children with autism spectrum disorder (following ASD) have a special way of functioning, a special way of learning and accepting information. Their movement is also often special. In this contribution, I would like to present an example from practice: motor movement activities for children with moderate mental disabilities and ASD. We have decided to work with them through the society Školjke. Two special educational teachers offer motor movement activities once per week. There are 4 children included. Structure is the most important assimilation criteria for them; because of that, they can be included and they can cooperate well in those activities. Movement activities once a week give them feeling of security, relaxation, pleasure and successful motor development. With this kind of activities, we would like to teach children different movement and others skills or give them experience, which they can generalise in other environments.

Key words: Motor activities, movement, mental disability, autism, structure

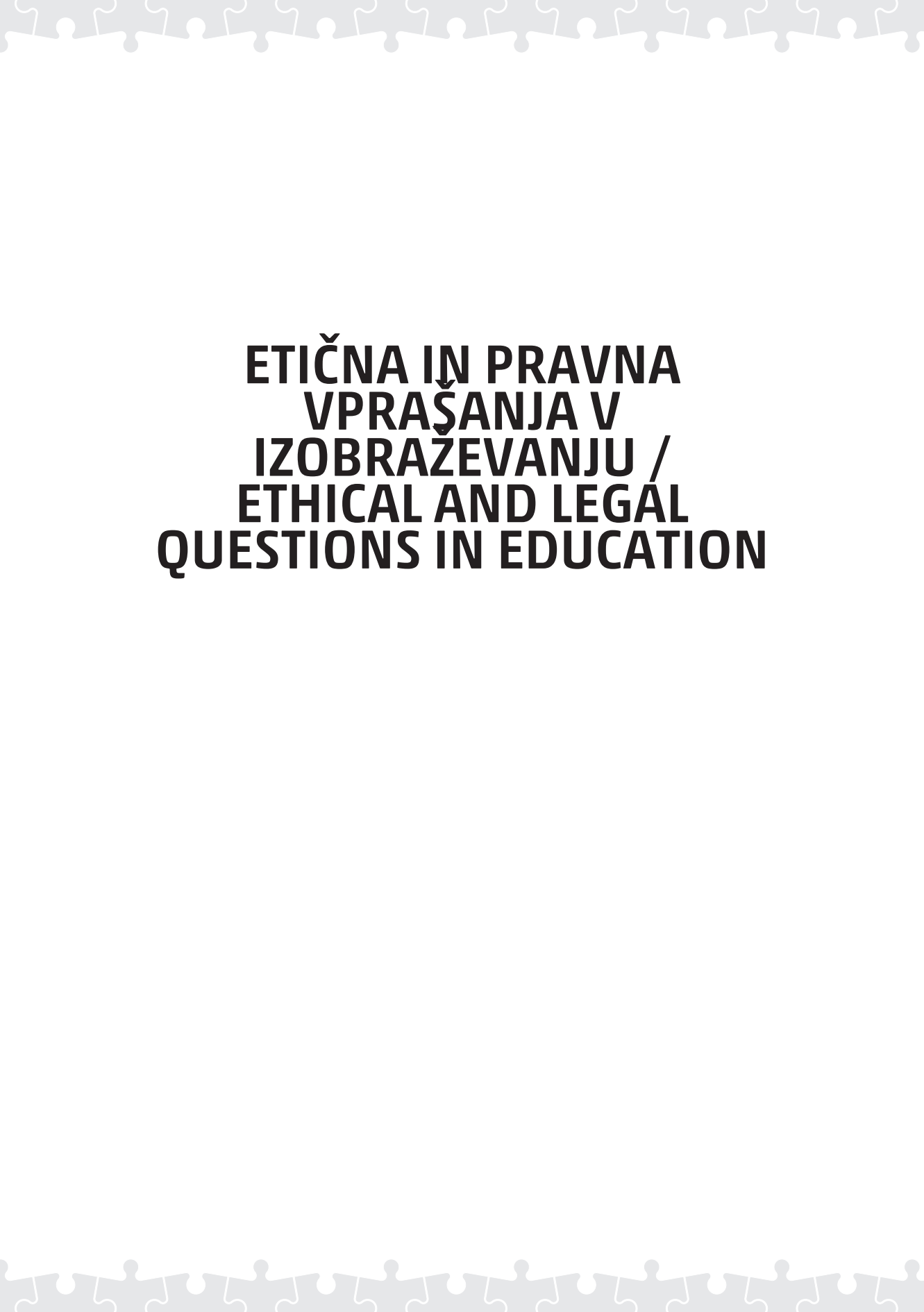
Jurica Veronek, Ines Košir

STUDENTS' SELF-ASSESSED COMPETENCE FOR WORKING WITH CHILDREN WITH AUTISAM SPECTRUM DISORDER

Autism group disorders are complex neuroevatory disorders characterized by a deficiency in the development of communication and social skills and the presence of repetitive and restrictive behavioral patterns. Aim: Examining the Self-Assessment of Sessional Students and Early-Career Preschool Students, as well as determinong students' opinions on their readiness to work with ASD children, i.e. the competences they acquire during a three-year study. Materials and participans: The survey was conducted from April to May 2018 via an online questionnaire. The survey included 220 respondents (nursing students, early school and preschool teachers). Results: The self-assessment of the ASD's familiarity with the subjectes ranges from 40.9% to 57.7%, but is lower for subjects of the nursing population in all examined variables. The proportion of competent students declined with the years of study (40.3% > 31.9% > 26.6%), and the same was lower for nurses compared to early and pre-school respondents (15% < 54%) Conclusion: In the sample of subjects studying nursing and early and pre-school education according to their self-assessment, there is no significant deficit of knowledge or discrepancy in the understanding of different aspects of ASD, but there are differences in the level of familiarity among respondents with respect to the study, in favor of respondents in early and pre-school studies. At the same time, nursing respondents are more susceptible to their competence in working with children with ASD compared to early and pre-school respondents. Also, third year study subjects are considered not to be the most competent for working with ASD children compared to subjects in the first and second years of study.

Key words: autisam spectrum disorders, nursing students, early and preschool students, competences





**ETIČNA IN PRAVNA
VPRAŠANJA V
IZOBRAŽEVANJU /
ETHICAL AND LEGAL
QUESTIONS IN EDUCATION**

Anita Kovačič Čelofiga, Tina Tomažič

AKADEMSKI DOPING IN NOOTROPIKI MED ŠTUDENTI – NAŠA NOVA REALNOST? NOOTROPICS FOR ACADEMIC DOPING AMONG STUDENTS – THE NEW REALITY?

V želji po boljših kognitivnih sposobnostih se zdravi posamezniki odločajo za jemanje nootropikov (farmacevtske krepitve kognitivnih zmožnosti – PCE), sicer reguliranih zdravil na recept, ki pri ljudeh z določeno okvaro ali boleznijo izboljšujejo oz. blažijo obstoječe stanje kognitivnih sposobnosti. Zloraba nootropikov je pogostejša pri poklicih s poudarjenimi kognitivnimi sposobnostmi in na delovnih mestih, kjer se od zaposlenih zahteva več pozornosti, osredotočenosti in budnosti. Kot kažejo nekatere študije, je problematika izrazitejša med študenti, pri katerih naj bi razširjenost uporabe PCE znašala od 0,78 do 55 odstotkov. V prispevku se zato celostno lotevamo problematike zlorabe nootropikov med študenti ter se osredotočamo na etični vidik, motive in dileme, ki se ob tem porajajo.

Ključne besede: nootropiki, akademski doping, pametne droge, farmacevtska krepitev kognitivnih zmožnosti, zloraba farmakoloških učinkovin

To achieve greater productivity, efficiency and performance, otherwise healthy individuals use nootropics (also known as Pharmaceutical Cognitive Enhancers - PCE), regulated prescription medicines used in the treatment of neuropsychiatric disorders. It is assumed that PCE misuse is more common in professions with emphasized cognitive abilities or in occupations requiring more attention, focus and alertness. According to some studies, the use of PCE is increasing and becoming common among students. The prevalence numbers of lifetime nonmedical stimulant use among university students range from 0,78 to 55 percent. In the paper, we are addressing the ethical issue, dilemmas and motives of nootropics misuse in the context of improving cognitive functions by students who have no medical reason for taking such substances.

Key words: Nootropics; academic doping; smart drugs; Pharmaceutical Cognitive Enhancers; Pharmaceutical drug misuse

Renata Možanić, Goran Lapat, Zlatko Bukvić

ZDRAVSTVENA VZGOJA V OSNOVNI ŠOLI Z VIDIKA MEDICINSKIH SESTER IN UČITELJEV HEALTH EDUCATION IN PRIMARY SCHOOL FROM THE PERSPECTIVE OF NURSES AND TEACHERS

Zdravstvena vzgoja je ukrep za spodbujanje zdravstvene kulture ljudi, katerih cilj je varovanje in spodbujanje zdravja ter preprečevanje nastanka bolezni. Glavni cilj zdravstvene vzgoje je preprečiti in spremeniti škodljivo vedenje. Šolsko okolje ima velik potencial za spodbujanje telesnega in duševnega zdravja učencev. Cilj te raziskave je preučiti mnenja medicinskih sester in učiteljev o izvajanju zdravstvene vzgoje v šolah. Avtorjev namen je ugotoviti razlike v mnenjih anketirancev glede na njihovo starost, spol in izobraževanje, ampak glede na starost in spol učencev. Raziskava je strukturirana kot presečna študija. Skupni vzorec anketirancev zajema 254 medicinskih sester in učiteljev. Podatki so bili zbrani z vprašalnikom, ki je bil pripravljen za to raziskavo. Anketiranci so svoje strinjanje z izjavami o zdravstveni vzgoji izrazili na petstopenjski lestvici. Primerne neparametrične statistične metode so bile uporabljene s stopnjo pomembnosti 0,05. Rezultati so predstavljeni z absolutnimi in relativnimi frekvencami, mediano in interkvartilnim razponom. Rezultati kažejo, da učitelji bolj podpirajo izvajanje zdravstvene vzgoje v šolah. Medicinske sestre menijo, da bi zdravstvena vzgoja morala biti ločena tema in da mora delovati zunaj šole. Poleg tega slednje menijo, da bi zdravstveno vzgojo kot samostojni predmet morali izvajati zdravstveni delavci. Medicinske sestre in učitelji se bistveno razlikujejo v mnenju glede kraja in časa začetka izvajanja zdravstvene vzgoje.

Ključne besede: zdravstvena vzgoja, osnovna šola, mnenje, medicinske sestre, učitelji

The purpose of health education purpose is promoting health and preventing people from harmful behavior. The aim of this study was to examine nurses and teachers' opinions of health education in school. Also, this study examines differences between participants' opinions about the health education implementation manner in relation to their age, gender and profesional orientation. Furthermore, differences within groups were investigated regarding the chronological age and gender of pupils. The research is structured as a cross-sectional study. A total sample of 254 nurses and teachers was analysed. For the purpose of this study, questionnaire was created. Participants expressed their agreement with health education claims. Differences were tested by Mann-Whitney's U Test and Kruskal-Wallis test. All P values are twotailed, and the significance level is Alpha = 0.05. The results point out significant differences in nurses and teachers' opinions about health education. Teachers have a significantly more prominent opinion about health education implementation in schools and the need to carry it out in early school classes. Nurses significantly more often consider that health education should be implemented as a separate subject and beyond school institutions. Nurses also consider that health education as a separate school subject should be carried out by health care professionals.

Key words: health education, nurses; opinions; school; teachers

Barbara Kirijakopulos

PREVENTIVNA OBRAVNAVA PACIENTA V CENTRU ZA KREPITEV ZDRAVJA PREVENTIVE TREATMENT OF A PATIENT AT THE CENTER FOR HEALTH STRENGTHENING

Na področju kakovosti zdravja, pogostosti prekomerne telesne teže, kroničnih nenalezljivih bolezni so prebivalci vzhodne Slovenije v veliko slabšem položaju kot preostali Slovenci. Razlogov za nastanek tega stanja je več, ne moremo pa mimo dejstva, da na kakovosten izbor hrane in načinov gibanja ter s tem tudi popoldanskih dejavnosti vpliva tudi finančni položaj družine. Žal je osebni prihodek prebivalcev vzhodnega dela Slovenije manjši od povprečja. Pod okriljem Ministrstva za zdravje in Nacionalnega inštituta za javno zdravje (NIJZ) so tako v 25 zdravstvenih domovih v Sloveniji v letu 2017 začeli projekt Center za krepitev zdravja (CKZ), financiran s strani Evropskih socialnih skladov. Cilj projekta je povečati preventivne dejavnosti krepitev zdravja in zmanjšati neenakosti v zdravju. V centru za krepitev zdravja smo zaradi celostne obravnave pacienta zaposleni različni strokovni profili – diplomirane medicinske sestre, diplomirani fizioterapevti, diplomirani kineziologi, psihologi in dietetiki. Vsak izmed njih lahko na različnih delavnicah in individualnih posvetih udeležencu uspešno pomaga na svojem strokovnem področju. Da bi se delavnic lahko udeležilo čim več ljudi, so storitve za osebe z urejenim zdravstvenim zavarovanjem brezplačne. Cilj projekta je spremeniti življenjski slog udeležencev delavnic ter posledično izboljšati njihovo zdravje, prehranske in gibalne navade.

Ključne besede: zdravje, preventiva, CKZ, krepitev zdravja

In terms of quality of health, the frequency of being overweight and/or having chronic non-infectious diseases, the people of eastern Slovenia are in a much worse position than the rest of the Slovenes. There are several reasons for this state, but we cannot bypass the fact that the financial situation of the family is one of them. The income influences the choice of quality food and methods of movement, such as afternoon activities. Unfortunately, the personal income of the inhabitants of the eastern part of Slovenia is lower than the average. Under the auspices of the Ministry of Health and NIJZ (National Institute of Public Health), the so-called project Centre for Health Strengthening, financed by the European Social Fund, started in health Centres in Slovenia in 2017. The goal of the project is to reduce inequalities in health among the population. In the Center za krepitev zdravja (Centre for Health Strengthening, CKZ), various professional profiles are employed such as graduate nurses, physiotherapists, kinesiologists, psychologists and dietitians for the patient's comprehensive treatment. Each of us can successfully assist the participant in their professional field in various workshops and individual consultations. CKZ services are for people with regulated health insurance free of charge, so that as many as possible can attend our workshops. The goal of the project is to change the lifestyle of the participants, and consequently improve their health, nutrition and fitness habits

Key words: health, preventive treatment

Igor Bakan, Edvard Jakšič

POMEN INTERNEGA STROKOVNEGA IZOBRAŽEVANJA V ZDRAVSTVENI NEGI

THE IMPORTANCE OF INTERNAL PROFESSIONAL EDUCATION IN HEALTH CARE

Sestavni del našega vsakdanjega življenja je tudi učenje, pri čemer lahko nova znanja osvajamo s pravo spodbudo in motivacijo. V diplomskem delu smo predstavili pomembnost in vlogo izobraževanja v zdravstveni negi, z raziskavo pa ugotavljali odnos zaposlenih v zdravstveni negi do internih strokovnih izobraževanj, t. i. » modre srede« v Splošni bolnišnici Murska Sobota. Raziskava je temeljila na kvantitativni metodi dela. Pri empiričnem delu so bili zbrani, analizirani in sintetizirani primarni in sekundarni viri podatkov. Kot instrument zbiranja primarnih podatkov smo uporabili anketni vprašalnik s 27 vprašanji, na katera so odgovarjali zaposleni v zdravstveni negi: zdravstveni tehniki, diplomirane medicinske sestre/diplomirani zdravstveniki, magistri/magistrice zdravstvene nege in drugi zaposleni v Splošni bolnišnici Murska Sobota. Zbrani podatki so pokazali, da se anketiranci najbolj strinjajo s trditvami, da je za zagotovitev ustrezne zdravstvene nege temeljnega pomena redno strokovno izobraževanje ($M = 4,72$), da tudi po zaključni formalni izobrazbi iščejo možnosti za pridobitev novih znanj ($M = 4,40$) in da jim dodatno strokovno izobraževanje omogoča znanje za lažje prevzemanje odgovornosti za svoje delo ($M = 4,40$). Velik delež anketirancev meni tudi, da so interna strokovna predavanja potrebna ($M = 4,25$), najmanj pa se jih strinja s trditvijo, da se zaposleni udeležujejo »modrih sred« predvsem zaradi zahtev nadrejenih ($M = 2,12$).

Ključne besede: »modra sreda«, zdravstvena nega, izobraževanje

In the bachelor's thesis, we presented the importance and the role of education in healthcare. With the research, we wished to ascertain the relationship between the employees in healthcare to internal professional education, the so-called "blue Wednesday" in the Murska Sobota General Hospital. The research was based on the quantitative method of work. In the empirical part, primary and secondary sources of data were collected, analysed, and synthesised. We used a survey questionnaire with 27 questions as an instrument for collecting the primary data. The participants who filled in the questionnaire were employees in the healthcare system: medical technicians, registered nurses, masters of healthcare and other employees at the Murska Sobota General Hospital. The collected data showed that the participants of the survey agree most to the statements that regular professional training is essential in ensuring the appropriate health care ($M = 4.72$), that they seek the opportunities in order to gain new knowledge also after the finished formal education ($M = 4.40$), and that additional professional education enables knowledge for easier taking responsibility for their work ($M = 4.40$). A high percentage of the participants also believes that internal professional education is necessary ($M = 4.25$). The lowest agreement is with the statement that the employees participate in the "blue Wednesdays" mostly because of the pressure of the superiors ($SD = 2.12$).

Key words: "blue Wednesday", healthcare, education

Jože Zalar

VPLIV IZOBRAŽEVANJA STAREJŠIH ODRASLIH NA RAZVOJ TURISTIČNIH KMETIJ GORENJSKE THE IMPACT OF THE EDUCATION OF ELDERLY ADULTS ON THE DEVELOPMENT OF TOURIST FARMS IN THE GORENJSKA REGION

Uvod: Primarne in sekundarne dobrine slovenskega podeželja so bogat vir turistične ponudbe, ki zahtevajo organizacijo, znanje in izkušnje za njihovo ohranitev in razvoj. Turistične kmetije temeljijo na družinskem poslovanju, pri čemer imajo starejši odrasli pomembno vlogo za razvoj turističnih kmetij. Cilj članka je raziskati, kakšen je vpliv izobraževanja starejših odraslih na organizacijo in razvoj turističnih kmetij Gorenjske. Metode: V raziskavo je vključenih šest nosilcev, ključnih akterjev, starejših od petdeset let, ki so neposredno vpeti v organizacijo turističnih kmetij. V raziskavi je uporabljena kvalitativna metoda, proučevanje problematike na osnovi delno strukturiranih intervjujev in povzemanje na osnovi empirične raziskave ter deskriptivno-interpretativna metoda. Intervjuji so opravljeni z osebno udeležbo na domu intervjuvancev z delno strukturiranim odprtim spraševanjem. Podatki so analizirani s kodiranjem, posamezni odgovori intervjujev so razdeljeni v pomenske strukture in na koncu v kategorije za izdelavo modela krepitve vpliva izobraževanja na razvoj turističnih kmetij Gorenjske. Rezultati: Raziskava je pokazala, da vseživljensko učenje starejših odraslih močno vpliva na turistične kmetije. Kaže se na različnih področjih delovanja, pri komunikacijskih sposobnostih, razvojnih možnostih in trajnostnem razvoju ter potrebah po znanju za opravljanje dopolnilne dejavnosti na kmetiji. Sklepi: Ustrezna javna politika izobraževanja ter krepitev socialnega, kulturnega in ekonomskega okolja bosta entitetam nudili podporo pri organizaciji družinskega poslovanja turističnih kmetij.

Ključne besede: vpliv organizacije, trajnostni razvoj, starejši odrasli, turistične kmetije, izobraževanje

Introduction: Primary and secondary goods of Slovenian rural areas are a rich source of the tourist offer, requiring organization, knowledge, and experience for their conservation and development. Tourist farms are based on family businesses, with elderly adults playing an important role in their development. The goal of this article is to explore the impact of education on elderly adults and the development of tourist farms. Methods: The study includes six stakeholders, key actors who are directly involved in the organization of tourist farms, all over fifty years old. The qualitative method is used in the survey, identifying problems based on partially structured interviews and summarizing based on empirical research; additionally, the descriptive, interpretative method is also used in the survey. Interviews are conducted through personal participation at the home of the interviewees with partially structured open questioning. The data are analysed by encoding, individual interview responses are divided into semantic structures and finally into categories for creating a model for strengthening the impact of education on the development of Gorenjska tourist farms. Research has shown that older adults involved in lifelong learning have a strong influence on tourist farms, which reflects on the various areas of activity, communication skills development opportunities, and sustainable development and the need for skills to carry out complementary activities on the farm. Conclusions: An appropriate public education policy and strengthening the social, cultural and economic environment will provide support to the entities in organising the family business of tourist farms.

Key words: impact of organisation, sustainable development, elderly adults, tourist farms, education

Marko Mikša, Mira Hercigonja

THE USE OF E-TEXTBOOKS

E-textbooks, also known as electronic or digital books are defined in the literature as the digital content which is developed for teaching and learning purposes and which can be read from various types of electronic devices. They should be lower-cost and user-friendly. The purpose of this literature review was to determine the frequency of use of e-textbooks in elementary and secondary schools and at college in Europe, USA and in the rest of the world. This research was motivated by the implementation of a computer-based teaching program, including e-textbooks, that is in progress in Croatian schools. The literature review was conducted by researching the database ProQuest Central for content published in the last ten years. The search strategy was based on Key words: e-book, e-textbook, students, school, adoption and the use of including and excluding filters to eliminate unwanted hits. The results are sorted by three major categories: Europe, USA and the rest of the world and within Croatia, with the subcategories of elementary and secondary schools and college. The research was carried out in December 2018 and included 138 studies about e-textbooks. Most of them were conducted in the USA with college students and in the UK also with college students. Less research was conducted in secondary and primary schools, in all three major categories. More research is carried out with college students probably because researchers work at the college where research is more common.

Key words: e-book, e-textbook, students, school, adoption



Maruša Hauptman Komotar

INTERNACIONALIZACIJA SLOVENSKEGA VISOKEGA ŠOLSTVA V ČASU NJEGOVE GLOBALIZACIJE IN EVROPEIZACIJE INTERNATIONALISATION OF SLOVENIAN HIGHER EDUCATION IN TIMES OF ITS GLOBALISATION AND EUROPEANISATION

Internacionalizacija je na področju visokega šolstva eden najvplivnejših trendov, ki v 21. stoletju usmerja njegov razvoj. Tudi v Sloveniji predstavlja ključni element kakovosti slovenskega visokošolskega sistema, ki je vpjet v širše globalno visokošolsko okolje, kot tudi v procese evropeizacije v okviru bolonjskega procesa in njegovega cilja izgradnje evropskega visokošolskega prostora. Ker se pojem internacionalizacije kljub vidnejšim razlikam pogosto omenja v razmerju do koncepta globalizacije in evropeizacije, ga prispevek v uvodnem delu obravnava v okviru vprašanja, kaj ti trije koncepti pravzaprav pomenijo. Na tej osnovi je namreč mogoče v nadaljevanju analizirati nacionalne in institucionalne politike, strategije in dejavnosti internacionalizacije v tujini (tj. mobilnost študentov, visokošolskega osebja, programov in izvajalcev; glej Knight, 2008) in internacionalizacije študija doma (prek internacionalizacije kurikula, izvajanja študijskih programov ali njihovih delov v tujem jeziku itn.) ter obenem odgovoriti na vprašanje, ali se v slovenskem visokem šolstvu internacionalizacija razvija prednostno pod okriljem vplivov globalizacije ali evropeizacije visokega šolstva. Tovrstna vprašanja je obravnavala doktorska raziskava o internacionalizaciji in zagotavljanju kakovosti v slovenskem in nizozemskem visokem šolstvu in tudi pričujoči prispevek temelji na njenih rezultatih, ki so bili pridobljeni z analizo raznovrstnih dokumentarnih virov in intervjujev z različnimi visokošolskimi deležniki. Prav zato se v zaključnem delu na primeru Nizozemske izpostavljajo podobnosti in razlike (kot tudi razlogi zanje) v razvoju in izvajanju politik, strategij in dejavnosti internacionalizacije na nacionalni in institucionalni ravni obeh visokošolskih sistemov, saj je treba zaradi kompleksnih učinkov globalizacije na visokošolski razvoj upoštevati raznolikost nacionalnih, institucionalnih in disciplinarnih kontekstov, v katere je vpjet njihov razvoj.

Ključne besede: visoko šolstvo, internacionalizacija, globalizacija, evropeizacija, Slovenija

In the 21st century, internationalisation is one of the most influential trends that drives the development of higher education. In Slovenia, it represents a key element of quality of the Slovenian higher education system, which is included in the broader global higher education environment as well as in processes of Europeanisation of higher education within the framework of the Bologna Process and its goal of building a European Higher Education Area. Since the term internationalisation is often employed in relation to globalisation and Europeanisation, the contribution's introductory part addresses the question of what these three concepts actually mean. On this basis, it is possible to further analyse national and institutional policies, strategies and activities of internationalisation abroad (i. e., mobility of students, higher education staff, programs and providers; see Knight, 2008) and internationalisation at home (through internationalisation of the curriculum, by delivering study programmes or their parts in a foreign language, etc.), and at the same time, to answer the question of whether internationalisation in Slovenian higher education is developing primarily under the influence of globalisation or Europeanisation of higher education. These issues are also addressed in the doctoral research on internationalisation and quality assurance in Slovenian and Dutch higher education, and this contribution is based on its research results, which were obtained through the analysis of various documentary sources and interviews with various higher education stakeholders. This is why in the final part, similarities and differences (and reasons for them) in the development and implementation of internationalisation policies, strategies and activities at the national and institutional level of Slovenian and Dutch higher education systems are discussed, as it is of key importance to take into account the diversity of national, institutional and disciplinary contexts in which its development is embedded.

Key words: higher education, internationalisation, globalisation, Europeanisation, Slovenia

Julija Kotnik

ŠOLA KOT MESTO SREČANJA S FILMSKO IZKUŠNJO SCHOOL AS A MEETING POINT WITH THE FILM EXPERIENCE

Platforma problema, iz katerega izhaja izhodiščni raziskovalni fokus članka predstavlja vpliv medijsko skonstruiranih vsebin, konkretno prek filma kot množičnega medija, ki v masovni produkciji dosegajo otroke in mladostnike. Tovrstne vsebine, ki so mehansko konsumirane, vplivajo na ustvarjanje mnenj in stališč, producirane so prek dominantnega interesa, ki na prvi pogled površinsko, dejansko pa poglobljeno, gradi ideale in vzgaja potrošnike. Otroci in mladostniki so v veliki meri prikrajšani za kvalitetne filmske vsebine in do njih nimajo dostopa, saj tovrstni film težko konkurira na preferenčni listi gledalca, ki je rezultat dominantnih distribucijskih poti. Filmsko polje, ki bi omogočalo širino njihovega vstopanja v svet in jim nudilo imaginarno polje interakcije z življenjskimi izkušnjami, tako predstavlja potencial v doživljanju dejanskega in imaginarnega sveta. V navedenem kontekstu je šola tista, ki jim lahko omogoči srečanje s filmom in takšno edinstveno izkušnjo, ki jo bodo lahko vključili v svoj spoznavni svet. Pedagoški proces tako predstavlja polje, kjer bi lahko s pomočjo filmske vzgoje otroke in mladostnike pripeljali do točke svobodne ustvarjalnosti, kjer ne obstaja ena in edina resnica in kjer se lahko prek intenzivne filmske aktivnosti ustvarijo pogoji za samostojno oblikovanje vrednostnega sistema. To je izziv tudi za pedagoškega delavca, saj filma ne more poučevati - filmska vzgojna naloga presega diskurz znanja, otroka in mladostnika je potrebno voditi do srečanja z umetniško izkušnjo, jo toliko približati, da je učencem omogočen stik z njo. Šele tako bodo učenci lahko motivirani za intenzivno razmišljanje in doživljanje filmske zgodbe, njene sporočilnosti in integracijo filmske izkušnje v realno življenje.

Ključne besede: filmska vzgoja, otroci, vpliv filma, socialna percepcija, gledalec

The platform of the problem, which is the basic research focus of the article is the influence of media-constructed content, specifically through the film as a mass media, which reaches the children and adolescents through the mass distribution. Such contents, which are mechanically consumed and produced through a dominant interest, influence the creation of opinions and standpoints. At the first glance it seems as they are opencast but in fact they build ideals and raise consumers very deepened. Adolescents are largely derogated of quality film content since such film is difficult to compete on the preferential list of viewers, which is the result of dominant distribution channels. The film field thus represents the potential in experiencing the real and the imaginary world. In this context, the school is the one that can enable the children and adolescent to meet with the film and furthermore such a unique experience that they can integrate into their cognitive world. The pedagogical process thus represents a field where the film education could help the children and adolescents to find their creativity, to get to the point where there is no single and only truth. That is the field where the conditions for the independent formation of the value system can be created through intense film activity. This is also a challenge for an educational worker, since the film can not be taught. The film educational goal exceeds the discourse of knowledge as the pupil should be led to meet the artistic experience, to come into contact with it in a personal way. Only then pupils will be motivated to intensely think and experience the film story, its communication and the integration of the film experience into real life.

Key words: film education, children, influence of the film, social perception, spectator

Vlasta Kučič, Ksenija Korenjak Kramar

POMEN IN VLOGA KOMUNICIRANJA V SLOVENSKI BEGUNSKO-MIGRANTSKI KRIZI THE IMPORTANCE AND ROLE OF COMMUNICATION IN THE SLOVENIAN REFUGEE MIGRANT CRISIS

Migracijska dogajanja v zadnjem obdobju v ospredje postavljajo vprašanje in pomen evropskih civilizacijskih vrednot ter ustrezne komunikacije kot sporazumevalnega mostu med domačim in tujim, med migranti in begunci. Večjezičnost, večkulturnost, inkluzivnost, solidarnost in strpnost so samo nekatere družbene vrednote, ki bodo oblikovale in opredelile evropski in slovenski gospodarsko-družbeni razvoj. Ta bo v prihodnje odvisen od sposobnosti odzivanja in prilagajanja na izzive v globalnem okolju, kjer migracije vse bolj zaznamujejo evropski prostor. Pri tem ima večjezična komunikacija poudarjeno in pomembno vlogo. Razumevanje migracij in njihovo ustrezno komuniciranje od krize pa vse do mogočih pozitivnih potencialov lahko oblikuje trajnostne razvojne rezultate. V prispevku bomo proučili komunikacijske vidike in vlogo posameznih deležnikov v komunikacijskem procesu. Predstavili bomo evropska stališča glede ustreznega komuniciranja, vlogo in pomen posameznih faz kriznega komuniciranja v begunsko-migrantski krizi v Sloveniji, razsežnosti migracijske krize v Evropski uniji ter pomen aktivnega komuniciranja glede migracij za doseganje trajnostnih razvojnih ciljev v prihodnosti.

Ključne besede: večjezičnost, krizno komuniciranje, migracije, inkluzivnost, globalizacija

In recent years, migration events have foregrounded the question of the importance of European civilization values and relevant communications as an interactive bridge between domestic and foreign, between migrants and refugees at the front. Multilingualism, multiculturalism, inclusiveness, solidarity and tolerance are only some of the social values that will shape and define European and Slovenian economic and social development. In the future, this will depend on the ability to respond and adapt to the challenges in a global environment, where migration increasingly marks the European place. In this regard, multilingual communication has an important and emphasized role. Understanding migration and its proper communication from the crisis to positive potentials can form positive sustainable development results. The article will examine the communication aspects and the role of individual stakeholders in the communication process. We will present European views on the appropriate communication, the role and importance of the individual phases of crisis communication in the refugee and migrant crisis in Slovenia, the dimensions of the migration crisis in the European Union, and the importance of active communication on migration to achieve sustainable development goals in the future.

Key words: multilingualism, crisis communication, migration, inclusiveness, globalization

Ksenija Korenjak Kramar, Karla Žagi

MIGRACIJE – IZZIV IN PRILOŽNOST ZA TRAJNOSTNI RAZVOJ **MIGRATION - THE CHALLENGE AND OPPORTUNITY FOR** **SUSTAINABLE DEVELOPMENT**

Migracije pomembno zaznamujejo to stoletje in so ena njegovih glavnih značilnosti. Pomembno prispevajo h gospodarskemu in družbenemu razvoju ter bodo ključne za uresničitev ciljev trajnostnega razvoja. Migracije se pojavljajo v kontekstu globalnega vprašanja in kot take zahtevajo tudi globalne rešitve. Potencial migracij ter medsebojna povezanost migracij in razvoja se vse bolj priznavata, vendar ostajata pogosto neustrezno razumljena in premalo raziskana. Konflikti, podnebne spremembe, trg dela in drugi dejavniki, povezani z razvojem, lahko vplivajo na gonilne sile in naravo migracije.

Analize kažejo, da migracije, pogosto žal negativno zaznamovane, podcenjene in napačno razumljene, zagotavljajo gonilno silo trajnostnega razvoja. To pa ustvarja potrebo po razumevanju migracij ter njihovega vpliva na razvoj in prihodnje migracijske vzorce. Agenda za trajnostni razvoj do leta 2030, sprejeta v okviru Organizacije združenih narodov (Agenda 2030), je prvi mednarodni razvojni okvir, ki vključuje migracije in jih priznava kot razsežnost razvoja. Agenda zagotavlja splošni okvir za obravnavo vzajemnega vpliva migracij in razvoja ter boljše razumevanje, kako lahko migracije in migranti oblikujejo razvojne rezultate in obratno. Agenda poziva k varnim, urejenim in zakonitim migracijam ter k dobro upravljanim migracijskim politikam. V prispevku nameravamo osvetliti in preučiti migracije, njihovo povezanost in pomen za uresničitev ciljev trajnostnega razvoja sodobne družbe, v luči Agende 2030 in Strategije razvoja Slovenije 2030. S teoretično kavzalno analizo teorij, temeljnih raziskav in baz statističnih podatkov relevantnih institucij bomo preučili in predstavili vlogo in pomen migracij v gospodarskem in družbenem razvoju ter obstoj pozitivne korelacije med trajnostnim razvojem in migracijami.

Ključne besede: migracije, trajnostni razvoj, Agenda 2030, Strategija razvoja Slovenije 2030

Migration importantly mark sand is one of the main characteristics of this century. Migrations contribute significantly to economic and social development and will be crucial for achieving the goals of sustainable development. Migrations are emerging in the context of a global issue and as such requires global solutions. The potential of migration and the interconnection of migration and development is increasingly recognized, yet it remains often inadequately understood and under-researched. Conflicts, climate change, labour markets and other development-related factors can affect the driving forces and the nature of migration. The analyses show that migration, often unfortunately negatively marked, underestimated and misunderstood, provide the driving force of sustainable development. This creates the need to understand migrations and their impact on development and future migration patterns. The Sustainable Development Agenda 2030 adopted within the framework of the United Nations (Agenda 2030) is the first international development framework that integrates migration and recognises it as a development dimension. The Agenda provides a general framework for addressing the reciprocal impact of migration and development, as well as a better understanding of how migration can shape development results and vice versa. The agenda calls for safe, regular and responsible migration, and well-managed migration policies. In the article we intend to highlight and examine migration, their connection and importance for the realization of the goals of sustainable development of modern society, in the light of the Agenda 2030 and the Slovenian Development Strategy 2030. Through theoretical causal analysis of the theories, basic research and databases of relevant institutions, we will examine and present the role and the importance of migration in economic and social development, and the existence of a positive correlation between sustainable development and migration.

Key words: migration, sustainable development, Agenda 2030, Slovenian Development Strategy 2030

Mojca Uhernik - Pipan, Jan Pipan

POČUTJE UČENCEV V ŠOLI STUDENTS' WELL-BEING AT SCHOOL

Teoretična izhodišča: Vse več učencev se že v osnovni šoli srečuje s preobremenjenostjo in tako se že na zgodnji stopnji izobraževanja pri njih pojavlja izgorelost. V porastu so vedenjski odkloni, ki so odraz stiske. Namen raziskave je bil preveriti oceno počutja učencev v šoli, ugotoviti, kateri dejavniki vplivajo na njihovo počutje, preučiti njihovo medsebojno povezanost in preveriti, kaj lahko šola kot institucija naredi za zmanjšanje stresa.

Metode: Pri izvedbi raziskave smo uporabili triangulacijo kvalitativne in kvantitativne raziskovalne metodologije z uporabo avtorskega anketnega vprašalnika mešanega tipa. Raziskavo smo izvedli na vzorcu učencev od 6. do 9. razreda osnovne šole. Rezultate smo analizirali z uporabo metod opisne statistike.

Rezultati: Večina učencev se zaveda, kateri so največji stresorji v šoli. Učenci cenijo učiteljevo zavzetost za ustvarjanje pozitivne klime in njegovo pripravljenost za razumevanje njihovih težav. Večina jih še nima razvitih strategij za spopadanje s stresom, še posebno, če čutijo nezaupanje do učiteljev in sošolcev.

Razprava: Anketirani učenci se zavedajo pomena dobrega počutja v šoli, a le nekateri se znaajo uspešno spoprijeti s stresom, ki ga doživljajo v šoli. Učenci se počutijo varne, če so slišani in če učitelji pristopajo k svojemu delu s pozitivno naravnostjo. Slovenska šola je še vedno zelo storilnostno naravnana in usmerjena v merjenje uspešnosti učencev. V tem primežu zahtev po doseganju najvišjih rezultatov se premalo časa nameni njihovemu dobremu počutju.

Zaključek: Izsledki raziskave so potrdili, da se učenci pogosto soočajo s povečanim stresom in posledično s slabšim počutjem v šoli. Problem bi bilo treba reševati na državni ravni; morda s spremembo prezahtevnih učnih načrtov in razbremenitvijo učenčeve dnevne obveznosti.

Ključne besede: stres v šoli, dejavniki stresa, dobro počutje, pozitivna psihologija

Theoretical background: An increased number of students in primary school feel that they are hard-pressed and consequently already at an early stage of education some students experience burnout. As a result of distress, behavioural deviations are on the increase. The purpose of the research was to verify the assessment of the well-being of pupils in school, to determine what factors influence the well-being of pupils, to establish the connection between them and to propose some solutions for reducing stress at school.

Methods: Triangulation of quantitative and qualitative research methodology using the author's mixed questionnaire was used in the research. The research was carried out on a sample of elementary school pupils from 6th to 9th grade. The results were analysed using statistical methods.

Results: The majority of the pupils are aware of the main stressors in school. The pupils appreciate the teacher's engagement to create positive atmosphere and their willingness to understand the pupils' problems. Most of the pupils included in the research have not yet developed strategies for coping with stress, especially if they lack trust in teachers and fellow students.

Discussion: The pupils taking part in the research are aware of the importance of well-being at school, but only some of them are able to successfully cope with the stress they are experiencing at school. Pupils feel safe if they are heard and if teachers have a positive attitude. Slovenian school is still very performance-oriented and focused on measuring the performance of students. As pupils are caught in this grip of being required to achieve maximum results, not much space is left for taking care of their well-being.

Conclusion: The results of the research have confirmed that pupils are often faced with increased pressure and consequently do not feel safe at school. The problem should be tackled at the national level; perhaps by modifying too demanding curricula and reducing pupils' daily obligations.

Key words: stress at school, stress factors, well-being, positive psychology





**ETIKA, SODOBNE
TEHNOLOGIJE, DIGITALNA
HUMANISTIKA IN EVROPSKA
KULTURNA DEDIŠČINA /
ETHICS, MODERN
TECHNOLOGIES, DIGITAL
HUMANITIES AND EUROPEAN
CULTURAL HERITAGE**

Matej Mertik

ARTIFICIAL INTELLIGENCE, HUMANITY AND ETHICS

Rapid advances in Artificial Intelligence (AI) and robotics are developing technologies where robots and humans are working together on factory floors, driving cars, flying aircraft and even helping around the home. These developments, in particular in the past few years, are bringing to us a new era, where many new ethical questions are starting to evolve as designing a new way of services (autobots, robots). Instead of hand-coding new algorithms for each problem on the selected domain, we use the design of new architectures that can twist themselves into a wide range of algorithms providing them large amounts of data. In other words the computers are learning themselves (coding themselves) based on the data driven environment. This evolved significantly within so called field of Deep Learning (DL) where state-of-the-art results in a wide variety of problems were achieved. DL is based on the classical neural network AI algorithms explored for decades but however today provided with a big computer power and large amount of data where they are yielding outstanding results on pattern recognition problems from recognizing objects in images, machine translation to speech recognition. We are so witnessing a new range of technologies based on these fundamentals such as autonomous vehicles that will change the world in ways both anticipated and entirely unexpected. Therefore we not only need new rules in a sense of specialised technology as autonomous vehicles that should be flexible while ensuring safety, broadly accessibility, and avoidance to the worst unintended consequences when using them, but when developing any new autonomous systems based on AI also a new way of ethical and philosophical aspect when overlapping robotics and human-machine relationships.

Asimov laws of robotics published in a short story called Runaround where he introduced his three laws for robot behaviour are therefore today actual more than ever before and need to be addressed widely with other posthumanistic dimensions in order to develop a safe and human oriented technology that will dramatically change our civilisation. Many initiative exists. One of the most significant is The OpenAI, a non-profit AI research company, discovering and enacting the path to safe artificial general intelligence, which key mission is to assure that benefits of the AI are as widely and evenly distributed as possible. However also academia need to react better and add its own contribution when addressing horizons for humanism and philosophy. We need to pay attention and learn from the past in anthropological way to respond with a new answers to these posthumanist challenges to humanism that we are confronting today and will be of vital importance of tomorrow.

Key words: Artificial Intelligence, technology and human, open knowledge, ethics

Maja Hawlina

S SPEKTAKLOM NAD SPEKTAKEL? KRITIČNE INTERVENCIJE V PREPLETU JAVNEGA PROSTORA IN DRUŽBE SPEKTAKLA SPECTACLE AGAINST SPECTACLE? CRITICAL INTERVENTIONS IN THE INTERWEAVING OF THE PUBLIC SPACE AND THE SOCIETY OF SPECTACLE

Zadnja desetletja raste polje kritičnih (urbanih) intervencij v javnem prostoru. Kritične intervencije so presek različnih kreativnih izrazov in praks z bolj ali manj izraženo političnostjo, željo po družbenih spremembah in ohranitvi javnega prostora v skupni lasti, pri čemer se uporabljajo različna interdisciplinarna znanja in orodje iz polja umetnosti, medijev, dizajna in performansa. Za temo kritičnih intervencij sta bistvenega pomena dva prepletajoča se koncepta: javni prostor in spektakel. Javni prostor se po eni stani vztrajno krči, vse bolj je koloniziran ter nadzorovan s strani kapitala (spektakla) in oblasti, po drugi pa se večja zavedanje o nujnosti njegove ohranitve kot prostora dialoga in demokracije (Bauman, Merrifield, Lefebvre, Holmes). Javni prostor služi kritičnim intervencijam dvonamensko in prepletajoče: kot fizični prostor in kot medij za kritiko. Spektakel, kot vseprisoten družbeni, politični in medijski kontekst kapitalistične realnosti, predstavlja kritičnim intervencijam kontekst in izziv za njihovo delovanje. Čeprav že od Debordovih časov večina progresivnih mislecev, politikov in aktivistov obsoja kapitalistični spektakel, se pojavljajo pozivi k ponovnemu premisleku o vlogi spektakla v progresivni politiki in aktivizmu (Duncomb, Mouffe). V luči kritičnih urbanih intervencij me bo v prispevku zanimala sodobna teoretska obravnava javnega prostora in predpostavk družbe spektakla ter še posebej možnost uporabe elementov spektakla v progresivne namene.

Ključne besede: spektakel, javni prostor, kritične intervencije, etični spektakel, Debord

The field of critical (urban) interventions in the public space has been growing over the last decades. Critical interventions are a cross-section of various creative expressions and practices with the desire for social change and the preservation of public space in common ownership. They use various interdisciplinary knowledge and tools from the fields of art, media, design, performance etc. Two interlinking concepts, public space and spectacle, are essential for the subject of critical interventions. On one hand, public space is steadily shrinking, is increasingly colonized and controlled by capital; and on the other, there is growing awareness of the necessity of maintaining it as a space for dialogue and democracy (Bauman, Merrifield, Lefebvre, Holmes). Spectacle, as the ubiquitous social, political and media capitalist reality, provides critical interventions with context and a challenge to their action. Although since the days of Debord most of the progressive thinkers, politicians and activists condemn the capitalist spectacle, there are calls for a rethinking of the role of spectacle in progressive politics and activism (Duncomb, Mouffe). In the light of critical urban interventions, I will be interested in the theoretical treatment of the public space and the society of the spectacle, with the special stress on the possibility of using elements of spectacle for progressive purposes.

Key words: spectacle, public space, critical interventions, ethical spectacle, Debord

Vadim Gershteyn

CHARLES PEIRCE, PANPSYCHISM, AND THE ARROW OF TIME

Charles Sanders Peirce (1839-1914) was an American philosopher, statistician and Christian (mystic) who believed God was accessible through experience. Peirce's panpsychic cosmology (the idea that all matter is 'mind' extended into the universe) put him at odds with his materialist peers (like his contemporary William James). Nonetheless, Peirce's conception of 'time' is an optimistic, pre-quantum theoretical (or relativistic) 'Arrow of Time' view that expands on Aristotle and Newton's discoveries about the physical world. Peirce's cosmology-- and particularly his view that the present faces the future (and 'contains' the past)-- has ethical and scientific implications. For instance, to what degree has the Future (that Peirce envisions) already taken place? Moreover, if we are living "into" the future, how do we allocate resources for future generations? We will present an alternate ("panpsychic") view of the universe, which Peirce holds, in order to argue for an ethical re-consideration of human beings not as temporal creatures but as (relatively) 'immortal' ones.

Key words: time; physics; philosophy; Peirce; cosmology



Jerica Pavšič

UPODOBITVE GENERALA RUDOLFA MAISTRA V MLADINSKI KNJIŽEVNOSTI THE REPRESENTATIONS OF GENERAL RUDOLF MAISTER IN YOUTH LITERATURE

Življenje in delo generala Rudolfa Maistra (1874–1934), zaslužnega za dolgoročno ohranitev večjega dela slovenskega narodnostnega ozemlja na Štajerskem v slovenski posesti, je navdih za različna književna dela, med njimi tudi za slikanice oziroma ilustrirane pripovedi kot ene izmed zvrsti mladinske književnosti, namenjene otrokom in mladini. V obdobju zadnjega desetletja je izšlo več otroških slikanic, v katerih general Maister nastopa kot osrednji lik. V prispevku analiziram značajske in fizične lastnosti, ki v treh slikanicah različnih avtorjev, izdanih po letu 2010, označujejo generala Rudolfa Maistra kot zgodovinsko osebnost, ki pridobiva mitološke razsežnosti. Z analizo hkrati prepoznavam zasluge, ki jih te slikanice kot zaokroženo besedilno in slikovno delo promovirajo kot osebnostne kreposti, ki so posredno predstavljene tudi kot take, po katerih naj se zgledujejo mladi. Raziskava je opravljena po metodi imagologije (interdisciplinarne panoge, uvrščene med literarno zgodovino, politično zgodovino in psihologijo) ter na podlagi intervjujev z avtorji slikanic. Raziskovalni rezultati bodo pokazali, opisi katerih lastnosti ter življenjskih in poklicnih okoliščin ter soočanja z njimi prevladujejo v delih mladinske književnosti, v katerih nastopa general Rudolf Maister kot osrednji lik. Poleg tega bo raziskava podala odgovor na vprašanje, kateri vlogi, ki jo je v slovenski zgodovini imel general Rudolf Maister (vojaški poveljnik, državnik, kulturnik), dajejo otroške slikanice z njim kot osrednjim likom največji pomen. Ključne besede: general Rudolf Maister, mladinska književnost, slikanice, imagologija, mit

The life and work of General Rudolf Maister (1874-1934), who is recognized for his invaluable contribution to preserving large parts of the Slovenian national territory of Styria within the boundaries of Slovenia, has inspired numerous literary works, including children's picture books, i. e. illustrated narratives as a type of youth literature dedicated to children and young adults. General Maister is the central character of several children's picture books published in last decade. The article analyses personal and physical attributes, which in three children's picture books written by different authors, published after 2010 characterize General Maister as a historical personality with mythological attributes. Simultaneously, the analysis explores the outstanding deeds that are promoted by these children's picture books in text and pictures as personal virtues, indirectly presented as the model that young people should strive for. The research is conducted via the method of imagology (interdisciplinary discipline, placed among the history of literature, political history and psychology) and on the basis of the interviews with the authors of the children's picture books. The results of the research will show the descriptions of which personal attributes, life and professional circumstances and confronting with them, prevail in the pieces of the youth literature with General Rudolf Maister as a central character. Additionally, the research will give the answer to the question which role of General Rudolf Maister in the Slovenian history (a military commander, a statesman, cultural personality) is predominant in the children's picture books with him as a central character.

Key words: General Rudolf Maister, youth literature, children's picture books, imagology, myth

Polona Tratnik

HUMAN SCIENCE AND ENGINEERING – KNOWLEDGE AND POWER

The author will address science as the production of knowledge and engineering as the practice of designing products. In case of human sciences and engineering, although these two practices seem to merge in contemporaneity, they correspond with two different regimes of approaching to the body and life. One is oriented to exploration and discovering, it supports the myth of the truth with consolidating science as the social practice that is about revealing the truth. The other regime is creative and is about designing life. Among the two regimes in modernity, perspicere, the regime of unrevealing the truth, played an admittedly important role for modern science. It is the regime of transparency or visibility that has supported the logic of a gaze penetrating through surfaces. For the beginners of modern sciences, it was an important principle for gaining knowledge. At present, it still has this importance. The other regime, on the contrary, leads away from scopic regimes and ocularcentricity and concentrates instead on the outcomes, thus favoring mediation and intervention. For this reason, the corresponding mode is engineering. With knowing – the body, tissues, life – we are able to engineer – tissues, organs, "biological" life – and we are gaining the power over the body and life.

Key words: Humans sciences, engineering, philosophy of science, scopic regimes, epistemology



Damjana Pondelek

SODIŠČE JAVNEGA MNENJA – SODOBNA BLIŽNJICA ZA OBRAČUN Z VAMI THE COURT OF PUBLIC OPINION – A MODERN SHORTCUT TO YOUR HUMILIATION

Sodišče javnega mnenja je priročen sodoben mehanizem oblastnikov in drugih preganjalcev za družbeno izključevanje posameznikov na odgovornih funkcijah. Sodišče javnega mnenja namreč omogoča nesankcionirano sramotenje, javno ponižanje in hitre obsodbe izpostavljenih posameznikov v nemilosti, vsem na obeh. Mehanizem sodišča javnega mnenja odpira prosto pot javnemu ogorčenju in pogromu, kar preganjalcem olajša odstranitev izpostavljenega posameznika v nemilosti z javne ali druge izpostavljene odločevalske funkcije ter iz procesov vplivanja in odločanja. Temeljna zaščita in rehabilitacija nosilca družbene funkcije v krizni situaciji se mora zato zgoditi na sodišču javnega mnenja, kjer proces zoper izpostavljenega funkcionarja tudi poteka. To je naporna, a edina pot za učinkovito zaščito posameznika v nemilosti, da bi se lahko učinkovito zoperstavili vsakokratnemu poskusu javnega zasramovanja, preganjanja, diskreditacij, teptanja temeljnega človekovega dostojanstva in drugih bližnjic za obračun z izpostavljenimi posamezniki v nemilosti, zoper katere njihovi dejavni nasprotniki delujejo v nasprotju s temeljnimi človekovimi pravicami in ustavnimi jamstvi. Mehanizme delovanja sodišča javnega mnenja smo raziskovali v okviru študija na AMEU – ISH in doktorske disertacije »Družbena percepcija in obravnava nosilcev družbenih funkcij v kriznih situacijah«, ki je nastala po desetletju dejavnega reševanja prizadetih posameznikov v kriznih situacijah iz primeža preganjalcev in sodišča javnega mnenja. Ključne besede: sodišče javnega mnenja, krizne situacije, preganjalci

The Court of Public Opinion is a convenient modern mechanism for active opponents and other persecutors for the undisturbed social exclusion of individuals in responsible positions. The Court of Public Opinion allows uncontrolled embarrassment, public humiliation and quick condemnation of exposed individuals at its mercy. The social mechanism of the public opinion court opens the way for public outrage and altercation, which makes it easier for persecutors to remove an exposed individual in disgrace from a public or other exposed decision-making function, and from all processes of influence and decision-making. The fundamental protection and rehabilitation of the holder of a social function in a crisis situation must therefore occur in the court of public opinion, where the process against the exposed official is also carried out. This is an exhaustive but only way to effectively protect a targeted individual in order to be able to effectively resist the attempt at public defamation, persecution, discrediting, trampling of fundamental human dignity, and other shortcuts which are used against exposed individuals in disgrace, against whom their active opponents act contrary to fundamental human rights and constitutional guarantees. The mechanisms for the functioning of the court of public opinion were investigated in the framework of studies at the AMEU-ISH and doctoral dissertations Social perception and treatment of holders of social functions in crisis situations that arose after a decade of active rescue of affected individuals in crisis situations from the persecutors and the Court of Public Opinion.

Key words: The Court of Public Opinion, Crisis Situations, Persecutors

Lidija Stermecki

SPOLNI DISKURZI IN ŠPORT **THE DISCOURSE OF GENDER AND SPORTS**

UVOD: V analizi smo problematizirali patriarhalne odnose in trdovratnost moškega diskurza v športu ter vlogo jezika pri konstrukciji in reprodukciji spolne ideologije. Z metodo kritične diskurzivne analize (KDA) smo poskušali na primeru Mire Marko Debelak in Pavle Jesih pojasniti strukturo spolnih relacij in relacij moči med spoloma v svetu športa in pojasniti ideološke mehanizme, s katerimi se relacije moči med spoloma producirajo in reproducirajo - raziskujemo razmerje med športom, ideologijo in mediji. Naš cilj je spodbuditi zavedanje, da avtorji medijskih besedil posejajo moč, s katero lahko spreminjajo svet, mišljenje in obnašanje ljudi - na boljše seveda, brez androcentričnih nastavkov. METODE: Specifična metodologija, izbrana za raziskovalne namene, je usmerjena tekstualno, kontekstualno in kvantitativno, k primarnemu diskurzivnemu viru. Uporabili smo kombinirane raziskovalne metode, ki temeljijo na posameznih sklopih uveljavljenih raziskovalnih pristopov. Analizirali smo prispevke v Planinskem vestniku iz obdobja od leta 1925 do leta 1932. Prispevke v Planinskem vestniku smo najprej analizirali na kvantitativni ravni, nato še na ravni besedila in diskurzivne prakse ter na koncu še na ravni družbeno-kulturne prakse. Šport v pričujoči doktorski disertaciji »beremo« skozi družboslovno, humanistično, antropološko in feministično teoretsko lupo. REZULTATI: Menimo, da je bila kritična diskurzivna analiza (KDA) najprimernejša metoda za proučevanje besedil v Planinskem vestniku, saj nam je v nalogi uspelo denaturalizirati in razkriti v diskurzu skrite ideološke elemente ter jih razložiti. Kritična diskurzivna analiza besedil v Planinskem vestniku je pokazala, da je diskurz v analiziranem obdobju ideološko zaznamovan, da so diskurzi neločljivo povezani z interesi močnih posameznikov in družbenih skupin ter prek tega z odnosi moči in sociokulturnimi ter družbeno-ekonomskimi razmerami. Naša raziskava potrjuje sklepe prejšnjih raziskav s področja ženskega športa. SKLEPI: Javna retorika je polna strategij in trikov, s katerimi dosega specifične cilje - moč jezika je zares velika. Jezik dobi izjemno moč, ko ga uporabljajo ljudje, ki imajo družbeno moč. Če ima nekdo moč določiti, katere besede ali jezikovne norme so v določenem diskurzu legitimne, ustrezne, potem je s tem že izražen pomemben segment družbene in ideološke moči ter s tem izvor ideoloških spopadov. Rezultati kritične diskurzivne analize besedil v Planinskem vestniku (v obdobju od leta 1925 do leta 1932) to potrjujejo. Pomembno se je zavedati, da šport lahko razumemo kot močno politično orodje. Tu se kaže zelo jasen, čeprav neizrečen politični položaj, ki podpira in opravičuje obstoječe odnose neenakosti med spoloma na področju športa in se vedno bolj vključuje v dominantne, prevladujoče okvire. Te okvire je treba preseči.

Ključne besede: jezik, diskurz, KDA (kritična diskurzivna analiza), spolna ideologija, mediji, šport, neenakost

INTRODUCTION: Our analysis focuses on patriarchal relationships and the resilience of male discourse in sports and also on the role of language when constructing and reproducing gender ideology. Through critical discourse analysis (CDA) of the phenomenon of Mira Marko Debelak and Pavla Jesih (in selected volumes of the Planinski vestnik - from 1925 to 1932), we shall explain the structure of gender and power relation between genders in the world of sports and explain the ideological mechanisms through which the relations of power between genders are produced and reproduced - we explore the relationship between sports, ideology and the media. Our goal was to encourage awareness that these authors of media texts possess power with which they can change the world, modes of thinking and behaviour of people - for the better, of course, without androcentric elements. METHODS: The specific methodology selected for the purposes of analysis is textual, contextual and quantitative. We used combined research methods based on individual sets of established research approaches. We analysed selected volumes of the Planinski vestnik - from 1925 to 1932. The contributions in Planinski vestnik were first analysed on a quantitative level, then on the level of text and discursive practice, and finally on the level of socio-cultural practice. We studied sports through sociological, humanistic, anthropological and feminist theoretical perspectives. RESULTS: We believe that CDA was the most appropriate method for studying texts in Planinski vestnik, since in the analysis we were able to denaturalise and disclose hidden ideological elements in the discourse and explain them. Critical discursive analysis of texts in Planinski vestnik has shown that the discourse in the analysed period is ideologically marked, that discourses are inextricably linked to the interests of strong individuals and social groups, and through this, with power relations and socio-cultural and socio-economic conditions. Our research confirms the conclusions of previous research in the field of women's sports. SUMMARY: Public rhetoric is full of strategies and tricks to achieve specific goals - language is a very powerful tool. Language has extraordinary power when used by people who have social power. If one has the power to determine which words or language norms are legitimate in a certain discourse, then it is already an important segment of social and ideological power, and thus the source of ideological clashes. The results of the critical discursive analysis in the Planinski vestnik (in the period from 1925 to 1932) confirm this. It is important to be aware that sports can be seen as a powerful political tool. This shows a very clear political situation that supports and justifies existing gender inequalities in the field of sports and that is increasingly involved in dominant frameworks. These frames need to be overcome.

Key words: language, discourse, CDA (critical discourse analysis), gender ideology, the media, sports, inequality

Uroš Zavodnik

INTERAKTIVNA FILMSKA ZGODBA NA TELEVIZIJI INTERACTIVE FILM STORY ON TELEVISION

Ameriška medijska hiša Netflix je v decembru 2018 znanstvenofantastični film/epizodo »Black Mirror – Bandersnatch«, del istoimenske TV-serije, ki je v svoji naraciji koncipirana skozi odločitve glavnega protagonista, mladega računalniškega programerja, gledalcem ponudila »na zahtevo« – sami so lahko izbirali potek zgodbe, ki se lahko razplete skozi različne konce. Leta 2006 sem kratki igrani film »Der Prozess«, spisan po idejni predlogi istoimenskega romana Franza Kafke, zavoljo diskurza o postmodernem kinu zabave v svoji disertaciji iz filmske režije realiziral kot avtorski in interaktivni film. Pri inscenaciji sem šel še korak dlje od Netflix – tako avtorsko kot interaktivno filmsko zgodbo sem pripeljal do enakega konca, saj je tudi interaktivnost, zaradi trenutnega načina produkcije, del ustvarjalnega procesa režiserja in scenarista, četudi se z njo ustvarja iluzija vpletenosti gledalca v kreativni proces razvoja poteka filmske zgodbe. Po več kot desetih letih od mojega filma še vedno ostajajo iste dileme in izzivi okoli novega načina podajanja naracije tako na strani gledalcev kot ustvarjalcev.

Ključne besede: film, televizija na zahtevo, interaktivnost

In December 2018, the American media house Netflix lunched the Sci-Fi film/episode 'Black Mirror – Bandersnatch', a part of the fiction TV series of the same name, as an interactive film. The narration of this particular film/episode was designed as permanent decision making of the main protagonist, a youth computer programmer. The viewers could choose the flow of the narration on their own, so the story could also end in the different ways. In the year 2006, I made a short feature film Der Prozess (The Trial), based on Franz Kafka's novel, because of discourse about the postmodern entertainment cinema in my dissertation on film directing. I created the film as an authorial and interactive one. By directing it, I went a step further than Netflix – through the narration, I lead both versions to the same ending. Then, due to the production facilities, the interactivity is at the moment also part of the creation process of film director and writer. The viewer creating the narrative process of the film is thus only a sort of entertainment illusion. More than ten years after I made an interactive movie, the same dilemmas around new possibilities of storytelling are still open on both sides, the viewer's as well as the creator's.

Key words: film, television on demand, interactivity

Zdravko Šordan

THE REFORMATION MOVEMENT AND CREATING OF NEW SOCIAL CONSCIENCE

The creation of a social movement is usually developed as a reaction to the current state in society, thus social movements are created as a consequence of spritual displeasure and revolt because of deviant phenomena, such as a desire for new indentity, internal unrest, spritual progressoriented movement, trying to reach higher goals or working towards trasnlating theory into practice. In cases when they are genuinely motivated, they are created as "holy ecstasics". But without this kind of ecstasics there is no spritual phenomenon and there cannot be such a phenomenon. "Each person who dismisses a utopia puts mankind in a trap of material rationalising, also leaves mankind in the "willing-for-power" manipulation" (A. Heller).

In other words, these social movements are developed as a consequence of unsatisfied needs, as a reaction to the spritual anemia and passive human behavior, so they want to reach higher and greater spritual changes. Each kind of newborn life has its own rhythm of living that knows nothing about traditional social phenomena and that at the same time tries to attain a harmonious way of co-living.

Key words: Reformation movement, freedom, society, church, sprituality, change.



Nadja Furlan Štante

ŽENSKI GLASOVI V MEDVERSKEM DIALOGU IN VERSKA GRADNJA MIRU **WOMEN'S VOICES IN INTERRELIGIOUS DIALOGUE AND RELIGIOUS PEACEBUILDING**

V širšem kontekstu bo prispevek obravnaval vprašanje pomembnosti kultiviranja dejavnega, iskrenega medverskega dialoga, v kontekstu sodobnih migracij, ki prepoznava in razbija negativne stereotipne predstave in predsodke, dviguje raven strpnosti, spoštovanja in krepi medsebojno razumevanje tako v vsakdanjem življenju posameznikov različnih veroizpovedi in duhovnosti kot tudi na hierarhični institucionalni verski ravni. V tem kontekstu bo z metodo hermenevitičnega ključa krščanske feministične teologije analizirano iskanje mogočih poti razreševanja verskih sporov, ki nastajajo kot posledica migracij (begunska kriza) in generirajo nove spore zaradi fiksnih verskih identitet in predsodkov (islamofobija ...). Slednje namreč lahko razumemo kot nujen korak v evoluciji medčloveških in medverskih odnosov. V ožjem kontekstu pa bo predstavljeno vprašanje pomena pozitivnega doprinosa vključevanja (manjkajočega) ženskega glasu v medverski dialog. Izhajali bomo iz hipoteze, da sta feminina značajnost ženskega glasu v medverskem dialogu ter oblike ženskega medverskega dialoga v temelju nagnjeni k praktičnosti in osebnemu značaju izpovedi. To pa sta lastnosti, ki vsekakor pozitivno vplivata na razvoj tolerance in kakovosti dialoga. Dialog in dialoškost sta v zahodni kolektivni zavesti povezana s pozitivnimi atributi, kot npr.: odprtost, spoštovanje, tolerantnost, neposrednost, odkritost, sprejemanje, upoštevanje, poslušanje ... Zato, da krepimo in negujemo omenjene pozitivne prvine dialoga in dialoškosti, je potrebno, da se v prvi vrsti zavedamo ovir, ki onemogočajo pozitivnost dialoga. Vprašanje ženskih glasov, kot manjkajoče dimenzije medverskega dialoga, bo služilo kot most med medverskim dialogom in fenomenom verske gradnje miru. Medverski dialog in verska gradnja miru sta s strani verskih in sekularnih akterjev pogosto razumljena kot naravni protistrup verskemu nasilju in sporom verskih »fiksni« identitet.

Ključne besede: ženske, medverski dialog, verska vzpostavitev miru, migracije

In a broader context, the main focus of the presentation is the question of the importance of cultivating an active and sincere interreligious dialogue, in the context of contemporary migrations, that recognises and breaks down negative stereotypes and prejudices, raises the level of tolerance and respect, and strengthens mutual understanding both in the everyday life of individuals of different religions and spiritualities as well as at the hierarchical institutional religious levels. In particular, the search for potential ways of resolving religious conflicts which arise as a result of migration (the refugee crisis) and which generate new conflicts due to fixed religious identities and prejudices (Islamophobia, Christianophobia ...) will be investigated with the help of the hermeneutical key of Christian feminist theology. The latter can be understood as a necessary step in the evolution of interhuman and interreligious relations. In the narrower context, the importance of positive contribution of women's voices as a "missing link" in the interreligious dialogue and the phenomenon of the so-called "women's religious peacebuilding" will also be analysed. We will start from the hypothesis that the feminine characteristic of women's voices in interreligious dialogue and forms of female interreligious dialogue are fundamentally lean towards the practicality and personal character of the confession. These are two characteristics that certainly have a positive impact on the development of tolerance and quality of dialogue. Dialogue and the process of dialogue are linked to positive attributes in Western collective consciousness, such as openness, respect, tolerance, immediacy, honesty, acceptance, respect, listening ... In order to strengthen and nurture the aforementioned positive elements of dialogue and the process of dialogue, we need to be aware first of all of the obstacles that disable the positivity of dialogue. The issue of women's voices, as the missing dimensions of the interreligious dialogue, will serve as a bridge between the interreligious dialogue and the phenomenon of religious peace building (Women's Voices and Interfaith Dialogue Venue for Peace-Building). Inter-religious dialogue and peacebuilding are often seen by religious and secular actors as the natural antidote to religious violence or identity conflicts with a religious dimension.

Key words: women, inter-religious dialogue, peace-building, migrations.



Mojca Ramšak

KULTURNA ZGODOVINA ČLOVEŠKEGA SRCA CULTURAL HISTORY OF THE HUMAN HEART

Dojemanje človekovega srca z njegovimi raznovrstnimi zgodovinskimi, filozofskimi in jezikoslovnimi pomeni sega daleč onstran anatomije. Pojemovno je srce najpomembnejši del in središče telesa. Je tudi zbirališče čustev, kar močno vpliva na naše zdravje in dobro počutje. Srce kot središče ljubezni, strasti, sočutja, poguma, odprtosti, iskrenosti, stanovitnosti, predanosti ter včasih tudi modrosti oblikuje bogato besedno in vizualno metaforiko. Če lingvistično primerjamo besedišče o srcu pri različnih kulturah in v različnem času, ugotovimo skoraj univerzalno sorodnost pojmovanja tega organa. Podobno tudi ikonografija srca v materialnem svetu sega od verskih devocionalij, slik in relikvij do ljudske in popularne kulture, glasbe, filma, mode in prehrane. Jezikoslovni viri iz različnih besednih korpusov ter gradivo iz tradicionalne in popularne kulture kažejo na dokaj enotno pojmovanje srca v medkulturni perspektivi.

Ključne besede: človeško srce, tradicionalna kultura, popularna kultura, metafore, kulturna zgodovina

The perception of the human heart with its multiple historical, philosophical and linguistic meanings goes far beyond the human anatomy. Conceptually, the heart is the most important organ and the centre of the body. It is also a container for emotions, which strongly affects our health and well-being. The heart as the centre of emotions, such as love, passion, compassion, courage, openness, honesty, firmness, devotion and sometimes also wisdom, shapes a rich verbal and visual metaphors. When we compare linguistic evidence across cultures and through time, we find almost universal comprehension of this organ. Likewise, the iconography of the heart in a material world extends from religious devotional objects, pictures, and relics, to folk and popular culture, music, film, fashion, and food. The linguistic sources from the different corpus and the data from traditional and popular culture show the relatively unified ideas of the heart in cross-cultural perspective.

Key words: human heart, traditional culture, popular culture, metaphors, cultural history

Maja Pucelj

»ODKRIVANJE« ZAKRITIH MUSLIMANSKIH ŽENSK THE »UNCOVERING« OF COVERED MUSLIM WOMEN

Zakrivanje žensk se je prakticiralo v različnih zgodovinskih obdobjih, kulturnih kontekstih ter na različnih geografskih območjih (denimo v antični Perziji, Mezopotamiji in predislamski Arabiji), preden je v 7. stoletju islam prišel na Arabski polotok. Nemuslimani velikokrat zakrivanje muslimanskih žensk interpretirajo kot simbol zatiranja in podrejenosti. Ob tem zanemarjajo dejstvo, da se zakrite muslimanske ženske (predvsem na Zahodu) za zakrivanje odločajo tudi prostovoljno, in sicer iz različnih razlogov (denimo zaradi vidnega izražanja simbola religiozne identitete, kot prikaz skromnosti ali celo kot dokaz očitnega hotenega nasprotovanja zahodni sekularni miselnosti). Članek se osredotoča na ugotavljanje mnenja splošne javnosti glede vprašanja zakrivanja muslimanskih žensk, kakor tudi vzroka občutenja strahu ob prisotnosti le-teh. Metodološko članek temelji na 1) metodi deskripcije, v okviru katere smo pregledali konceptualne razloge zakrivanja s strani zakritih muslimanskih žensk in najpogosteje navedene pomisleke ob izpostavljenem vprašanju smiselnosti prepovedi zakrivanja, ter na 2) kvantitativni metodi (opravljena anketa na vzorcu 220 anketirancev v obdobju med 23. 7. 2018 in 30. 7. 2018). Opravljena raziskava je pokazala, da je vzrok strahu pred zakritimi muslimanskimi ženskami skladno z mnenjem anketirancev (predvsem) v oteženosti (vizualne) identifikacije, ki otežuje medsebojno sporazumevanje, in pomisleku glede morebitne ogroženosti varnosti posameznika (strah pred terorizmom).

Ključne besede: zakrite muslimanske ženske, prepoved zakrivanja, strah, vizualna identifikacija, terorizem

The covering of women has been practiced in different historical periods and cultural contexts, as well as in various geographical areas (for example Ancient Greece, Persia and pre-Islamic Arabia), before Islam came to the Arabian Peninsula in the 7th century. Non-Muslims often interpret Muslim women's covering as a symbol of repression and subjection while ignoring the fact that the covered Muslim women choose to be covered voluntarily for various reasons such as visual expression of the symbol of religious identity, a demonstration of modesty, evidence of the apparent, vigorous opposition to the Western secular mentality etc. The article focuses on researching the general public's opinion on the covering of Muslim women, as well as the reason for fearing their presence. The methodological article is based on 1) the method of description examining the conceptual reasons for the covering, as well as the most frequently cited concerns regarding the meaningfulness of the ban of covering and 2) the quantitative method (a survey conducted on a sample of 220 respondents between the 23rd and 30th July 2018). According to the conducted research, the cause of fear lies in the difficulty of (visual) identification which makes communication difficult, and in the sense of possible threat to security (fear of terrorism).

Key words: Covered Muslim women, ban on covering, fear, visual identification, terrorism

Andraž Teršek

HUMANISTIKA IN DRUŽBOSLOVJE V LUČI NAPREDKA, NE RAZVOJA HUMANITIES AND SOCIAL SCIENCE IN THE LIGHT OF PROGRESS, NOT DEVELOPMENT

Administrativno in tehnično zблиževanje univerzitetne humanistike in družboslovja z naravo-slovnimi in tehnološkimi znanostmi je postalo nekaj, kar se jemlje kot samoumevno. To se še posebej kaže v poenotenih pravilih za pridobivanje točk in izpolnjevanje habilitacijskih pogojev za vse tri ravni univerzitetnih učiteljev (docent, izredni in redni profesor). Najbolj pa pri strogih tehničnih merilih za strukturo znanstvenih objav in pri zahtevi po citiranosti. Ta pravila in merila monopolno določa država, univerze in fakultete pa jih nekritično in neavtonomno prevzemajo. Razmislek o razliki med napredkom in razvojem, predvsem pa o velikem pomenu humanistike in družboslovja za napredek, ki šele legitimira osredotočenost na razvoj, se ponuja prav v tem kontekstu: kaj družboslovje in humanistika pomenita danes, kaj bi morala pomeniti in kakšen je pomen administrativnega birokratizma v univerzitetnem (akademskem) okolju na njun pomen za NAPREDEK? Razmisliti gre o vprašanju, vedno znova, zakaj se beseda napredek pojavlja redko, besedi razvoj in trajnost(nost) pa ves čas. Kaj sploh je napredek in ali nas to sploh še zanima, glede na sistemske značilnosti in početja pripadnikov akademije? Kako kot člani družbe in kot pripadniki akademije razumemo koncept etike in napredka v luči humanistike in družboslovja? Kakšno je torej naše etično samorazumevanje? Kako utemeljena je teza, da je forma popolnoma prevladala nad vsebino?

Ključne besede: humanistika, družboslovje, univerza, etika, napredek

Administrative and technical convergence of humanities and social sciences with natural and technological sciences has become something that is considered self-evident. This is particularly reflected in the unified rules for obtaining points and fulfilling the habilitation conditions for all three levels of university teachers (assistant professor, associate professor and full professor). This is obvious to the maximum extent in the strict technical criteria for the structure of scientific publications and the requirement of citations. These rules and criteria are monopolised by the state – agencies, such as ARRS – and universities and faculties automatically accept these rules and criteria uncritically and non-autonomously. The reflection on the difference between progress and development and, above all, the great importance of the humanities and social sciences for progress, is offered precisely in this context: what social sciences and humanities mean today; what should they mean; what is the significance of administrative bureaucracy in the university (academic) environment; what is their significance for PROGRESS. Also considering this questions, why the public and academic use of the word 'progress' is rare and use of the words 'development' and 'sustainability' is frequent on a daily basis? What is progress as such and are universities even interested in the creation of the progress? How do we, as members of society and as academics, understand the concept of ethics and progress in the light of the humanities and social sciences? How founded is the thesis that form has completely overshadowed content?

Key words: Humanities, Social Science, Ethics, Progress, University

Irena Kandrič

NOVODOBNIŠKA OBLIKA ROMANJA NA PROSTORE MOČI SEVEROVZHODNE SLOVENIJE THE NEW-AGE FORM OF PILGRIMAGE TO PLACES OF POWER IN NORTHEASTERN SLOVENIA

Obredno obiskovanje prostorov je tradicionalna oblika romanj, znana že iz predkrščanskih dob in krščanstva. V sodobnosti se je tudi znotraj novodobniških gibanj pojavilo obiskovanje prostorov moči. Zastavlja se vprašanje, ali gre tudi v tem primeru za obliko romanja s podobnimi značilnostmi, kot jih ima tradicionalno romanje. Prispevek obsega študijo primera treh prostorov moči SV Slovenije, ki so bili v preteklosti vsi romarski, danes pa na njih ob tradicionalnih katoliških romanjih potekajo turistična in novodobniška obiskovanja energijskih točk ter »zdravilnega« Ivanovega izvira. Prostori moči SV Slovenije so bili proučevani z metodo opazovanja ter s kvalitativnimi intervjuji z obiskovalci in domačini. Nekateri novodobniki tovrstne prostore obiskujejo ter jih pojmujejo kot posebna polja »s pozitivno, blagodejno, božansko in zemeljsko« energijo. Tudi novodobniki, kot tradicionalni katoliški verniki, pri obiskovanju prostorov moči gredo skozi vse tri faze romanja (preliminalno, liminalno, postliminalno), kar potrjuje dejstvo, da ima novodobniško romanje temeljne značilnosti tradicionalnega katoliškega romanja. Novodobniški obiskovalci verjamejo, da jih tovrstni prostor tudi sprošča, zdravi ter jih lahko tudi ozdravi na telesni in duševni ravni, obenem pa jim ta romanja omogočajo osebno rast in razvoj na duhovni ravni.

Ključne besede: romanje, novodobništvo, zdravje, duhovnost, prostor

Ritual visiting of places is a traditional form of pilgrimage known from the age of Christianity and times that predate it. In modern times, visiting places of power has occurred even within New-Age movements. The question arises whether this is a case of a form of pilgrimage with similar characteristics to traditional pilgrimages. The article encompasses a case study of the three areas of places of power in North-Eastern Slovenia, which were all pilgrimage areas in the past, and nowadays tourist and New Age related visits to energy points and the »healing« Ivan's spring transpire parallel to traditional Catholic pilgrimages. Places of power in North-Eastern Slovenia were studied through the observation method and qualitative interviews with visitors and locals. Some New Agers visit these places and consider them as special fields with "positive, beneficial, divine, earthly« energy. The New Agers, similar to traditional Catholic believers, go through all three phases of the pilgrimage (pre-liminal, liminal, post-liminal) when visiting the places of power, which is confirmed by the fact that New Age pilgrimage contains in its fundamental roots all the features of traditional Catholic pilgrimage. New Age visitors believe that such a place also relaxes and heals and can mend them on a physical and spiritual level, and give them an opportunity for personal growth and development on a spiritual plane.

Key words: pilgrimage, New Age, health, spirituality, place

Darko Štrajn

POMENI KARTEZIJSKE PARADIGME THE MEANINGS OF THE CARTESIAN PARADIGM

Besedilo je reformulacija in razvitje članka, ki je bil pod naslovom *Descartes kot razlikovalna instanca* objavljen leta 1996 v *Filozofskem vestniku ZRC SAZU*. Zavračanja Descartesa nakazujejo težnjo k temu, da bi tisti začetek, ki ga zastopa Descartesov vpis v zgodovino filozofije in znanosti, rekonstruirali v nekakšen nov začetek, ki bi se znebil kontinuitete z »Descartesovim začetkom«, pa naj gre za njegovo formulacijo subjekta, za njegovo utemeljitev metodičnega dvoma, za njegovo naklonjenost matematiki, za racionalni dokaz boga, predvsem pa za njegov rudimentarni koncept avtonomnega subjekta. Maritainova kritika Descartesa iz leta 1932 je v tem pogledu vzorec tudi poznejših moralnih in ideoloških zavračanj Descartesove filozofije. V obravnavi Descartesovega dokazovanja boga pa se pokaže, da je tisto, kar je moteče za sodobne filozofije in ideologije, ki gradijo na abstraktnem konceptu »človeka«, ravno Descartesova elaboracija *cogita*, v kateri je vpisana insuficienca subjekta. Kartezijanska paradigma je izhodišče za koncepcije subjekta, v katerih je subjekt svoj lastni objekt. Subjekt, ki iz sebe določa vso realnost, torej tudi realnost samega sebe, ki je začetek in konec cirkularnega dokaznega postopka prek dvoma, je nenehno izpostavljen lastni negaciji.

Ključne besede: filozofija, subjekt, znanost, kritika, narava

The text is the reformulation and re-elaboration of an article published under the title *Descartes as a Differentiating Instance* in 1996 in the *Philosophical Journal of the ZRC SAZU*. The repudiations of Descartes demonstrate a tendency to reconstruct the beginning that inscribes Descartes in the history of philosophy and sciences into a new beginning released from the continuity with the Descartes' beginning, whether we talk about Descartes' formulation of the Subject, or about his elaboration of the methodical doubt, or his favouring of mathematics, or his rational proof of God, but above all about his rudimentary concept of the autonomous Subject. Maritain's critique of Descartes from the year 1932 is in this respect a pattern for more recent moral and ideological refusals of Descartes' philosophy. In the interpretation of Descartes' proof of God the author points out that Descartes' elaboration of *cogito*, into which the insufficiency of the Subject is inscribed, is disquieting for contemporary philosophies and ideologies that are built upon an abstract notion of »Man«. The Cartesian paradigm is a commencement for concepts of Subject that assume the Subject as their own object. The Subject that determines all reality out of themselves, including their own reality - the beginning and the end of circular proving procedure through doubt - stands open to their own negation.

Key words: philosophy, Subject, science, critique, nature

Aleš Čakalić

KOZMOPOLITSKI HUMANIZEM V FILMIH HRVAŠKEGA REŽISERJA DALIBORJA MATANIĆA COSMOPOLITAN HUMANISM IN THE FILMS OF CROATIAN DIRECTOR DALIBOR MATANIĆ

Do zdaj najtemeljitejša študija o kozmopolitizmu v postjugoslovanskem filmu, monografija *Post-Yugoslav Cinema: Towards a Cosmopolitan Imagining* (2015) Dina Murtića, povsem zaobide opus sodobnega hrvaškega režiserja Daliborja Matanića, ki je na prizorišče stopil leta 2000. Teza pričujočega prispevka pa je, da predstavlja Matanićev opus enega najimenitnejših primerov postjugoslovanskega filmskega kozmopolitizma. Da bi to dokazali, razgrnemo Murtićevo utemeljitev postjugoslovanskega filmskega kozmopolitizma in njeno teoretsko predhodnico, postjugoslovanski slogovni trend »filma normalizacije«, kot ga je konstatiral Jurica Pavičić (2011; tudi Pavičić se je v svoji študiji izognil obravnavi Matanića), ter s pozornim branjem Matanićevih filmov pokažemo, kako se večina teh filmov dobro prilega Murtićevim in Pavičićevim merilom. Iz tega izhaja sklep, da Matanićev opus ne pomeni le nadvse dobrodošle pomladitve hrvaške kinematografije v 21. stoletju, temveč tudi pomemben prispevek umetnosti k razumevanju »duše« Jugovzhodne Evrope, kakor tudi prizmo, skozi katero je mogoče pogledati na to zelo specifično geopolitično regijo v luči trajnostnega razvoja. Postjugoslovanski filmski kozmopolitizem, kot ga med drugimi prakticira Matanić, vliva upanje, da je prihodnost regije vendarle svetla.

Ključne besede: postjugoslovanski film, Jugovzhodna Evropa, Dalibor Matanić, kozmopolitizem, humanizem

The films of contemporary Croatian director Dalibor Matanić, who has been active since 2000, are conspicuously absent from the most thorough study on the subject of cosmopolitanism in post-Yugoslav cinema, Dino Murtić's 2015 monograph *Post-Yugoslav Cinema: Towards a Cosmopolitan Imagining*. In this contribution, a thesis is proposed that Matanić's work stands as a shining example of post-Yugoslav cinema's cosmopolitanism. In order to prove that, Murtić's theory of cosmopolitanism in post-Yugoslav cinema is showcased, along with its forerunner, the post-Yugoslav stylistic current of »the film of normalization« as advocated by Jurica Pavičić (2011; Pavičić, as well, chose to bypass Matanić's opus in his study). By attentively observing Matanić's films, we show how they fit Murtić's and Pavičić's criteria nicely. All of this is leading to a conclusion that Matanić's opus does not merely represent a most welcome rejuvenation of Croatian cinema in the last two decades, it is furthermore an important contribution on the part of arts to comprehend the »soul« of Southeastern Europe, and a prism through which this very particular geopolitical region can be viewed in light of sustainable development. The post-Yugoslav cinema's cosmopolitanism, as pursued by, among others, Matanić, provides a ray of hope that the future of this region is nevertheless bright.

Key words: post-Yugoslav cinema, Southeastern Europe, Dalibor Matanić, cosmopolitanism, humanism

Borut Petrovič Jesenovec

INTERPRETACIJA KOMEMORATIVNEGA DISKURZA NA PARTIZANSKIH SPOMENIKIH INTERPRETATION OF COMMEMORATIVE DISCOURSE IN MONUMENTS TO PARTISANS

Prihodnji trajnostni razvoj družbe je mogoč samo ob dobrem poznavanju preteklosti, kajti dober zgodovinski spomin zmanjšuje moč političnih manipulacij z zgodovino in omogoča pogled v prihodnost. Prispevek pripomore k izboljšanju razumevanja novejšje zgodovine, saj v zgodovinski in politični kontekst totalitarnega režima v Sloveniji postavi partizanske spomenike, predvsem pa poskuša odkriti odnos komunističnega režima do prikaza dogajanja v drugi svetovni vojni za aktualne politične potrebe na primeru pesniških napisov na partizanskih obeležjih. Slovenija je s partizanskimi obeležji gosto posejana, obstaja jih približno 4000, a takšnih z napisom, ki presegajo podajanje golih dejstev (na primer kdo je umrl in kdaj) in s pesniško obliko čustveno interpelirajo »dolžnike«, ki lahko uživajo »svobodo« samo po zaslugi partizanskih »mučnikov« in njihove krvi, je občutno manj. Poudarek bo prav na teh, ker zagotavljajo najuporabnejše gradivo za lingvistično analizo. Prispevek poskuša prepoznati elemente vzburjanja krivde pri preživelih in uporabo tovrstne čustvene manipulacije za legitimacijo totalitarnega sistema. Interpretacija komemorativnega diskurza o žrtvovanju, svobodi in dolžnosti do mrtvih se bo osredotočila na vsiljevanje občutkov izdaje pri državljanih, če niso brezpogojno vdani ideologiji Komunistične partije. Prispevek poskuša odgovoriti tudi na vprašanje, v katerem obdobju med letoma 1945 in 1989 je imela oblast največjo potrebo po postavljanju partizanskih spomenikov.

Ključne besede: komunizem, totalitarizem, revolucionarna poezija, čustvena manipulacija, spomeniki

A society's sustainable development in the future can only be based on good knowledge of the past, as good historic memory decreases the power of political manipulations with history and enables clearer vision of the future. The aim of this paper is to contribute to a better understanding of recent history by putting monuments to Partisans into the historic and political context of a totalitarian regime in Slovenia. It tries to discern the communist regime's approach to representing events in WWII for current political purposes in the case of poetic inscriptions on Partisan monuments. Slovenia is a country spangled with monuments to Partisans (there are approximately 4000 of them), but the attention will be drawn only to those having inscriptions that transcend just stating facts (for example who died and when) and in emotional poetic terms address surviving "debtors" who are able to benefit "freedom" only due to Partisan "martyrs" and their spilt blood. The emphasis will be placed on those monuments because they provide the most useful material for linguistic analysis. The paper tries to identify elements of, firstly, instilling guilt in survivors and, secondly, the use of such an emotional manipulation to legitimise a totalitarian regime. Interpretation of commemorative discourse about sacrifice, freedom and obligation to the dead will be focused on recognising the raising of feelings of betrayal in citizens if they are not unconditionally loyal to the ideology of the Party.

Key words: communism, totalitarianism, revolutionary poetry, emotional manipulation, monuments

Ignac Navernik

SODOBNE MIGRACIJE V LUČI SVETOPISEMSKE MIGRANTSKE IZKUŠNJE IZRAELKEGA LJUDSTVA CONTEMPORARY MIGRATIONS IN THE LIGHT OF THE BIBLICAL MIGRATION EXPERIENCE OF THE ISRAELI PEOPLE

Sveto pismo, predvsem Stara zaveza, zajema iz pripovedi migrantov, nomadov. Tudi Izrael, izvoljeno ljudstvo, sebe doživlja kot ljudstvo, ki je na poti: ne le v eshatološki perspektivi, ampak tudi v zemeljskih realnostih. Prispevek problematizira izraelsko migrantsko izkušnjo, ki izvoljeno ljudstvo dejansko konstituira kot skupnost: njihovo sužnost v Egiptu in izhod iz njega. Prek hermenevtičnega pristopa ponovnih branj izluščimo nekatere značilnosti izkušnje, od prisilne selitve zaradi podnebnih sprememb do sovražnega odnosa gostujočega ljudstva ob povečanju njihovega števila, katerega posledica je eksodus, in končno do nasilja, ki ga na območju stalne nastanitve povzročijo nad avtohtonimi ljudstvi. V drugem delu soočimo ugotovljene značilnosti iz svetopisemske pripovedi z okoliščinami migracij zadnjih let. Za njihov prikaz so uporabljene javno dostopne izkušnje migrantov in opredelitve do migrantov in migracij v izbranih slovenskih medijih. V sklepnem delu je, ob študiju dostopne znanstvene literature, problematizirana splošnost antropoloških izkušenj s področja migracij znotraj biblične naracije in na njeni podlagi postavljen poskus ocene mogočih posledic množičnih migracij za izvorno in ciljno prebivalstvo ter za migrante same.

Ključne besede: migracije, migranti, Sveto pismo, eksodus, teologija

The Bible, the Old Testament in particular, encompasses the narratives of migrants and nomads. Even the ancient Israelites, as a chosen people, regard themselves as constantly itinerating: not only in the eschatological perspective but also in the earthly realities. The article problematises the Israeli migrant experience, which actually constitutes the elected people as a community: their period of slavery in Egypt and the way out of it. Hermeneutical rereading extracts some features of the experience of forced migration due to climate change, the hostile attitude of the Egyptians due to increasing numbers of the Israelites, which resulted in the exodus, and finally to the violence upon the indigenous peoples in Palestine. The identified characteristics of the biblical narrative are confronted with migration narrations from Europe of the last years in the second part of the article. For presentation, the publicly published stories of migrants and the articulation on migrants and migration in selected Slovenian media are used. In the final part, capitalizing the study of the available scientific literature, we discuss the possible generalizations of anthropological experience of migration within the biblical narrative and based on the latter, the attempt is positioned to estimate the possible consequences of current mass migration on the population in the countries of origin and in target countries, as well as for the migrants themselves.

Key words: migrations, migrants, Scripture, exodus, theology



Ivo Ban

DR. JANKO BEZJAK KOT AVTOR STROKOVNE KNJIŽEVNOSTI JANKO BEZJAK AS AN AUTHOR OF SPECIALIZED LITERATURE

V pričujočem članku bom predstavil dr. Janka Bezjaka kot ustvarjalnega duha na področju pedagoškega slovstva, izhajajoč iz hipoteze, da so se temeljne vrednote oziroma celoten vrednotni sistem v skromnem ruralnem haloškem okolju rojenega Johanna Wesiaka izoblikovale in stkale v kompleksen in subtilno racionalen, poklicu predan način življenja, pod vplivom sprva družinskega okolja in nato ciljno orientiranega izobraževalnega miljeja, ki mu je kot pedagog-lingvist na različnih stopnjah, destinacijah in v različnih vlogah ostal zvest vse svoje življenje. Za drugo polovico 19. stoletja so za Avstro-Ogrsko, s tem pa tudi za Štajersko, ki je bila ena od dežel Cislajtanije, značilne številne gospodarske spremembe, kot npr. gradnja železniške proge od Pragerskega do Velike Kaniže, uvedba telegrafije etc. Šolska obveznost je bila uvedena že mnogo prej (1774). Leta 1869, ko naj bi se v šolske klopi usedel vedoželjni Johann, je začel veljati »Reichsvolksschulgesetz«, ki je šolsko obveznost podaljšal na osem let. Temu je sledilo uvajanje drugih vrst šol (meščanskih, nižjih realnih gimnazij in dekliških meščanskih) ter drugih izobraževalnih oblik (učiteljski seminar). Učitelji, ki so v sodelovanju z duhovniki in strogimi starši, ki so slednje brezpogojno podpirali, bili poglavitni nosilci celotnega učnega procesa in splošne omike, so se kmalu znašli pred dilemo, kako času primerno opravljati svoje poslanstvo. Strokovna združenja so spodbujala in pozivala učiteljstvo k pisanju splošne in predmetno usmerjene strokovne književnosti. Temu se je s tankočutno poklicno strastnostjo lingvista odzval tudi akademik dr. Bezjak in začel pisati in objavljati sprva strokovne članke, pozneje pa tudi obsežnejše strokovne publikacije.

Ključne besede: dr. Janko Bezjak, slovensko učiteljstvo, jezikovni pouk, pedagoško slovstvo, učitelj-pisec strokovne književnosti

In the present article I intend to present dr. Janko Bezjak as a creative author of pedagogical literature, deriving from the hypothesis that, having been born in modest rural environment, Johann Wesiak's entire system of values combined into a complex, subtle, rational way of life, devoted to the profession, initially influenced by the family environment and then by targeted educational milieu, to which he remained faithful throughout his life as a pedagogue-linguist on various levels. In the second half of the 19th century, Austro-Hungary as well as Styria, being one of Cisleithanian regions, witnessed numerous economic changes, e.g. the construction of railway from Pragersko to Velika Kaniža, introduction of telegraphy etc. Compulsory schooling had been introduced much earlier (1774). In 1869, as the enthusiastic Johann started attending school, the 'Reichsvolksschulgesetz' entered into force, extending compulsory schooling to eight years. Introduction of other sorts of schools (lower grammar schools and lyceums) and other forms of education (teachers' seminar) followed. Teachers who worked side by side with priests, both unconditionally supported by strict parents, were the principal agents of the entire learning process. But soon they encountered the dilemma of how to carry out their mission, remaining up-to-date. Professional associations encouraged teachers to write general and specialized literature. The academic Bezjak PhD responded with the professional passion of a linguist. Starting by specialized articles, he later on published comprehensive specialized literature.

Key words: dr. Janko Bezjak, Slovenian teachers, language teaching, pedagogical literature, teacher-author of specialized literature

Boris Mihalj

ZDRAVSTVENO VARSTVO NA PODROČJU UPRIZORITVENIH UMETNOSTI V LUČI TRAJNOSTNEGA RAZVOJA HEALTH CARE IN THE FIELD OF PERFORMING ARTS IN THE LIGHT OF SUSTAINABLE DEVELOPMENT

Zamisel o razvoju človeške družbe v svojem ontološkem jedru zapostavlja trajnostno naravn razvoj področja umetnosti in v njeno raznolikost vpetega temeljnega stebra, ki ga uteleša posameznik, ustvarjalec. Poleg nezadostne ozaveščenosti o izhodiščni postavki umetnosti v sodobni družbi se kaže tudi izrazita neozaveščenost o skrbi za zdravje tistih, ki slednjo uresničujejo. Za urejanje problematike zdravstvene oskrbe ustvarjalcev na področju uprizoritvenih umetnosti je na zahodnem delu globalne politične celote ob koncu 90. let prejšnjega stoletja vzniknila nova veja smeri medicine dela – performing arts medicine (PAM), ki je analogna medicini športa in tesno sodeluje z raznovrstnimi specialističnimi medicinskimi področji ter interdisciplinarnimi specializacijami, ki se z naborom vedenj in znanja medsebojno dopolnjujejo. Glavni razlog tovrstnega raziskovanja je povečano število poškodb in bolezni vrhunskih ustvarjalcev v zadnjem času. Uresničitev dveh ciljev, sistemizacija specifičnih sprememb v zdravstvenem stanju in razvrstitev poškodb pri nas se izmikata predvsem zaradi izrazite politično-ekonomske tržne uravnanosti. Izpostavljena skrb za psihofizično blagostanje zaposlenih ni naključna pridobitev v ekonomsko dobrobit usmerjenih razvitih družb. Kakovost poklicnega opravljanja dela na vseh področjih umetniškega ustvarjanja izraža vsebino in vrednote družbe, ki je skozi to delo zastopana. Zato je ureditev zdravstvene oskrbe na področju uprizoritvenih umetnosti nujna. Pomemben je sistematičen zajem evidentiranja motenj v delovanju organizma in njihova opredelitev. Predvsem pa je nujno ozaveščanje o načinih varovanja zdravja in vseh škodljivih posledicah, ki jih povzroča opravljanje dela na vseh delovnih mestih, vključenih v ustvarjalne procese.

Ključne besede: trajnostni razvoj, umetnost, zdravje, skrb, gledališče

The idea of the development of human society in its ontological core neglects the sustainable development of the field of art and its diversity represented by the underlying basic pillar embodied in the individual, the artist. In addition to insufficient awareness of the starting point of art in modern society, there is also a clear lack of awareness about the health care of those who implement it. In order to regulate the problem of healthcare for artists in the field of Performing Arts, in the Western part of the global political totality, at the end of the 1990s, a new branch of occupational medicine, PAM, arises, which is analogous to sports medicine and closely cooperates with various specialized medical fields, emerged and interdisciplinary specializations that complement each other with a set of behaviors and knowledge. The main reason for this is the recent increased number of injuries and diseases of top-notch art creators. The realization of two goals, the systematisation of specific changes of health and the classification of injuries is under the influence of pronounced political and economic market 'equilibrium'. Exposed concern for the psycho-physical well-being of employees is not an accidental gain in the economically well-targeted developed societies. The quality of professional work in all areas of artistic creation reflects the content and values of the society represented through this kind of results. Therefore, the regulation of health care in the field of performing arts in Slovenia is more than necessary. It is important to systematically capture the recording of disorders in the functioning of the organism and to define them. Above all, it is necessary to raise awareness about the ways of protecting health and all the harmful consequences required by the performance of works in all workplaces involved in creative processes.

Key words: sustainable development, art, health, care, theatre

Nežka Jovan

IGRA IN PROSTOR PLAY AND SPACE

Igro bi lahko opredelili kot prafenomen, s katerim se srečujemo prav vsi. Med osnovne značilnosti igre se uvrščata njena sklenjenost in omejenost, saj se odigrava znotraj določenih časovnih in prostorskih meja. Pionir teorije iger, ki se je razvila šele v 20. stoletju, Johan Huizinga poudarja, da kljub omejenosti s prostorom in časom za igro ni značilno, da bi bila sama del realnega prostora ali časa, saj lahko poseduje irealni prostor in čas. Igralno polje v igri nemalokrat preseže materialni atribut lokacije dogajanja. Michel Foucault v svojem predavanju »O drugih prostorih« razvije pojem heterotopije. Zelo kratek in zgoščen spis ne more podati celovite ideje drugih prostorov, lahko pa njegov pojem razumemo kot izjemno ploden temelj za razmišljanje o značilnostih prostora v igri. Foucault je nekako na prelomu, kjer ni povsem jasno, ali je heterotopije smiselno razumeti kot dejanske prostore (lokalizabilne) ali pa moramo heterotopije razumeti metaforično kot nekaj, kar je drugo prostora, in ne drugi prostor. Za Michela de Certeauja na primer je kraj trenutna razporeditev položajev, s prostorom pa stopijo v igro vektorji smeri, hitrosti in časovna spremenljivka. Tem različnim zasnutkom je skupno, da prostora ne predpostavljajo zgolj kot objektivne danosti ali pogoja za dejanja, temveč opozarjajo, da prostori izhajajo iz procesov konstituiranja. V prispevku želimo premisliti o pomembnosti ter izpostaviti posebnosti simbiotnega odnosa med igro in prostorom.

Ključne besede: igra, prostor, igralno polje, ludizem, heterotopije

Play could be defined as the phenomenon that everybody encounters. Among the basic characteristics of play are its conclusion and limitedness. Johan Huizinga, pioneer of the theory of play developed in the 20th century, emphasizes that despite the limited space and time, it is not innate of play that it itself is a part of real space or time, since it possesses an unreal space and time. The playing field often exceeds the material attribute of the location of the event. In his lecture "Of other spaces" Michael Foucault develops the concept of heterotopia. A short and compact document cannot provide a complete idea of other spaces, but we can regard his concept as an extremely fruitful basis for thinking about the characteristics of the space in play. Foucault is somehow located at a brink where it is not entirely clear whether it is sensible to understand heterotopia as an actual space (localizable), or whether it should be understood metaphorically, as something other than the other space. Michel de Certeau, for example, defines place as the current distribution of positions, and the vectors of direction, velocity and time variables. These various concepts are common as they do not presuppose space simply as the objective or condition for action, but they point out that space originates from the processes of constitution. In the article, we want to consider the importance and to highlight the specificities of the symbiotic relationship between play and space.

Key words: game, space, playing field, ludism, heterotropy

Mojca Sfigoj

ZDRAVSTVO IN REGISTER NEPREMIČNE KULTURNE DEDIŠČINE HEALTH CARE IN THE REGISTER OF IMMOVABLE CULTURAL HERITAGE

V prispevku preučujem enote nepremične kulturne dediščine v Registru kulturne dediščine Slovenije, ki so na različne načine povezane z medicino in zdravstvom. Medicinska humanistika v Sloveniji se večinoma ukvarja s socialno zgodovino medicine in zdravstvenega varstva. Poleg zgodovine medicinske misli in prakse, razvoja medicine in pomembnih zdravnikov vanjo uvrščamo tudi ustanove za oskrbo bolnikov (Ramšak, 2018, str. 254). Ustanove za oskrbo bolnikov pa so tesno povezane s prostori, objekti in kompleksi za opravljanje dejavnosti. Uvodno bom predstavila Register kulturne dediščine in enote dediščine. Raziskovala bom podatke v spletno dostopni bazi podatkov in jih poskušala smiselno interpretirati. Na podlagi analize bom identificirala objekte, kot so bolnišnice, zdravstveni domovi, zdravilišča, špitale, lekarne in druge enote, povezane z zdravstvom. Na podlagi ciljne poizvedbe sem pridobila seznam s 144 enotami kulturne dediščine. Hkrati sem ugotovila, da bi bilo v obravnavo treba vključiti tudi posebno vrsto znamenj – kužna znamenja, ki jih kot zvrst uvrščamo med spominske objekte in kraje. Sicer seznam nudi le osnovno informacijo, da se je enota zaradi iskalnih kriterijev uvrstila nanj. Vsak zapis je treba preučiti v kontekstu vseh rubrik, da lahko podamo dejansko mnenje. Tako numerično vrednotenje zadetkov v večini primerov ni smiselno. Ob zaključku analize ugotavljam, da lahko v Registru kulturne dediščine pridobimo le delne informacije o objektih in enotah, ki izpričujejo zgodovino zdravstva in medicine na Slovenskem. Pridobljene informacije so lahko v pomoč pri nadaljnjem raziskovalnem delu, in nikakor ne evidenca, ki bi podala popolne odgovore.

Ključne besede: medicinska humanistika, objekti za oskrbo bolnikov, varstvo kulturne dediščine, Register kulturne dediščine

In this contribution, I study the units of immovable cultural heritage in the cultural heritage register that are connected to medicine and health care in various ways. The medical humanities mostly focus on the social history of medicine and health care. In addition to medical thought and practice, the development of medicine and important doctors, institutions for the care of patients also belong in this category (Ramšak 2018, 254). Institutions for the care of patients are closely linked to spaces, facilities and complexes for the performance of activities. In the introduction I will present the cultural heritage register and units of heritage. I will research the data available in the online database and attempt to interpret them meaningfully. Based on the analysis I will identify facilities such as hospitals, ambulatory clinics, health centres, spas, pharmacies and other units related to health care- Based on the targeted search I obtained a list with 144 units of cultural heritage. At the same time, I found that a special kind of monuments needed to be included into the study - plague columns, which we count as memorials and places. The list provides only the basic information that a unit is listed in accordance with the search criteria. Each listing must be studied in the context of all categories in order to be able to issue an actual opinion. Such numerical evaluation of results in most cases does not make sense. Upon the conclusion of the analysis I find that the cultural heritage register only provides partial information on facilities and units that testify to the history of medicine and health care in Slovenia. The acquired information may be of assistance in further research work but cannot serve as a complete record.

Key words: Medical humanities, facilities for patient care, protection of cultural heritage, cultural heritage register

Zvezdan Marković

VERA V VOJSKI KRALJEVINE JUGOSLAVIJE IN JUGOSLOVANSKI LJUDSKI ARMADI RELIGION IN THE ARMY OF THE KINGDOM OF YUGOSLAVIA AND THE YUGOSLAV PEOPLE'S ARMY

V novi državi, ko se je začel proces združevanja v Kraljevino Srbov, Hrvatov in Slovencev, vzpostavljanje duhovne oskrbe vojakov za slovensko javnost in duhovščino ni bilo nenavadno. Zagotovo lahko iščemo enega izmed razlogov za njeno počasno uvajanje v dejstvu, da je bil konkordat med Apostolskim sedežem in Kraljevino Jugoslavijo podpisan šele 25. julija 1935. Pravoslavna cerkev je dolgo časa nasprotovala konkordatu in uvedbi katoliške duhovne oskrbe v vojski. V drugi Jugoslaviji so nemalokrat poudarjali, da je Komunistična partija Jugoslavije že pred vojno, kakor tudi v pozivu k vstaji in v poznejših razglasih, poudarjala stališče, ki naj bi sledilo njeni politični filozofiji, da je treba zagotoviti nacionalno in versko toleranco ter da je to ključ uspeha za pridobitev širokih ljudskih množic na njeno stran. Položaj in vloga Jugoslovanske ljudske armade (JLA) v družbeno-političnem sistemu Jugoslavije sta bila opredeljena v Ustavi Socialistične federativne republike Jugoslavije (SFRJ). Kot državna organizacija je spadala pod pristojnost državnega nadzora in vodenja. Ločenost cerkve od države je posledično ločevala tudi JLA od cerkve. Postavimo lahko hipotezo, da se je poskušal vojaški vrh JLA prikazati kot strpen do vere ter da je deloval v skladu z načeli in značajem političnega sistema samoupravnega socializma. Cilj proučevanja odnosov oboroženih sil in verskih skupnosti v Jugoslaviji in Sloveniji med letoma 1918 in 1991 je določiti njihov tip in urejenost v specifičnem fenomenu najprej monarhističnega, nato pa socialističnega (komunističnega) okolja. Temeljno vprašanje pri tem je stopnja in uspešnost civilnega nadzora nad vojsko, zlasti v obdobju, ko se kažejo v družbi močne težnje po velikih spremembah in relegitimiranju vojaštva.

Ključne besede: vojska Kraljevine Jugoslavije, Jugoslovanska ljudska armada, vera, verske skupnosti, politično izobraževanje

In the new country, when the process of joining into the Kingdom of Serbians, Croats and Slovenians began, the implementation of spiritual care for the soldiers did not appear odd to the Slovenian public. One of the reasons for its slow implementation can surely be attributed to the fact that the concordat between the Apostolic Throne and the Kingdom of Yugoslavia was not signed until July 25th, 1935. The for a long time, the Orthodox Church opposed the concordat and the implementation of Catholic spiritual care in the army. In the other Yugoslavia, it has been stated many times that the Communist party has called for national and religious tolerance already before the war, and also during the call for uprisings and later statements, and has claimed that this would be key to the successful gaining of broad public support. The situation and role of the Yugoslav People's Army (YPA) in the sociopolitical system of Yugoslavia were defined in the Constitution of the Socialist Federal Republic of Yugoslavia (SFRY). As a state organisation, it belonged under the jurisdiction of state control and guidance. Consequently, the separation of church and state also separated the YPA from the church. We can form the hypothesis that the military leaders of the YPA tried to appear tolerant towards religion and that they acted in accordance with the principles and character of the political system of self-governing socialism. The aim of studying the relationships between the armed forces and religious communities in Yugoslavia and Slovenia in the period between 1918 and 1991 is to determine their type and order within the specific phenomenon of first the monarchic and then the socialist (communist) environment. The basic question thereby is the level and success of civil control over the army, especially in a time period when society exhibits strong tendencies for significant change and relegitimization of the military.

Key words: The Army of the Kingdom of Yugoslavia, the Yugoslav People's Army, religion, religious communities, political education

Melita Zajc

TRAJNOSTNI RAZVOJ IN PASTI DEJAVNEGA OSEBNEGA ANGAŽMAJA: VIDIK SODOBNE MEDIJSKE KRAJINE IN JAVNE RADIODIFUZIJE SUSTAINABLE DEVELOPMENT AND THE AMBIGUITIES OF INDIVIDUAL PARTICIPATION: THE PERSPECTIVE OF CONTEMPORARY MEDIA LANDSCAPE AND PUBLIC BROADCASTING

Dejavno sodelovanje vsake posameznice in posameznika se zdi eden glavnih pogojev trajnostnega razvoja. Velik del individualnega angažmaja poteka prek medijev, zadrege sodobne medijske krajine, od nekontroliranega nadzora do kraje podatkov, vplivanja na volilne izide in sovražnega govora, pa pričajo, da možnost dejavnega sodelovanja občinstev v procesih ustvarjanja medijskih vsebin sama po sebi ni rešitev. Je morda celo problem?

V pričujočem članku predlagamo, da problem dejavnega individualnega angažmaja obravnavamo z vidika racionalizacije. Vključevanje potrošnikov v produkcijo dobrin in storitev je pripeljalo do tako tesnega povezovanja potrošnje in proizvodnje, da se je za to v teoriji uveljavil neologizem »protošnja«. Osnova protošnje je racionalizacija, kar prispeva k dvigu kakovosti, a tudi omejuje raznolikost in možnosti izbire. Z digitalizacijo se racionalizacija povečuje, hkrati pa se danes mnogim to kaže kot naravno okolje. Zlasti na področju družbenih medijev, saj je dejavno sodelovanje pri izdelavi medijskih vsebin eden od pogojev vloge medijev pri zagotavljanju demokratičnih družbenih procesov. Poudarili bomo ta dvojni vidik osebnega angažmaja: medtem ko pomen sodelovanja občinstev pri pripravi medijskih vsebin za demokratične procese odločanja kaže na pozitivne vidike, pa poudarek, da je izvor participacije v procesih racionalizacije, zahteva kritičnejšo presojo. Vprašali se bomo, ali morebiti to ne narekuje bolj reguliranih oblik participacije. Podrobno bomo analizirali eno od zgodovinskih oblik regulirane participacije, javno radiotelevizijo. Naslonili se bomo na zgodovinske in sodobne študije javne RTV ter izvirno proučevanje zgodovine javne RTV v Slovenji. Uporabili bomo primarne in sekundarne vire in zlasti kvalitativne metode: oralno zgodovino (intervjuje) in analizo posameznih vsebin.

Cilj je prispevati k oblikovanju osnov za kritično analizo in teorijo sodobne medijske krajine, v smislu konceptualnih obravnav, pa tudi take regulacije medijske krajine, ki bo znala odgovoriti na izzive trajnostnega razvoja.

Ključne besede: participacija, protošnja, racionalizacija, mediji, javna radiotelevizija

The active participation of each individual is one of the main conditions for sustainable development. Much of the individual's engagement is done through the media. Contemporary controversies, from uncontrolled surveillance to hate speech, show that the possibility of active involvement of audiences in creating media content is not a solution in itself. Could it be a problem?

We will suggest that the active participation of individuals be considered from the perspective of rationalisation. The involvement of consumers in the production of goods and services has led to such close integration of consumption and production that theorists introduced the neologism "prosumption". The basis of this is rationalisation which restricts diversity and individual choice. Rationalisation is increasing with digitalisation, and today, it often seems 'natural' – especially in the field of media, as active participation in media production is one of the conditions of the key role of the media in democracy. We will emphasise this dual aspect of participation: the importance of the participation of the audiences in the creation of media content for democratic decision-making points to positive aspects, while the source of participation in rationalisation requires a more critical view. We will propose more regulated forms of participation and analyse one of the historical forms of regulated audience participation, that is, public service broadcasting.

We will rely on historical as well as contemporary studies of PBS, and on original research of the PBS in Slovenia. We will use primary and secondary sources, and mostly qualitative methods: oral history and content analysis. The goal is to contribute to the critical analysis and theory of modern media, and also to the regulation of such media, as they are able to respond to the challenges of sustainable development.

Key words: participation, prosumption, rationalisation, media, PBS



Renata Šribar

ZNANOST IN POMEN »POSTANKA«: IZBOLJŠANJE OBSTOJEČEGA PRED DISKURZOM O DRUŽBENI SPREMEMBI SCIENCE AND THE MEANING OF »STAY«: IMPROVEMENT OF THE EXISTING BEFORE DISCUSSION ON SOCIAL CHANGE

V naši znanstveni sodobnosti se vzpostavlja nasprotje med nujno po »boljši«, etični, odgovorni znanosti in prakso, ki narekuje znanstvenoraziskovalno hiperprodukcijo in posledično manj kakovosten pedagoški vložek. Iz te sopostavitve izhaja vprašanje smisla razvoja v zastavljeni smeri, in problem degradacije same znanosti kot sektorja, na katerem potekajo razvojne dejavnosti. Danes nam namreč ne omogoča več niti inkubacijske dobe pred raziskovalno obravnavo in preverjanja interpretacije. Zaradi pritiska kapitala pa, kot kaže, ni časa in raziskovalnih zasedb, ki bi imele dovolj moči za nov spoznavni obrat v znanosti.

Kabinetna raziskava s transdisciplinarnim in transformativnim pristopom je privedla do ugotovitve, da je obstoječi koncept razvoja v kritičnih družbe že problematiziran. Naša jukstapozicija nuje po etiki in odgovornosti v znanosti ne eni strani in hiperprodukcije na drugi je vključila nov poudarek, ki na ravni refleksije vodi iz zagate. »Postanek« je koncept, opredeljen skozi negacijo. Ni nekaj, kar nas bo ustavilo za vekomaj ali nas celo začelo počasi potiskati nazaj v zgodovino. Je predlog strukturnega, namenskega oblikovanja obdobja, v katerem se stvarno soočamo s problemi v sami znanosti, tudi z vprašanjem, koliko je skupaj s kritično teorijo družbe sploh še nosilka civilizacijske usode. »Postanek« je v nadaljevanju, po soočanju s stvarnimi pogoji in usmeritvami našega dela namenjen popravilu obstoječega.

»Postanek« ne odpira vrat zgodbi o velikih sistemskih spremembah znanosti in družbe. Konstruktivno mišljenje v dobi postanka je utemeljeno na »upanju z razlogom«, v našem primeru je ta razlog, denimo, odličen mehanizem za doseganje raziskovalne integritete delujočih na Univerzi v Torontu. Druga kakovostna osnova je pripoznavanje nasprotujočih si silnic v aktualnem strukturiranju znanosti, in uvid v možnost spreminjanja teh antagonizmov v »agonizem«, v »športno«, etično zasnovano znanstveno tekmovanje. Mehanizmi etične in s tem odgovorne znanosti bi smeli nagrajevati zgolj znanstvenice in znanstvenike z izkazano raziskovalno integriteto, to pa je stvar znanstvenih politik.

Ključne besede: etična znanost, spoznavni obrat, upanje, raziskovalna integriteta, agonizem

In our scientific modernity, the contradiction between urge for 'better', ethical, responsible science, and practice, which dictates scientific research hyperproduction and consequently less pedagogical input of quality, is established. From this juxtaposition the question of the meaning of development in the intended direction arises, and the problem of degradation of the science itself as the sector in which development activities take place. Today, we are no longer able to even have time for incubating in advance the research, and verification of interpretation. Due to the pressure of the capital, it seems that there is no time, and no research teams that would have enough power for a new epistemic turn in science.

The cabinet survey with a transdisciplinary and transformative approach has led to the conclusion that the existing concept of development has already been problematized in critical studies of societies. Our juxtaposition, which is based on ethics and responsibility in science on the one hand, and hyperproduction on the other hand has incorporated a new emphasis that leads to the way out of the blind alley. 'Stay' is a concept defined through a negation. It's not something that will stop us forever or even slowly push us back into history. It is a proposal for a structured, dedicated design of a period in which we are really confronted with problems in science itself, also with the question of how much, together with the critical theory of society, it is still the bearer of course of civilization. 'Stay' is hereafter, after facing the actual conditions and orientations of our work, intended to repair the existing.

'Stay' does not open the door to the story of major systemic changes in science and society. Constructive thinking in the age of a stay is based on 'hope with a reason', in our case, for example, this is an excellent mechanism for achieving the research integrity of those employed at the University of Toronto. Another qualitative basis is the recognition of conflicting forces in the current structuring of science, and the insight into the possibility of changing these antagonisms in 'agonism', in a 'sporting' ethically based scientific competition. Mechanisms of ethical and thus responsible science should give recognition only to scientists and scientists with demonstrated research integrity, which is a matter of scientific policies.

Key words: ethical science, epistemic turn, hope, research integrity, agonism



Vesna Periček Krapež

PLACEBO IN UČINEK PLACEBA V BIOMEDICINI: KRATEK ZGODOVINSKI PREGLED PLACEBO AND THE PLACEBO EFFECT IN BIOMEDICINE – A BRIEF HISTORICAL OVERVIEW A BRIEF HISTORICAL OVERVIEW

V prispevku bo predstavljen zgodovinski pregled dojemanja placeba in učinka placeba v biomedicini, saj se zadnjih nekaj desetletij njegovo dojemanje, tako v naravoslovnih kot humanističnih (antropoloških) obravnavah, zelo spreminja, kar lahko ima daljnosežne posledice tudi na dojemanje zdravljenja.

Sprva uporabljan kot zdravnikova »legitimna prevara« v dobrobit pacientovega počutja, placebo pozneje postane orodje v standardiziranih kliničnih raziskavah za razkrivanje specifičnega učinka medicinskih zdravil ali posegov. Danes se pojmuje kot kompleksen pojav z več prvinami (med drugim so to pričakovanje, klasično pogojevanje in učenje; sama diagnoza in prognoza bolezni; način, kako se izvaja medicinska intervencija, ter okolje, v katerem se izvaja; družbenokulturni pomen, ki ga dajeta zdravju, bolezni in zdravljenju tako pacient kot terapevt; psihosocialni dejavniki, ki zdravljenje bodisi okrepijo ali pa ga krnijo (tj. nocebo); in temeljno – odnos med terapevtom in pacientom) in sinergijo več dejavnikov v celotnem kontekstu zdravljenja, prav tako tudi kot pomemben vidik terapevtskega odnosa v procesu zdravljenja.

Sodobni raziskovalci placeba preizprašujejo možnosti in načine prenašanja dosedanjih spoznanj o naravi, moči in vrednosti placeba v klinično prakso, ob hkratnem upoštevanju etičnih vodil Ženevske deklaracije (to je upoštevanje pacienta kot enakopravne in dejavne osebe v procesu zdravljenja, spoštovanje njegovega dostojanstva in neodvisnosti ter trud za njegovo optimalno zdravstveno dobrobit). V takšni uporabi placeba nekateri raziskovalci vidijo možnost revitalizacije umetnosti celjenja v biomedicini ter humanističnih vidikov biomedicine, za katere menijo, da si jo je v dvajsetem stoletju podredila znanost zdravljenja oziroma znanstveno-tehnicistična plat biomedicine.

Ključne besede: placebo, učinek placeba, nocebo, umetnost celjenja, znanost zdravljenja

The paper presents a historical overview of the perception of the placebo and the placebo effect in biomedicine, as the perceptions of both has changed significantly over the past few decades, both within natural sciences and the humanities (anthropology), which has far-reaching consequences also on the attitudes towards patient treatment (in general).

Initially used as a "legitimate scam" by a physician for the benefit of the patient's well-being, the placebo later becomes a tool in standardised clinical trials for revealing the specific effects of medical drugs or interventions. Today, the placebo effect is understood as a complex phenomenon with several elements (these are, among others, expectation, classical conditioning and learning; the diagnosis and prognosis of the disease; the manner and environment in which the medical intervention is implemented; the socio-cultural significance assigned to health, disease and treatment by both patient and therapist; psychosocial factors that either reinforce or undermine treatment (i.e. the nocebo effect); and, most importantly, the relationship between therapist and patient), as the synergy of several factors in the entire context of treatment, and also as an important aspect of the therapeutic relationship in the treatment process.

Contemporary researchers of placebo are reconsidering the possibilities and ways of transmitting the current findings on the nature, power and value of the placebo into clinical practice, while respecting the ethical guidelines of the Declaration of Geneva (i.e. considering the patient as an equal and active participant in the treatment process, respecting their dignity and independence, and striving for their optimal health benefits). Some researchers see such use of the placebo as a possibility to revitalise the art of healing in biomedicine and the humanistic aspects of biomedicine which they believe to have been subjugated by the science of curing, i.e. the scientific-technical aspect of biomedicine in the twentieth century.

Key words: placebo, placebo effect, nocebo effect, art of healing, science of curing

Boris Mihalj

ZDRAVSTVENO VARSTVO NA PODROČJU UPRIZORITVENIH UMETNOSTI V LUČI TRAJNOSTNEGA RAZVOJA HEALTH CARE IN THE FIELD OF PERFORMING ARTS IN THE LIGHT OF SUSTAINABLE DEVELOPMENT

Zamisel o razvoju človeške družbe v svojem ontološkem jedru zapostavlja trajnostno naravn razvoj področja umetnosti in v njeno raznolikost vpetega temeljnega stebra, ki ga uteleša posameznik, ustvarjalec. Poleg nezadostne ozaveščenosti o izhodiščni postavki umetnosti v sodobni družbi se kaže tudi izrazita neozaveščenost o skrbi za zdravje tistih, ki slednjo uresničujejo. Za urejanje problematike zdravstvene oskrbe ustvarjalcev na področju uprizoritvenih umetnosti je na zahodnem delu globalne politične celote ob koncu 90. let prejšnjega stoletja vzniknila nova veja smeri medicine dela – performing arts medicine (PAM), ki je analogna medicini športa in tesno sodeluje z raznovrstnimi specialističnimi medicinskimi področji ter interdisciplinarnimi specializacijami, ki se z naborom vedenj in znanja medsebojno dopolnjujejo. Glavni razlog tovrstnega raziskovanja je povečano število poškodb in bolezni vrhunskih ustvarjalcev v zadnjem času. Uresničitev dveh ciljev, sistemizacija specifičnih sprememb v zdravstvenem stanju in razvrstitev poškodb pri nas se izmikata predvsem zaradi izrazite politično-ekonomske tržne uravnanosti. Izpostavljena skrb za psihofizično blagostanje zaposlenih ni naključna pridobitev v ekonomsko dobrobit usmerjenih razvitih družb. Kakovost poklicnega opravljanja dela na vseh področjih umetniškega ustvarjanja izraža vsebino in vrednote družbe, ki je skozi to delo zastopana. Zato je ureditev zdravstvene oskrbe na področju uprizoritvenih umetnosti nujna. Pomemben je sistematičen zajem evidentiranja motenj v delovanju organizma in njihova opredelitev. Predvsem pa je nujno ozaveščanje o načinih varovanja zdravja in vseh škodljivih posledicah, ki jih povzroča opravljanje dela na vseh delovnih mestih, vključenih v ustvarjalne procese.

Ključne besede: trajnostni razvoj, umetnost, zdravje, skrb, gledališče

The idea of the development of human society in its ontological core neglects the sustainable development of the field of art and its diversity represented by the underlying basic pillar embodied in the individual, the artist. In addition to insufficient awareness of the starting point of art in modern society, there is also a clear lack of awareness about the health care of those who implement it. In order to regulate the problem of healthcare for artists in the field of Performing Arts, in the Western part of the global political totality, at the end of the 1990s, a new branch of occupational medicine, PAM, arises, which is analogous to sports medicine and closely cooperates with various specialized medical fields, emerged and interdisciplinary specializations that complement each other with a set of behaviors and knowledge. The main reason for this is the recent increased number of injuries and diseases of top-notch art creators. The realization of two goals, the systematisation of specific changes of health and the classification of injuries is under the influence of pronounced political and economic market 'equilibrium'. Exposed concern for the psycho-physical well-being of employees is not an accidental gain in the economically well-targeted developed societies. The quality of professional work in all areas of artistic creation reflects the content and values of the society represented through this kind of results. Therefore, the regulation of health care in the field of performing arts in Slovenia is more than necessary. It is important to systematically capture the recording of disorders in the functioning of the organism and to define them. Above all, it is necessary to raise awareness about the ways of protecting health and all the harmful consequences required by the performance of works in all workplaces involved in creative processes.

Key words: sustainable development, art, health, care, theatre

Maja Gutman, Qiuqing Lu, Jianhong He, Roychowdhury, Vwani

UTELEŠENA KOGNICIJA V VIRTUALNI RESNIČNOSTI IN KVANTIFIKACIJA IMERZIVNOSTI EMBODIED COGNITION IN VIRTUAL REALITY AND QUANTIFICATION OF IMMERSION

Virtualne transpozicije so v zadnjem desetletju spremenile subjektivno zaznavo sveta, učinki virtualnih okolij pa so najvidnejši predvsem v medicini, psihoterapiji in izobraževanju. Podstat delovanja teh okolij na subjektivacijo uporabnic in uporabnikov gre iskati v pojavu imerzivnosti (potopitvenosti), ta pa se v tesni povezavi z načelom utelešene kognicije manifestira v raznovrstnih modulacijah psihofizičnega stanja uporabnikov. Tako se zastavlja vprašanje, ali so lahko tovrstni opisani učinki na telo izmerljivi s sodobnimi računalniškimi modeli in tehnikami strojnega učenja. Prav tako se pojavi vprašanje o intenziteti telesnih učinkov glede na kontekst simulacije. V ta namen smo analizirali videoposnetke, pridobljene na spletni strani YouTube, ki so prikazovali imerzivnost uporabnikov v dva tipa virtualnih okolij: ustvarjalno okolje aplikacije Google Tilt Brush ter raznovrstna agresivna in/ali adrenalinsko zahtevna virtualna okolja. Vedenjske modalitete smo razdelili na 10 merljivih signalov (telesnih znakov), ki so povezani s specifičnimi čustvenimi stanji: krčenje (kontraktacija) torza, širjenje (ekstraktacija) torza, kritje obraza, krčenje kolen, cepetanje, izguba ravnotežja, fluidnost gibanja rok, neenakomerno gibanje telesa, uporaba neprimerne jezika in uporaba medmetov. Signale smo nato identificirali s pomočjo globoke nevrnske mreže (DNN) Open Pose. Rezultati multimodalnega sistema umetne inteligence so pokazali, da je utelešeno kognicijo mogoče detektirati in meriti z računalniškim vidom (torej brez uporabe biometričnih naprav) ter da obstaja kavzalnost med tipom virtualnega okolja in telesnimi odzivi na simulacije dražljajev, ki jih tovrstna okolja inducirajo. Rezultati so v skladu z ugotovitvami ostalih raziskav, ki potrjujejo, da visceralna dovzetnost za vsebine v VR-okoljih krepi določene kognitivne sposobnosti, pozitivni učinki teh simulacij pa se kažejo tudi na področju zdravljenja anksioznih motenj in v nevroterapiji.

Ključne besede: virtualna okolja (VR), utelešena kognicija, kvantifikacija imerzivnosti, umetna inteligenca

Abstract: Virtual Reality (VR) has already had a significant cultural and societal impact in a number of fields, including medical and psychological treatment, and education. This impact is based on the guiding principle of immersion: a process, where a subject shifts focus to simulations, allowing to be completely immersed into the "flow", and reshaping the psycho-physical states of the user. The fundamental thesis of this work is that the effect of immersive technologies can be thoroughly studied only via a trans-disciplinary approach that combines qualitative models from media studies, phenomenology and psychology with quantitative data-driven empirical models based on Big Data and modern advances in AI (Artificial Intelligence), Machine Learning (ML), and computational models. We propose such a prototype platform and apply it to You Tube video recordings of users engaged in VR Environments (VREs). More specifically, we test two hypotheses: (i) Bodily reactions induced by stimuli in VR are similar to widely known bodily reactions induced by stimuli in physical environments; (ii) Bodily cues in VRE are content dependent: artistic VREs, such as Google Tilt Brush evokes different behavioral modalities as compared to survival dependent VREs. We used Deep Neural Network Open pose to identify and measure the following bodily signals: contraction and expansion of the torso, face covering, kneeling down, loss of balance, irregularity and intensity of arm movement, bad language and interjections and fluidity of movement. Our preliminary results suggest that immersion can be captured and categorized in an automated manner without the use of biometrical equipment and that there is a strong correlation between virtual stimuli and bodily cues that are normally experienced in real life situations.

Key words: virtual environments (VRE), embodied cognition, quantification of immersion, artificial intelligence.



FIZIOTERAPIJA / PHYSIOTHERAPY

Nandu Goswami

PREVENTION OF FALLS AND FALLS-RELATED INJURIES IN OLDER PERSONS

Orthostatic challenge could lead to dizziness upon standing up, especially if adequate brain perfusion is not able to be maintained by the cardiovascular system. This condition occurs quite frequently in older persons and returning astronauts. The spaceflight environment of microgravity, for example, influences several physiological systems, including the cardiovascular system, cerebral autoregulation, and musculoskeletal function; some of these factors alone, and in combination, could contribute to post-spaceflight orthostatic intolerance. This presentation provides an overview of these microgravity-induced physiological effects (deconditioning) and then discusses important similarities and connections to the aging process.

Bedrest immobilization often occurs due to aging-associated illness and/or falls-related injuries. During hospitalization, older persons are confined to long periods of bedrest, which can result in substantial physical deconditioning. As bedrest is routinely used by space agencies to model and research the effects of spaceflight de-conditioning due to microgravity, bedrest experimental protocols can increase insight and knowledge regarding both the de-conditioning impact of bed confinement in older persons and the deconditioning occurring in astronauts during spaceflight. This information can be applied synergistically to design and improve appropriate deconditioning countermeasures for bed-confined older persons and astronauts. Particularly for older persons, such countermeasures can help break the negative spiral of bed confinement leading to deconditioning, dizziness upon standing up, and consequently, falls, resulting in recurring hospitalisation and increased frailty.

Key words: spaceflight, aging, falls, orthostatic intolerance, immobilization, bedrest.



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SPREMLJANJE PRILAGAJANJA MIŠIČ PRED TOTALNO ENDOPROTEZO KOLKA IN PO NJEJ

Uvod

Totalna artroplastika kolka (TAK) vodi do fizičnih omejitev in mišična atrofija je eden od pomembnih spremljajočih učinkov. Cilj pričujoče študije primera je bil raziskati spremembe v mišičnem tonusu mišic rectus femoris (RF) tik pred in po TAK. Pokazali bomo občutljivost metode tenziomiografije (TMG) za spremljanje atrofije, hipertrofije in lateralne simetrije (LS) pri RF v procesu rehabilitacije.

Metode

Študija je temeljila na primeru starejšega moškega s TAK. Z uporabo neinvazivne in selektivne metode TMG smo izračunali odstotek koeficienta LS mišice RF, in sicer kot delitev maksimalne amplitude (Dm) na poškodovani in zdravi strani.

Rezultati

Dva dni pred TAK sta mišici imeli 73-odstotno LS in nižji mišični tonus (višji Dm) od povprečja podobno starih in dejavnih moških. V prvih 17 dneh po operaciji se je LS močno zmanjšala in je bila 23-odstotna. Poškodovana stran je bila zdaj preveč toga in zdrava stran je bila še vedno preveč ohlapna. 54 dni po operaciji sta imeli mišici RF 122-odstotno LS, s tem da je imela poškodovana stran višji Dm kot zdrava noga in obe sta bili premalo čvrsti. 76 dni po TAK sta mišici imeli 140-odstotno LS in višji Dm od povprečja. Kakor koli, v tem časovnem obdobju si mišici RF z vidika simetrije v mišičnem tonusu nista opomogli.

Zaključek

Atrofija in hipertrofija mišičnih vlaken lahko vplivata na mišični tonus skeletnih mišic. Verjajmo, da spremljanje mišične atrofije in LS z metodo TMG lahko bistveno izboljša rehabilitacijski proces.

Ključne besede: totalna artroplastika kolka, mišični tonus, lateralna simetrija, metoda tenziomiografije, izid rehabilitacije

Ester Fabiani, Uroš Marušič

IMPLEMENTACIJA DODATNEGA TRENINGA PROPRIOCEPCIJE V DOMOVE STAREJŠIH OBČANOV THE IMPLEMENTATION OF ADDITIONAL PROPRIOCEPTION TRAINING IN NURSING HOME RESIDENTS

Uvod: Namen raziskave je bil testirati implementacijo dodatne intervencije treninga propriocepcije na zdravih starejših, osebah z blago kognitivno motnjo in z že diagnosticirano obliko demence. Metode: Enainpetdeset oseb (povprečne starosti dvainosemdeset let) brez kognitivnih motenj, z blago kognitivno motnjo in diagnosticiranim kognitivnim upadom/demenco je bilo uspešno vključenih v raziskavo. Po najnovejših svetovnih priporočilih smo sestavili dodatni trening propriocepcije in ga v obdobju osmih tednov izvedli v domovih starejših občanov v Ljubljani. Protokol treninga smo testirali s standardnimi gibalnimi testi. Rezultati: V prispevku je podrobno predstavljena implementacija proprioceptivnega treninga (dvakrat tedensko trideset minut proprioceptivne nevrnomuskularne facilitacije in tridesetminutna vadba na proprioceptivnem poligonu – moč, silovitost, propriocepcija/gravicepcija, ravnotežje, koordinacija, drža, hoja). Od trinajstih (štirje moški) naključno vključenih v dodatni trening propriocepcije jih je vadbo zaključilo deset z enaindevetdesetodstotno udeležbo. Sklepi: Predvidljivost mirnega okolja in zaupljivega odnosa funkcionalizira in potencira vadbeni protokol. Proprioceptivni trening je bil uspešno implementiran na zdravih udeležencih ter tistih z blago kognitivno motnjo in demenco. Rezultati pilotne raziskave so lahko primer dobre prakse za nadaljnjo implementacijo učinkovitih intervencij med starejšo populacijo v domovih starejših občanov.

Ključne besede: starostniki, zdrav življenjski slog, blaga kognitivna motnja, demenca, gibalna proprioceptivna intervencija

Introduction: The purpose of the study was to test the implementation of additional intervention of proprioception training on healthy elderly, people with mild cognitive impairment and already diagnosed dementia. Methods: Fifty-one persons (mean age eighty-two years) without cognitive impairment, with mild cognitive impairment and diagnosed cognitive decline/dementia were successfully included in the study. According to the latest recommendations we systematized an additional training for proprioception in the period of eight weeks in the nursing homes in Ljubljana. We tested the implemented training protocol with standard motor tests. Results: The full article will report the implementation of proprioceptive training (twice a week thirty minutes of proprioceptive neuromuscular facilitation) and thirty minutes of training on a proprioceptive polygon (power, force, proprio/graviception, balance, coordination, stance, walking). Of thirteen people (four men) randomly involved in training, ten successfully completed the study, with ninety-one percent adherence.

Conclusion: The predictability of a peaceful environment in a trusted relationship is functionalized in the enhanced exercise protocol. Proprioceptive training has been successfully implemented on healthy subjects and those with mild cognitive impairment and dementia. The results from our pilot study can serve as an example of good practice for further effective interventions among the elderly living in nursing homes.

Key words: elderly, healthy life style, mild cognitive impairment, dementia, physical proprioceptive intervention

Domen Šerdoner, Alen Pavlec

VPLIV KINEZIOTAPINGA V REHABILITACIJI THE EFFECTIVENESS OF KINESIO TAPING IN REHABILITATION

Uvod: Področje fizioterapevtske dejavnosti je dinamično in odzivno na pacientove zdravstvene potrebe. Sprotno sledenje novemu znanju in tehnološkemu napredku omogoča hitrejšo in boljše rehabilitacijo. Med terapevtske metode, ki v zadnjem času vzbujajo posebno veliko pozornost, sodi tudi metoda kineziotapinga. Kineziotaping je vedno bolj razširjena metoda, ki se pogosto uporablja v rehabilitaciji, o njeni učinkovitosti pa je zelo malo podatkov. Metode: V prvem delu članka smo uporabili deskriptivno raziskovalno metodo. V drugem delu pa je bila uporabljena raziskovalna metoda primerjave literature. Zbiranje člankov je potekalo prek spletne baze podatkov PubMed. Iskanje je potekalo v novembru 2018. Rezultati: Začetno iskanje je prineslo 210 zadetkov. Nato smo vključili ključne besede, Boolove operatorje, relacijske in logične operatorje, zmanjšali število zadetkov in izbrali 12 člankov, ki smo jih nato uporabili za raziskovanje. Naše glavne ugotovitve kažejo neprepričljive dokaze o dejanski učinkovitosti zdravljenja s kineziološkimi trakovi. Razprava: Naša raziskava kaže na to, da je kineziološki taping zelo slabo raziskan. Imamo malo študij na velikih vzorcih, ki bi dale boljše in natančnejše rezultate o vplivu kineziološkega tapinga na izid rehabilitacije. Rezultati naše raziskave kažejo dvom v učinkovitost kinezioloških trakov. Pozitivni učinki se kažejo v smeri odpravljanja limfedema in oteklin, vpliva na bolečino in večjo gibljivost pa nismo mogli dokazati.

Ključne besede: kineziološki taping, učinkovitost, bolečina v križu, koleno, limfedem, rama

Introduction: The field of physiotherapeutic activity is dynamic and responsive to the patient/user's health needs, and continuous tracking of new knowledge and technological advances allows for faster and even better rehabilitation. One of the therapeutic methods that have recently received particular attention is the kinesio taping method. Kinesio taping is a very widespread method, which is often used in rehabilitation. However, there is very little information about its effectiveness. Methods: In the first part of the article, a descriptive research method was used. In the second part, a research method of comparison of literature was used. Articles were collected via the Pubmed Internet Database. The search took place in November 2018. Results: The initial search resulted in 210 hits. We then included keywords, operators' bools, relational and logical operators, reduced the number of hits, and selected 12 articles that we then used to explore. Our main findings show unconvincing evidence of the actual effectiveness of treatment with kinesiological tapes. Discussion and conclusions: Our study suggests that kinesiology taping is very poorly studied. We have very few studies on large samples that would give better and more precise results on the impact of kinesiological taping on the results of rehabilitation. The results of our research show doubt in the effectiveness of kinesiological tape. Positive effects are shown in the direction of eliminating lymphedema and swelling, but we were not able to prove the effect on pain and increased mobility.

Key words: kinesio taping, effectiveness, low back pain, knee, lymphedema, shoulder

Merlin Zahaj, Tine Kovačič

NAJPOGOSTEJŠE ŠPORTNE POŠKODBE PRI KATEGORIZIRANIH MLAJŠIH TENIŠKIH IGRALCIH IN KOŠARKARJIH THE MOST COMMON SPORTS INJURIES AMONG CATEGORIZED YOUNG TENNIS AND BASKETBALL PLAYERS

Uvod: Športne poškodbe pri mlajših športnikih predstavljajo tako družbeni kot ekonomski problem, ki se iz leta v leto povečuje. Pri preventivi pred poškodbami in v sami rehabilitaciji mlajših športnikov ima fizioterapevt pomembno vlogo. Metode: Uporabili smo kvantitativni metodološki pristop, pri katerem smo z anketnim vprašalnikom ugotavljali razlike v pogostosti in vrstah poškodb pri mlajših športnikih. V raziskavo smo vključili namenski vzorec 32 slovenskih kategoriziranih mlajših teniških igralcev in košarkarjev. Rezultati: Največja pojavnost poškodb med mladimi športniki je v obdobju priprav, še vedno pa je tretjina vseh mladostnikov v kategoriji brez poškodb. Pri košarkarjih je gleženj najpogostejša poškodba spodnjih okončin, medtem ko so pri teniških igralcih najpogostejše poškodbe ramenskega obroča in komolca. Sklepi: Ugotovljamo, da bi morali pri izvajanju proprioceptivnega treninga ter drugih oblik preventivne in športne vadbe medsebojno sodelovati fizioterapevt, kineziolog, športni in kondicijski trener, dietetik in drugi člani, saj bi s tem preprečili marsikatero športno poškodbo. Mladi športniki bi tako bili bolj usposobljeni in bi se lahko dalj časa bolj kakovostno športno udeleževali ter dosegali vrhunske rezultate.

Ključne besede: športne poškodbe, mladi športniki, košarka, tenis, fizioterapija

Introduction: Sports injuries among young athletes are both a social and economic problem that is increasing from year to year. A physiotherapist plays an important role in preventing sports injuries and in the rehabilitation of young athletes. Methods: We used a quantitative methodological approach in which, using a questionnaire, we determined the differences in the frequency and type of sports injuries in young athletes. The survey included a sample of 32 Slovenian categorized younger tennis players and basketball players. Results: The highest incidence of injuries among young athletes is during the preparation period, but still a third of all adolescents are in the category without injury. In basketball players, the ankle sprain is the most common injury to the lower limbs, while in the case of tennis players the most common are shoulder and elbow injuries. Conclusions: We find that in the implementation of proprioceptive training and other forms of preventative exercise and sports exercise, the interaction between physiotherapist, kinesiologist, sports and fitness trainer, dietitian and other member should be cooperative, as this would prevent many sports injuries. Young athletes would be better trained and able to engage in higher quality sports activities for a long time and achieve top results.

Key words: Key words: sports injuries, young athletes, basketball, tennis, physiotherapy.

Mitja Simončič, Patricija Goubar

FIZIOTERAPEVTSKA OBRAVNAVA BOLEČINE V KRIŽU NA NAPRAVAH DR. WOLFF

Bolečina v križu je pogosta težava, povezana z odsotnostjo od dela in zmanjšano kakovostjo življenja. Ugotavljali smo učinek kinezioterapevtskega programa stabilizacije hrbtenice in medenice s pomočjo naprav Dr. Wolff. Uporabili smo kvantitativno metodo raziskovanja z vidno analogno lestvico za oceno intenzivnosti bolečine (VAL-IB), modificiranim Roland-Morrisovim vprašalnikom za oceno izvajanja vsakodnevnih dejavnosti in merjenjem vzdržljivosti lokalnih stabilizatorjev s palpacijo. V individualni program dvakrat tedensko je bilo vključenih osem pacientov, diagnosticiranih s kroničnimi bolečinami v ledvenem predelu hrbtenice. Meritve smo opravili pred in med raziskavo ter po njej v trimesečnem obdobju. Za analizo in prikaz rezultatov smo izbrali osnovno deskriptivno statistiko, frekvenčne distribucije in bivariantno korelacijo za ugotavljanje statistično značilnih povezanosti.

Bolečina se je povprečno zmanjšala za 3,4 stopnje. Stopnja zmogljivosti izvedbe vsakodnevnih dejavnosti se je v povprečju izboljšala za 6,3 stopnje. Vzdržljivost m. transversus abdominis se je povečala za 52,4 odstotka, vzdržljivost m. multifidus pa v povprečju za 54,8 odstotka. Ugotovili smo pozitivno zmerno korelacijo med zmanjšanjem bolečin po VAL-IB in izboljšanjem vzdržljivosti mTA ($p = 0,081$) ter rahlo korelacijo med zmanjšanjem bolečin po VAL-IB in izboljšanjem vzdržljivosti mMF ($p = 0,140$), ki pa nista statistično značilni v območju 95 % IZ. S pozitivnimi učinki kinezioterapevtskega programa smo potrdili predhodne študije o učinkovitosti podobnih programov, s sklepom pomembnosti predpisovanja kinezioterapevtskih vadb z uporabo naprav Dr. Wolff tudi za ambulantno zdravljenje.

Ključne besede: bolečine v križu, segmentalna stabilizacija, m. transversus abdominis, m. multifidus, stabilizacijske vaje

Julija Vedlin, Tine Kovačič

TELESNA DRŽA IN DEBELOST PREDŠOLSKIH OTROK BODY POSTURE AND OBESITY IN PRESCHOOL CHILDREN

Uvod: Na podlagi izsledkov tujih raziskav se telesna drža predšolskih otrok slabša, poleg tega se manjša količina telesne dejavnosti (TD), posledično pa se pojavljata prekomerna telesna teža in debelost. V Sloveniji še ni bilo opravljene raziskave med predšolskimi otroki, ki bi proučila povezavo med telesno držo, indeksom telesne mase (ITM) oziroma soodvisne dejavnike rasti in razvoja otrok, ki se razlikujejo tudi glede na geografsko okolje, v katerem le-ti živijo. Metode: Na priložnostnem vzorcu predšolskih otrok iz mestnega in podeželskega okolja v štajerski regiji smo izvedli primerjalno študijo pojavnosti slabe drža v povezavi z ITM in TD z veljavnimi in zanesljivimi merilnimi instrumenti. Rezultati: Povprečno število odstopanj od dobre telesne drža je 3,86 (M mesto = 3,7667; M podeželje = 3,9677). Vrednost tedenske povprečne telesne dejavnosti v obeh okoljih zadošča smernicam Svetovne zdravstvene organizacije za otroke 3,39-krat v mestu in 3,32-krat na podeželju. Razporeditev prehranjenosti glede na okolje: podhranjenost je zastopana z 20 odstotki v mestu (n = 6) in 19 odstotki na podeželju (n = 6). Delež otrok z normalno telesno težo v mestu znaša 50 % (n = 15) in na podeželju 48,4 % (n = 15). Prekomerna telesna teža je v mestu zastopana s 30 odstotki (n = 9) in 32,3 odstotka na podeželju (n = 10). Sklep: Prisotnost posameznih proučevanih elementov slabe drža med otroki je zaskrbljujoča. Na tem področju je nujno sodelovanje med starši, vzgojitelji predšolskih otrok in fizioterapevti.

Ključne besede: telesna drža, telesna dejavnost, indeks telesne mase

Introduction: Based on the results of foreign studies, the body posture of pre-school children is declining, as is the amount of physical activity (PA) and consequently obesity. In Slovenia, no research was carried out between pre-school children who would study the link between physical posture, body mass index (BMI), or interdependent factors of growth and development of children in relation to the geographical environment. Methods: A comparative study of the incidence of poor posture in connection with BMI and PA with a reliable measuring instrument was carried out on a sample of pre-school children from the urban and rural environment in the Styria region. Results: The average number of deviations from good body posture is 3.86, (M urban= 3.7667; M rural= 3.9677). The value of weekly average PA in both environments satisfies the guidelines of the World Health Organization for Children 3.39 times in the city and 3.32 times in the countryside. Nutrition distribution according to the environment: malnutrition is represented by 20% in the urban (n = 6) and 19.4% in rural areas (n = 6). The proportion of children with normal body weight in the urban area is 50% (n = 15); in rural areas 48.4% (n = 15). Overweight in the city: 30% (n = 9) and 32.3% in the countryside (n = 10). Conclusion: The presence of bad posture in children is high, physical activity is appropriate. It is necessary to provide education about the healthy lifestyle of pre-school children.

Key words: body posture, physical activity, body mass index

Gašper Lenart, Tine Kovačič

UČINKOVITOST ZDRAVILIŠKE FIZIOTERAPIJE PRI PACIENTIH PO MOŽGANSKI KAPI THE EFFECTIVENESS OF SPA PHYSIOTHERAPY IN PATIENTS FOLLOWING THE CEREBROVASCULAR INSULT

Uvod: Zdraviliško fizioterapijo pacientov po možganski kapi v Sloveniji uvrščamo kot posebnost v evropskem in tudi svetovnem prostoru, njene oblike, pristopi ter načrtovanje in ocenjevanje s standardiziranimi merilnimi orodji. Na podlagi pregleda znanstvenoraziskovalnih člankov ugotavljamo, da gre za prvo preekperimentalno klinično študijo, katere namen je proučiti kratkoročne učinke zdraviliške fizioterapije v Thermani, d. d., na mišično moč in koordinacijo pacientov po možganski kapi. Metode: Izvedli smo preeksperimentalno klinično študijo, ki smo jo opravili na priložnostnem vzorcu 31 pacientov po možganski kapi, ki so bili po akutnem bolnišničnem zdravljenju deležni 14-dnevne rehabilitacije v zdravilišču Thermana, d. d., primerjali smo rezultate funkcijskih testov z visoko stopnjo veljavnosti in zanesljivosti. Rezultati: Statistična analiza je pokazala, da je pri testiranju zgornje ekstremitete po lestvici MAS, testu zmogljivosti prijema z dinamometrom in testu devetih zatičev prišlo do statistično pomembnih razlik med pre- in posttestom. Preiskovanci so izboljšali koordinacijo v povprečju za 32 odstotkov, mišično moč pa za 20 odstotkov. Sklepi: Ugotavljamo, da je takšna oblika nadaljevalnega neurofizioterapevtskega programa v naravnem zdravilišču smiselna pri pacientih po možganski kapi, ki se soočajo z zmanjšano zmožnostjo na področju telesne zgradbe in funkcije ter na področju dejavnosti in sodelovanja v vsakodnevem življenju.

Ključne besede: možganska kap, neurofizioterapija, zdraviliška rehabilitacija, mišična moč, koordinacija

Introduction: The spa physiotherapy of patients after cerebrovascular insult (CVI) in Slovenia is regarded as a peculiarity in Europe, as well as in the world, with its designs, approaches and planning and evaluation with standardized measuring tools. Based on a review of scientific research articles, we find that this is the first pre-experimental clinical study aimed at examining the short-term effects of spa physiotherapy in Thermana d.d. on muscle strength and coordination of CVI patients. Methods: A pre-experimental clinical study was carried out on a random sample of 31 stroke patients after CVI, who received 14 days of daily rehabilitation in the Thermana d.d. centre following the acute hospital rehabilitation. We compared the results of functional tests with a high degree of validity and reliability. Results: A statistical analysis showed that the differences pre- and post-test were statistically significant in testing the upper extremity according to the MAS scale, the dynamometer admission test and the Nine Hole Peg Test. The subjects improved coordination by an average of 32 percent and muscle strength by 20 percent. Conclusions: We find that such a form of a continuing neurophysiotherapy program in a natural spa is sensible in patients following a stroke who face a reduced capacity in the field of body structure and functions, in the field of activity and participation in everyday life.

Key words: CVI, neurophysiotherapy, healing rehabilitation, muscle strength, coordination

Ines Ledinšek, Patricija Goubar

FIZIOTERAPIJA PACIENTKE Z GENOM BRCA2 PO PREVENTIVNI MASTEKTOMIJI PHYSIOTHERAPY OF THE PATIENT WITH BRCA2 GENE AFTER PREVENTIVE BREAST REMOVAL

Rak dojke je eden izmed najbolj razširjenih rakov med več kot sto obstoječimi vrstami s številnimi posledicami na psihofizičnem stanju obolelih. Namen raziskave je bil ugotoviti vpliv genetike, fizioterapije in vaj sproščanja na psihofizično stanje po mastektomiji in rekonstrukciji obeh dojk. Uporabili smo osnovno deskriptivno statistiko in kvantitativno metodo raziskovanja z izvedbo študije primera. Pacientka je bila vključena v individualni program po metodi sprostilnih vaj po Jacobsonu. Meritve smo opravili pred prvo obravnavo, nato vsak teden in po koncu zadnje obravnave, s standardiziranimi merilnimi protokoli: lestvico zaznanega stresa (PSS), merjenjem moči prijema in obsegom gibljivosti ramenskega sklepa. Študija primera je zajela bolnico z genom BRCA2 v obdobju šestih tednov. Analize so bile izvedene s programskim orodjem IBM SPSS Statistics 23. Statistično je bil ugotovljen manjši napredek v moči rok, v dominantni roki se je povečala za 9,53 odstotka, v nedominantni roki pa za 14,52 odstotka. Obseg gibljivosti ramenskega sklepa se je v povprečju vseh meritev povečal za 11,75 odstotka. Pacientkino psihično stanje se je izboljšalo predvsem v videnju svojega življenja, po lestvici PSS je napredovala za 32,14 odstotka. Pacientka je ovrednotila, da v svojem življenju ne bi ničesar spremenila in da je z njim bolj zadovoljna. Rezultati so pokazali, da se je pri obravnavani pacientki izboljšalo psihofizično stanje. Rezultati niso dosegli pričakovanj, kar pripisujemo temu, da je bila pacientka že pri prvih meritvah pod samim povprečjem klinično pridobljenih statističnih rezultatov in primerljivih testov.

Ključne besede: rak dojke, genetika, BRCA2, mastektomija, tehnike sproščanja

There are more than one hundred different types of cancer with consequences on the psychophysical state of patients. The aim of the study was to determine the influence of genetics, physiotherapy and relaxation exercises on the psychophysical state after mastectomy and breast reconstruction. In addition to the basic descriptive statistics, a quantitative method of research was used in a form of case study. The patient was included in the individual program according to the Jacobson's method of relaxation exercises. Measurements were done for six weeks - before the first treatment, every week and at the end, with standardised measurement protocols: the perceived stress scale (PSS), dynamometer measurements and range of motion in the shoulder joint. The analyses were done with the program IBM SPSS Statistics 23. The study found that the strength in the hands slightly improved: the strength of the dominant hand increased by 9.53 percent and of the non-dominant hand by 14.52 percent. Range of motion in the shoulder joint was increased by 11.75 percent in all planes. The mental condition of the patient improved in the life perspective. The results of the PSS scale increased by 32.14 percent. The patient's answers imply that she would not change anything in her life. The results showed improvement in the psychophysical condition of the patient. They alone did not achieve expectations, which can be attributed to the fact that the patient's results at the beginning of the study were below the average.

Key words: breast cancer, genetics, BRCA2, mastectomy, relaxation techniques

Eva Ivanšek, Tine Kovačič

FIZIOTERAPEVTSKI POSTOPKI PRI POŠKODBI GLEŽNJA VRHUNSKIH KOŠARKARJEV PHYSIOTHERAPY PROCEDURES IN ANKLE INJURY IN TOP BASKETBALL PLAYERS

Uvod: Raziskave kažejo, da je pri vrhunskih košarkarjih najpogosteje poškodovani del telesa gleženj, sledijo mu poškodbe kolena in mišic upogibalk kolena. Med poškodbami gležnja je pri košarkarjih najpogostejši zvin gležnja. V interdisciplinarno osnovanem procesu rehabilitacije ima fizioterapevt pomembno vlogo pri izboljšanju telesne pripravljenosti in sami rehabilitaciji poškodb. Pri tem se uporabljajo različni fizioterapevtski postopki. Metode: Uporabili smo kvantitativni metodološki pristop, pri katerem smo z uporabo anketnega vprašalnika ugotavljali pogostost poškodb gležnja in njihov proces rehabilitacije pri aktivnih košarkarjih. V raziskavo smo vključili namenski vzorec 107 aktivnih košarkarjev, in sicer 53 košarkaric in 54 košarkarjev 1. in 2. slovenske lige. Rezultati: Največ anketirancev je imelo v zadnjih treh letih poškodovan gleženj, poleg poškodbe sprednje križne vezi, kar se sklada z rezultati tujih študij. Anketiranci so pri rehabilitaciji najpogosteje uporabili metodo RICE in masažo. Najpogosteje je rehabilitacija trajala tri tedne. Večina anketirancev prisotnosti in vlogi fizioterapevta v procesu treniranja in igranja košarke pripisuje velik pomen. Sklep: Vključenost fizioterapevta v trening in tekme povečuje pomen fizioterapevtove vloge v vrhunski košarki.

Ključne besede: fizioterapija, košarka, športna poškodba, zvin gležnja, rehabilitacija

Introduction: Research shows that the ankle is the most commonly injured body part during basketball, followed by knee injuries and knee flexors injuries. Ankle sprain is the most common injury in basketball. In an interdisciplinary process of rehabilitation, the physiotherapist plays an important role in improving physical fitness and during rehabilitation of the injuries. Various physiotherapeutic procedures are used. Methods: We used a quantitative methodological approach in which we used the questionnaire to determine the frequency of ankle injuries and their rehabilitation process in active basketball. The survey included a dedicated sample of 107 active basketball players, namely 53 basketball players and 54 basketball players from the 1st and 2nd Slovenian leagues. Results: The majority of respondents had an ankle injury in the last three years, in addition to anterior cruciate ligament injury, which is in line with the results of foreign studies. During the rehabilitation the respondents mainly used the R.I.C.E. method and a massage. In most cases, the rehabilitation lasted for 3 weeks. The majority of the respondents claim the presence and the role of a physiotherapist during training practices and basketball matches is of a great importance. Conclusion: The involvement of a physiotherapist in the process of basketball training and competitive games increases the role of physiotherapists in top basketball.

Key words: physiotherapy, basketball, sports injury, ankle sprain, rehabilitation

Nataša Kalebota, Nikolino Žura, Dijana Filipović Javor, Igor Šafar

PREOPERATIVE RESPIRATORY REHABILITATION

Respiratory physical therapy has its role in prevention and treatment of postoperative pulmonary complications. Postoperative complications are usually presented with restrictive form, reduced inspiratory capacity, vital capacity and functional residual capacity. Patients ability to clear his airway of sputum is reduced due to anesthesia and reduced cough strength. The goal of preoperative care is to reduce the risk of noninfectious and infectious pulmonary complications. Most common complications are atelectasis, pneumonia and reduced mobility.

Implementation of preoperative physiotherapy is not a routine but has been found very useful for the patients. For example, in elderly patients and the ones with COPD there is decrease in postoperative pulmonary morbidity. Patients with COPD have a tendency of increased bronchial secretion and may require pulmonary hygiene before the operation. Preoperative care can vary just from practical education about postoperative airway clearance techniques to learning about detailed intensive pulmonary hygiene.

Wound pain and pain from drainage location can be severe for a few days and can lead to abnormal breathing patterns. Decreased functional residual capacity causes atelectasis. Patients cannot cough normally and because of it they have the tendency of accumulate secretion which leads to an infection and arterial hypoxemia.

Good postoperative control of pain can improve efficiency of physical therapy. TENS (transcutaneous electrical nerve stimulation) can be used in patients with persistent shoulder pain after thoracic incision. Antalgic, supportive positions and interventions are used during respiratory therapy and therapeutic exercises and also reduce pain.

The goals of physiotherapy are: education of the patient (preventive consultation and coaching), increasing lung volume, sputum elimination, maintaining range of motion of the upper extremities and early mobilization/verticalization.

Key words (max. 5 key words): Physical therapy, respiration, preoperative



Ana Stanković, Patricija Goubar

POVEZAVA MED TELESNO DRŽO, KRONIČNO BOLEČINO V VRATU IN RESPIRATORNO DISFUNKCIJO THE LINK BETWEEN POSTURE, CHRONIC NECK PAIN AND RESPIRATORY DYSFUNCTION

Zaradi tesne povezave med cervikalno in torakalno regijo lahko spremembe drže in kronična bolečina v vratu (KBV) povzročijo respiratorno disfunkcijo. Namen je bil raziskati vpliv telesne drže in KBV na pljučno funkcijo. Sodelovalo je petindvajset preiskovancev z anteriorno držo glave (ADG), starih od dvajset do sedemdeset let, moškega in ženskega spola. Razdelili smo jih v dve skupini: prvo z osemnajstimi preiskovanci s KBV in drugo s sedmimi preiskovanci z bolečino v rami (BVR). Uporabili smo test ocene drže, oceno pljučne funkcije s spirometrijo in oceno KBV. Pri oceni drže smo pri enajstih preiskovancih zabeležili tudi prisotnost torakalne kifoze. Za preverjanje razlik med skupinami in napovedano normo smo uporabili parametrične t-teste v SPSS-u. Statistično pomembne razlike v rezultatih spirometrije med skupino s KBV in skupino z BVR niso bile ugotovljene. Statistično pomembne razlike med skupino z ADG ter skupino z ADG in torakalno kifozo smo ugotovili pri pljučnih parametrih vitalne kapacitete (VC) ($p = 0,002$), forsirane vitalne kapacitete (FVC) ($p = 0,001$) in forsiranega ekspiratornega volumna v prvi sekundi (FEV1) ($p = 0,002$). Le pri skupini s pridruženno torakalno kifozo se pojavlja statistično pomembno odstopanje od norme, pri pljučnih parametrih VC, FVC in FEV1 ($p < 0,05$), ki so trinajst odstotkov nižji od norme. S tem sklepamo, da je motnja respiratorne funkcije pri bolnikih z ADG in KBV ali BVR močno povezana s kifotično spremembo torakalne hrbtnice.

Ključne besede: anteriorna drža glave, respiratorna funkcija, kronična bolečina v vratu, torakalna kifoza, spirometrija

Because of the close connection between the cervical and thoracic region, changes in posture and chronic neck pain (CNP) can cause respiratory dysfunction. The purpose was to investigate the effect of posture and CNP on pulmonary function. The study involved twenty-five subjects between twenty and seventy years of age, male and female, with forward head posture (FHP). The subjects were divided into two groups: eighteen subjects with CNP and seven subjects with shoulder pain (SP). We used a posture evaluation test, a pulmonary function assessment with spirometry, and a CNP assessment. In the posture assessment, we noted the presence of thoracic kyphosis (eleven subjects). In order to test differences between groups and predicted norm, we used parametric t-tests in SPSS. Statistically significant differences in the results of spirometry among the group with CNP and SP were not detected. Statistically significant differences between the group with FHP and the group with FHP and associated thoracic kyphosis were demonstrated in vital capacity (VC) ($p = 0.002$), forced vital capacity (FVC) ($p = 0.001$) and forced expiratory volume in one second (FEV1) ($p = 0.002$). A statistically significant deviation from the norm occurs only in the group with thoracic kyphosis, namely in VC, FVC and FEV1 ($p < 0.05$), which are 13 percent lower than the norm. We conclude that the respiratory dysfunction in patients with FHP and CNP or SP are strongly associated with a kyphotic change in the thoracic spine.

Key words: forward head posture, respiratory function, chronic neck pain, thoracic kyphosis, spirometry

Patricija Goubar

UČINEK TRENINGA MIŠIC MEDENIČNEGA DNA NA SPOLNE DISFUNKCIJE PRI ŽENSKAH THE EFFECT OF PELVIC FLOOR MUSCLE TRAINING ON SEXUAL DYSFUNCTION IN WOMEN

Spolne disfunkcije (SD) izražajo težave ali stres na področju uresničevanja spolno zadovoljivega življenja in potreb. Upad spolne funkcije je pri ženskah s starostjo progresiven. V klasifikaciji SD pri ženskah le-te izražajo predvsem motnje na področju spolne želje, spolnega vzbujenja, orgazmične motnje ter disparevnijo, kar je pogosto povezano z disfunkcijo medeničnega dna (MD) ali psihološkimi vzroki. Training mišic medeničnega dna (TMMD) velja kot prva metoda izbora za zdravljenje stresne urinske inkontinence (SUI), ki je prav tako tesno povezana z oslabelostjo mišice levator ani oziroma težavami na področju MD. Cilj pregleda literature je predstaviti izsledke raziskav o učinkih TMMD na SD pri ženskah. Temelji na sistematičnem pregledu strokovne in znanstvene literature iz obdobja 1984 do 2015, zajete prek podatkovnih baz: Scopus, Web of Science, Cochrane, PubMed in Google Scholar. Vključene so bile randomizirane kontrolirane raziskave v angleškem jeziku, ki so analizirane po značilnostih njene vrste, številu preiskovank, intenziteti, trajanju, frekvenci in načinu TMMD ter končnih rezultatih in ugotovitvah avtorjev. Analiza pregleda nakazuje izjemno pomanjkanje kakovostnih raziskav na temo učinkov TMMD na seksualno disfunkcijo pri ženskah. Podatki kažejo izjemno učinkovitost TMMD na SUI, medtem ko je dokazljivost učinkov na SD še vedno pomanjkljiva.

Ključne besede: spolne disfunkcije, trening mišic medeničnega dna, disfunkcija medeničnega dna, disparevnija, seksualna disfunkcija

Sexual dysfunction (SD) expresses problems or stress in achieving a sexually satisfying life and needs. The lack of women's sexual needs is progressive with age. In the classification of SD in women, they are mainly characterized by disorders in the area of sexual desire, sexual arousal, orgasmic disorders, and dyspareunia, which is often associated with pelvic floor dysfunction (MD) or psychological causes. Pelvic floor muscle training (TMMD) is considered as the first method for treating stress urinary incontinence (SUI), which is also closely related to the weakness of the levator ani muscle or MD problems. The aim of the literature review is to present the results of studies of the effects of TMMD on SD in women. It is based on a systematic review of professional and scientific literature from the period 1984 to 2015, covered by databases: Scopus, WebOfScience, Cochrane, PubMed, Google Scholar. Includes randomized, controlled studies in English, which is analyzed by characteristics of its type, number of subjects, intensity, duration, frequency, TMMD mode, and final results and findings by authors. The review analysis shows an exceptional lack of quality research on the effects of TMMD on sexual dysfunction in women. The data indicate the exceptional efficacy of TMMD on the SUI, while the evidence of the effects on SD is still inadequate.

Key words: Sexual disorder, pelvic floor muscle training, pelvic floor dysfunction, dyspareunia, sexual dysfunction

Monika Jarc, Mladen Herc

PROGRAM VADBE ZA KOREKCIJO RAMENSKO-VRATNIH POSTURALNIH SPREMEMB PRI MLADOSTNIKI CORRECTIVE EXERCISE TRAINING PROGRAM FOR NECK AND SHOULDER POSTURAL CHANGES IN YOUTH

Namen raziskovalnega dela, predstavljenega v članku, je bil ugotoviti prisotnost sprememb v drži v predelu vratne hrbtenice in ramenskega obroča pri mladostnikih ter pripraviti program korektivnih vaj. V raziskavo je bilo vključenih 129 mladostnikov, od tega 73 deklic in 56 fantov. Stari so bili med 11 in 15 let. Testiranje smo izvedli z meritvami razdalj med določenimi referenčnimi točkami na telesu in steno, z goniometrijo, izmerili smo obseg gibov lateralnih fleksij in rotacij v vratni hrbtenici ter z manualnima mišičnima testoma (MTM) ocenili moč vratnih mišic. Izmerili smo tudi nagib frankfurtske ravnine, s katerim smo ocenili naklon glave. Med skupno 129 (n = 129) mladostniki je imelo 62,8 % (n = 60) anteropozicijo glave. Povprečna vrednost nagiba frankfurtske ravnine je bila manjša od kota 180° in je znašala 174,33°. Kljub temu signifikantnih razlik pri izvajanju preostalih merjenj glede na telesno držo nismo opazili. Rezultati meritev torej niso odvisni od anteropozicije glave. Mišična moč še ni oslABLJENA, saj ocene manualnih mišičnih testov ostajajo visoke. Povprečna ocena MTM za ekstenzijo je bila 4,84, povprečna ocena MTM za fleksijo pa 4,19. Korelacija med spremenljivkami je pokazala povezanost med obsegom gibljivosti pri rotaciji in MTM ekstenzije ter povezanost obeh manualnih mišičnih testov. Pri izbranem vzorcu mladostnikov so ugotovljena odstopanja od povprečne telesne drže v predelu vratu, a za te še ne moremo reči, da so funkcionalne spremembe oziroma deformacije.

Ključne besede: posturalne spremembe, vratna hrbtenica, ramenski obroč, mladostniki, korektivne vaje

The aim of the research presented in the article was to determine the presence of postural changes in the neck and shoulder region in youths and to prepare a program of corrective exercise training. 129 adolescents, 73 girls and 56 boys, aged between 11 and 15, were included in the research. We conducted different tests, such as measuring the distance between chosen reference points on the body and the wall, measuring the range of motion of cervical spine with goniometry, and neck muscle strength using manual muscle tests. We also measured the angle of the Frankfurt plane, with which we wanted to estimate the inclination of the head. Among the 129 (N = 129) adolescents, 62.8% (n = 60) had forward head posture. The average value of the inclination of the Frankfurt plane was 174.33°, which is less than 180°. Nevertheless, there were no significant differences in the results of other measurements due to the forward head posture. Muscle strength is not yet weakened, as the estimates of manual muscle tests remain high. The average MTM (manual muscle test) rating for the extension of head and neck was 4.84 and the average for flexion 4.19. A correlation between rotation range of motion and manual muscle test for extension, and also a weak correlation between both manual muscle tests was found. In this selected sample of adolescents, deviations from the correct body posture in the neck and shoulder region were found, but we cannot yet determine them as functional changes or deformations.

Key words: postural changes, cervical spine, shoulders, adolescents, corrective exercises

Aljoša Tomazini

USPEŠNOST ZGODNJE BOLNIŠNIČNE FIZIOTERAPEVTSKE OBRAVNAVE PRI PACIENTIH Z MOŽGANSKO KAPJO NA PODROČJU DNEVNIH DEJAVNOSTI IN BOLEČINE THE SUCCESS OF EARLY-PHASE PHYSICAL THERAPY IN PATIENTS WITH CEREBRAL INFARCTION IN THE FIELDS OF DAILY ACTIVITIES AND PAIN

Možganska kap (MK) skupaj s staranjem prebivalstva postaja vedno večji medicinski in socialno-ekonomski problem. Posledice MK so zelo različne in se kažejo na različnih področjih življenja obolelega. Namen raziskave je ugotoviti uspešnost zgodnje bolnišnične fizioterapevtske obravnave obolelih po MK na področju dnevnih dejavnosti in bolečine. Uporabljeni sta bili deskriptivna in kvantitativna metoda raziskovanja. V raziskavo je bil vključen priložnostni raziskovalni vzorec 10-ih pacientov, obolelih za ishemično obliko MK, in 10-ih pacientov, obolelih za hemoragično obliko MK, starih med 57 in 92 let, ki so bili v obdobju med avgustom in oktobrom 2018 hospitalizirani na Oddelku za nevrološke bolezni UKC Maribor. Podatke smo ob začetku in zaključku izvajanja fizioterapije v času hospitalizacije pridobili z uporabo indeksa Barthelove (IB), lestvice funkcijske neodvisnosti (FIM) in vidne analogne lestvice (VAS). Pridobljene rezultate smo statistično obdelali s programoma Microsoft Excel 2016 in IBM SPSS. V času hospitalizacije smo ob zaključku izvajanja fizioterapije ugotovili statistično značilno izboljšanje pri meritvah IB, VAS in FIM. Glede na posamezno komponento FIM je izrazitejši napredek viden na FIM-M. Viden pa je tudi obstoj statistično značilne povezave med starostjo in razliko v oceni IB. Zgodnja bolnišnična fizioterapevtska obravnava na področjih dnevnih dejavnosti in bolečine pomembno pripomore k okrevanju pacientov po MK.

Ključne besede: možganska kap, zdravljenje možganske kapi, rehabilitacija po možganski kapi, fizioterapija po možganski kapi

Together with the ageing of the population, cerebral infarction (CI) is becoming an increasingly larger healthcare and socio-economic problem. The consequences of CI are very heterogenous and are reflected in different fields of the patient's life. The purpose of this research is to determine the success of early physiotherapeutic treatment of patients after brain infarction in the field of daily activities and pain. The descriptive and quantitative research method had been used. The research included a random research sample of 10 patients with ischemic cerebral infarction and 10 patients with a haemorrhagic type of CI, all between 57 and 92 years of age, who were hospitalised between August and October 2018 at the Department for Neurologic Diseases of the University Clinical Centre (UKC) Maribor. We gathered the data at the beginning and at the end of physiotherapy during hospitalisation using the Barthel Index (BI), the Functional Independence Measure (FIM) and the Visual Analog Scale (VAS). The gathered results were statistically processed with the computer programs Microsoft Excel 2016 and IBM SPSS. At the time of hospitalisation after the end of physiotherapy we found statistically significant improvement in the measurements of BI, VAS and FIM. Regarding the individual component FIM, the most remarkable improvement was found in FIM-M. The existence of a statistically significant link between the patients' age and difference in the BI rating was found. The early hospital physiotherapeutic treatment in the field of daily activities and pain makes a significant contribution to the recovery of patients after CI.

Key words: Cerebral infarction, treatment of cerebral infarction, rehabilitation after cerebral infarction, physiotherapy after cerebral infarction

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MONITORING OF MUSCLE ADAPTATION BEFORE AND AFTER TOTAL HIP ARTHROPLASTY

Introduction

Total hip arthroplasty (THA) leads to physical limitations and muscle atrophy is one of the important accompanying effects. The objective of the present case study was to investigate changes in muscle tone of the rectus femoris muscle (RF) just before and after THA. We will demonstrate the sensitivity of the Tensiomyography (TMG) method for monitoring RF atrophy, hypertrophy and lateral symmetry (LS) during the rehabilitation process.

Methods

The primary subject was a male older adult with THA. Using noninvasive and selective TMG method, the percentage of LS coefficient of the RF was calculated, as the division of maximal amplitude (Dm) on the injured and healthy side.

Results

Two days before the THA, RF had 73 percent LS and lower muscle tone than of the average men of similar age and activit level. In the first 17 days after the surgery, a huge drop in the LS happened and the RF had only 23 percent LS. The injured side was now too stiff and the healthy side was still too loose. 54 days after the surgery, the RF had 122 percent LS, which showed that the injured side had a higher Dm than the healthy leg and both were too loose. 76 days after the THA, the RF had 140 percent LS with a higher Dm in comparison with the average. However, in this time period the RF was not recovered from the perspective of tone symmetry.

Conclusion

The muscle tone of the skeletal muscle could be affected by atrophy and hypertrophy of muscle fibres. We believe that TMG monitoring of muscle atrophy and LS can significantly improve the rehabilitation process.

Key words: total hip arthroplasty; muscle tonus; lateral symmetry; tensiomyography; rehabilitation outcome



Rebeka Arh, Tatjana Horvat, Tomaž Velnar

VPLIV FIZIOTERAPEVTSKE OBRAVNAVE NA ZMANJŠANJE GLAVOBOLA THE INFLUENCE OF PHYSIOTHERAPY TREATMENT ON HEADACHES

Uvod: V diplomskem delu smo predstavili vpliv fizioterapevtske obravnave na zmanjšanje glavobola. Namen diplomskega dela je ugotoviti, ali lahko s fizioterapevtsko obravnavo vplivamo na zmanjšanje intenzivnosti in pogostosti glavobola pri sodelujočih preiskovancih. Metode: V raziskavo je bilo vključenih 30 moških in žensk, starih med 20 in 60 let, ki trpijo za glavobolom vsaj trikrat letno. Razdeljeni so bili v dve skupini, prvih 15 ljudi je prejelo obravnavo s terapijo HiToP, drugih 15 ljudi pa obravnavo s terapevtsko masažo. Za analizo rezultatov smo uporabili opisno statistiko. Pridobljene podatke smo s komparativno metodo primerjali z drugimi strokovnimi študijami, vezanimi na aktualen problem. Rezultati: Na podlagi analize pridobljenih rezultatov smo ugotovili, da je fizioterapevtska obravnava v obeh skupinah pozitivno vplivala na zmanjšanje pogostosti in intenzivnosti glavobola. Posamezniki so opazili občutne spremembe tudi v izboljšanju svojega počutja med samim potekom fizioterapevtskih obravnav in tudi po njihovem zaključku. Opažena težava je, da je pomen alternativnih terapij na področju zdravljenja glavobola še vedno premalo poudarjen, saj velika večina obolelih v boju proti glavobolu najprej poseže po zdravilih za lajšanje bolečin. Sklepi: O pomenu in učinkovitosti tako alternativnega kot komplementarnega zdravljenja bi morali močneje ozaveščati tako zdravstveno osebje kot tudi laike, saj so rezultati raziskave pokazali na uspeh fizioterapevtske obravnave v boju proti pogostosti in intenzivnosti pojava glavobola.

Ključne besede: fizioterapija, glavobol, migrena, elektroterapija, terapevtska masaža

Introduction: In the diploma we presented the influence of physiotherapy treatment on the reduction of headaches. The purpose of the diploma is to determine whether physiotherapy treatment can reduce the intensity and frequency of headaches in the participating subjects. Methods: The study included 30 men in women aged 20 to 60 who suffer from headaches at least three times a year. They were divided into two groups, in which the first 15 people were treated with HiTop therapy and the remaining 15 people were treated with a therapeutic massage. Descriptive statistics were used to analyze the results. The comparative method was used to compare the findings with other expert studies related to the current problem. Results: On the basis of the analysis of the obtained results, we found that physiotherapy treatment in both groups had a positive effect on the decrease in frequency and intensity of headaches. Individuals also observed significant changes in improving their well-being during the course of physiotherapeutic treatments, as well as after their completion. The perceived problem is that the importance of alternative therapies in the treatment of headache is still underrepresented, as the vast majority of patients in the fight against headache first resort to pain relief medicines. Discussion: The importance of the efficiency of both alternative and complementary treatment deserves more attention among healthcare professionals and laypeople, as the results of the research have shown the success of physiotherapeutic treatment in the fight against the frequency and intensity of headaches.

Key words: Physiotherapy, headache, migraine, electrotherapy, therapeutic massage

Patricija Goubar, Tjaša Repnik

UČINEK SENZORNE INTEGRACIJE NA RAZVOJ GROBE MOTORIKE PRI OTROCIH THE EFFECTS OF SENSORY INTEGRATION ON GROSS MOTOR DEVELOPMENT IN CHILDREN

Gibanje pomembno vpliva na otrokov razvoj, zato je ključno, da otrok že zgodaj v razvoju ustvari pozitiven odnos do gibalnih dejavnosti. Namen raziskave je bil ugotoviti učinek senzomotorične vadbe z elementi senzorne integracije na razvoj grobe motorike pri otrocih v starosti od 1,5 do 5 let. Poleg osnovne deskriptivne statistike smo uporabili kvantitativno metodo raziskovanja, z izvedbo prospektivne študije. Vzorec je vključeval devet otrok, redno udeleženih v senzomotorično vadbo. Meritve smo opravili s standardiziranimi merilnimi protokoli: testom teka cik-cak, testom hoje skozi obroče, metom medvedka v cilj, testom stoje na eni nogi, vrtenjem, ter dvema vprašalnikoma za starše: standardiziranim vprašalnikom Short Sensory Profile (SSP) in namenskim vprašalnikom za subjektivno oceno staršev o otrokovem napredku. Meritve smo izvedli na začetku in po koncu petmesečnega vadbenega obdobja. Za analizo rezultatov smo uporabili opisno statistiko s frekvenčno analizo, povprečnimi vrednostmi, Shapiro-Wilkovim testom, Wilcoxonovim testom in bivariantno statistiko, t-testom. Statistično značilne razlike smo ugotovili pri vseh petih testih, in sicer pri metu medvedka v cilj ($p = 0,021$), pri testu hoje skozi obroče ($p = 0,008$), pri testu teka cik-cak ($p = 0,017$), pri stoju na eni nogi ($p = 0,043$) in pri testu vrtenja ($p = 0,000$). V oceni senzornega profila smo ugotovili motnjo senzorne integracije pri dveh otrocih, ki se kaže predvsem na področju prenizke občutljivosti/iskanja dražljajev in pomanjkanja energije. Raziskovalni rezultati kažejo pozitiven učinek senzomotorične vadbe z elementi senzorne integracije na razvoj grobe motorike, kar potrjuje tudi subjektivna ocena staršev o otrokovem napredku na motoričnem, kognitivnem in socialnem področju.

Ključne besede: senzomotorična vadba, otrokov razvoj, otrokova groba motorika, senzorna integracija, disfunkcija senzorne integracije

Movement has a significant influence on a child's development, therefore it is essential that children evolve a positive relation toward physical activities in the early stages of development. The purpose of our research was to establish the effect of sensorimotor activities with elements of sensory integration on gross motor development in children aged 1.5 to 5 years. Besides basic descriptive statistics we also used the quantitative research method with the performance of a prospective study. Our sample included 9 children who regularly attended sensorimotor activities. The measurements were carried out with standardized measuring instruments: test run zig-zag, walking through rings, throwing a bear, filled with little stones, into a goal, single leg stance, spinning and two questionnaires for parents: a standardized short sensory profile (SSP) and a survey of subjective assessment of a child's progress. The measurements were performed at the beginning and at the end of the 5-month training season. For the analysis of our results we used descriptive statistics with frequency analysis, average values, the Shapiro-Wilk test, the Wilcoxon signed-rank test and the bivariate statistics T-test. Statistically significant differences were found in all five tests: throwing the bear ($p=0.021$), walking through rings ($p=0.008$), run zig-zag ($p=0.017$), single leg stance ($p=0.043$) and spinning ($p=0.000$). In the assessment of the short sensory profile we found out that two children have sensory integration dysfunction shown mostly in two fields: underresponsive/seek sensation and low energy/weak. The results of our research show that sensorimotor activities with elements of sensory integration positively affects children's gross motor development which is also confirmed by the parents' subjective assessment of the child's progress in the motor, cognitive and social fields.

Key words: sensorimotor activities, child development, gross motor in children, sensory integration, sensory integration dysfunction

Christian Aldo Feindler, Patricija Goubar

FORMACIJA MIOFASCIALNIH PROŽILNIH TOČK PO VSTAVITVI TOTALNE ENDOPROTEZE KOLKA THE FORMATION OF MIOFASCIAL TRIGGER POINTS AFTER TOTAL ENDOPROSTHESIS OF THE HIP

Formacija miofascialnih prožilnih točk (MTrP) po operativnih posegih je pogost pojav. V raziskavi smo želeli ugotoviti prisotnost MTrP pri pacientih po vstavitvi totalne endoproteze (TEP) kolka ter njihov vpliv na obseg gibljivosti, mišično moč v kolčnem sklepu in bolečino. Iskali smo korelacijo med formacijo MTrP in različnimi kirurškimi pristopi TEP kolka. Uporabili smo osnovno deskriptivno statistiko in kvantitativno komparativno metodo s prospektivno primerjalno kontrolirano študijo, kjer smo izvedli meritve goniometrije, manualno testiranje mišic (MTM) in vizualno analogno lestvico (VAS). Vključenih je bilo dvainpetdeset pacientov po vstavitvi TEP kolka. S palpacijo MTrP smo jih razdelili v testno in kontrolno skupino. S tabelarnim prikazom frekvenčnih distribucij, rangov, izidom statističnih testov smo preverjali razlike med skupinama. Statistično značilne razlike smo ugotovili pri prisotnosti MTrP pri pacientih po TEP kolka ($p = ,000$), v mišicah, ki so neposredno prizadete pri določenem operativnem pristopu. Statistično značilno korelacijo smo zaznali pri neposrednem lateralnem pristopu (DLP) ($p = ,000$; $p = ,001$) in neposrednem anteriornem pristopu (DAP) ($p = ,005$; $p = ,005$; $p = ,000$). Statistično značilna razlika ($p = ,006$) je prisotna tudi pri MTM za gib zunanje rotacije (ZR) ($p = ,008$) in obsegu gibljivosti notranje rotacije (NR) v kolčnem sklepu, kar pomeni, da prisotnost MTrP vpliva na zmanjšanje mišične moči za gib ZR in zmanjšanje gibljivosti za gib NR v kolčnem sklepu. Potrdili smo korelacije med formacijo MTrP v neposredno prizadetih mišicah po DLP in DAP. Na podlagi rezultatov ni bilo mogoče definirati, da so MTrP razlog za zmanjšan obseg gibljivosti, zmanjšano mišično moč in prisotnost bolečine postoperativno.

Ključne besede: miofascialne prožilne točke, totalna endoproteza kolka, artroza kolčnega sklepa, poškodbe kolčnega sklepa, kirurški pristopi totalne artroplastike kolka

The formation of miofascial trigger points (MTrP) following surgery is common. In the study, we wanted to determine the presence of MTrP in patients after the insertion of Total Endoprosthesis (TEP) of the hip and their effect on the extent of flexibility, muscle strength in the hip joint and pain. We determine a correlation between the formation of MTrP and the surgical approaches of TEP of the hip. We used basic descriptive statistics and a quantitative comparative method with a prospectively comparatively controlled study where we performed measurements of goniometry, manual muscle testing (MTM) and visual analogue scale (VAS). Twenty-five patients were included after the insertion of TEP of the hip. We divided them into a test and control group. With the tabular display of frequency distributions, ranks, the results of statistical tests we checked the differences between the groups. Statistically significant differences were found in the presence of MTrP in patients with TEP of the hip ($p = .000$) in muscles that are directly affected by a particular operative approach. A statistically significant correlation was observed in the direct lateral approach (DLA) ($p = .000$; $p = .001$) and the direct anterior approach (DAA) ($p = .005$; $p = .005$; $p = .000$). The statistically significant difference ($p = .006$) is also present in MTM for the external rotation (ER) ($p = 0.008$) and the extent of the internal rotation (IR) movement in the hip joint, which means that the presence of MTrP affects the reduction of muscular strength for the movement of the ER and reduction of the mobility of the IR movement in the hip joint. We confirmed the correlations between the formation of MTrP in directly affected DLA and DAA muscles. Based on the results, it was not possible to define that MTrP is the reason for reduced mobility, reduced muscle strength, and the presence of pain post-operatively.

Key words: myofascial trigger points, hip total endoprosthesis, hip arthrosis, hip joint damage, surgical approaches of total hip arthroplasty

Patricija Goubar

RECENZIJAKNJIGE ESSENTIALS OF PHYSICAL MEDICINE AND REHABILITATION BOOK REVIEW: ESSENTIALS OF PHYSICAL MEDICINE AND REHABILITATION

Essentials of Physical Medicine and Rehabilitation: Musculoskeletal Disorders, Pain, and Rehabilitation; 4. izdaja, dr. Walter R. Frontera, Julie K. Silver, dr., in Thomas D. Rizzo ml., dr., Elsevier Health Sciences, 26. sept. 2018, 990 strani.

Preučevanje širokega spektra mišično-skeletnih motenj, bolečinskih sindromov in kroničnih bolezni so najbogatejši prispevki te knjige. Zajema impresivno poenostavljeno predstavljajne obsežnega nabora stanj v hitro preglednih referenčnih formatih s področja preventive, diagnostike, terapije in rehabilitacije, prognoze ter večdisciplinarnega zdravljenja. Tematska oblika s preprosto navigacijo omogoča hiter dostop do sodobnih informacij, potrebnih za začetno terapijo, rehabilitacijsko intervencijo ali obravnavo pacientov v dolgoročnejši fizioterapevtski obravnavi.

Ključne besede: fizioterapija, rehabilitacija, bolečinski sindromi, mišično-skeletne motnje, kronične bolezni

Essentials of Physical Medicine and Rehabilitation, Musculoskeletal Disorders, Pain, and Rehabilitation; 4th Edition, by Walter R. Frontera, MD, PhD; Julie K. Silver, MD; and Thomas D. Rizzo, Jr., MD. Elsevier Health Sciences, 26. sep. 2018; 990 pages. The study of a wide range of musculoskeletal disorders, pain syndromes and chronic illnesses are the richest contributions of this book. It captures an impressive, simplified presentation of a wide range of situations in fast, transparent reference formats in the fields of prevention, diagnostics, therapy and rehabilitation, prognosis and multidisciplinary treatment. The thematic format with easy navigation allows for quick access to the modern information needed for initial therapy, rehabilitation intervention or treatment of patients in a longer-term physical therapy treatment.

Key words: Physiotherapy, rehabilitation, pain syndromes, musculoskeletal disorders, chronic diseases



Katja Črne, Tine Kovačič, Zdenka Šefman

INTEGRACIJA NEVRODINAMIKE V NEVROREHABILITACIJI OSEB S CEREBRALNO PARALIZO INTEGRATION OF NEURODYNAMICS INTO NEUROREHABILITATION OF PERSONS WITH CEREBRAL PALSY

Uvod: Tako po svetu kot v Sloveniji se je pristop INN (integracija nevrodinamike v nevrorehabilitaciji) uspešno integriral v sodobno neurofizioterapevtsko obravnavo različnih neuroloških pacientov, med katere uvrščamo tudi izredno heterogeno populacijo oseb s cerebralno paralizo (CP). Namen multiple študije primera je bil proučiti kratkoročne učinke koncepta INN v kombinaciji s konceptom PNF pri osebah s CP. Metode: V multiplo študijo primera smo vključili štiri preiskovanke z obojestransko spastično obliko CP, dve od njih po opravljeni selektivni dorzalni rizotomiji. Za ocenjevanje preiskovank smo uporabili teste goniometrije, teste premičnosti živcev in izbrane naloge z lestvice grobe gibalne funkcije, verzija 88 (GMFM-88). Rezultati: Pri testu goniometrije za gibljivost v kolku in kolenu se je obseg gibljivosti povečal že po enkratni obravnavi. Med posameznimi terapijami so obsegi ekstenzije v kolku in kolenu variirali na slabše in na boljše. Od začetka in do konca raziskave se je pri vseh meritvah pokazal napredek v gibljivosti oziroma zmanjšanju flektornih kontraktur. Pri testiranju izbranih nalog z lestvice GMFM-88, ki smo ga izvedli pred začetkom obravnave in po zaključeni obravnavi zadnji, peti dan, so se rezultati pri večini izbranih dejavnosti izboljšali. Sklepi: Rezultati opravljenih testov kažejo pozitivne kratkoročne učinke koncepta INN na gibljivost v kolku in kolenu pri osebah z obojestransko spastično CP. Ključne besede: cerebralna paraliza, koncept INN, PNF, mobilizacija živčevja

Introduction: Throughout the world, the INN approach (integration of neurodynamics into neurorehabilitation) was successfully integrated into the modern neurophysiotherapy treatment of various neurological patients, among which there is an extremely heterogeneous population of people with cerebral palsy (CP). The purpose of the multiple case study was to study the short-term effects of the INN concept in combination with the PNF concept in people with CP. Methods: In a multiple case study, we included 4 subjects with a bilateral spastic CP, two of them after selective dorsal rhizotomy. We used goniometry tests, neurodynamic assessment and selected activities from the gross motor function scale, version 88 (GMFM-88), to assess the study participants. Results: In the goniometry test for hip and knee flexibility, the range of motion (ROM) has increased after one treatment. Within the individual therapies, the ROM of hip and knee extension were varied. From the beginning and at the end of the study, progress has been shown in all flexibility measurements. In the specific activities assessment from the GMFM-88 scale, which we performed before the beginning of the therapeutic session and after the completed sessions on the last day, the results in gross motor function for most of the selected activities improved. Conclusions: The results of the tests carried out indicate positive short-term effects of the INN concept on hip and knee flexibility in people with bilateral spastic CP.

Key words: cerebral palsy; INN concept; PNF; nerve mobilization

Mirela Vučković, Nenad Petrc, Mirjana Baričić

CORRELATION BETWEEN SAGITTAL RANGE OF MOVEMENT WITH PAIN IN CERVICAL SPINE AMONG ELEMENTARY SCHOOL CHILDREN IN FIFTH GRADE

INTRODUCTION The pain in cervical spine in children is the most attributed with carrying heavy school bags, insufficient physical activity, sedentary leisure time and non-ergonomic design of school furniture that does not follow the growth of children. There are a small number of studies that are monitoring pain in cervical spine among school children. The aim of this study is to determinate if there is correlation between sagittal range of movement with pain in cervical spine among elementary school children. *METHODS* The research was conducted in school in Pula on sample from N(59) children. It were participate N(32) boys and N(27) girls. The parameters that are taken are gender, assessment of pain in cervical spine according to Likert scale, sagittal range of movement and weather children actively include in sport or no. *RESULTS* At the established goal we got the answer that there is no differences in pain in sagittal range of movement with pain in cervical spine. As well there is no differences in pain in cervical spine with regard to gender. At sagittal range of movement and sport on the surprise there is no correlation between sport and increase range of movement in cervical spine. *CONCLUSION* In this period of growth and development there are no existing structural changes, that are causing pain, such as the case in the elderly. At this age pain can be connected with more external factors which will be activated depending on the persistence of the each factor.

Key words: cervical spine, poor posture, pain, physical activity, sport



Bine Baloh, Tine Kovačič

UČINKI V RAVNOTEŽJE USMERJENEGA SPECIFIČNEGA FIZIOTERAPEVTSKEGA PROGRAMA PRI GLUHIH OTROCIH EFFECTS OF THE PHYSIOTHERAPEUTIC BALANCE-SPECIFIC EXERCISE PROGRAM IN DEAF CHILDREN

Uvod: Študije navajajo, da okvara organa za sluh in posledično vestibularnega aparata pri gluhih otrocih lahko privede do upočasnjene gibalnega razvoja, ki vključuje nadzor drže, ravnotežne funkcije ter gibanje. Gluhemu otroku bi bilo treba v zgodnjem otroštvu testirati vestibularne funkcije in mu omogočiti kakovostno v ravnotežje usmerjeno fizioterapevtsko obravnavo. Metode: Izvedli smo eksperimentalno pilotsko študijo s skupino slišočih (N = 10) in gluhih (N = 10) otrok, starih med sedem in devet let. Raziskovali smo kratkoročne učinke intenzivnega fizioterapevtskega programa (FTP), usmerjenega v razvoj statičnega in dinamičnega ravnotežja gluhih otrok. Skupina gluhih otrok je bila poleg redne športne vzgoje deležna intenzivnega FTP, usmerjenega v razvoj ravnotežja, medtem ko je bila skupina slišočih otrok deležna le športne vzgoje. Rezultati: Pri vseh funkcijskih ravnotežnih testih, z visoko stopnjo veljavnosti in zanesljivosti, so gluhi otroci dosegali boljše rezultate po izvedenem FTP v primerjavi z začetnimi rezultati ravnotežja. Gluhi otroci so v povprečju dosegali slabše rezultate statičnega in dinamičnega ravnotežja v primerjavi s slišočimi. Sklepi: V prihodnje bi bilo treba izvesti multicentrično študijo, da bi tudi gluhim omogočili zgodnjo v ravnotežje usmerjeno fizioterapevtsko obravnavo.

Ključne besede: gluhost, ravnotežje, vpliv gluhosti na ravnotežje, fizioterapevtski program, usmerjen v razvoj ravnotežja

Introduction: Studies indicate that hearing impairment (HI) and, consequently, the vestibular apparatus in deaf children can lead to slow motor development, which includes body posture control, balance function and movement. In a child with HI, we should test vestibular functions at an early age and enable them to participate in a physiotherapeutic balance-specific exercise program.

Methods: We conducted an experimental pilot study with a group of hearing (N = 10) and deaf (N = 10) children aged between seven and nine years. We studied the short term effects of an intensive physiotherapeutic program aimed at developing a static and dynamic balance of deaf children. In addition to regular sports education, a group of deaf children received an intensive physiotherapy program (FTP) aimed at developing balance, while a group of hearing children received only physical education. Results: For all functional balance tests, with high levels of validity and reliability, deaf children achieved better results after FTP performed compared to initial balance results. Deaf children on average achieved lower static and dynamic balance results compared to hearing children. Conclusions: In the future, a multi-center study should be carried out in order to enable deaf children to take an early physiotherapeutic balance-specific exercise program.

Key words: deafness, balance, the influence of deafness on balance, physiotherapeutic program, development of balance balance-specific exercise program

Petra Franetič, Tine Kovačič, Tatjana Horvat, Dorian Hojnik

UČINKI PROJEKTA FIZIOFITNES NA TELESNO PRIPRAVLJENOST OSEB S CEREBRALNO PARALIZO EFFECTS OF THE PHYSIOFITNESS PROJECT ON PHYSICAL FITNESS OF PERSONS WITH CEREBRAL PARALYSIS

Uvod: Na podlagi z dokazi podprte fizioterapije je znano, da imajo osebe s cerebralno paralizo (CP) nižjo stopnjo telesne pripravljenosti (TP) in se zaradi segregacije, diskriminacije redkeje udeležujejo redne telesne dejavnosti v primerjavi z večinsko populacijo otrok v skupnosti. Posledično vse to vodi v slabšanje posameznih komponent njihove TP in kakovosti življenja (KŽ) na področju sodelovanja v modelu Mednarodne klasifikacije funkcioniranja, zmanjšane zmožnosti in zdravja (MKF). Metode: V multiplo študijo primera z uporabo kvantitativne raziskovalne paradigme smo vključili štiri osebe s CP, ki so bile stare od 11 do 26 let, na podlagi sistema razvrščanja otrok s CP na osnovi grobe gibalne funkcije od prve do tretje stopnje. Preiskovanci so bili deležni individualnega pristopa s strani fizioterapevtov in fitnes inštruktorjev med fitnes vadbo poleg nevrofizioterapije v 12-tedenskem obdobju. Rezultati: Nevrofizioterapija v kombinaciji s fitnes vadbo je povezana z izboljšanjem vseh komponent TP: mišična moč, gibljivost, aerobna zmogljivost, ravnotežje in telesna sestava. Sklepi: Na podlagi pozitivnih učinkov fiziofitnes programa bi bilo treba izvesti randomizirano klinično študijo in raziskati vpliv posameznih komponent TP na KŽ ter nadgraditi model MKF.

Ključne besede: telesna pripravljenost, cerebralna paraliza, nevrofizioterapija, fitnes vadba

Introduction: Based on evidence-based physiotherapy it is known that persons with cerebral palsy (CP) have a lower level of physical fitness (PF), and because of segregation and discrimination they rarely participate in regular physical activity compared with persons in the mainstream population in the community. Consequently, all this leads to the deterioration of individual components of their PF and quality of life (QoL) in the field of participation in the model of international classification of functioning, disability and health (ICF). Methods: In a multiple case study using a quantitative research paradigm we included four people with CP who were aged 11 to 26 years on the basis of a gross motor function classification system from level one to three. The participants were given an individual approach during their physical activity in the fitness studio by physiotherapists and fitness instructors in addition to neurophysiotherapy during the 12th week. Results: Neurophysiotherapy combined with fitness training is associated with the improvement of all PF components: muscle strength, flexibility, aerobic fitness, balance, body composition. Conclusions: On the basis of the positive effects of the physiofitness program, a randomized clinical study should be carried out to investigate the impact of individual PF components on the QoL and to upgrade the ICF model.

Key words: physical fitness, cerebral palsy, neurophysiotherapy, fitness exercise

Rene Leban, Mladen Herc

RAVNOTEŽJE PO ZVINU GLEŽNJA BALANCE AFTER ANKLE SPRAIN

Uvod: Zvin gležnja predstavlja problematiko kot poškodba, saj gre za eno najpogostejših poškodb. Zaradi tega je pomembno poznavanje dejavnikov, ki vplivajo na možnost za nastanek omenjene poškodbe in tovrstno možnost povečujejo, kako nuditi prvo pomoč ter samo razumevanje pomembnosti fizioterapije po zvinu.

Metode: Teoretični del raziskave je temeljil na deskriptivni metodi dela. Empirični del je vključeval testiranja, ki smo jih izvedli s sedmimi testi statičnega ravnotežja (poostreni Rombergov test, test stoje na eni nogi, test flamingo) in testom dinamičnega ravnotežja (test dosega z ного v osmih smereh).

Rezultati: Pri testu flamingo so testiranci, ki so po poškodbi imeli terapije, potrebovali v povprečju 8,55 poskusa manj, pri poostrenem Rombergovem testu z zaprtimi očmi so v povprečju držali ravnotežje dve sekundi dlje, pri testu stoje na eni nogi z zaprtimi očmi na trdi podlagi so bili v povprečju boljši za šest sekund, pri enakem testu z odprtimi očmi na mehki podlagi za 8,55 sekunde, z zaprtimi očmi na mehki podlagi pa kar za 19,85 sekunde.

Razprava in zaključek: Raziskava je pokazala, da je fizioterapija po zvinu gležnja pomembna, saj se že v relativno kratkem času po poškodbi dosežejo statistično pomembne razlike v primerjavi z osebami, ki po zvinu gležnja ne obiskujejo terapij.

Ključne besede: gleženj, ravnotežje, zvin gležnja

Introduction: Ankle sprain presents an issue as an injury, as it is one of the most common injuries. Therefore, it is very important to know the factors which influence and increase the possibility of the emergence of the aforementioned injury, how to provide first aid, and to understand the importance of physiotherapy.

Methods: The theoretical part of the research was based on the descriptive method of work. The empirical part represents testing which was performed with seven tests of static balance (Romberg test, Single leg stance, Flamingo test) and the test of dynamic balance (Star Excursion Balance Test).

Results: In the case of the Flamingo test, the tested individuals who had therapies after the injury needed 8.55 attempts less on the average. In the case of the Romberg test with their eyes closed, they kept their balance two seconds longer on average. In the case of the test of standing on one leg on a hard surface, they were better by six seconds on average. In the case of the same test with their eyes open on a soft surface, they were better by 8.55 seconds. In the case of the test with their eyes closed on the soft surface, they were better by as much as 19.85 seconds.

Conclusion: The research showed that physiotherapy after an ankle sprain is important, as statistically significant differences are reached in tests of balance in a relatively short time after the injury in comparison with persons who do not attend therapies after an ankle sprain.

Key words: ankle, balance, ankle sprain

Andreja Kvas, Jerneja Pečnik

VPLIV ZDRAVSTVENE VZGOJE NA SPREMEMBE V ŽIVLJENJSKEM SLOGU PRI PACIENTIH PO AKUTNEM MIOKARDNEM INFARKTU *THE IMPACT OF HEALTH EDUCATION ON CHANGES IN LIFESTYLE BY PATIENTS AFTER ACUTE MYOCARDIAL INFARCTION*

Uvod: Akutni miokardni infarkt sodi med ishemične bolezni srca in je eden izmed najpogostejših vzrokov za smrt v razvitih državah. Sistematična in načrtovana zdravstvena vzgoja, s strani medicinske sestre, ima pomembno vlogo pri preprečevanju ponovnih srčnih napadov. Z njo medicinska sestra poskuša doseči, da pacienti izboljšajo kondicijo srčno-žilnega sistema, preprečujejo zaplete in simptome ter zmanjšujejo psihološke posledice. Namen: Namen prispevka je na osnovi pregleda literature predstaviti vpliv zdravstvene vzgoje na spremembo življenjskega sloga pri pacientih, ki so preboleli akutni miokardni infarkt. Metode dela: Uporabljena je bila deskriptivna metoda dela. Pri pregledu literature smo preučili izbrano strokovno in znanstveno literaturo s področja kardiologije, zdravstvene vzgoje in sekundarne preventive. Literaturo smo iskali s pomočjo podatkovnih baz: CINAHL, Medline, PubMed in ScienceDirect. V pregled smo vključili literaturo iz obdobja od januarja 2007 do januarja 2018. Rezultati: V analizo je bilo vključenih devet raziskav. Ugotovili smo, da z zdravstveno vzgojo vplivamo na spremembe v življenjskem slogu pacientov po prebolelem miokardnem infarktu. Zdravstvena vzgoja mora biti dobro načrtovana, s primerno vsebino in izvedena s primernimi učnimi metodami in oblikami dela ter učnimi pripomočki. Dlje trajajoči rehabilitacijski programi / zdravstvena vzgoja so pomenili boljše rezultate pri doseganju ciljev pacientov. Razprava in sklep: Raziskovalni rezultati so pokazali pozitivne učinke na vedenje in spremembe v življenjskem slogu pri pacientih, ki so bili vključeni v proces zdravstvene vzgoje. Zdravstvena vzgoja mora biti prilagojena posamezniku, izhajati mora iz njegovih potreb in želja. Pri pacientih, ki so bili vključeni v proces zdravstvene vzgoje, so se najprej pokazale spremembe v povečani telesni dejavnosti in opustitvi kajenja, manj pa glede zdrave in uravnotežene prehrane.

Ključne besede: medicinske sestre, preventiva akutnega miokardnega infarkta, dejavniki tveganja, vseživljenjska rehabilitacija

Introduction: Acute myocardial infarction is one of the ischemic heart diseases and one of the most common causes of death in developed countries. Nurses with a systematic and planned health education play an important role in preventing recurrent cardiac events. Nurses utilise their education to try to improve the condition of the patient's cardiovascular system, prevent complications and symptoms, and reduce the psychological consequences. Aim: The purpose of the diploma thesis is to present, on the basis of literature review, the impact of health education on lifestyle changes in patients who have suffered acute myocardial infarction. Methods: A descriptive method of work was used. A descriptive method of work was used. In the literature review, we examined selected professional and scientific literature in the field of cardiology, health education and secondary prevention. The literature was searched using the following databases: CINAHL, Medline, PubMed and ScienceDirect. We have included literature in the period from January 2007 to January 2018. Results: Nine studies were included in the qualitative analysis. Long-term rehabilitation programs or health education provided better results in reaching patients' goals. Health education must be well planned, with appropriate content and carried out with suitable teaching aids. Long-term rehabilitation programs/health education provided better results in reaching patients' goals. Discussion and conclusion: The results show positive effects on behavior and lifestyle changes in patients after receiving health education. Health education should be tailored to the individual's needs. Patients first exhibited changes in increased physical activity and cessation of smoking.

Key words: nurse, acute myocardial infarction prevention, risk factors, life-long learning

Saško Lašič, Mladen Herc

VPLIV KINEZIOTERAPIJE NA RAVNOTEŽJE PRI PACIENTIH S PARKINSONOVO BOLEZNIJO

THE EFFECT OF KINESIOTHERAPY ON BALANCE IN PATIENTS WITH PARKINSON'S DISEASE

Parkinsonova bolezen (PB) je kronična in napredujoča neurodegenerativna bolezen. Prizadene približno 1–2 odstotka ljudi v starosti po 50. letu. Prizadeta je predvsem motorika, kar lahko bolnika postopoma onemogoči za samostojno življenje. Eden glavnih motoričnih simptomov je večja ali manjša izguba ravnotežja. V raziskavi so sodelovali člani društva Trepetlika z diagnozo PB. Število udeležencev je bilo 10, starost nad 60 let, obeh spolov. Vadbo za ravnotežje so izvajali 7 tednov, 2-krat tedensko, trajala pa je 40 minut plus 10 minut ogrevanja. Udeležence raziskave smo pred začetkom izvajanja vaj ocenili s Fullertonovo lestvico za napredno ocenjevanje ravnotežja (FAB). V program vadbe so bili vključeni le tisti, ki so imeli rezultat po FAB 25 ali manj in ki so bili sposobni izvajati terapevtsko vadbo. Isti instrument je bil uporabljen za končne meritve. Povprečni seštevek točk po FAB je pri udeležencih raziskave na začetnem testiranju znašal 22,4 točke. Ta rezultat predstavlja 56 % vseh mogočih točk. Ob zaključnem testiranju pa je bil povprečni skupni seštevek 27,6 točke, kar predstavlja izboljšanje za 5,2 točke oziroma za 23 %. Glede na rezultate naše raziskave zaključujemo, da tudi naši rezultati kažejo, tako kot omenjajo ostale raziskave, da vadba pozitivno učinkuje na izboljšanje ravnotežja pri pacientih s PB. Ti pozitivni učinki pa se množijo, saj pacienti lažje sodelujejo oziroma izvajajo vsakdanje dejavnosti, izboljša se jim samopodoba, kar rezultira v izboljšanem splošnem počutju pacientov.

Ključne besede: Parkinsonova bolezen, ravnotežje, kinezioterapija, rehabilitacija

Parkinson's disease (PD) is a chronic and progressive neuro-degenerative disease. It affects approximately 1-2% of people aged 50 years and older. The PD patient's motor capabilities are primarily affected, gradually they become incapable of independent living. One of the motor symptoms is postural instability. Members of the Trepetlika association with a diagnosis of PD participated in the research project. The number of participants was 10, aged 60 and older, of both sexes. Balance training was performed for 7 weeks, twice a week, lasting 40 minutes plus 10 minutes of warmup. Participants were evaluated with the FAB scale prior to exercise. Only those who had a score of 25 or less points on the FAB scale and were able to perform therapeutic exercises were included. The same instrument was used for the final evaluation. The average score on the FAB scale in the initial testing was 22.4 points. This result represents 56% of the maximum score. At the final testing, the average score was 27.6 points, which represents an improvement of 5.2 points or 23%. Based on the results of our study, we concluded that our results also show, same as the results of other studies, that kinesiotherapy or regular exercise has a positive impact on balance in patients with PD. These positive effects are further multiplied, as in patients who are more likely to participate or perform daily activities their self-image improve, which results in an improved overall well-being of patients.

Key words: Parkinson's disease, balance, kinesiotherapy, rehabilitation

Dominik Kocbek, Patricija Goubar

RAZLIKE V MOTORIČNIH SPOSOBNOSTIH IN SPRETNOSTIH MED OTROCI IZ VRTCA BENEDIKT IN OTROCI IZ ŠPANIJE DIFFERENCES OF MOTORICAL SKILLS AND ABILITIES BETWEEN CHILDREN OF KINDERGARTEN BENEDIKT AND CHILDREN FROM SPAIN

Gibanje je življenje. Otrok se skozi gibanje uči, raste in razvija. Namen naše raziskave je ugotoviti kakšne so motorične sposobnosti in spretnosti otrok iz vrtca Benedikt v primerjavi z otroci iz Španije. Metodologija: Vzorec, ki ga obravnavamo je petindevetdeset otrok starih od dve do šest let. Za ugotavljanje motoričnih sposobnosti in spretnosti smo uporabili standardizirano merilno baterijo PREfit. Gibalne naloge zajete v PREfit bateriji so: skok v daljino, stoja na eni nogi, mišična moč, tek štiri krat deset metrov in »shuttle-run test« dvajset metrov. Zbiranje podatkov je potekalo v telovadnici, kjer je svetel, velik in odprt prostor. Dobljene rezultate bomo analizirali in primerjali s standardi, katere so določili avtorji merilne baterije. Vsakemu otroku smo izmerili telesno višino, telesno težo in skupaj s starostjo bomo določili indeks telesne mase, ter ugotavljali odstopanja. Za statistično analizo bomo uporabljali statistični program SPSS. Rezultati: Zbiranje podatkov je že končano. Rezultati so v fazi analiziranja.

Ključne besede: otroci, motorične sposobnosti, spretnosti, PREfit, ITM.

Moving is life. Child can learn through movement, can grow and develop. Intention of our research is to find out what are the motorical skills and abilities children from kindergarten Benedikt in comparison to children from Spain. Methodology: Sample being dealt with is ninety five children from the ages between two and six years. To find out motorical skills and abilities we used standard test battery PREfit. Exercises in the test battery PREfit are: standing long-jump test, hand grip strenght, four times ten metres shuttle-run test, one-leg stand, twenty metres shuttle-run test. Collecting data was being held in a gym, which is bright, big and open space. The results will be analyzed and compared with standards which are determined by the authors of test battery. Each child was measured body height, body weight and with age determined BMI and then we figured out the deviations. For the statistic analysis we will use statistical program SPSS. Results: Collecting data is finished. The results are in phase of analysis.

Key words in Slovenian language : children, motorical skills, abilities, PREfit, BMI

Tamara Krošl, Patricija Goubar

URINSKA INKONTINENCA IN KRONIČNA OBSTRUKTIVNA PLJUČNA BOLEZEN URINARY INCONTINENCE AND CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Kronična obstruktivna pljučna bolezen (KOPB) in urinska inkontinenca (UI) nista pojava, ki bi se pogosto omenjala v medsebojni odvisnosti. Namen raziskave je bil raziskati prevalenco pojava UI pri bolnikih s KOPB v starostni skupini nad petdeset let z njeno prevladujočo vrsto in raziskati povezavo med simptomi kroničnih pljučnih bolezni z nastankom UI oziroma njenim zdravljenjem. Raziskava je bila izvedena z anketnim vprašalnikom, ki je vključeval kratko obliko vprašalnika ICIQ, anketiranci pa so bili razdeljeni v testno in kontrolno skupino. V testni skupini je sodelovalo dvaintrideset kroničnih obstruktivnih pljučnih bolnikov, pri katerih smo ugotavljali prevalenco UI in njene značilnosti, v kontrolni pa šestintrideset anketirancev za primerjavo z rezultati testne skupine. Podatke smo analizirali z opisno statistiko in binomialnim testom bivariantne statistike. Raziskovalni rezultati kažejo, da je prevalenca UI pri bolnikih s KOPB sedemindvajset odstotkov višja kot pri osebah, ki te pljučne bolezni nimajo, pri čemer se kot najpogostejša oblika pojavlja stresni tip (SUI). V večini primerov SUI nastane v manj kot petih letih od nastanka kašlja, zdravljenja UI pa se je udeležila manj kot polovica udeležencev. Rezultati kažejo, da KOPB predstavlja višjo raven tveganja za nastanek UI, zato je pri bolnikih potrebna primarna preventivna dejavnost z ustrežno edukacijo o možnostih zdravljenja še pred poslabšanjem KOPB.

Ključne besede: urinska inkontinenca, kronična obstruktivna pljučna bolezen, fizioterapija, mišice medeničnega dna, uhajanje urina

Chronic obstructive pulmonary disease (COPD) and urinary incontinence (UI) are phenomena that are not codependent or often mentioned together. The purpose of the research was to study the prevalence of UI and its dominant type in the patients suffering from COPD, in the age group above fifty, and to study the connection between COPD symptoms and the occurrence of UI and its treatment. The research has been carried out with the survey questionnaire, and the respondents were divided into a test and a control group. The test group included thirty-two patients suffering from COPD, and we analyzed the prevalence of UI and its features, while the control group consisted of thirty-six respondents, for comparison with the results from the test group. We scrutinized the data with the descriptive statistics and binomial test of bivariate analysis. The results of the research show that the prevalence of UI with patients suffering from COPD is twenty-seven percent higher than with persons without the disease, and the most common type is stress urinary incontinence (SUI). In most cases, SUI develops in less than five years from when the cough began, and less than half of the respondents sought treatment for UI. The results are indicating that suffering from COPD presents a higher level of risk for UI, therefore, patients need primary preventive activity with the appropriate education about treatment possibilities.

Key words: urinary incontinence, chronic obstructive pulmonary disease, physical therapy, pelvic floor muscles, bladder leakage

Matej Vinčec, Mladen Herc

VPLIV VADBE NA BIOIMPEDANČNO IZMERJENE PARAMETRE SESTAVE ČLOVEŠKEGA TELESA THE EFFECTS OF EXERCISE ON BIOIMPEDANCE ANALYSIS IN THE ELDERLY

Avtorji v članku opisujejo proces staranja, ki vključuje spremembe človekovih organskih sistemov in s tem tudi telesne sestave. Ena izmed njih je sarkopenija, kar pomeni izgubo mase, zmogljivosti in funkcije skeletnih mišic. Dosedanje raziskave potrjujejo vpliv vadbe na zmanjšanje izgube mišične mase in telesno sestavo tudi pri starejših. V raziskavi je sodelovalo 25 oseb (N = 25), od tega jih je bilo 16 v eksperimentalni skupini in so bili deležni 15-tedenskega vadbenega programa ter 9 oseb v kontrolni skupini. Povprečna starost udeležencev raziskave je bila 86,6 leta (67 do 98). Cilj raziskovanja je bil ugotoviti vpliv 15-tedenskega vadbenega programa na korelacijo moči stiska roke in mišično maso, na spremembe bioimpedančno izmerjenih parametrov pri starostnikih. Podatki so bili pridobljeni z dinamometrom Saehan-SH5001 in prenosnim telesnim analizatorjem Tanita-MC-780-MA. Pri končnih meritvah ni bilo statistično značilne razlike med eksperimentalno in kontrolno skupino za maščobno maso (FM) ($p = 0,941$) in mišično maso (MM) ($p = 0,444$), med začetnimi in končnimi meritvami FM znotraj eksperimentalne ($p = 0,059$) in kontrolne ($p = 0,717$) skupine ter med začetnimi in končnimi meritvami MM znotraj eksperimentalne ($p = 0,506$) in kontrolne ($p = 0,172$) skupine. Med dinamometrijo leve (L) in desne (D) roke in mišično maso ni bilo statistično značilne povezanosti ne v eksperimentalni (L: $r = 0,265$ in $p = 0,322$; D: $r = 0,427$ in $p = 0,099$) ne v kontrolni skupini (L: $r = 0,380$ in $p = 0,313$; D: $r = 0,044$ in $p = 0,232$). Pri končnih meritvah FFM med eksperimentalno in kontrolno skupino ni bilo statistično značilnih razlik ($p = 0,444$). Petnajsttedenski vadbeni program ni pokazal statistično značilnih rezultatov korelacije mišične mase in dinamometrije ter spremembe bioimpedančno izmerjenih parametrov.

Ključne besede: bioimpedančna analiza, sarkopenija, starostniki, staranje, vadba

In the article, the authors describe the process of growing old, which includes changes to the organ systems of the human body and with it also the body composition. One of them is sarcopenia, which means loss of muscle mass, efficiency and function of skeletal muscles. Research done so far confirms the effect of exercise on the loss of skeletal muscle mass and body composition also in the elderly. The research included 25 participants (N=25), of which 16 were in the experimental group and received a 15-week exercise program and 9 in the control group, which did not receive the exercise program. The average age of the participants was 86,6 years (from 67 to 98 years). The goal of the research was to find out the effect of 15-week exercise program on the correlation of handgrip strength and muscle mass, on particular bioimpedance parameters of the elderly and on FFM differences between experimental and control group. The data was collected with Saehan-SH5001 dynamometer and portable body analyzer Tanita-MC-750-MA. The end measures showed no significantly relatable changes between the experimental and the control group for fat mass (FM) ($p=0.941$) and muscle mass (MM) ($p=0.444$), between initial and end measurement of FM inside the experimental ($p=0.059$) and the control ($p=0.717$) group and between initial and end measurement of MM inside the experimental ($p=0.506$) and control ($p=0.172$) group. Between the dynamometry of the left (L) and right (D) hand and MM there was no statistically important connection, not in the experimental (L: $r=0.265$ $p=0.322$; D: $r=0.427$ $p=0.099$) and not in the control group (L: $r=0.380$ $p=0.313$; D: $r=0.044$ $p=0.232$). At the end measurement of fat free mass (FFM) between the experimental and the control group, there were no significant changes ($p=0.444$). The 15-week exercise program did not show statistically significant correlation of muscle mass and dynamometry and also no statistically significant changes in particular bioimpedance measured parameters.

Key words: bioimpedance analysis, sarcopenia, elderly, ageing, exercise

Katja Koprivnik, Mladen Herc

FIZIOTERAPIJA PRI SUBAKROMIALNEM UTESNITVENEM SINDROMU PHYSIOTHERAPY OF SUBACROMIAL IMPINGEMENT SYNDROME

Subakromialni utesnitveni sindrom spada med najpogostejše patologije v rami in je eden najpogostejših vzrokov za obisk pacienta pri zdravniku. Gre za utesnitev mehkih tkiv pod akromionom. Subakromialni utesnitveni sindrom predstavlja spekter več patologij. Izvedli smo randomizirano študijo, v kateri smo paciente naključno razdelili v dve skupini po 15. V raziskavo smo zajeli 30 pacientov ($N = 30$), 20 (66,67 %) žensk in 10 (33,33 %) moških. Povprečna starost vključenih pacientov je bila 54 let (od 39 do 69 let). Raziskovali smo, kakšen je učinek 8- in 4-minutnega terapevtskega ultrazvoka in ostalih terapij na subakromialno utesnitev, 15 dni po končani fizioterapevtski obravnavi. Rezultati naše raziskave so pokazali statistično značilne razlike glede na začetne in končne rezultate aktivne abdukcije (elevacija skozi abdukcijo), lestvice VAS in lestvice UCLA ($p = 0,000$ pri $p < 0,05$). Bolečina po lestvici VAS se je v povprečju zmanjšala za 3,47. Aktivna abdukcija v rami se je v povprečju povečala za 91,17 stopinje, število točk na lestvici UCLA pa za 12,13. Skupina z 8-minutnim terapevtskim ultrazvokom je v primerjavi s skupino s 4-minutnim imela v povprečju za 3 % boljše rezultate aktivne abdukcije ($p = 0,045$ pri $p < 0,05$), v povprečju za 16 % boljše rezultate po lestvici VAS ($p = 0,033$ pri $p < 0,05$) in v povprečju za 4 % boljše rezultate glede na dosežene točke na lestvici UCLA ($p = 0,004$ pri $p < 0,05$). Raziskovalni rezultati so pokazali, da je aplikacija 8-minutnega terapevtskega ultrazvoka učinkovitejša od 4-minutnega.

Ključne besede: subakromialni utesnitveni sindrom, tendinopatija rotatorne manšete, subakromialni burzitis, terapevtski ultrazvok

The subacromial impingement syndrome is one of the most common pathologies in the shoulder and one of the most common reasons for a patient's visit to a doctor. It is an impingement of soft tissues under the acromion. Subacromial impingement syndrome represents a spectrum of several pathologies. We conducted a randomized study in which patients were randomly divided into two groups of 15. The study included 30 patients ($N = 30$), 20 (66.67%) women and 10 (33.33%) men. The average age of the patients involved was 54 years (from 39 to 69 years). We investigated the effect of the 8-minute and 4-minute therapeutic ultrasound and other therapies on subacromial impingement, 15 days after the physiotherapeutic treatment was completed. The results of our study showed statistically significant differences regarding the initial and final results of active abduction, VAS scale and UCLA scale ($p = 0,000$ at $p < 0,05$). The pain on the VAS scale decreased on average by 3.47. Active abduction in the shoulder increased on average by 91.17 degrees, and the number of UCLA score by 12.13. The group with the 8-minute therapeutic ultrasound compared to the 4-minute group had on average 3% better active abduction results ($p = 0.045$ at $p < 0,05$), 16% better scores on the VAS scale ($p = 0.033$ for $p < 0,05$) and 4% better results regarding the UCLA scores ($p = 0.004$ at $p < 0,05$). The results of the study showed that the application of the 8-minute therapeutic ultrasound is more effective than the 4-minute.

Key words: Key words: subacromial impingement syndrome, rotator cuff tendinopathy, subacromial bursitis, therapeutic ultrasound

Maja Krošl, Matej Koprivnik

POVEZAVE MED DOSEŽKI FUNKCIONALNIH TESTOV, NEUROLOŠKO PRIZADETOSTJO IN UTRUJENOSTJO TER DEMOGRAFSKIMI IN KLINIČNIMI ZNAČILNOSTMI PRI OBOLELIH Z RECIDIVNO-REMITENTNO OBLIKO MULTIPLE SKLEROZE

CONNECTIONS BETWEEN FUNCTIONAL TESTS, NEUROLOGICAL DISABILITY, FATIGUE AND DEMOGRAPHIC AND CLINICAL CHARACTERISTICS IN RELAPSING-REMITTING MULTIPLE SCLEROSIS

Uvod: Multipla skleroza (MS) je obolenje z različno simptomatiko, ki jo ocenjujemo z različnimi merilnimi orodji. Z raziskavo smo želeli pri obolelih z recidivno-remitentno obliko MS (RRMS) raziskati povezave med dosežki ocenjevalnih orodij ter demografskimi in kliničnimi značilnostmi. Metode: V raziskavo je bil vključen priložnostni raziskovalni vzorec 122 obolelih z RRMS. Podatke smo pridobili iz internega registra obolelih z MS in z uporabo standardiziranih merilnih orodij EDSS (angl. Expanded Disability Status Scale), MSFC (angl. Multiple Sclerosis Functional Composite), MFIS (angl. Modified Fatigue Impact Scale) ter njihovimi podtesti. Statistične analize zbranih podatkov so bile narejene v programu SPSS, verzija 23.0. Rezultati: Statistično pomembno povezavo smo odkrili med testoma T25FW (angl. Timed 25-Food Walk) in 9HPT (angl. 9-Hole Peg Test) ($p < 0,05$), telesno podlestvico MFIS in 9HPT ter T25FW ($p < 0,05$), EDSS in MSFC ($p < 0,05$), EDSS in MFIS ($p < 0,05$). Statistično pomembno napovedno povezavo pa med dosežkom MSFC in časom od postavitve diagnoze ($p < 0,05$). Sklepi: Pri obolelih z RRMS obstajajo statistično pomembne povezave med dosežki posameznih ocenjevalnih orodij. Čas od postavitve diagnoze pa predstavlja pomemben napovednik ocene MSFC.

Ključne besede: multipla skleroza, nevrološka prizadetost, funkcionalna ocena, ocena utrujenosti

Introduction: Multiple sclerosis (MS) is a disease with a diverse symptomatics that can be evaluated with different measuring instruments. Our research aimed to explore the links between the results of measuring instruments and the demographical and clinical characteristics in patients with relapsing-remitting MS (RRMS). Methods: The study included a coincidental research sample of 122 patients with RRMS. The data were obtained from the internal register of MS patients and with the use of standardized measuring instruments: the EDSS (Expanded Disability Status Scale), MSFC (Multiple Sclerosis Functional Composite), MFIS (Modified Fatigue Impact Scale) and their subtests. The statistical analyses of the collected data were performed in the SPSS program, version 23.0. Results: A statistically significant link was found between the T25FW (Timed 25-Food Walk) and 9HPT (9-Hole Peg Test) ($p < 0.05$), the physical subscale MFIS in 9HPT and T25FW ($p < 0.05$), EDSS and MSFC ($p < 0.05$), EDSS and MFIS ($p < 0.05$). A statistically important predictive link was found between the attaining of the MSFC and the time of receiving diagnosis ($p < 0.05$). Conclusions: There are statistically significant links between the results of individual measuring instruments in patients with RRMS and the time of being diagnosed represents an important predictor of the MSFC evaluation.

Key words: multiple sclerosis; neurological disability; functional evaluation; evaluation of fatigue

Brigita Prevc, Tine Kovačič

INTEGRACIJA NEVROFIZIOTERAPEVTSKIH KONCEPTOV PRI OBRAVNAVI PACIENTKE S PROGRESIVNO MULTIFOKALNO LEVKOENCEFALOPATIJO INTEGRATION OF NEUROPHYSIOTHERAPY CONCEPTS IN THE TREATMENT OF THE PATIENT WITH PROGRESSIVE MULTIFOCAL LEVKOENCEPHALOPATHY

Uvod: Progresivna multifokalna levkoencefalopatija (PML) je redka demielinizacijska bolezen centralnega živčnega sistema, ki jo povzroči virus in posledično privede do paralize, kome ali celo smrti. Simptomi PML se kažejo kot splošna šibkost, težave pri koordinaciji, motnje hoje, senzorične motnje itn. Nevrofizioterapevtska obravnava je bistvenega pomena za doseganje funkcionalnih ciljev rehabilitacije in neodvisnosti pacienta s PML. Metode: Izvedli smo študijo primera, v kateri smo uporabili model triangulacije, eno od štirih osrednjih vrst raziskovalnih načrtov integracije kvantitativne in kvalitativne raziskovalne metodologije, da bi proučili kratkoročno uspešnost sodobnega nevrofizioterapevtskega programa na domu. V kvantitativnem delu smo izvedli analizo pretest in posttest rezultatov lestvice motoričnega ocenjevanja in Bergove lestvice za oceno ravnotežja, v kvalitativnem delu pa opravili polstrukturirani intervju z osebo s PML in njenim fizioterapevtom ter pridobljene kvalitativne podatke obdelali z metodo kvalitativne vsebinske analize. Rezultati: Na podlagi rezultatov integracije kvantitativne in kvalitativne metodologije smo ugotovili, da je gospa s PML v trimesečnem obdobju fizioterapevtske obravnave na domu izboljšala motorične sposobnosti, ravnotežje in funkcionalne dejavnosti dnevnega življenja. Sklepi: Ocenjujemo, da je bila integracija različnih nevrofizioterapevtskih konceptov v rehabilitacijskem programu pacientke s PML uspešna.

Ključne besede: progresivna multifokalna levkoencefalopatija, JC-virus, nevrofizioterapija, lestvica motoričnega ocenjevanja MAS, Bergova lestvica

Introduction: Progressive multifocal leukoencephalopathy (PML) is a rare demyelinating disease of the central nervous system caused by a virus that leads to paralysis, coma, or even death. Symptoms of PML are reflected as general weakness, coordination problems, walking disorders, sensory disorders, etc. Neurophysiotherapy treatment is essential for achieving the functional goals of rehabilitation and patient independence with PML. Methods: We conducted a case study in which we used a triangulation model, one of four core types of research plans among the mixed methods research, in order to examine the short-term success of a contemporary neurophysiotherapy program at home. In the quantitative part we carried out a pre-test and post-test analysis of the results of the motor scoring score and the Berg scale for the balance assessment. In the qualitative part, a semi-structured interview with a person with PML and its physiotherapist was performed and the obtained qualitative data was processed using the method of qualitative content analysis. Results: Based on the results of the mixed methods design, we found out that PML in the three-month period of physiotherapy treatment at home improved the patient's motor skills, balance and functional activities of daily life. Conclusions: We estimate that the integration of various neurophysiotherapeutic concepts in the rehabilitation program of a patient with PML was successful.

Key words: progressive multifocal leukoencephalopathy, JC virus, neurophysiotherapy, Motor Assessment Scale, Berg balance scale

Zdenka Šefman

PONOVNO NA SNEŽNI DESKI PO TEŽKI POŠKODBI GLAVE (OD STRUKTUR DO PARTICIPACIJE) BACK ON THE SNOWBOARD AFTER SEVERE HEAD INJURY (FROM THE STRUCTURAL TO THE PARTICIPATION LEVEL)

Uvod: Video predstavitev prikazuje rehabilitacijo mladega fanta po težki poškodbi glave v prometni nesreči, v kateri je izgubil spomin, razumevanje, govor, logično sklepanje ... Bolnik s klinično sliko desnostranske hemipareze je potreboval en teden, da je povedal, kaj je njegov edini cilj: vrnitev na snežno desko. Metoda: Glede na njegovo željo smo napravili načrt za krepitev mišic trupa in nog s poudarkom na plantarnih in dorzalnih fleksorjih. V terapiji smo prehajali od dela na strukturah na raven dejavnosti. Terapije smo uspešno zaključili na ravni participacije s 5-dnevnim deskanjem na snegu. Za krepitev, koordinacijo in vzdržljivost mišic smo uporabljali PNF-koncept. Rezultat: Prvi dan na snegu je potreboval malo pomoči pri vstajanju s sedežnice, vendar se je bil med vožnjo na snežni deski že sposoben obrniti okoli svoje osi. Peti dan je bil pri uporabi sedežnice in vlečnice popolnoma samostojen, drugi smučarji in deskarji na snegu zanj niso bili več moteči. Sklep: Motivacija je največja pogonska sila na svetu. Čeprav ni bil sposoben stati na desni nogi več kot nekaj sekund in je bil precej nestabilen, se je na snegu odzval zelo zanesljivo. Avtorica predstavitve: Zdenka Šefman et al.

Ključne besede: moč, koordinacija, snežna deska, motivacija, veselje

Back on the snowboard after severe head injury (from the structural to the participation level)
Introduction: The video presentation shows the rehabilitaton of the young man who suffered severe head injury in a car accident with loss of memories, understanding, speech, logic,.. The patient with the clinical picture of right hemiparesis needed one week to tell us what his only wish was: snowboarding. Method: Following his wish we made a plan for his gym work where we strengthened the muscles of his torso and legs with an emphasis on plantar and dorsal flexors. From the structural level we continued to the activity level. We successfully finished on the participation level with 5-days snowboarding on the snow. For strengtening we used the PNF concept: agonistic reversal, dynamic reversals, rhythmic stabilisation. Result: On his first day on the snow he was a bit insecure, but he was able to turn left, right and around his axis and he needed help getting on the ski lift. On the fifth day he independently used a ski lift and a chair-lift, people in the ski resort no longer disturbed him. His sensory abilities improved: in the right arm he feels to the wrist, in the right leg he feels also the ankle and lateral edge of the foot. Discussion: Motivation is the greatest driving force in the world. Although he was not able to stand for more than a few seconds on one leg and was unstable on the snowboard, the patient did not have any problems. Key words: strength, coordination, snowboard, motivation, joy. Autor of presentation: Zdenka Sefman et al.

Key words: strength, coordination, snowboard, motivation, joy

Luka Šlosar, Uroš Marušič

VPLIV AKTIVNIH VIDEO IGER MED UČENJEM TENISA NA VIDNO-MOTORIČNE SPOSOBNOSTI OTROK THE INFLUENCE OF ACTIVE VIDEO GAMES DURING THE TENNIS LEARNING PROCESS ON CHILDREN'S VISUAL-MOTOR COGNITIVE ABILITIES

Izhodišča: Aktivne video igre (AVG) predstavljajo novo generacijo video iger, ki z uvedbo vhodnih naprav zaznavanja gibanja omogočajo uporabnikom simulacijo enakih gibov kot v realnem okolju. Nedavne ugotovitve preglednega znanstvenega članka kažejo, da igranje AVG, v primerjavi z mirovanjem, zviša srčni utrip, poveča porabo kisika (VO₂) in porabo energije. Raziskovalci so dokazali pridobitev gibalnih sposobnosti in izboljšanje športnega dosežka z igranjem AVG. Ker dosedanje raziskave niso primerjale napredka v gibalnih sposobnostih po dolgotrajnem igranju AVG in športa v realnem okolju, smo se v naši raziskavi osredotočili na učinke igranja AVG na kognitivne sposobnosti otrok do devetega leta starosti. Metode: Skupaj petinpetdeset teniških igralcev, starih sedem do devet let, se je udeležilo šestmesečnega učenja tenisa. Naključno izbranih sedemindvajset otrok je ob koncu vsakega treninga igralo AVG tenis (dvajset minut na igralca). Za oceno hitrosti reakcije na vidni dražljaj smo uporabili test analognega merjenja reakcijskih časov. Pri analizi smo uporabili dvofaktorsko analizo variance (ANOVA) za ponovljive meritve, pri čemer je bil prvi faktor čas in drugi skupine (eksperimentalna in kontrolna skupina). Rezultati: Rezultati so pokazali pomembno interakcijo ($p = 0,002$; $\eta^2 = 0,163$). Skupina, ki je igrala AVG, je dosegla boljši napredek v reakcijskem času ($p < 0,001$; $-7,9\%$) po intervenciji v primerjavi s kontrolno skupino ($p < 0,001$; $-5,9\%$). Zaključek: Čeprav nesignifikantno, je skupina, ki je igrala AVG, pokazala večji napredek v smislu skrajšanja reakcijskega časa. AVG lahko predstavljajo alternativno vadbeno orodje za izboljšanje reakcijskega časa, nadaljnje raziskovanje je treba usmeriti še na ostale gibalne sposobnosti.

Ključne besede: tenis, hitrost reakcije, vadbeno orodje, interaktivne video igre

Introduction: Active video games represent a new video games generation that introduced controllers and motion sensing input devices, allowing users to simulate the same movements as in the real environment. Recent findings proved that playing AVG compared to resting increases heart rate, oxygen consumption (VO₂) and energy expenditure. Researchers have also demonstrated a possible acquisition of motor skills and improved sport performance by playing AVG. Since previous studies did not compare motor skill improvement observed after prolonged AVG playing and sports activity in real environment, we aimed to measure the effects of AVG playing on children's cognitive abilities under the age of nine. Methods: A total of fifty-five novice tennis players aged between seven and nine years, participated in a six-month tennis training process intervention. In addition, twenty-seven randomly selected children played the AVG tennis at the end of each training session (twenty minutes per player). A simple manual visuomotor reaction time task was used to assess reaction time response pre- and post-intervention. A two-way RM ANOVA was used. Results: Our results showed a significant interaction ($p=0.002$, $\eta^2=0.163$), where participants in AVG experienced greater reduction in reaction times at post-intervention ($p<0.001$; -7.9%) as compared to the control group ($p<0.001$; -5.9%). Conclusions: Although not significant, the AVG playing group showed greater progress in terms of shortening reaction time. AVG may represent an alternative training tool to improve reaction time response, however future studies should evaluate the impact of AVG on other motor skills.

Key words: tennis, reaction time, training tool, exergames

Dragan Lonžarić

PREVALENCIA HEMIPLEGIČNE BOLEČE RAME PO MOŽGANSKI KAPI V AKUTNI BOLNIŠNICI PREVALENCE OF HEMIPLEGIC SHOULDER PAIN IN STROKE PATIENTS IN THE ACUTE HOSPITAL

Uvod: Prevalenca boleče rame pri hemiplegikih (BRH) po možganski kapi v akutni bolnišnici (Oddelek za nevrologijo, UKC Maribor) in njena odvisnost od vrste kapi, pacientove starosti, spola, časa po insultu in strani ohromelosti nista poznani. Preiskovanci in metode: Vključili smo 78 akutno zbolelih pacientov, hospitaliziranih na Oddelku za nevrologijo UKC Maribor. Vključitvena merila so bila pozitiven izvid računalniške tomografije, modificirana rank lestvica z rezultati od 3 do 5, lestvica British Medical Research Council od 0 do 2. Izključitvena merila so bila reinsulti, koma, resne težave z govornim sporazumevanjem, poškodbe na hemiplegičnem udru, revmatične in onkološke bolezni. Bolečina v mirovanju in pri ocenjevanju mišičnega tonusa je bila ocenjevana z 11-številčno bolečinsko lestvico. Rezultati: V statistično analizo je bilo vključenih skupno 53 pacientov (31 moških in 22 žensk) povprečne starosti 71,8 leta (SD = 11,7 leta). Ishemično kap je imelo 39 pacientov, povprečna starost kapi je bila 16,9 dneva (SD = 9,8 dneva). Desnostranska hemiplegija je bila prisotna pri 34 pacientih, BRH je imelo 15 (28,3 odstotka) pacientov, od katerih je 10 imelo spastični tonus mišic. Statistično značilne povezanosti med pogostnostjo BRH in spremenljivkami nismo ugotovili (starost pacientov ($P = 0,745$), čas po možganski kapi ($P = 0,206$), spol ($P = 0,124$) in vrsta kapi ($P = 0,808$)). Zaključki: Prevalenca BRH pri akutnih hemiplegičnih pacientih po možganski kapi je znašala 28,3 odstotka. Med pogostnostjo BRH in naštetimi spremenljivkami ni bilo statistično pomembne povezave. Člani rehabilitacijskega tima morajo poznati problem BRH, saj je z zgodnjim ukrepanjem mogoče pričakovati uspešnejšo rehabilitacijo.

Ključne besede: cerebrovaskularni insult, možganska kap, številčna lestvica bolečine, spastični tonus, bolečina

Introduction: The prevalence of hemiplegic shoulder pain (HSP) in stroke patients in the acute hospital (Department of Neurology, UMCM) and its association with the type of brain lesion, age, gender, post-stroke time, and side of paralysis is not known. Patients and methods: There were 78 acute stroke patients included in the trial. The inclusion criteria were: CT positive findings, modified Rank Scale scores from 3 to 5, and British Medical Research Council Scale scores from 0 to 2. The exclusion criteria were: reinsults, coma, serious verbal communication disability, hemiplegic upper extremity injuries, rheumatological and oncological diseases. The resting pain and pain on assessment of muscle tone was evaluated with 11-Numerical Pain Rating Scale. Results: There were 53 patients (31 men and 22 women) with a mean age of 71.8 years (SD 11.7 years) included in the statistical analysis. Ischemic insult was present in 39 patients. Post-stroke mean time was 16.9 days (SD 9.8 days). Right hemiplegia was present in 34 patients, HSP was present in 15 (28.3 percent) patients, of whom 10 had spasticity. There were no statistically significant associations between HSP and patients' age ($P = 0.745$), post-stroke time ($P = 0.206$), gender ($P = 0.124$), and type of insult ($P = 0.808$). Conclusions: The prevalence rate of HSP was 28.3 percent. There were no statistically significant associations between HSP and the listed variables. The most patients with HSP had spastic muscle tone. Rehabilitation team members have to be aware of HSP rate because early management can result in more successful rehabilitation.

Key words: Cerebrovascular insult, stroke, Numerical Pain Rating Scale, spastic tone, pain

Danijela Panić, Mirela Vučković, Mirhada Šehić

THE INFLUENCE OF SPORTS ON BMI AND WAIST MESAURMENTS IN CHILDREN IN ELEMENTARY SCHOOL

INTRODUCTION According to World Health Organization (WHO) data, obesity is an »escalating global epidemic«. For the population of children, the data indicate that one in three children at the age of 11 is overweight. Through the years, children's body mass increases and their level of interest in physical activity decreases. Previous research suggests that children and young people at risk of obesity should engage indaily physical activity. Therefore, with this knowledge in mind, this research has been developed to determine whether there is a mutual influence of the body mass index, waist measurement and the sporting activities among children in elementary schools.

METHODS The research was conducted in elementary school in Pula on a sample of 59 children of the fifth grade of elementary school. There were 32 boys and 27 girls involved. The variables used for this study are age, sex, body mass index (BMI), waist measurement, and whether children are engaged in sports or not. *RESULTS* The obtained responses show that there is a significant difference in BMI and the waist measurement regarding sex. There is also a correlation between BMI and waist circumference, while there was no significant difference in determining the difference between BMI and the waist circumference in relation to sports activity. *DISCUSSION AND CONCLUSION* Given the results obtained, it can be concluded that among children there is a risk of developing obesity.

Key words: BMI, waist measurement, sports, elementary school



Stjepan Jelica, Mery Ann Novoselić

LEVEL OF PHYSICAL ACTIVITY AMONG STUDENTS OF BIOMEDICAL AND SOCIAL SCIENCES

Introduction: Physical activity is necessary for a healthy life and the recommendation by the WHO (World Health Organization) is 30 minutes of physical activity per day to positively impact the protection and improvement of adults' health. The frequency of sedentary lifestyle behavior becomes a problem for today's young population. The aim of this paper is to carry out a comparison of the level of physical activity among the students of biomedical and social sciences of the College of Applied Sciences Lavoslav Ružička in Vukovar. Methods: A cross-sectional study was carried out on 113 students (N=113), of which 57 were students of biomedical sciences (m=20, w=37) and 56 students of social sciences (m=18, w=38). For assessing the level of physical activity among students of biomedical and social sciences, the IPAQ (International Physical Activity Questionnaire) and the Godin Leisure-Time Exercise Questionnaire were used. The tests used for data processing were the Chi-squared test and the Independent Samples T-test. Results: Biomedicine students spend more time in some form of physical activity than social science students. There is statistical difference between groups practicing light activity ($p=0.03$) but not in moderate ($p=0.569$) and heavy physical activity ($p=0.628$). There is no statistical difference in sedentary habits, represented by time spent in front of the computer, tv or mobile phone ($p=0.883$) while sitting or lying down ($p=0.188$). Discussion and conclusion: The tested group of biomedical sciences students are more physically active than the group of social sciences students. Both groups lean more towards a sedentary than an active lifestyle.

Ključne besede: physical activity, students, sedentary life, active life



Alen Kapel, Tomaž Velnar, Tine Kovačič

ZDRAVSTVENO STANJE DEKLET Z RETTOVIM SINDROMOM Z VIDIKA NEVROFIZIOTERAPIJE HEALTH CONDITION OF GIRLS WITH RETT SYNDROME FROM A NEUROPHYSIOTHERAPEUTICAL POINT OF VIEW

Teoretična izhodišča: Rettov sindrom je redka genetska nevrolška motnja, ki se pojavlja izključno pri ženskem spolu. Vodi do hudih okvar, ki vplivajo na vsa področja dekletovega življenja. Med drugim je prizadet govor, hoja, oteženo je prehranjevanje in dihanje. Med najznačilnejše znake Rettovega sindroma spadajo stereotipni gibi rok, ataksija in atrofija spodnjih udov ter znaki avtizma. Metode: Raziskovanje je temeljilo na metodi sinteze, s katero smo skupaj z deskripcijo, kompilacijo in klasifikacijo predstavili konceptualizacijo in zdravstveno stanje deklet z Rettovim sindromom s poudarkom na nevrofizioterapiji. Rezultati: Sinteza je potrdila kompleksno patološkost sindroma, ki prizadene vsa področja dekletovega življenja in od nevrofizioterapevskega tima zahteva personalizirani pristop. Razprava: Ugotovili smo, da se dekleta med seboj na podlagi patologij razlikujejo. Vsako dekle je individuum, kar pa zahteva interdisciplinarni nevrofizioterapevski pristop, s povezovanjem celotnega habilitacijskega tima. Cilj rehabilitacije predstavlja zmanjšanje senzorične preobčutljivosti ter napredek na kognitivnem in socialnem področju.

Ključne besede: Rettov sindrom, grobe gibalne funkcije, nevrofizioterapija, genetska nevrolška motnja

Theoretical consideration: Rett syndrome is a rare genetic neurological syndrome that affects only girls. The syndrome leads to severe impairments that impact all areas of the affected person's life, including speech, mobility, eating and breathing impairments. The most distinct symptoms of the syndrome include stereotyped hand movements, ataxia and atrophy of the lower limbs and signs of autism. Method: The research paper was based on synthesis together with description, compilation and methodology of classification. We presented the concept of Rett syndrome with its neurophysiotherapy. Results: The synthesis confirmed a complex pathology of the syndrome that impacts all areas of a girl's life, and the importance of an inter-disciplinary approach to their habilitation. Discussion: Girls differ on pathology complexity; therefore every girl is an individual, which demands an interdisciplinarian neurophysiotherapeutical approach with the connection of the entire habilitation team. The goals of habilitation are a reduction of sensory sensitivity and progress in the social and cognitive field.

Key words: Rett syndrome, gross motor functions, neurophysiotherapy, genetic neurological disorder

Ester Fabiani, Mladen Herc, Boštjan Šimunič, Nandu Goswami

RAVNOTEŽJE IN KONTRAKTILNE LASTNOSTI SKELETNIH MIŠIČ PRI STAROSTNIKI CORRELATION BETWEEN BALANCE AND SKELETAL MUSCLE CONTRACTILE PROPERTIES OF INSTITUTIONALISED OLDER PERSONS

Uvod: Raziskava po priporočilih Svetovne zdravstvene organizacije (WHO) in Mednarodne delovne skupine za sarkopenijo (IWGOS) proučuje učinkovitost in testiranje skeletnih mišic. Raziskali smo proces fizičnih sprememb pri staranju v povezavi z ravnotežjem, hitrostjo hoje in kontraktilnimi lastnostmi skeletnih mišic ter njihovo povezavo z antropometričnimi značilnostmi. Metode: Študija se je izvajala na devetindvajsetih starejših rezidentih (1,16 odstotka moških; povprečna starost: $85,7 \pm 7,4$ leta; povprečna višina: $159,8 \pm 10,2$ cm; povprečna telesna teža: $65,3 \pm 12,6$ kg) doma za ostarele v okolici Gradca v Avstriji. Na osnovi metodoloških in aparaturnih inovacij (tenziomiografija, instrumentalizirani modificirani protokol vstani in pojdi) ter bioimpedančnega merilnika Tanita smo proučevali povezavo ravnotežja s kontraktilnostjo skeletnih mišic v starosti. Rezultati: Z boljšim ravnotežjem je povezan čas krčenja mišice vastus lateralis ($r = 0,338$; $P = 0,073$), ne pa tudi čas krčenja mišic vastus medialis, biceps femoris in gastrocnemius medialis. Z ravnotežjem je nadalje negativno povezan nižji mišični tonus mišic vastus lateralis ($r = 0,411$; $P = 0,027$) in biceps femoris ($r = 0,391$; $P = 0,036$), ne pa tudi tonus mišic vastus medialis in gastrocnemius medialis. Sklepi: Za boljšo funkcionalnost starejših je pomembno ohranjanje mišičnega tonusa, mišična struktura pa je pri nizkoenergetskih transferjih, kot je bilo naše testiranje, za ravnotežje manj pomembna.

Ključne besede: staranje, ravnotežje, telesna sestava, mišična kontraktilnost, hitrost hoje

Introduction: The research has focused on the effectiveness of skeletal muscle and its testing. We investigated the physical changes during ageing: balance, walking speed and skeletal muscles contractile characteristics focused on the correlation between the anthropometric characteristics, balance and skeletal muscle contractile properties. Methods: This study was carried out on twenty-nine older residents (1.16 percent males; average age: 85.7 ± 7.4 years; average body height: 159.8 ± 10.2 cm; average body mass: 65.3 ± 12.6 kg) of retirement homes in the vicinity of Graz, Austria. On the basis of methodological and apparatus innovations (Tensiomyography, Instrumentalized Modified Protocol Stand up and go) and bioimpedance Tanita set, the correlation of the balance with the contractility of skeletal muscles in old age was studied. Results: Longer Vastus lateralis contraction time was associated with better balance ($r=0.338$; $P=0.073$), but not the contraction time of Vastus medialis, Biceps femoris and Gastrocnemius medialis. Furthermore, lower muscle tone of vastus lateralis and biceps femoris was negatively correlated to balance (in vastus lateralis: $r=0.411$; $P=0.027$ and in biceps femoris: $r=0.391$; $P=0.036$), but not in the vastus medialis and gastrocnemius medialis.

Conclusion: Maintaining the muscle tone is important for better functionality. Muscle composition was less important for balance due to low energetic demand of the balance test task.

Key words: ageing, balance, body structure, muscular contractility, walking speed

Tomaž Velnar, Lidija Gradišnik, Slaviša Stanišić, Momir Dunjić,
Dejan Krstić, Uroš Marušič

VPLIV ELEKTROMAGNETNEGA VALOVANJA NA HUMANE KOŽNE FIBROBLASTE THE INFLUENCE OF ELECTROMAGNETIC WAVES ON HUMAN SKIN FIBROBLASTS

Uvod: Izpostavljenost elektromagnetnemu valovanju (EMV) in radiofrekvenčnemu polju iz brezžičnih komunikacij bi lahko vplivala na zdravje ljudi z nastankom degenerativnih obolenj in tumorjev. V raziskavi smo proučili učinke EMV na človeške kožne fibroblaste. Metode: Linijo humanih kožnih fibroblastov (Detroit 551, ATCC CCL-110) smo gojili pri standardnih pogojih. Celice smo izpostavili EMV frekvence 900 MHz v časovnih intervalih 2, 4, 6 in 24 ur ter jih primerjali s kontrolo. Rezultati: Z obema metodama za določanje viabilnosti celic smo potrdili vpliv EMV na fibroblaste. Proliferacija je bila najvišja po 6 urah v primerjavi s kontrolo, po 24 pa je začela upadati. Celic, izpostavljenih EMV (160.000 celic/ml), je bilo po 24 urah dvakrat več v primerjavi s kontrolo (80.000 celic/ml). Pri celicah, ki so bile izpostavljene EMV, se je spremenila morfologija – iz fibroblastne v bolj epiteljsko. Zaključek: Humani kožni fibroblasti v kulturi so uporaben celični model za proučevanje vpliva EMV na človeške celice. Raziskava je pokazala, da je EMV vplivalo na viabilnost in število celic ter na spremembo morfologije. Sklepamo, da EMV vpliva na celični cikel s pospeševanjem proliferativne aktivnosti in povzročanjem citopatskih učinkov.

Ključne besede: elektromagnetno valovanje, brezžični telefon, celična kultura, humani kožni fibroblasti, viabilnost

Introduction: The exposure to electromagnetic radiation (EMR) from mobile telephones may affect human health. However, the exact influence of EMR on cellular biology is still unclear. The effects of EMR on human fibroblasts were studied. Methods: Human skin fibroblasts cell line was used. Cell culture was exposed to EMR of 900 MHz at the time intervals of 2, 4, 6 and 24 hours and compared with controls. Cell viability was evaluated with crystal-violet and MTT tests. Results: The effect of EMR on fibroblasts was confirmed. Compared to the control, the proliferation was highest 6 hours and after 24 hours it began to decline. After 24 hours of EMR exposure, the number of cells doubled (160000 cells/ml vs. 80000 cells/ml). In the culture exposed to EMR, the morphology changed from fibroblast to a more epithelial one. Conclusions Human skin fibroblasts represent a useful in vitro model for studying the effects of EMR. The effects on cell viability, number of cells and morphology were observed. The EMR may affect the cell cycle by promoting proliferation and causing cytopathic effects. Further research is needed in order to determine the potential safe dose of radiation and the effects on other cell lines.

Key words: electromagnetic radiation, mobile telephone, cell culture, human skin fibroblasts, cell viability

Taja Žavbi, Patricija Goubar

POMEN RESPIRATORNE FIZIOTERAPIJE PRI SPINALNI MIŠIČNI ATROFIJI IN MIOTONIČNI DISTROFIJI THE MEANING OF RESPIRATORY PHYSIOTHERAPY IN SPINAL MUSCULAR ATROPHY AND MYOTONIC DYSTROPHY

Spinalna mišična atrofija (SMA) in miotonična distrofija (MD) sta neozdravljivi bolezni, ki vplivata na delovanje respiratornega sistema. Obolenja dihal, v večini primerov, so glavni vzrok obolevnosti in umrljivosti. Namen raziskave je bil proučiti vpliv respiratorne fizioterapije, zlasti dihalnih vaj in treninga dihalne miškulature, na moč dihalnih mišic ter pljučne funkcije. Vzorec je vključeval preiskovanko s SMA in preiskovanko z MD. Preiskovanki sta bili vključeni v trimesečni specifični fizioterapevtski program edukacije, izvajanja nadzorovanih, individualno prilagojenih dihalnih vaj in treninga dihalne miškulature ter preostalih tehnik respiratorne fizioterapije. Izvedli smo meritve forsirane vitalne kapacitete (FVC), forsiranega ekspiratornega volumna v prvi sekundi (FEV1) in največjega pretoka med izdihom (PEF) s spirometrijo ter meritve maksimalnega inspiratornega tlaka (MIP) in maksimalnega ekspiratornega tlaka (MEP) z merilnikom za merjenje moči dihalnih mišic. Za preverjanje razlik med preiskovankama smo uporabili parni t-test v programu SPSS ter grafični in tabelarični prikaz. Statistično pomembne razlike v rezultatih niso bile ugotovljene, saj so le-ti pokazali, da so vrednosti dihalnih parametrov ostale enake ali pa je bilo prisotno le rahlo izboljšanje le-teh. Prav tako so tudi vrednosti meritev moči dihalnih mišic ostale nespremenjene, razliko smo ugotovili le pri računanju korelacije vrednosti MIP med preiskovankama, saj se je pri preiskovanki s SMA vrednost MIP povečala za eno enoto. Menimo, da je zaradi zmanjšane respiratorne funkcije in zmogljivosti dihalnih mišic pri tovrstnih obolenjih vzdrževanje stanja dihalnega sistema bistveno.

Ključne besede: dihalni sistem, respiratorna fizioterapija, mišična distrofija, spinalna mišična atrofija, miotonična distrofija

Spinal muscular atrophy (SMA) and myotonic dystrophy (MD) are an incurable disease that affects the functioning of the respiratory system. Respiratory diseases, in most cases, represent the main cause of morbidity and mortality. The purpose of the study was to study the impact of respiratory physiotherapy, especially breathing exercises and respiratory muscular training, the power of respiratory muscles and pulmonary functions. The sample included an SMA examiner and an MD examiner. The subjects were included in the three-month specific physiotherapeutic program of education, the implementation of controlled, individually tailored breathing exercises and respiratory muscular training and other respiratory physiotherapy techniques. We performed measurements of forced vital capacity (FVC), forced expiratory volume in the first second (FEV1) and peak flow rate (PEF) with spirometry, and measurements of maximum inspiratory pressure (MIP) and maximum expiratory pressure (MEP) with a measuring instrument for breathing power muscles. To check the differences between the subjects, we used the steam t test in the SPSS program and the graphical and tabular display. Statistically significant differences in results were not detected, as they showed that the values of the respiratory parameters remained the same, or were only slightly improved. Also, the values of the measurements of the power of the respiratory muscles remained unchanged, the difference was found only in the calculation of the correlation of the MIP value among the subjects, since in the SMA examiner the MIP value increased by one unit. It is believed that the maintenance of respiratory system condition is important due to reduced respiratory function and respiratory muscle performance in such diseases.

Key words: Respiratory system, respiratory physiotherapy, muscular dystrophy, spinal muscular atrophy, myotonic dystrophy

Domen Šerdoner, Klemen Gajser, Alen Pavlec

UPORABA TERAPIJE SCENAR (SELF-CONTROLLED ENERGO NEURO ADAPTIVE REGULATOR) ZA ZMANJŠANJE NESPECIFIČNE BOLEČINE V KRIŽU **USE OF SCENAR (SELF-CONTROLLED ENERGO-NEURO-ADAPTIVE REGULATOR) THERAPY TO REDUCE NON-SPECIFIC BACK PAIN**

Teoretična izhodišča: Z bolečino v križu se sreča vsak posameznik vsaj enkrat v življenju, kar predstavlja velik zdravstveni problem današnjega časa. Bolečina v križu omejuje gibanje, kar vpliva na kakovost življenja. Fizioterapevti poznamo veliko neinvazivnih metod zdravljenja bolečine, med drugim uporabljamo tudi aparat SCENAR, vendar ni v širši uporabi. Metode: Raziskovalno delo je sestavljeno iz teoretičnega dela z deskriptivno raziskovalno metodo, pri čemer smo pregledali domačo in tujo strokovno literaturo iz obdobja od leta 2005 do 2018. Drugi del pa vključuje nerandomizirano študijo namenskega vzorca, izvedeno na 10 pacientih z nespecifično bolečino v križu. Sodelujoče smo pred začetkom seznanili z namenom raziskave in zbiranjem podatkov ter jih prosili za soglasje, zagotovljena sta tudi anonimnost in varstvo podatkov v skladu z ZVOP (Uradni list RS, št. 86/04). Rezultati: Uporaba aparature SCENAR se je na podlagi naše raziskave izkazala kot učinkovita neinvazivna metoda za odpravljanje nespecifične bolečine v križu. S tem potrdimo tudi tuje raziskave, ki opisujejo podobne ugotovitve pri bolečinskih sindromih. Razprava: Ugotovitve naše raziskave prispevajo k ozaveščanju splošne populacije in terapevtov o uporabi aparature SCENAR in njeni učinkovitosti pri nespecifičnih bolečinah v križu. Potrebne bi bile še nadaljnje raziskave tega področja, saj vzorec ni reprezentativen.

Ključne besede: terapija SCENAR, nespecifična bolečina, križ

Introduction: Every individual meets with back pain at least once in their lifetime, which presents a great health problem of today's time. Back pain limits movement, which affects quality of life. Physiotherapists know a lot of non-invasive methods of treating pain, among others we use the SCENAR device, but it is not widely used. Methods: The research work consists of a theoretical part with a descriptive research method, which examined domestic and foreign professional literature from the period from 2005 to 2018. The second part includes a non-randomized study of a dedicated sample performed on 10 patients with non-specific back pain. Before the beginning, we were informed about the purpose of the task and the collection of data, asking them for consent, as well as anonymity and data protection in accordance with the ZVOP data protection act (Official Gazette of the Republic of Slovenia, No. 86/04). Results: The use of the SCENAR device has proven to be an effective non-invasive method for the elimination of non-specific back pain. This is confirmed by foreign studies that describe similar findings in pain syndromes. Discussion and conclusions: The findings of our research contribute to raising awareness of the general population and therapists about the use of the SCENAR apparatus and its effectiveness in treating non-specific back pain. Further research on this subject will be needed since the sample is not representative.

Key words: SCENAR, therapy, non-specific, pain, back

Aljaž Holcman, Mladen Herc

VPLIV VADBE NA RAVNOTEŽJE STAROSTNIKOV THE EFFECT OF EXERCISE ON BALANCE IN ELDERLY PEOPLE

Starostniki so podvrženi različnim kroničnim stanjem oziroma kroničnim boleznim, ki so lahko vzrok za težave z ravnotežjem. Dokazano je, da vadba v starosti vpliva na izboljšanje ravnotežja starostnikov. Namen članka je predstaviti potek vadbe in ugotoviti vpliv 15-tedenskega, v ravnotežje usmerjenega, vadbenega programa na dinamično in statično ravnotežje ter ugotoviti povezanost med časom izvedbe testa korakanja v štirih kvadratih in starostjo ter padci v zadnjem letu. V raziskavi je sodelovalo 28 oseb. Vsi so se 15 tednov, dvakrat na teden po približno 40 minut, udeleževali vadbenega programa. 57,1 % udeležencev je bilo ženskega spola, povprečna starost udeležencev je bila 78,6 leta. Najmlajši udeleženec je imel 62 let, najstarejši pa 92 let. Podatki, potrebni za raziskavo, so bili pridobljeni z izvajanjem modificiranega Rombergovega testa ravnotežja in testa korakanja v štirih kvadratih ter s postavljanjem vprašanj o morebitnih padcih v zadnjem letu. V ravnotežje usmerjena vadba izboljša dinamično in statično ravnotežje za enak odstotek (7 %), pojavilo se je tudi izboljšanje končnih meritev pri Rombergovem testu, kjer se je trajanje izvedbe testa v povprečju podaljšalo za 1,39 sekunde. Prav tako ne obstaja statistično značilna povezanost med starostjo starostnikov in časom, ki so ga potrebovali za izvedbo testa korakanja v štirih kvadratih. Na podlagi raziskovalnih rezultatov lahko sklepamo, da v ravnotežje usmerjena vadba pozitivno vpliva na izboljšanje ravnotežja starostnikov.

Ključne besede: starostniki, vadba starostnikov, test korakanja v štirih kvadratih, Rombergov test, ravnotežje

Elderly people are exposed to various chronic conditions or chronic diseases that can result in issues with balance. It was proven that exercise at an older age improves balance in elderly people. The aim of the study was to present the course of exercise for elderly, determine the effect of a 15-week, balance focused exercise programme on the dynamic and static balance of elderly people and to identify a correlation between the four square test time, age, and falls within the last year. There were 28 individuals participating in the research. For 15 weeks, all of them twice weekly participated in an exercise programme. 57.1% of the participants were females. The average age of the participants in the research was 78.6 years, with the youngest participant being 62 and the oldest 92 years of age. Data was obtained by execution of the modified Romberg balance test and the four square step test, along with acquiring information from individuals as regards to potential falls within the last year. Balance-focused exercise improves dynamic and static balance for the equal percent (7%), there was also an improvement in the final measurements of the Romberg test, where the duration of test execution was extended on average by 1.39 seconds. There also is no statistically prominent correlation between the age of individuals and the time required to execute the four square step test. Based on the obtained research results we can conclude that balance focused exercise can improve balance in elderly people.

Key words: elderly people; balance; four square step test; Romberg test; exercise for elderly

Alenka Plemelj, Katarina Kacjan Žgajnar

SEDENTARNE AKTIVNOSTI IN TELESNA DEJAVNOST SEDENTARY BEHAVIOUR AND PHYSICAL ACTIVITY

Uvod: Sedentarno vedenje je povezano s sedečim, polsedečim ali ležečim položajem, s porabo energije manj kot 1,5 MET. Čas sedentarnega vedenja, ob upadanju telesne dejavnosti in visokem tehnološkem napredku, se danes povečuje. Številne države so sprejele priporočila za zmanjševanje sedentarnosti. Raziskave že dokazujejo, da priporočila SZO za količino telesne dejavnosti niso dovolj za zmanjševanje sedentarnega vedenja. Zanimala nas je količina telesne dejavnosti in sedentarnega vedenja pri študentih in delovno aktivnih odraslih ter ali se količina telesne dejavnosti povezuje s sedentarnim vedenjem. Metoda dela: Pri kvantitativni obliki raziskave je sodelovalo 70 študentov in 70 delovno aktivnih oseb. Zbiranje podatkov je potekalo s prirejenim vprašalnikom o sedentarnem vedenju in telesni dejavnosti prek samoporočanja v povprečnem delovnem dnevu. Povezanost obeh spremenljivk je bila izračunana s Pearsonovim korelacijskim koeficientom. Rezultati: Povprečna količina sedentarnega vedenja pri študentih je bila večja od 8 ur. Pri delovno aktivnih odraslih je bila največja pri pisarniških delavcih, med 10 in 11 urami. Količina visoko intenzivne dejavnosti s sedentarnim vedenjem ni izkazala statistično pomembne povezanosti. Sklepi: Raziskovalni rezultati potrjujejo rezultate drugih raziskav, da sama telesna dejavnost ni dovolj za učinkovito zmanjševanje sedentarnega vedenja. Telesna dejavnost (aktivni odmori, izvajanje korakov na delovnem mestu) je sicer najpogosteje izbrana strategija, s katero poskušajo udeleženci zmanjševati čas sedentarnosti. Tuje raziskave opozarjajo na slabo raziskanost učinkovitosti strategij ter na pomen spodbujanja lahke in zmerne intenzitete telesne dejavnosti skozi celoten delovni dan.

Ključne besede: sedentarne aktivnosti, telesna dejavnost, strategije zmanjševanja sedentarnosti

Introduction: Sedentary behavior is associated with the sitting, half-sitting or lying position, with an energy consumption of less than 1.5 MET. Due to a decline in physical activity and high technological progress, the time spent engaging in sedentary behaviour increases rapidly. Numerous countries have adopted recommendations to reduce sedentary behavior. Researches have already proven that the WHO recommendations for the amount of physical activity are not enough to reduce sedentary behavior. We were interested in the amount of physical activity and sedentary behavior in students and working adults, and whether there is a link between the amount of physical activity and sedentary behavior. Methods: 70 students and 70 persons in employment participated in the quantitative form of the study. Data collection was carried out with an adjusted questionnaire on sedentary behaviour in physical activity through self-reporting at the average working day. The relationship between variables was calculated by Pearson's correlation coefficient. Results: The average amount of sedentary behavior in students was greater than 8 hours. In working adults, it was the highest for office workers, between 10 and 11 hours. The amount of high intensity activity with sedentary behavior did not show statistically significant association. Conclusions: Our results confirm the results of other studies that physical activity is not enough to effectively reduce sedentary behavior. Physical activity (active breaks, walking steps at the workplace) are the most commonly selected strategies to reduce sedentary behaviour. Foreign studies point to poor research into the effectiveness of strategies and the importance of promoting lightweight and moderate intensities of physical activity throughout the working day.

Key words: sedentary activities, physical activity, strategies to reduce sedentary behavior

Nikolaj Lipič

VEČDIMENZIONALNI RAZVOJ KOMPETENC ŠTUDENTOV FIZIOTERAPIJE MULTIDIMENSIONAL DEVELOPMENT OF COMPETENCES OF STUDENTS OF PHYSIOTHERAPY

Uvod: Izobraževalno okolje se mora kompetentno in proaktivno odzivati na globalne družbene in gospodarske spremembe. Le kompetentni diplomanti z vstopom na trg dela lahko soustvarjajo družbeni napredek in prispevajo h gospodarski rasti. Prav zato je primarna intencija vsake izobraževalne institucije na podlagi identificiranih sprememb aktualizirati razvoj generičnih in poklicno specifičnih kompetenc študentov. Ob demografskih spremembah in dolgoživosti slovenske družbe med te kompetence prav gotovo spada tudi poglobljeno razumevanje staranja in učenje soustvarjanja sodelovalnega odnosa s starejšim pacientom v fizioterapevtski interakciji. Namen raziskave je identificirati odnos študentov fizioterapije do starejših ljudi in procesa staranja. To bo izhodišče za oblikovanje konceptualnega modela večdimenzionalnega razvoja kompetenc študentov fizioterapije na področju socialno gerontoloških vsebin. Metode: Uporabili smo kvantitativno raziskovalno paradigmo oziroma relevantne metode deskriptivne in inferenčne statistike. Populacijo tvorijo študenti fizioterapije AMEU – ECM. Uporabili smo verjetnostno sistematično vzorčenje. V raziskavo smo vključili 164 študentov fizioterapije. Uporabili smo standardizirani vprašalnik Kogan's Attitudes toward Older People Scale, ki temelji na štiriinidesetih trditvah. Rezultati: Z raziskavo ugotavljamo, da študenti fizioterapije izražajo pozitiven odnos so starejših ljudi ter da obstajajo statistično značilne razlike med spoloma in med krajem bivanja (urbano versus ruralno) pri nekaterih trditvah, ki izražajo odnos študentov do starejših ljudi in staranja. Sklepi: Ugotovitve raziskave so izhodišča za oblikovanje konceptualnega modela večdimenzionalnega razvoja kompetenc študentov fizioterapije na področju gerontoloških vsebin v okviru izbirnega predmeta Gerontologija. Ključne besede: fizioterapija, študenti, odnos, starejši ljudje, staranje

Introduction: The educational environment must competently and proactively respond to global social and economy changes. By entering the labour market, only competent graduates can co-create social progress and contribute to economic growth. That is why the primary intention of each educational institution is to update generic and specific student competences on the foundation of identified changes. With demographic changes and longevity of the Slovenian society, those competences certainly include an in-depth understanding of ageing and learning, as well as the co-creation of a collaborative relationship with the elderly patient in a physiotherapeutic interaction.

The study aims to identify the attitude of physiotherapy students toward elderly people and the process of ageing. This will be the foundation for designing a conceptual model of a multidimensional development of competences of physiotherapy students in the field of social gerontology contents.

Methods: We used the quantitative research paradigm or relevant methods of descriptive and inference statistics. The population involves students of physiotherapy at the AMEU-ECM. We used probability systematic sampling. The research involved 164 students of physiotherapy. We used the standardized questionnaire Kogan Attitudes Toward Older People Scale that is based on thirty-four assertions. Results: The research establishes that students of physiotherapy express a positive attitude toward elderly people and that, statistically speaking, characteristic differences between genders, as well as residences (urban versus rural) exist regarding some statements that express the attitude of students toward elderly people and ageing. Conclusion: The findings of the research act as a foundation for designing a conceptual model of the multidimensional development of competences for students of physiotherapy in the field of gerontological contents within the frame of the elective subject gerontology.

Key words: physiotherapy, students, relations, elderly people, ageing

Neža Robič, Tine Kovačič

SEZNANJENOST STARŠEV S PRAVILNIM RAVNANJEM Z DOJENČKOM PARENTS' AWARENESS OF APROPRIATE BABY HANDLING

Uvod: Facilitacijske tehnike pravilnega ravnanja z dojenčkom so ključne tehnike sodobne razvojno nevrološke obravnave. Na podlagi različnih študij pravilno ravnanje z dojenčkom vpliva na njegov normalni gibalni razvoj, pri čemer imajo pomembno vlogo tudi starši. Metode: Da bi raziskali situacijo na tem področju v Sloveniji, smo uporabili integracijo kvalitativne in kvantitativne raziskovalne metodologije. V kvantitativnem delu smo z anketnim vprašalnikom ugotavljali seznanjenost bodočih staršev s pravilnim ravnanjem z dojenčkom. V raziskavo smo vključili namenski vzorec 86 staršev, ki so bili vključeni v šolo za bodoče starše v različnih zdravstvenih institucijah. V kvalitativnem delu raziskave smo vključili štiri fizioterapevte, ki so poučevali v šoli za bodoče starše, in izvedli delno strukturirani intervju. Rezultati: Rezultati so pokazali, da so starši, ki so pričakovali drugega otroka, pričakovano, bolj seznanjeni s pravilnim ravnanjem z dojenčkom, saj so v povprečju pravilno odgovorili na 85 odstotkov vprašanj, v primerjavi s starši, ki pričakujejo prvega otroka, ki so pravilno odgovorili na 79 odstotkov vprašanj. V kvalitativnem delu raziskave smo ugotovili tudi, da si fizioterapevti želijo sistemske spremembe znotraj šole za starše. Sklepi: Na podlagi analize kvantitativnih in kvalitativnih rezultatov ugotavljamo, da bi bile potrebne nadaljnje študije, v okviru katerih bi raziskali strokovne kompetence fizioterapevtov za izvajanje z dokazi podprte klinične prakse v šoli za starše.

Ključne besede: pravilno ravnanje z dojenčkom, gibalni razvoj, vloga nevrofizioterapevta, RNO

Introduction: Facilitation techniques for the appropriate baby handling are key techniques of contemporary neuro developmental treatment. On the basis of different studies, proper baby handling affects the baby's normal motor development, with parents having an important role to play. Methods: In order to explore the situation in this field in Slovenia, we used the mixed methods design. In the quantitative part, using a survey questionnaire, we identified the knowledge of future parents about proper treatment of a baby. We included a purposive sample of 86 parents who were involved in a school for future parents in various health institutions. In the qualitative part of the research we included four physiotherapists who taught at a school for future parents and conducted a partially structured interview. Results: The results showed that parents expecting a second child are expected to be more familiar with the proper treatment of the infant because on average they correctly answered 85 percent of the questions, compared with parents expecting their first child, who correctly answered 79 percent questions. In the qualitative part of the research we also found that physiotherapists want systemic changes within the school for parents.

Conclusions: Based on the analysis of quantitative and qualitative results, we find that further studies are needed to investigate the professional competencies of physiotherapists for performing evidence based clinical practice at the school for parents.

Key words: proper handling of infants, motor development, the role of neurophysiotherapists, NDT

Sara Urh, Tine Kovačič

UČINKOVITOST NEVROFIZIOTERAPIJE NA RAVNOTEŽJE IN FUNKCIJSKO NEODVISNOST PO MOŽGANSKI KAPI THE EFFICACY OF NEUROPHYSIOTHERAPY ON BALANCE AND FUNCTIONAL INDEPENDENCE AFTER STROKE

Uvod: Zaradi staranja prebivalstva se stopnja umrljivosti zaradi možganske kapi (MK) povečuje tako v Evropi kot Združenih državah Amerike ter povzroča različne okvare in omejitve na področju telesne zgradbe in funkcije, kot tudi na področju dejavnosti in sodelovanja, kar posledično privede tudi do sekundarnih okvar na ravni živčno-mišičnega in kostno-mišičnega sistema. Sodobna razvojno nevrološka obravnava je še vedno najbolj razširjen koncept v svetu na področju rehabilitacije po MK, kljub temu da njegova učinkovitost v kombinaciji z drugimi neurofizioterapevtskimi koncepti na populaciji slovenskih pacientov še ni bila raziskana. Metode: Izvedli smo preeksperimentalno klinično študijo na priložnostnem vzorcu 20 pacientov po MK na Nevrološki kliniki v Ljubljani, da bi raziskali in predstavili kratkoročne učinke 14-dnevnega neurofizioterapevtskega programa na ravnotežje in funkcijsko neodvisnost v akutni fazi rehabilitacije. Rezultati: Na podlagi statistične analize ugotavljamo, da se je pri pacientih pojavilo izboljšanje statičnega in dinamičnega ravnotežja, pa tudi izboljšanje dnevnih dejavnosti in funkcijske neodvisnosti. Sklepi: Rezultate obstoječe študije je treba sprejemati z zadržkom, saj ne smemo zanemariti spontanega okrevanja pri pacientih po MK in drugih dejavnikov, ki jih nismo nadzorovali.

Ključne besede: možganska kap, neurofizioterapija, ravnotežje, funkcijska neodvisnost, rehabilitacija

Introduction: Due to an ageing of the population, the rate of mortality due to stroke (CVI) increases in both Europe and the United States of America, and causes various disabilities and limitations in the field of body structure and functions, activity and participation, which also leads to secondary disabilities in the neuromuscular and musculoskeletal systems. The contemporary neurodevelopmental treatment approach is still the most widespread neurophysiotherapy concept in the world in the field of rehabilitation in CVI patients, although its effectiveness in combination with other neurophysiotherapy concepts on the population of Slovenian patients has not yet been investigated. Methods: A pre-experimental clinical study was carried out on a convenience sample of 20 CVI patients at the Neurological Clinic in Ljubljana in order to investigate and present the short-term effects of the 14-day neurophysiotherapy program on balance and functional independence in the acute phase of rehabilitation. Results: Based on the statistical analysis, we have established that patients have improved their static and dynamic balance, as well as daily activities and functional independence. Conclusions: The results of the existing study should be taken with great concern because we should not ignore the spontaneous recovery in CVI patients and other factors that we did not control.

Key words: Stroke, neurophysiotherapy, balance, functional independence, rehabilitation

Stefano Turini

THE STRUCTURE AND APPLICATIONS OF OLND (OXYGEN LOADED NANODROPLETS): A FUTURE IN NANOMEDICINE

There are many types of chronic wounds associated with different diseases, such as diabetes, cancer and autoimmune diseases. The three main features that accumulate in chronic wounds are: exacerbated inflammation, hypoxia state (the element on which the present research is focused), and the absence of regulation in the matrix metalloproteinase secretion (MMPs) and respective tissue inhibitors, TIMPs. Currently, there are many conventional therapies for the treatment of chronic wounds, such as topical oxygen and the hyperbaric chamber. Both manifest complications from a logistical and cost perspective. In the last few years, nanotechnology platforms have been developed to release oxygen and restore a normoxia-like condition. Among them are the nanobubbles (OLNB) and the nanodroplets (OLND), with an outer shell of polysaccharide material such as Dextran or Chitosan (the latter with a medium molecular weight and low molecular weight), an inner core containing a fluorocarbon such as PFP (Perfluoropentane) in the case of nanobubbles and DFP (Decafluoropentane) in the case of nanodroplets. This compound has the ability to etherly bind molecular oxygen, O₂, through weak interactions, such as Van Der Waals Forces (in the case of PFP) or hydrogen bonds (in the case of DFP). Experiments performed on three single-cell lines, such as Keratinocytes (HaCaT), Fibroblasts (HDF) and Human Microvascular Endothelium (HMEC-1), and on a line of reconstructed human epidermis (RHE) grown under hypoxic conditions, have shown the reversal of hypoxic status and the effective effectiveness of such nanotechnology platforms to restore a normoxia-like condition. Another characteristic of chronic wounds is the tendency to become infected with microorganisms, such as MRSA (Staphylococcus aureus methicillin-resistant), Streptococcus pyogenes, Candida albicans, Candida glabrata. The production of such nanotechnological platforms, conjugated with molecules, such as Erythromycin, Vancomycin, Itraconazole, showed their effectiveness in reducing microbial growth in experiments performed in vitro. At the current state of the facts, these experiments are still in the in vitro experimentation phase and it is necessary to move on to subsequent phases, by preparing creams based on a specific percentage of the aforementioned nanopart models and starting a new experimental phase by topical administration on tissue. They could constitute the future of treatment of chronic wounds.

Jure Tica, Athanasios Didangelos

COMPARATIVE TRANSCRIPTOMICS OF RAT AND AXOLOTL AFTER SPINAL CORD INJURY DISSECTS DIFFERENCES AND SIMILARITIES IN INFLAMMATORY AND MATRIX REMODELING GENE EXPRESSION PATTERNS

Following spinal cord injury in mammals, maladaptive inflammation and matrix deposition drive tissue scarring and permanent loss of function. In contrast, axolotls regenerate their spinal cord after severe injury fully and without scarring.

To explore previously unappreciated molecules and pathways that drive tissue responses after spinal cord injury, we performed a 4-way intersection of rat and axolotl transcriptomics datasets and isolated shared genes with similar or differential expression at days 1, 3, and 7 after spinal cord injury in both species. Systems-wide differences and similarities between the two species are described in detail using public-domain computational tools and key differentially regulated genes are highlighted.

*Amongst persistent differential expression in matching neuronal genes and nucleic acid metabolism genes, we found multiple extracellular matrix genes that were upregulated in both species after spinal cord injury, indicating the importance of extracellular matrix remodeling in wound healing. Moreover, the archetypal transcription factor *SP1*, which was consistently upregulated in rats but was unchanged in axolotls, was predicted as a potential transcriptional regulator of classic inflammatory response genes in rats, most of which were not regulated in regenerating axolotls.*

This analysis offers an extensive comparative platform between a non-regenerating mammal and a regenerating urodele after spinal cord injury. To better understand regeneration vs. scarring mechanisms it is important to understand consistent molecular differences as well as similarities after experimental spinal cord injury.

Key words: axolotl regeneration, spinal cord injury, tissue injury, systems biology, network analysis

Per Morten Fredriksen, Asgeir Mamen

CHANGE IN HEALTH PROFILE BETWEEN SIX- AND TWELVE-YEAR-OLD CHILDREN

Introduction: Juvenile health is important for the society because youth as future adult society members are expected to do their part of society building. Good mental and physical health is thus an important requisite for obtaining this goal. Methods: The data presented here are baseline results from an ongoing longitudinal study with almost 2500 children from age six to twelve years. The health variables chosen were Waist to Stature Ratio (WSR), Systolic Blood Pressure (BPS), Body Fatness (F%), total cholesterol level (Totchol), HDL concentration (HDL), Moderate to Vigorous Physical Activity (MVPA), covered distance in a shuttle run test (SRT), quality of life assessment of the child (QoLC) and parents (QoLP). Results: Both boys and girls had a healthier WSR in 6th grade ($p=0.025$ and <0.001). The oldest boys and girls ran longer on the SRT than the first-graders ($p<0.001$). QoLC was better in 6th grade ($p<0.001$) and QoLP decreased non-significantly. Systolic blood pressure was higher among the 6th graders ($p<0.001$). Only the girls increased their F% significantly ($p=0.001$). MVPA was lower in 6th grade ($p<0.001$). No significant changes were seen in Totchol and HDL. By presenting these data in a radar chart, it is easy to visualise the changes that have taken place. Conclusions: From a health perspective, the decrease in MVPA is especially worrisome, and indicates that physical activity interventions should be carried out where most children can be found, such as in the school system.

Ključne besede: Health, fitness, children, physical activity, radar chart

Urszula Zywien, Tomasz Sipko

THE PRESSURE PAIN THRESHOLD OF SOFT TISSUE OVER SPINE REGIONS IN YOUNG ASYMPTOMATIC AND SYMPTOMATIC WHITE-COLLAR WORKERS

Determining the Level of Pressure Pain Threshold (PPT) of Soft Tissue over Spine Regions in the Young Sedentary Population.

The PPT was measured in the cervical, thoracic and lumbar part of spine on both sides with an algometer in a supported sitting position. The duration and level of rest pain and the Oswestry Disability Index (ODI), working time in years (TY) and day time in sitting position (TD) were determined.

White-collar workers, female (n=51, mean age(SD)=29.4(3.5), BMI=22.03(3.2), ODI=3.4 (5.7), TY =5.8(3.3), TD =9.6(1.8)) and male (n=88, age=29.6(3.1), BMI=26.03(3.6), ODI=3.5(4.7), TY =6.1(2.9), TD =9.8(1.9)), asymptomatic and symptomatic (NRS<3), were tested.

Two-way Anova revealed differences between female and male groups in PPT ($F(2,270)=54.54$, $p<0.0000$) but there were no differences between asymptomatic and symptomatic subjects in three tested parts in both groups ($F(2,270)=0.06$, $p=0.94$). Female white-collar workers had lower pressure pain threshold ($p<0.00001$), apart from PPT in the cervical part ($p=0.09$), than males.

There were significant differences between the PPTs in the cervical, thoracic and lumbar parts in the male group ($p<0.00001$) but in the female group there were no differences between PPTs in thoracic and lumbar parts ($p=0.06$).

Young, white collar workers with lower Oswestry Disability Index are characterised by the same pressure pain threshold of soft tissue in spine region as asymptomatic ones. Females had lower pressure pain threshold of soft tissue in the lumbar and thoracic spine than males. The pressure pain threshold of soft tissue in spine regions differed, especially in the male group, the lowest was in cervical and the highest was in the lumbar part of the spine.

Key words: spine, pain, CLBP, ergonomic

Jasmina Ovčar, Jana Ovčar

SUSTAINABLE PLANNING IN TERMS OF SUSTAINABLE HEALTH THROUGH THE PRISM OF PHYSIOTHERAPY

Designing sustainable buildings is important in terms of energy and in order to create a healthy indoor microclimate. It also implies designing quality equipment in harmony with the anatomy and functioning of the human body. Long-term stays in the interior and sedentary lifestyle with reduced body activity contribute to many deformities and diseases. The hypothesis is: »By quality planning and design of the equipment for interior space we prevent diseases and maintain health and vitality of the human body.« Sustainable design, along with all other factors, presupposes the equipment of indoor space for keeping the human body healthy and vital. Therefore, an analytical approach in terms of designing equipment, organizing sufficient communication space as well as the space for using the equipment is required. Architects should cooperate with medical specialists and physiotherapists.

Using their knowledge and experience, they can notice and point out »errors« in the design. They can use direct observation, analysis of relevant theoretical and empirical literature and statistical indicators. Together they also can think up a way to improve and innovate. Every investment in prevention reduces medical expenses of individuals, but also of society as a whole. Prevention creates a happier individual, but also a more satisfied society. Only a healthy person can fully enjoy life and be a good company to the people around them - that is the purpose and goal of humankind's sustainability.

Key words: anatomy, deformation, sustainable planning, equipment, prevention



Alenka Oven, Nevenka Gričar

ŠTUDENTJE DELOVNE TERAPIJE IN UPORABA INFORMACIJSKO-KOMUNIKACIJSKE TEHNOLOGIJE PRI ŠTUDIJU

STUDENTS OF WORK THERAPY AND THE USE OF INFORMATION COMMUNICATION TECHNOLOGIES IN THE COURSE OF STUDIES

Uvod: Informacijsko-komunikacijska tehnologija (IKT) je nesporen in bistven del današnjega življenja na vseh področjih in si ga brez nje ne znamo več predstavljati. Vedno pomembnejša je tudi na področju izobraževanja, kjer se srečujemo s študenti, ki jih IKT spremlja že vse življenje. Namen raziskave je bil ugotoviti, kako pogosto, v kakšne namene in na kakšen način študentje študijskega programa Delovna terapija uporabljajo IKT (mobitel in svetovni splet) pri študiju. Metode dela: Podatke za raziskavo, ki smo jo izvedli na Zdravstveni fakulteti – Oddelku za delovno terapijo, smo pridobili s spletnim anketnim vprašalnikom. Udeleženci so bili študentje vseh letnikov študijskega programa Delovna terapija in vpisani v dodatno leto (N = 63). Rezultati: Anketiranim študentom uporaba IKT pogosto/zelo pogosto (M = 4,6) olajša opravljanje študijskih obveznosti in omogoča hitrejše pridobivanje informacij in učenje (M = 4,7). Ocenjujejo, da je uporaba IKT za uspešen študij pogosto/zelo pogosto nujna (M = 4,3) in da IKT pogosto/zelo pogosto (M = 4,3) uporabljajo v študijske namene. Študentje včasih uporabljajo mobitel med predavanji tudi za neštudijske namene. Razprava in zaključek: Anketirani študentje delovne terapije imajo pozitiven odnos do uporabe IKT pri študiju, pri čemer jo uporabljajo predvsem za spremljanje študijskih obveznosti, iskanje literature v bazah podatkov, pisanje seminarskih nalog in pisanje zapiskov. Uporabnost in preprostost uporabe IKT študentom delovne terapije olajša opravljanje študijskih obveznosti. Raziskava odpira potrebo po ugotavljanju stopnje osveščenosti študentov glede kulture uporabe IKT v različnih okoljih.

Ključne besede: IKT, študent, delovna terapija

Introduction: Information communication technology (ICT) is an undeniable and essential part of all areas of contemporary life and is unimaginable to be without. It is becoming more and more important also in education, where we encounter students who have been accompanied by ICT all their lives. The purpose of this research was to establish how often, to what purposes and in what way the students of the study programme work therapy use ICT (mobile phone and internet) in their studies. Methods of work: The data for the research which we conducted at the Faculty of Health Care – the Department of Work Therapy was collected via an online survey questionnaire. The participants were students in all years of the programme work therapy and those inscribed for another year (N = 63). Results: The survey participants often/very often (M = 4.6) use ICT to facilitate faster information acquisition and learning (M = 4.7). It is estimated that the use of ICT for successful studies is often/very often necessary (M = 4.3) and that ICT is often/very often (M = 4.3) used for study purposes. Students sometimes use their mobile phone during lectures for purposes other than study. Discussion and conclusion: The participating students of work therapy have a positive attitude towards the use of ICT in their studies, whereby they primarily use it to keep track of study obligations, search for literature in databases, writing seminar papers, and taking notes. The usefulness and simplicity of use of ICT helps students of work therapy perform their study obligations. The research addresses the need for determining the level of students' awareness of the cultural use of ICT in different environments.

Key words: ICT, student, work therapy

Miha Velca, Matej Koprivnik, Jožef Magdič

OSVEŠČENOST SVOJCEV IN BLIŽNJIH OSEB OBOLELIH ZA MOŽGANSKO KAPJO AWARENESS OF RELATIVES AND PEOPLE CLOSE TO THE PEOPLE AFFECTED BY STROKE

Uvod: Možganska kap (MK) je najpogostejša nevrološka bolezen, ki jo lahko preprečimo oziroma zdravimo v okviru multidisciplinarnega tima, katerega pomemben člen predstavljajo tudi ustrezno informirani svojci in bližnji obolelih za MK. Z raziskavo smo želeli med svojci in bližnjimi obolelih za MK raziskati ozaveščenost o MK, nevrofizioterapiji in pravilnem pristopu k obolelemu za MK.

Metode: V raziskovalnem delu smo uporabili kvantitativno metodo raziskovanja na podlagi v ta namen oblikovanega anketnega vprašalnika, ki smo ga med svojce in bližnje obolelih za MK razdelili ob prvem obisku obolelega na Oddelku za nevrološke bolezni UKC Maribor. Pridobljene podatke smo statistično obdelali s pomočjo programov Windows Excel in IBM SPSS, verzija 24.0

Rezultati: Rezultati so pokazali, da približno petina anketiranih svojo seznanjenost o tem, kaj je MK, ocenjuje kot dobro. Odstotek anketirancev, ki so seznanjeni z obstojem fizioterapevtov s specialnimi znanji iz področja nevrofizioterapije odraslih, je nizek. So pa zato toliko bolj seznanjeni s pravilno stranjo pristopa k obolelemu, ki je ključnega pomena za učinkovito rehabilitacijo obolelega za MK.

Zaključek: Iz navedenega izhaja, da je stopnja ozaveščenosti svojcev in bližnjih obolelih za MK o sami bolezni dobra, slabše pa so seznanjeni z možnostmi nevrofizioterapije.

Ključne besede: možganska kap, nevrofizioterapija, pristop k obolelemu za MK, ozaveščenost svojcev

Introduction: Stroke is the most common neurological disease that can be prevented or treated with a support of a multidisciplinary team, whose important members are also well-informed relatives and people close to the person suffering from a stroke. The goal of the research was to investigate their awareness about the stroke, neurophysiotherapy and the appropriate approach to the patient with stroke.

Methods: A quantitative method was used, based on a custom designed questionnaire, distributed to the relatives and close ones at their first visit to the patient with a stroke, admitted to the Neurological Department at UMC Maribor. The obtained data were statistically analysed with the Windows Excel and IBM SPSS version 24.0.

Results: The results showed that about one-fifth of the respondents rated their knowledge about the stroke as good. The percentage of the respondents familiar with the existence of physiotherapists with special skills in the field of neurophysiotherapy for adults is very low. However, they are more fully acquainted with an appropriate approach to the patient, that is of key importance for their rehabilitation.

Conclusion: According to the findings, the level of awareness about stroke in the relatives and close people is good, but they are not aware of the possibilities of neurophysiotherapy.

Key words: stroke, neurophysiotherapy, approach to the patient with stroke, family awareness

Uroš Marušič

GIBALNA IN KOGNITIVNA DEJAVNOST ZA DEJAVNO IN ZDRAVO STARANJE PHYSICAL AND COGNITIVE ACTIVITY FOR ACTIVE AND HEALTHY AGEING

Uvod: S staranjem prebivalstva se viša tudi stopnja pojavnosti nevrodegenerativnih bolezni, za katere še ne poznamo ustreznih (ne)farmakoloških tretmajev. Namen raziskave je bil preveriti učinkovitost dvomesečne kognitivne intervencije na gibalno-kognitivne parametre. Metode: V sklopu randomizirane kontrolirane raziskave smo izvedli dvomesečno kognitivno intervencijo, pri kateri smo starostnike (N = 77) izpostavili trikrat tedenskem možganskemu treningu na računalnikih, medtem pa z vprašalniki in pospeškometri spremljali morebitne spremembe in udeleževanje v gibalnih/športnih dejavnostih. Pred dvomesečno intervencijo in po njej smo izvedli obsežne meritve kognitivnega, gibalnega ter prehranskega statusa starostnikov. Rezultati: Rezultati raziskave so razkrili pozitiven transfer možganskega treninga predvsem na subjektivne ocene kognitivnega delovanja udeležencev v vsakdanjem življenju, kot tudi na objektivno izmerjene meritve gibalnega in kognitivnega statusa. Sklepi: Kognitivne izboljšave posameznikov lahko prispevajo k poznejšemu pojavu blage kognitivne motnje in demence ter tako pozitivno vplivajo na življenje posameznika in stroške zdravstvenega sistema na splošno.

Ključne besede: kognitivni trening, zdravo staranje, demenca, zdrave starejše osebe, fizična dejavnost

Introduction: With the ageing of the population, the incidence of neurodegenerative diseases is also increasing, for which we do not yet know the relevant (non-)pharmacological treatments. The purpose of the study was to evaluate the effectiveness of a two-month cognitive intervention on the physical and cognitive outcome measures. Methods: Within a randomized controlled trial, a two-month computerized cognitive training intervention was carried out, in which the elderly (N = seventy-seven) were exposed to computerized cognitive training (three times per week). During this period, using questionnaires and accelerometers we were monitoring possible changes and engagements in exercise and sports activities. Before and after the two-month intervention, extensive measurements of the cognitive, motor and nutritional status of the elderly were carried out. Results: The results of this randomized controlled trial revealed a positive transfer of computerized cognitive training mainly to subjective assessments of participants' cognitive functioning in everyday life, as well as to objectively measured sets of physical and cognitive status. Conclusions: Cognitive improvements can contribute to the subsequent onset of mild cognitive impairment and dementia, and thus have a positive impact on the life of the individual as well as costs of the health care system.

Key words: cognitive training; healthy ageing; dementia; older healthy persons; physical activity





**OKOLJSKI VIDIKI
TRAJNOSTNEGA RAZVOJA /
ENVIRONMENTAL ASPECTS OF
SUSTAINABLE DEVELOPMENT**

Gesa J. Schad, Tanja Bagar

ANALYTICAL SOLUTIONS FOR TESTING OF CANNABIS SATIVA L.

As of July 2018, over 20 US countries have legalized cannabis for medical use and more are expected to follow in the coming years. Possession of cannabis is still illegal by federal statutes, however there is an ongoing debate concerning legalization of medical and recreational cannabis. Therefore, demand of cannabis testing and analytical tools is growing.

Numerous health benefits have been reported for cannabis, including general pain reduction, anti-nausea, reduction of seizures and autism. Quality control (QC) testing for cannabinoids is essential for the accurate labeling of cannabis products in both medical and recreational cannabis markets. Cannabinoids are the primary active components of cannabis, these are target compounds for potency testing. Terpenes influence the homeostatic effect, and also contaminants such as pesticide residues and mycotoxine in cannabis products need to be controlled, to ensure consumer safety.



Marko Šetinc

SIROTKA: SKRITI VZROK SMRADU V KANALIZACIJSKEM OMREŽJU WHEY: HIDDEN CAUSE OF SMELL IN THE SEWAGE SYSTEM

Komunalno omrežje in čistilna naprave so dimenzionirana glede na število populacijskih enot, ki so na omrežje priključene. Na to kanalizacijsko omrežje so priključene poleg gospodinjstev tudi razni predelovalni obrati, podjetja, kmetije itd. Slednji razen z predhodnim dogovorom ne smejo spuščati svojih odpadnih vod. Je pa dejstvo, da vsak uporabnik brez nadzora lahko spusti v kanalizacijsko omrežje tudi snovi, ki tja ne sodijo. Te snovi so lahko strupene, in uničijo mikroorganizme v čistilni napravi, lahko pa povzročajo tudi prekomeren smrad.

Tipična snov, ki povzroči smrad v kanalizacijskem sistemu je sirotka. Sirotka je stranski produkt pri predelavi sira in sama po sebi z vidika vonja ni moteča. Problem pa se pojavi v stiku z odpadno vodo v kanalizacijskem omrežju, ki povzroči prekomerno gnitje in izločanje vodikovega sulfida iz vode.

Namen prispevka je prikazati, kako sirotka vpliva na povečanje smradu iz kanalizacijskega omrežja tako z biološkega kot kemijskega vidika.

Ključne besede: čiščenje odpadne vode, kanalizacija, smrad, sirotka

The communal network and wastewater treatment plants have dimensions according to the number of population units connected to the network. In addition to households, various processing plants, businesses, farms, etc. are connected to this sewage network. The latter, except with prior agreement, must not release their waste water without agreement. However, it is a fact that any user without control can release into the sewerage network also substances that do not belong there. These substances may be toxic, and they destroy microorganisms in the treatment plant, but they may also cause excessive odour.

A typical substance that causes stench in the sewer system is whey. Whey is a by-product in the processing of cheese, and it is not problematic in itself from the point of view of odour. However, the problem occurs in contact with waste water in the sewerage network, which causes excessive odour and hydrogen sulphide outflow from the water.

The purpose of the paper is to illustrate how whey affects increase of odour from the sewage network from both the biological and chemical point of view.

Key words: waste water treatment, sewage, odour, whey

Alenka Šiplič, Bernard Goršak

FIZIOLOŠKI UČINKI TERAPIJE S POMOČJO ŽIVALI THE PHYSIOLOGICAL EFFECTS OF ANIMAL-ASSISTED THERAPY AND ACTIVITIES

Že zgodaj so se ljudje začeli zavedati ugodnega vpliva živali na dobro počutje in zdravje človeka. Vse več ljudi se odloča za hišne ljubljence, vse bolj pa se uveljavlja tudi terapija s pomočjo živali. Izkušnje in raziskave kažejo, da ima terapija s pomočjo živali učinke na psihični, socialni in fizični ravni. V prispevku smo se osredotočili na fiziološke učinke, torej kaj se dogaja v našem telesu ob dotiku, igranju, hranjenju, terapiji in med drugimi dejavnostmi z živalmi. Raziskave kažejo, da stik z živaljo ugodno vpliva na znižanje krvnega tlaka, srčnega utripa in stresnega hormona kortizola, sproščanje oksitocina, serotonina in endorfinov. Kljub nekaterim spoznanjem na tem področju bi bile za boljše razumevanje potrebne dodatne raziskave.

Ključne besede: živali, terapija s pomočjo živali, fiziološki učinki, zdravje

A long time ago people became aware of the beneficial effects of animals on human well-being and health. More and more people make a decision to have a pet, and animal-assisted therapy and activities are becoming more and more popular. Experience and research studies show that animal-assisted therapy and activities have effects on the psychical, social and physical level. In the paper we focused on the physiological effects, si.e. what happens in our body when we are touching, playing or feeding animals, during therapy and among other activities with animals. Researches show, that contact with the animal has a beneficial effect on lowering blood pressure, heart rate, reducing cortisol hormone, releasing oxytocin, serotonin and endorphins. In spite of quite a few scientific findings, further research is needed in order to gain a better understanding in this field.

Key words: animals, animal-assisted therapy and activities, physiological effects, health

Marko Homšak

VEČJE NESREČE IN ODPADKI MAJOR ACCIDENTS AND HAZARDOUS WASTES

Nevarne lastnosti odpadkov se ugotavljajo po določenih postopkih, opredeljenih v Uredbi o odpadkih. Nevarne lastnosti odpadkov so opredeljene v Uredbi Komisije (EU) št. 1357/2014 z dne 18. decembra 2014 o nadomestitvi Priloge III k Direktivi 2008/98/ES Evropskega parlamenta in Sveta o odpadkih in razveljavitvi nekaterih direktiv. Metode, ki jih je treba uporabiti za določevanje nevarnih lastnosti od HP1 do HP15 (Uredba o odpadkih, Ur. l. RS), so opisane v Uredbi Sveta (ES) št. 440/2008 in drugih ustreznih opombah CEN ali drugih mednarodno priznanih testnih metodah in smernicah. V prispevku bo prikazana povezava med nevarnimi lastnostmi odpadkov in stavki o nevarnosti za snovi po Uredbi Seveso III. Prikazana bosta tudi ustrezno razvrščanje podjetij, ki obdelujejo nevarne odpadke, med večje ali manjše obrate z večjim tveganjem za okolje po Uredbi Seveso III in pridobivanje okoljevarstvenega dovoljenja. Uredba Seveso III določa, da se pri razvrščanju obratov upoštevajo tudi snovi, ki po predpisih, ki urejajo razvrščanje, pakiranje ter označevanje snovi in zmesi, niso razvrščene med nevarne snovi (npr. odpadki), vendar imajo ali bi lahko imele z upoštevanjem značilnosti obrata enake lastnosti glede možnosti povzročiti večje nesreče kakor snovi, ki so razvrščene v razrede in kategorije nevarnosti.

Ključne besede: večja nesreča, nevarni odpadek

The hazardous properties of waste are determined in accordance with procedures specified in the Decree on waste. The hazardous properties of waste are, however, specified in the Regulation (EU) No 1357/2014 of 18 December 2014 replacing Annex III to Directive 2008/98/EC of the European Parliament and of the Council on waste and repealing certain directives. Methods to be used to determine hazardous properties from HP1 to HP15 (Decree on waste, OG RS) are described in the Council Regulation (EC) No 440/2008 and other relevant remarks of CEN or in other internationally recognised test methods and guidelines. In this paper we will show the correlation between hazardous properties of waste and sentences about the hazard for substances according to the Seveso Directive III. We will also present the appropriate ranking of companies processing hazardous waste into big and small plants, representing a relevant risk to the environment according to the Seveso Directive III and how to obtain an environmental permit. It follows from the Seveso Directive III that in the company rankings substances are taken into account which according to the regulations governing classification, packaging and labelling of substances and mixtures are not classified as hazardous (e.g. waste). However, these substances have or could have the same properties as to the possibility to cause a major accident as substances classified into hazard classes and categories, if the characteristics of the plant were taken into account.

Key words: major accidents, hazardous wastes

Ali Telli

ENVIRONMENTAL PROBLEMS IN A GLOBALIZED WORLD

In recent years, environmental problems, as one of the most important issues in every country in the world, have acquired international dimensions as a result of globalization. These environmental problems were addressed by international legal regulations and they await solutions that include economic, social and political dimensions. In other words, since environmental problems have acquired international dimensions, the remedies offered should also involve international cooperation. This study analyses environmental problems that result from globalization and makes some recommendations as to their solution. Therefore, globalization and the resulting environmental problems are addressed and some remedies offered by taking into account the issue of sustainable development and national and international dimensions of these problems.

Key words: Environmental problems, globalization, sustainable development, United Nations



Marija Jevtić, Catherine Bouland

ENVIRONMENTAL CHALLENGES AND THEIR IMPORTANCE FOR MENTAL HEALTH (ENVIRONMENTAL ASPECTS OF SUSTAINABLE DEVELOPMENT)

The general understanding of mental health and its connection with the environment is defined as a research problem. The WHO underscores the estimate that in 2012 12.6 million people died as a result of living/working in an unhealthy environment. Environmental risk factors such as air, water, soil and noise pollution, chemical exposures, climate change and others contribute to more than 100 different diseases.

The link between mental health and environment has been analysed using a descriptive method. Mental health is considered as disease; not enough attention is paid to the health aspect. It is important to underline that mental, behavioral and neurological disorders accounted for 10% of the global disease burden in 2015 and will increase to 15% by 2020. Depression, drug and alcohol dependence, post-traumatic stress, anxiety, insomnia, autism and attention deficit are threats for the population, healthcare systems, communities, institutions and families.

It is not possible to strictly separate environmental and social factors when acting within the urban environment. Natural and built environment and social factors are intertwined. In the era of urbanisation, their synergies impact the mental health of individuals and the population as a whole. Strengthening positive factors of the environment at local, national and global levels is an imperative. All efforts to increase green areas, improve urban planning and public transportation, decrease noise and support physical activity are important to sustain the mental health capacity of the population.

Key findings and recommendations: Mental health is very poorly resourced at present. Through the SDGs and different national and local development plans, citizens are empowered to improve their mental health through a better environment. It is necessary to focus on all strategies and activities to enhance the mental health capacity of the whole population.

Key words: environment, mental health, sustainable development goals, urbanization, population



Dominika Lovrenčec

TEŽKE KOVINE V PITNI VODI HEAVY METALS IN DRINKING WATER

Voda je vir življenja. Ljudje, rastline in živali za preživetje nujno potrebujejo vir vode. Za kakovostno in dolgo življenje potrebujejo kakovostno vodo, ki ne vsebuje velikih koncentracij anorganskih in organskih onesnaževalcev, ki bi lahko vplivali na njihovo zdravje. V skladu s Pravilnikom o pitni vodi izvajamo monitoring pitne vode. Z monitoringom pitne vode merimo vsebnost mikrobioloških, kemijskih in indikatorskih parametrov. Vsebnost težkih kovin narašča, vpliva na zdravje. Zato je potreben ukrep, ki je dostopen vsem.

Z ekoremediacijami, ki nam ponujajo izboljšanje kakovosti pitne vode na trajnosten in cenovno ugoden način, lahko zaščitimo vodne vire, ki so izpostavljeni vplivom intenzivnega kmetijstva in drugim načinom onesnaževanja. Metode, s katerimi lahko zaščitimo pitno vodo, so vegetacijski pas, rastlinska čistilna naprava za pitno vodo in rastlinska čistilna naprava za čiščenje izvira pitne vode.

Z vegetacijskim pasom izboljšamo biotsko pestrost in kakovost pitne vode, saj vegetacijski pasovi zadržujejo hranila. Z rastlinskimi čistilnimi napravami za pitno vodo in rastlinskimi čistilnimi napravami za čiščenje izvira pitne vode odstranjujemo presežene vrednosti nitratov, pesticidov in težkih kovin.

Prednost ekoremediacijskih metod je v tem, da posnemajo delovanje narave in so cenovno dostopne. Ker se iz dneva v dan pojavlja onesnaževanje glavnega vira za življenje, lahko z ekoremediacijskimi metodami omogočimo boljšo kakovost pitne vode.

Ključne besede: ekoremediacije, pitna voda, težke kovine, ekoremediacijske metode, monitoring pitne vode

Water is the source of life. People, plants and animals urgently need a source of water for survival. In order to live a long and quality life, they require high quality water that does not contain high levels of inorganic and organic pollutants that could affect their health. The monitoring of drinking water regulation is regulated by the Drinking Water Regulations; it measures the content of microbiological, chemical and indicator parameters. The content of heavy metals is increasing, thus affecting health, and a measure is needed that is accessible to all.

With the help of ecoremediations that offer improvement in the quality of drinking water in a sustainable and cost-effective way, water sources that are exposed to the impact of intensive agriculture and other forms of pollution can be protected. Methods for protecting drinking water are the vegetation belt, the plant purification plant for drinking water and the plant cleaning device for cleaning the source of drinking water.

With the help of a vegetation belt, which retains nutrients, we improve biodiversity as well as the quality of drinking water. With plant cleaning equipment for drinking water and plant cleaning devices for cleaning the source of drinking water, we remove the exceeded values of nitrates, pesticides and heavy metals.

The advantage of ecoremediation methods is that they imitate the operation of nature and are affordable. Since pollution of the main source of life occurs on a daily basis, ecoremediation methods can improve the quality of drinking water.

Key words: ecoremediations, drinking water, heavy metals, ecoremediation methods, drinking water monitoring

Mateja Pitako

ŽIVLJENJSKI SLOG SODOBNEGA ČLOVEKA IN NJEGOV ODNOS DO OKOLJA THE LIFESTYLE OF CONTEMPORARY HUMANS AND THEIR RELATIONSHIP TO THE ENVIRONMENT

Z naraščanjem svetovnega prebivalstva in nespremenjenim življenjskim slogom bo izsekavanje gozdov, povečevanje odpadkov, izlov rib, onesnaževanje zraka, vode in tal ter izkoriščanje ljudi še intenzivnejše in s tem prihodnost težja. Kljub temu da okoljske teme vedno pogosteje postajajo fokus različnih razprav, ljudje težje prepoznajo svoj prispevek pri okoljskih problemih. Zato je namen prispevka predstaviti okoljsko problematiko na način, da lahko prav vsakdo prepozna svojo vlogo pri okrnjenju okolja s svojim, navidezno neškodljivim, življenjskim slogom. Z deskriptivno metodo so opisani različni primeri nespametnega izkoriščanja naravnih virov, neodgovornega potrošništva in različnih vrst manj znanega onesnaževanja. Bralec prispevka se tako seznanja z usodo Aralskega jezera, deževnega gozda na Borneu, pridobivanjem nafte iz katranskega peska, okoljsko problematiko na področju ribištva, količinami zavržene užitne hrane, okoljskim vplivom tekstilne industrije, pridobivanjem kobalta za baterije elektronskih naprav, svetlobnim, vizualnim in zvočnim onesnaževanjem ter onesnaževanjem zunaj Zemljine atmosfere. Opisani primeri pomagajo razumeti širino človekovega poseganja v okolje na lokalni in globalni ravni, zato lahko posledično pomagajo k večji okoljski ozaveščenosti in okolju prijaznem vedenju.

Ključne besede: neodgovorno potrošništvo, izkoriščanje naravnih virov, svetlobno onesnaževanje, vizualno onesnaževanje, zvočno onesnaževanje

Population growth and unchanged lifestyle will intensify deforestation, the increase of waste, overfishing, the pollution of air, water and soil, as well as human exploitation, and will make our future gloomier. Despite the fact that environmental topics are increasingly becoming the focus of different discussions, people fail to recognize their contribution in environmental problems. That is why the purpose of this paper is to introduce environmental problems caused by our seemingly harmless lifestyle, and to find ways for each of us to recognize our role in environmental issues. The descriptive method is used to introduce different examples of unwise exploitation of natural resources, irresponsible consumption, and lesser-known types of pollution. The reader of this paper is informed about the destiny of the Aral Sea and the rain forest of Borneo, oil extraction from tar sands, environmental problems in fisheries, quantities of food waste, the environmental impact of the fashion industry, cobalt exploitation for electronic device batteries, light, visual and sound pollution, and pollution outside Earth's atmosphere. The described examples help understand the depth of the human interference on a local and global level and therefore can contribute to higher environmental awareness and environmentally friendly behaviour.

Key words: irresponsible consumption, light pollution, natural resources exploitation, sound pollution, visual pollution.

Anja Barber

SLOVENIJA BREZ ODPADKOV - REALNOST ALI ILUZIJA? ZERO WASTE SLOVENIA - REALITY OR ILLUSION?

Odpadki oz. snovi in predmeti, ki jih imetniki zavržejo, nameravajo ali morajo zavreči, v svetu predstavljajo vedno večji problem, saj njihova količina iz leta v leto narašča, kar pa ogroža naš planet in življenje na njem. Prav zaradi te problematike in problematike prekomerne porabe naravnih virov se je razvilo gibanje »zero waste« oz. nič odpadkov, katerega cilj ni ravnanje z odpadki, pač pa preprečevanje njihovega nastajanja. Koncept »zero waste« oz. način življenja, pri katerem ne ustvarjamo odpadkov, deluje po hierarhiji, ki kaže na to, da je najpomembnejše zmanjševanje porabe in ohranjanje materialov, nato spodbujanje kroženja naravnih virov, oblikovanje trajnostnih izdelkov, ponovna uporaba, recikliranje in šele nato, ko so druge možnosti že izkoriščene, urejeno odstranjevanje. V raziskovalni nalogi želimo raziskati, kako je koncept »zero waste« sploh praktično izvedljiv in kako se razvija v Sloveniji. Predstaviti želimo primere slovenskih dobrih praks »zero waste« in kako živeti na način brez ustvarjanja odpadkov. Kot raziskovalno metodo smo uporabili zbiranje podatkov iz literature in sekundarno analizo le-teh. Ugotovili smo, da je koncept »zero waste« privlačen, a v praksi težko izvedljiv cilj. V Sloveniji sicer že uspešno delujejo Trgovina Rifuzl (prva »zero waste« trgovina v Sloveniji), Hotel Ribno (prvi slovenski »zero waste« hotel), (Z)mešani festival, Zeleni rudnik Pomurja itn. Da se bo pristop »brez odpadkov« med ljudmi popolnoma uveljavil, bo potreben čas. Ljudje namreč premalo poznajo načine, kako v sodobnem svetu živeti brez ustvarjanja odpadkov. Tako smo ugotovili, da bo v prihodnje potrebno ozaveščanje in izobraževanje prebivalcev o pomenu zmanjševanja porabe surovin in nastajanja odpadkov ter jih bo treba naučiti živeti na način »zero waste«.

Ključne besede: odpadki, trajnostni razvoj, »zero waste«, Slovenija, ponovna uporaba

Waste, i.e. substances and objects that are, intend or need to be discarded by their owners, is an increasing world-wide problem, as it is increasing in quantity every year and endangering our planet and life on it. To counter this problem, as well as the problem of overconsumption of natural resources, the zero-waste movement developed, whose goal is not the treatment of waste, but the prevention of its creation. The zero-waste concept, or way of life where we do not produce waste, operates according to a hierarchy that points to the utmost importance of reducing consumption and preserving materials, followed by the promotion of the natural resources cycle, sustainable product design, re-use, recycling and only after all other options have been used, orderly disposal. In this research paper we aim to explore how the zero-waste concept can be put into practice and how it is developing in Slovenia. We aim to present examples of good zero waste practices and how to live in a way that does not generate waste. We chose the collection of data from literature and their secondary analysis as our research method. We found that the zero-waste concept is an attractive goal, but difficult to implement in practice. The shop Trgovina Rifuzl (the first zero waste shop in Slovenia), the Hotel Ribno (the first zero waste hotel), (Z)mešani festival, Zeleni rudnik Pomurja (green mine of Pomurje) etc. are already operating successfully in Slovenia. It will take time for the zero-waste approach to completely establish itself in the population. People are namely not familiar enough with ways of living in the contemporary world without creating waste. We therefore established that in future more awareness raising and education of people on reducing both the consumption of goods and the generation of waste is needed, as is teaching people how to lead a zero-waste life.

Key words: waste, sustainable development, zero waste, Slovenia, re-use

Ivan Toplak

VPLIV VIRUSNIH OKUŽB NA PREŽIVETJE ČEBELJIH DRUŽIN INFLUENCE OF VIRAL INFECTIONS ON THE SURVIVAL OF HONEYBEE COLONIES

Medonosne čebele (*Apis mellifera*) spadajo med najpomembnejše opraševalce, ki zagotavljajo raznovrstnost človekove prehrane in čebeljih pridelkov. Čebelje družine so tudi pomemben biološki pokazatelj zdravega okolja. Čebelarji se v zadnjih desetletjih soočajo s povečanimi izgubami čebeljih družin, prav tako pa se zmanjšujejo populacije divjih opraševalcev. Virusi lahko pomembno vplivajo na zdravje čebel in prizadenejo vitalnost večjega števila čebeljih družin istega čebelnjaka, povzročijo obolelost čebel na različnih razvojnih stopnjah in v določenih primerih pomembno prispevajo k skrajšanju življenjske dobe čebel. V izvedenih študijah preučevanja virusnih okužb pri naši avtohtoni pasmi kranjske čebele (*Apis mellifera carnica*) smo med letoma 2007 in 2018 ugotovili prisotnost najmanj osmih različnih čebeljih virusov. Z molekularno-epidemiološkimi pristopi smo v prezgodaj umrlih in klinično prizadetih čebeljih družinah ugotavljali večje število različnih virusov in večje število kopij virusov kot v zdravih čebeljih družinah. Z epidemiološkimi študijami smo dokazali, da se isti virusni sevi uspešno prenašajo med čebelami znotraj čebelje družine, med čebeljimi družinami istega čebelnjaka in med različnimi čebeljnaki. Isti čebelji virusi, kot jih ugotavljamo pri čebelah, se pojavljajo tudi pri čmrljih in nekaterih drugih divjih opraševalcih. Škodljiv vpliv virusnih okužb na čebelje družine je v tesni povezavi z bolj ali manj uspešnim zatiranjem varoje (*Varroa destructor*). Intenziviranje proizvodnje nima samo pozitivnih učinkov na večjo donosnost čebelarjenja, ampak povečuje tudi možnosti za prenos različnih patogenov, kar lahko negativno vpliva na zdravje čebeljih družin in njihovo preživetje. Virusne okužbe čebeljih družin so samo eden od pokazateljev sprememb v okolju, ki pomembno vplivajo na čebelarstvo in se kažejo z vse večjo ogroženostjo preživetja čebeljih družin, kar bo treba v prihodnje še natančneje raziskati in ovrednotiti najustreznejše rešitve. Novejša spoznanja o tesni medsebojni povezanosti številnih dejavnikov in povečevanje splošne zavesti o širšem družbenem pomenu čebel dajejo upanje o možnostih vrnitve čebelarjev k sonaravnemu načinu čebelarjenja, kar bo dolgoročno omogočilo tudi preživetje čebel.

Ključne besede: kranjska čebela, virus, okužba, preživetje, zdravje

Honeybees (Apis mellifera) are among the most important pollinators for ensuring the diversity of human nutrition and bee products. Honeybees are also an important biological indicator of a healthy environment. In recent decades, beekeepers have been experiencing increased losses of honeybee colonies and a declining of wild populations of pollinators has been observed. Viruses can significantly affect the health of bees and affect the vitality of a large number of bee colonies of the same apiary, cause bee disease at different stages of development, and in some cases contribute significantly to shortening the bee's life. In the studies of viral infections conducted between 2007 and 2018 in our autochthonous breed of the Carniolan bee (Apis mellifera carnica), the presence of at least eight different honeybee viruses was detected. With molecular-epidemiological approaches, in the premature dead worker and clinically affected honeybee colonies, a large number of different viruses and a higher number of copies of viruses were detected in affected than in healthy bee colonies. Epidemiological studies have shown that the same viral strains are successfully transmitted among bees within the same colony, among colonies of the same apiary and among different apiaries. The same bee viruses as found in bees were detected also in bumblebees and some other wild pollinators. The harmful effect of viral infections on bee colonies is closely linked to more or less effective control and treatment of varroa (Varroa destructor). Intensification of production has not only positive effects on the higher profitability of the beekeeper, but also increases the possibility of transmission of various pathogens, which can adversely affect the health of honeybee colonies and their survival. Viral infections of honeybees are only one of the indicators of changes in the environment that have a significant impact on beekeeping and are shown to be an increasing threat to the survival of honeybee colonies, which will require further research and evaluation of the most appropriate solutions in the future. More recent findings about the close interconnectedness of many factors and the increasing of general social awareness about the wider significance of bees give hope about the possibilities of returning beekeepers back to the sustainable way of beekeeping, which will enable the survival of bees in the long time period.

Key words: Carniolan honeybee, virus, infection, survival, health



Željko Perdija, Tanja Bagar

PREGLED NAJBOLJE PROUČENIH KANABINOIDOV, NJIHOVA KLINIČNA UPORABA IN DOSEDANJE IZKUŠNJE **OVERVIEW OF THE BEST STUDIED CANNABINOIDS, THEIR CLINICAL USE AND CURRENT EXPERIENCE**

Uporaba konoplje za zdravljenje in lajšanje zdravstvenih težav je znana že tisočletja. Najpomembnejše aktivne učinkovine iz konoplje so kanabinoidi. Kanabinoidi so učinkovine, ki jih v rastlinskem svetu največ najdemo v konoplji, pa tudi v drugih rastlinah. Kljub številnim dejstvom o koristnosti uporabe kanabinoidov v medicini, ostaja še veliko dvomov ter nejasnosti glede njihove klinične uporabe, varnostnega profila ter načina aplikacije. Širšo uporabo zdravil s kanabinoidi omejuje pomanjkanje kontroliranih kliničnih raziskav, ki bi lahko dokazale jasne klinične koristi za posamezne indikacije. Poglavitni vzrok za pomanjkanje teh raziskav je predvsem nejasna regulativa in zakonodaja o uporabi kanabinoidov po celem svetu. V prispevku smo opisali najboljše proučene kanabinoide, načine njihovega delovanja v telesu, možne klinične načine uporabe ter naše dosedanje izkušnje.

The use of cannabis for the treatment and alleviation of health problems has been known for millennia. The most important active substances from cannabis are the cannabinoids. Cannabinoids are found in the plant kingdom, most abundantly in cannabis, but also in other plants. Despite numerous facts about the usefulness of cannabinoids in medicine, there are still many doubts and misconceptions about their clinical use, safety profile and application. The wider use of cannabinoid medicines is restricted by the lack of controlled clinical trials that would demonstrate clear clinical benefits for individual indications. The main cause of the lack of these studies is, in particular, unclear regulations and legislation about the use of cannabinoids worldwide. In the article we described the best studied cannabinoids, their mode of action in the body, the possible clinical uses and our current experience.



**VODENJE, INOVACIJE IN
TALENTI ZA TRAJNOSTNI
RAZVOJ / LEADERSHIP,
INNOVATION AND TALENTS
FOR SUSTAINABLE
DEVELOPMENT**

Mladen Radujković

PROJECTIFICATION FOR THE FASTER AND SUCCESSFUL DEVELOPMENT OF A SOCIETY : A CASE STUDY OF SELECTED COUNTRIES

Today's human society can be seen as the society of projects, since there is no individual, organisation, company, nor community, which does not practice several projects in parallel. The term projectification was originally introduced by Midler while analysing the evolution of working procedures at the famous car manufacturer Renault. While the concept is often interpreted as referring to the increasing number of projects, it has also been argued that projectification is a central discursive theme in contemporary society, and increasingly relevant for the understanding of almost any aspect of the contemporary economy. Projectification does not only have an impact on the competitiveness of an individual company, but also on the competitiveness of economies and communities, either local or national.

The central research question is about the level of projectification across the global community, and advantages that more projectified communities or counties might gain from that. The proposed paper will compare published results about projectification in the economies of several counties, including Germany, Iceland, Norway, China and Croatia, and analyse key quantitative findings in relation to the country's global economic rank. The main hypothesis of the research is that highly ranked countries have more projectified economy, so they are changing and adapting faster, and consequently projectification contributes to their faster development and overall success rank. As the success of economy is one of the key contributors to the quality of life, the proposed approach might confirm the importance of projects at the higher level of society, while considering its development.

The research will be done by two main parts, both based on the case studies of selected countries and the projectification of their economies. The first part is a comparative analysis of selected national economies, quality of life and related available data per country. The second part of the research will focus on the projectification of the economies in those countries and on relevant data about the contributions of projects. In combining the key findings from both parts, the final results will support or reject the hypothesis about the role of projects for the faster and successful development of a society.

Key words: projectification, economy, society, rank, success, development



Mirjana Ivanuša- Bezjak

POSLOVNI MODEL DELOVANJA MEDNARODNE PLATFORME ZA ZAŠČITO IDEJ – SAVE-IDEAS© IN NJENO DELOVANJE NA OSNOVI TEHNOLOGIJE BLOCKCHAIN A BUSINESS MODEL OF THE INTERNATIONAL PLATFORM FOR THE PROTECTION OF IDEAS - SAVE-IDEAS© AND ITS OPERATION IN THE USE OF BLOCKCHAIN TECHNOLOGY

Tehnologija blockchain oziroma tehnologija verig podatkovnih blokov predstavlja novost in začetek distribuirane ekonomije. Blockchain je inovativna tehnologija, ki bo pomembno spremenila nekatere procese, tako v zasebnem kot tudi v javnem sektorju. Platforma Save Ideas© je poslovni model, ki ustvarja vrednost z olajšanjem izmenjave med več medsebojno odvisnimi skupinami, npr. ustvarjalci idej, zainteresiranimi subjekti, predlagatelji in vlagatelji. Za omogočanje tovrstne izmenjave platforma ustvarja velika, razširljiva omrežja uporabnikov in virov, do katerih lahko dostopa vsakdo. Ta platforma ustvarja skupnosti in trge skozi učinke mreženja, ki uporabnikom omogočajo interakcijo in transakcijo. V članku bomo predstavili izvirnost njihovega poslovnega modela in prehod delovanja na tehnologijo blockchain ter izdajo lastnega kriptoženona SIS. Projekt Save Ideas uporablja tehnologijo blockchain, ki ponuja rešitev za razvoj, promocijo in zaščito ustvarjalnih idej ter druge intelektualne lastnine.

Ključne besede: zaščita idej, blockchain, veriga podatkovnih blokov, platforma Save Ideas©, kriptoženoni

The blockchain technology, or the technology of data block chains, represents the novelty and the beginning of a distributed economy. Blockchain is an innovative technology that will significantly change certain processes, both in the private and public sectors. The Save-Ideas platform is a business model that creates value by facilitating the exchange between several interdependent groups, for example, creators of ideas, stakeholders, promoters and investors. In order for this exchange to happen, the platform creates large, scalable networks of users and resources that everyone can access. This platform creates communities and markets through networking effects that allow users to interact and transact. In the article, we will present the originality of their business model and the transition to blockchain technology and the issuance of their own SIS crypto token. The Save Ideas project uses Blockchain technology to offer solutions for the development, promotion and protection of creative ideas and other intellectual property.

Key words: Key words: protection of ideas, blockchain, block chain, Save-ideas © platform, crypto tokens



Damir Poljak, Marija Kolačko, Martina Bačić

EU PROJECT IN THE IMPLEMENTATION OF EDUCATION AND EMPLOYMENT PROGRAM GERONTO HOUSEWIVES IN THE MUNICIPALITY OF BEDNJA- EXAMPLE OF EXPERIENCE

A big problem of the elderly population in rural areas is poor traffic connectivity, distance of health and social services, trade distance. Certainly a big problem is life in your own home without a partner and without children, which leads to feelings of loneliness and social isolation. Most often, elderly people themselves take care of their own condition and health and know when they need health or social assistance. It is extremely important to estimate the moment when assistance is needed and to what extent to ensure as long as possible non-institutional care. One of the most important efforts in the local community is to ensure the living conditions in your own home through the help provided by Geronto Housewives. Care involves providing elderly people with food, food supplies, housekeeping assistance, home care, cultural and recreational activities, and legal, educational, religious and social services. In the project implemented by the Municipality of Bednja, 14 geriatricians are involved, who take care of 70 elderly people. The project is funded by European Union funds and is being implemented over two years. The organizational project defines the project leader and the coordinator. The coordinator conducts weekly meetings with Geronto Housewives and manages the quality of work. Every program user has the right to household maintenance during the month, along with physical and psychological assistance.

Key words: EU project, education, Geronto Housewives, elderly people



Tena Popović, Tonina Palić, Pero Hrabač, Snježana Brućić

TOURIST MANIFESTATIONS AS HEALTH TOURISM GENERATOR

Health tourism is a specific form of niche tourism which is based on travels with the purpose of receiving medical treatments and providing various healthcare services. The most common types of medical treatments used by tourists and visitors are dental and surgical procedures as well as the use of wellness and spa services. Today, health tourism is one of the fastest growing sectors and plays an important role in the development of the tourism industry. Also, medical tourists usually spend twice as much as standard tourists. The health tourism sector includes many non-tourist activities and other specific forms of tourism. This research aims to prove the interdependence of tourist manifestations and use of health tourism services on the example of the manifestation Advent in Zagreb. The key results of the research will be gathered by an anonymous survey conducted during the Advent in Zagreb manifestation. Data will be collected online in cooperation with hotels in Zagreb as well as on the locations of the above-mentioned event. This survey will target visitors and tourists. Research results will try to confirm the hypothesis that tourist satisfaction and popular cultural events can be the generator of health tourism in the city of Zagreb.

Key words: Tourism, Health, Manifestations, Advent, Satisfaction



Mateja Dovjak, Rok Razinger, Alenka Plemelj

V SMERI TRAJNOSTNEGA RAZVOJA TURIZMA ZA VSE: ŠTUDIJA PRIMERA UNIVERZALNE GRADITVE TURISTIČNEGA OBJEKTA V SLOVENIJI TOWARDS SUSTAINABLE AND ACCESSIBLE TOURISM FOR ALL: A CASE STUDY ON THE UNIVERSAL DESIGN OF A TOURIST FACILITY IN SLOVENIA

Uvod: Univerzalna graditev objektov vključuje gradnjo, uporabo in vzdrževanje objektov in proizvodov tako, da so uporabni za najširši mogoči krog uporabnikov z upoštevanjem njihovih individualnih potreb in zahtev. V Sloveniji je leta 2018 začel veljati novi Pravilnik o univerzalni graditvi in uporabi objektov (Uradni list RS, št. 41/18), v Gradbenem zakonu (Uradni list RS, št. 61/17, 72/17) je dodana bistvena zahteva za univerzalno graditev in uporabo objektov. Univerzalno načrtovanje je del dostopnega turizma, turizma za vse. Žal v Sloveniji najdemo izredno malo univerzalno grajenih objektov, tudi znotraj dostopnega turizma. Prispevek prikazuje predlog univerzalne zasnove glamping objekta v večjem turističnem središču. Objekt naj bi bil dostopen vsem osebam, ne glede na njihovo oviranost zaradi zmanjšane zmožnosti/invalidnosti. Metode: Izpeljava predloga zasnove po načelih univerzalnega načrtovanja s 6 koraki: 1. določitev ciljne populacijske skupine, 2. opredelitev namembnosti stavbe, 3. nabor zakonskih zahtev in priporočil, 4. ogled in ocenitev dejanskega stanja, 5. izdelava zasnove, 6. verifikacija s strani strokovnjakov. Rezultati: Predlagana zasnova vključuje novo dostopno parkirišče, urejen dostop in vhod v objekt ter zasnovo notranjosti objekta z opremo. Sklepi: Pristop, ki je bil zasnovan in uporabljen pri načrtovanju glamping objekta, je mogoče uporabiti v kateri koli fazi načrtovanja objektov, s ciljem, da se omogoči uporaba za vse, ne glede na oviranost.

Ključne besede: univerzalno načrtovanje, dostopni turizem, turizem za vse, dostopnost

Introduction: Universal design is the design and composition of an environment so that it can be accessed, understood and used to the greatest extent possible by all people regardless of their age, size, ability or disability. Slovenia adopted Rules on universal building and use of facilities in 2018. The novel Building act defines the basic requirement of universal construction and use. However, there are still very few facilities built in accordance with the principles of universal design. The problem is even greater regarding the design of tourist facilities, as there are very few tourist facilities that are accessible for people with various disabilities. The purpose of the study is to present the universal design of the selected glamping tourist facility accessible for all. Method: We designed the project in 6 steps, following the principles of universal design: 1. identification of the target population group; 2. definition of the purpose of the building; 3. the set of legal requirements and recommendations; 4. assessment of the actual situation; 5. facility design; and 6. verification of the performed work by the experts. Results: Following these steps, we designed: parking space, access routes and entrance, glamping facility, its interior and the equipment. Conclusions: The presented approach can be used in the process of designing any building that is intended to be accessible to all people, regardless of their disability.

Key words: universal design, accessible tourism, tourism for all, accessibility

Petra Props, Lenka Puh

UČNA PODJETJA – PRILOŽNOST ZA VKLJUČUJOČO DRUŽBO LEARNING COMPANIES - AN OPPORTUNITY FOR INCLUSIVE SOCIETY

Priložnosti za ustvarjanje vključujoče družbe so številne. V tem prispevku predstavljamo uvedbo učnih podjetij in vpeljavo inkluzivnega (vključujočega) zaposlovanja. Ključen je namreč pravi pristop k šolanju oseb s posebnimi potrebami v povezavi z njihovim pravočasnim vključevanjem v delovno okolje. Cilj je ustvariti trajnostne načine aktivnega vključevanja oseb, ki zaradi svojih različnih omejitev in invalidnosti nimajo možnosti za vstop na trg dela. V Sloveniji se otroci s posebnimi potrebami po 26. letu, ko izgubijo pravico do brezplačnega šolanja, najpogosteje vključujejo v različne oblike organiziranega varstva, ki jim praviloma ne omogoča zaposlitve in možnosti za samostojnejše življenje. Učna podjetja so priložnost za šolanje in vključevanje oseb s posebnimi potrebami v delovno okolje ob spoštovanju človekovih pravic. Izziv, ki ga naslavljamo, je povezovanje inkluzivnega izobraževanja z inkluzivnim zaposlovanjem. Učna podjetja bi svoja vrata odprla osebam s posebnimi potrebami in jih usposabljala. Prednost za podjetje je v tem, da bi usposabljal osebe za točno določeno delovno mesto. Inkluzivno zaposlovanje je sodelovanje tako izobraževalnih ustanov kot učnih podjetij in ključnih ministrstev. Rezultat tovrstnega pristopa v podjetjih bi bila ergonomsko prilagojena delovna mesta potrebam posameznikov in priložnost za njihov karierni razvoj.

Ključne besede: vključujoča družba, učna podjetja, izobraževanje

There are many opportunities to create an inclusive society. This contribution presents the introduction of learning companies and the introduction of inclusive employment. The key is the right approach to the education of people with special needs and in connection with their timely integration into the working environment. The goal is to create sustainable ways of actively involving people who, due to their various limitations and disabilities, do not have the opportunity to enter the labour market. In Slovenia, children with special needs after 26 years of age, when they lose the right to free education, are most often involved in various forms of organized care, which generally do not allow them to work and get opportunities for a more independent life. Learning companies are an opportunity to educate and integrate people with special needs into the workplace while respecting human rights. The challenge we address here is the integration of inclusive education with inclusive employment. Learning companies would open their doors to people with special needs and train them. The advantage for the company is in that it would train a person for a specific job. Inclusive employment is the participation of both educational institutions, learning companies and specified ministries. The result of such an enterprise approach would be ergonomically adapted workplaces to the needs of the individual and an opportunity for their career development.

Key words: inclusive society, learning companies, education

Mario Plenković, Daria Mustić

THE INFLUENCE OF USERS' AGE ON VISUAL PATTERNS IN DIGITAL MEDIA

Introduction: The purpose of this paper is to investigate the relationship between age and the way that people are using digital media content. By developing information and communication technology in the field of media communications, media content users are able to use more visual information of the same content, affecting the success of decoding the message, and users can also manipulate part of the visual presentation by adapting the user interface to their visual needs. This makes the user himself a designer of the visual content they use. The information user today partially takes the role of the creator of the visual aspect of the information, so it comes to repositioning in relation the graphic designer - the recipient of the message. The paper examines whether the age of the user has an impact on the visual pattern used in digital content utilization. Methods: The research approach is qualitative and exploratory in nature, as the aim is to develop a model of information consumption for the elderly in a digital environment in which the information quality is challenged by the user's visual approach and visual pattern. Results: Through the empirical part of the research, user behaviour was investigated in the use of media messages shaped at different levels of media convergence. The research has shown that graphic design of messages and media presentation has an impact on the process of decoding messages. Discussion and conclusion: Based on the conducted theoretical analysis and empirical research it can be concluded that visual communication in a new, converging media environment is experiencing redefinition and enables rapid transition from status information per se to status per nos, thus visual information is not only decorative and supplementary to the written word, but also a real content carrier.

Key words: media communication, media convergence, media audience, digital natives, digital immigrants



Danilo Burnač, Borut Ambrožič

PREDSTAVITEV SOCIALNE INOVACIJE »OTIPLJIVA H2O INFORMACIJA V BRAJICI« A PRESENTATION OF THE SOCIAL INNOVATION »THE H2O STIMULUS INFORMATION IN BRAILLE«

Otipljiva H2O informacija v brajici omogoča slepim in slabovidnim osebam dostop do informacij o porabi vode, torej enake možnosti in večjo samostojnost pri urejanju finančnih obveznosti. Dostopnost informacij omogoča integracijo invalidov v družinsko, delovno in širše družbeno okolje. Ta nova družbeno odgovorna podjetniška praksa izpostavlja branje v brajici kot nediskriminatorno obliko sprejemanja informacij ter dviguje kakovost življenja slepim in slabovidnim. Hkrati pa v isti inovaciji ponuja digitalno rešitev spremljanja stroškov obračuna porabljene vode s pomočjo prilagojenega wordovega dokumenta, ki ga e-bralec pretvori v zvočni zapis. Z inovacijo, ki spada v kategorijo t. i. mehkih inovacij in je edinstvena v Evropi, postavljamo nove standarde socialne vključenosti za ranljive skupine tudi za ostala javna in zasebna podjetja oziroma organizacije. Slepim in slabovidnim bodo enakopravno obveščeni o svojih stroških za vodo, svoje finance bodo lahko vodili samostojneje in se izognili morebitnim zlorabam ali napakam. Pomemben del projekta je tudi osveščanje slovenske družbe o vprašanih invalidnosti in boljša seznanjenost invalidov o njihovih pravicah. V Strategiji razvoja nevladnih organizacij in prostovoljstva Ministrstva za javno upravo najdemo zapisano: »Za naslavljanje skupnih izzivov družbenega okolja je potrebno krepiti aktivno sodelovanje gospodarstva, državnih institucij in nevladnega sektorja, z namenom izmenjave izkušenj, strokovnih znanj in dobrih praks pa krepiti trajnostno naravnano sodelovanje med gospodarstvom in NVO.« Z inovacijo v praksi uresničujemo določila Konvencije o pravicah invalidov, Akcijskega programa Vlade RS za invalide 2014–2021 in Evropske strategije o invalidnosti za obdobje 2010–2020: obnovljena zaveza za Evropo brez ovir na nacionalnem in lokalnem nivoju v vsakodnevnem življenju invalidov v Sloveniji.

Ključne besede: socialna inovacija, inkluzija invalidov, družbeno odgovorna podjetniška praksa

The tactile H2O information in Braille allows blind and visually impaired people to access information on water consumption and thus equal opportunities and greater autonomy in regulating financial obligations. Accessibility of information enables the integration of disabled people into the family, working and wider social environment. This new socially responsible entrepreneurial practice exposes reading in Braille as an indiscriminate form of information reception and raises the quality of life for the blind and visually impaired. At the same time, in the same innovation, it offers a digital solution to monitor the costs of charging consumed water using a custom word document converted by e-Reader into a sound recording. With an innovation that belongs into the category of soft innovation, and which is unique in Europe, we set new standards of social inclusion for vulnerable groups also for other public and private companies or organizations. Blind and visually impaired people are equally informed about their water costs, they can manage their finances more independently and can avoid possible abuses or mistakes. An important part of the project is also to raise awareness of the issue of disability in Slovenia and to better inform the disabled about their rights. In the Strategy for the Development of Non-Governmental Organizations and Volunteering, the Ministry of Public Administration reads: »In order to address the common challenges of the social environment, the active participation of the economy, state institutions and the NGO sector need to be strengthened, with the aim of exchanging experience, expertise and good practices, economy and NGOs«. In practice, we are implementing the provisions of the Convention on the Rights of Persons with Disabilities, the Action Program of the Government of the Republic of Slovenia for Disabled Persons 2014-2021 and the European Disability Strategy 2010-2020: a renewed commitment to a Europe without obstacles at the national and local level in the daily life of people with disabilities in Slovenia.

Key words: social innovation, inclusion of disabled people, socially responsible entrepreneurial practice

Borut Ambrožič, Matjaž Mulej

SOCIALNE INOVACIJE V ODNOSU DO DRUŽBENE ODGOVORNOSTI, KO GRE ZA ČLOVEKA SOCIAL INNOVATION IN RELATION TO SOCIAL RESPONSIBILITY WHEN IT COMES TO HUMAN BEINGS

Družbena odgovornost pomeni odgovornost človeka, organizacije ali celotne družbe do ljudi in narave, tj. do družbe, upoštevanje soodvisnosti in trud za celovitost. Zajema tudi inovacije. Inovacija je vsaka novost, katere koristnost se potrdi v praktični uporabi. Imajo različne vsebine. Eno od pomembnih razlikovanj predstavlja razlika med socialno, pri kateri je družbena korist pomembnejša od dobička, in izdelčno ali proizvodno inovacijo, ki pomeni nov izdelek, postopek ali storitev oziroma izboljšanje starega izdelka, postopka ali storitve. EU opredeljuje socialne inovacije kot nove ideje, ki hkrati rešujejo družbene izzive ter ustvarjajo nove povezave in sodelovanja. Lažje se ustvarijo in uveljavijo, če se upošteva družbena odgovornost, zato v obliki odprtih inovacij, ki vključujejo večje število deležnikov v inovacijski proces. Posredno se navezujejo na sedemnajsti cilj Agende 2030. Spadajo v skupino t. i. mehkih inovacij, so za kulturne in kreativne industrije ter delujejo na čute in/ali razum. Le inovativna družba je sposobna dolgotrajnega razvoja in družbeno odgovornega ravnanja. Zato je treba v praksi doseči sposobnosti spodbujanja invencijsko-inovacijsko-difuzijskih procesov, ki vodijo v inovacije s pomočjo družbene odgovornosti.

Ključne besede: socialne inovacije, družbena odgovornost, Agenda 2030

Social responsibility means the responsibility of any human, organization or society as a whole to people and nature, i.e. society, consideration of interdependence, and efforts for holism. It also covers innovation. Innovation is any novelty, the usefulness of which is confirmed in practical use. They have different contents. One of the important differences is the difference between a social innovation in which the social benefit is more important than profit, and a product innovation that represents a new product, process, or service, or an improvement of an old product, process, or service. The EU identifies social innovations as new ideas that simultaneously address social challenges and create new connections and co-operation. They are easier to create and enforce if social responsibility is taken into account, and therefore in the form of open innovations involving more stakeholders in the innovation process. They indirectly relate to the seventeenth goal of Agenda 2030. They belong to the group of the so-called soft innovations including the cultural and creative industries, and act on senses and / or intellect. Only an innovative society is capable of long-term development and socially responsible behavior. Therefore, in practice, the ability to promote inventive-innovation-diffusion processes leading to innovation through social responsibility should be achieved.

Key words: social innovation, social responsibility, Agenda 2030

Anita Kovačič Čelofiga

MODEL KORPORATIVNEGA UREDNIŠTVA KOT SODOBNA OBLIKA REORGANIZACIJE ODNOSOV Z JAVNOSTMI CORPORATE NEWSROOM AS A CONTEMPORARY PUBLIC RELATIONS MODEL

S spremenjenimi pravili odnosov z javnostmi moramo prilagoditi tudi svoje komunikacijske strategije, saj imajo ne nazadnje tudi naše javnosti različne komunikacijske potrebe in želje. Sodobna medijska krajina z novimi tehnologijami na čelu poziva k drugačni organizaciji komunikacij. Vse več organizacij zato prilagaja svoje modele odnosov z javnostmi glede na sodobne smernice, zahteve javnosti in lastne potrebe. V prispevku se lotevamo modela korporativnega uredništva kot sodobnega modela organizacije odnosov z javnostmi, ki ga uvaja vse več institucij, pri tem pa poskušamo določiti njegovo definicijo in zgradbo, poiskati njegove prednosti in slabosti ter že obstoječe dobre prakse.

Ključne besede: odnosi z javnostmi, korporativno uredništvo, korporativno komuniciranje, strateški komunikacijski menedžment

With the changed rules of public relations, we must adapt our communication strategies. The contemporary media environment calls to a new communication organization. There are a growing number of organizations adapting a new model of public relations including contemporary guidelines, requirements of the public and its own needs. In this article we discuss corporate newsroom model, its definition and structure, advantages and existing good practices.

Key words: corporate communication; public relations; corporate newsroom; strategic communication management



Marija Jevtić

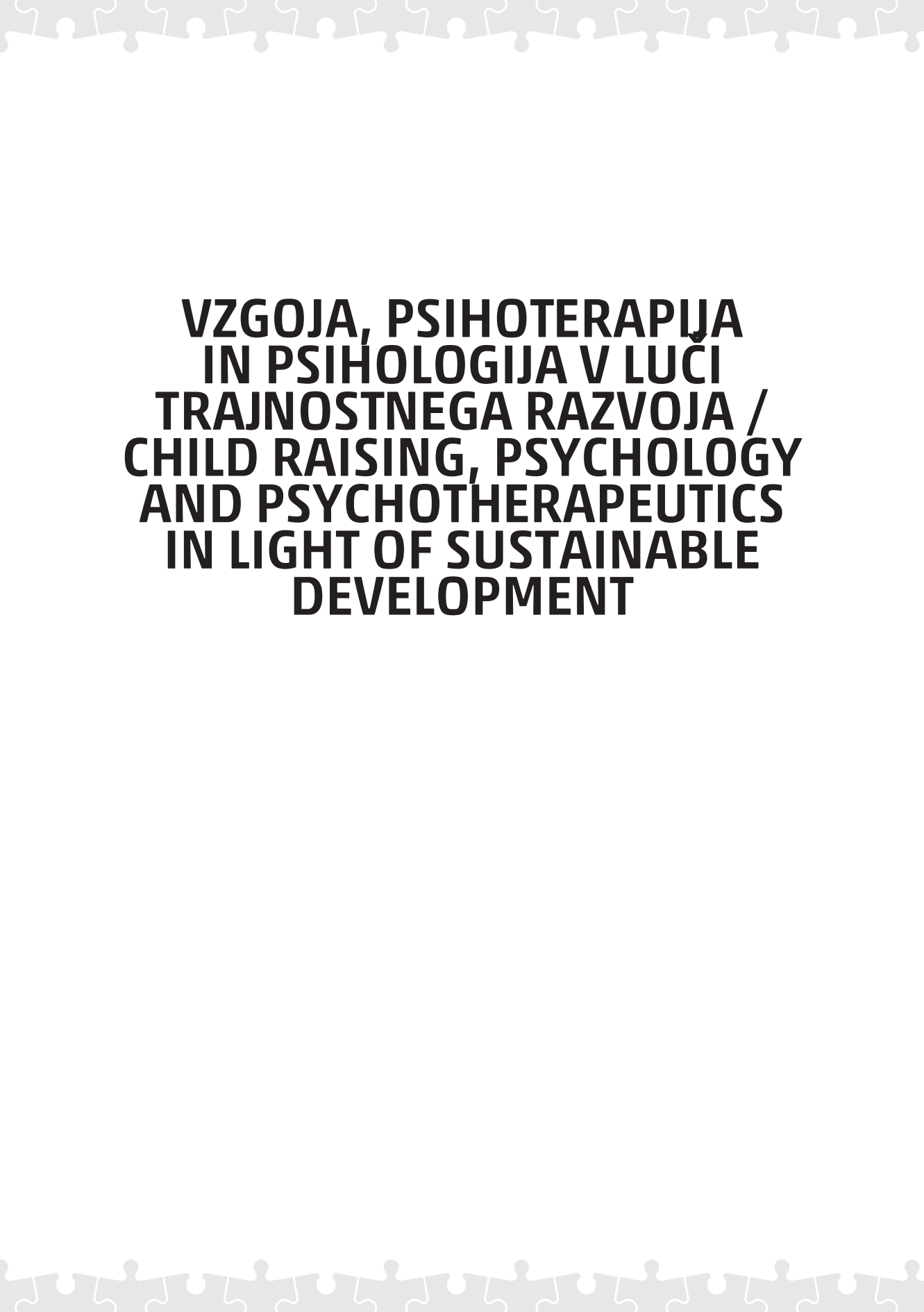
SYSTEM- PSYCHODYNAMIC APPROACH AND ORGANIZATION'S SUSTAINABILITY

The paper examines the importance of organizational system-psycho-dynamic consulting from the perspective of public health, the importance of "mental health and sustainable development" of organization. Psycho-Social Section of the Group Analytic Society Belgrade, through psychoanalytical and group-analytical approach in understanding psycho-dynamics, and working with institutions, organizations and society, has been studying various methods in the field, in an effort to find a modality to strengthen practical application. By searching more space for action in institutions, organizations and society, it strives to improve institutions' status, and the client's (patient's) status (and health). The paper considers application of system-psycho-dynamic methods working at the individual level and with organization (and citizens), working with clients of various occupations and ages, with different organizations which belong to public/private and health/culture sector. The experience of the setting is varied, (in the consultant's office or the client's workplace), as well as by online communication. The paper also presents connection and significance of this approach to leadership, as well as public health and mental health. Hypothesis that the methodology of system-psycho-dynamic consulting can help an individual, organization and / or civil society, through the experience presented in the paper, is confirmed.

Key words: System-psycho-dynamic organizational consulting, society, organizations, sustainability, mental health







**VZGOJA, PSIHOTERAPIJA
IN PSIHOLOGIJA V LUČI
TRAJNOSTNEGA RAZVOJA /
CHILD RAISING, PSYCHOLOGY
AND PSYCHOTHERAPEUTICS
IN LIGHT OF SUSTAINABLE
DEVELOPMENT**

Sebastjan Kristovič

LOGOPEDAGOGIKA - HOLISTIČEN VZGOJNO-IZOBRAŽEVALNI PROCES IN KREPITEV DUŠEVNEGA ZDRAVJA IZ VIDIKA LOGOTERAPIJE LOGOPEDAGOGY - HOLISTIC EDUCATIONAL PROCESS AND STRENGTHENING OF MENTAL HEALTH FROM THE POINT OF VIEW OF LOGOTHERAPY

Logoterapija v svoji antropološki naravnavi vidi otroka (človeka), kot telesno, duševno in duhovno bitje (duhovno ni mišljeno v religioznem smislu, ampak v znanstveno-antropološkem). Pomeni, da bi tudi celoten vzgojno-izobraževalni sistem moral zajemati vse tri razsežnosti (logopedagogika). Samo holistični pristop na področju vzgoje in izobraževanja lahko zagotavlja ustrezno kakovostno izobrazbo in celovito izgradnjo osebnosti. V Beli knjigi se sicer na nekaj mestih omeinja celostni pristop vendar vsebina zajema zgolj minimalistično deklarativno-teoretično raven, ne pa konkretne, praktične in izvedbene ravni. Permisivna paradigma v vzgoji in vzgojno-izobraževalnem procesu postavlja otroka v središče sveta odraslih (starši, vrtec, šola...). Vse se vrti okrog zadovoljevanja njegovih želja in potreb. Posledice so različne in večplastne. Zaradi »vse po meri otroka« in poplavami obšolskih/obvrtčnih dejavnosti se danes srečujemo z generacijami zdolgočasenih, naveličanih in iztrošenih otrok ter mladostnikov. Kot kažejo številne raziskave gre za generacije otrok z zelo nizko samopodobo, samozavestjo in samospoštovanjem, v resni eksistencialni krizi in krizi identitete, s številnimi duševnimi stiskami in boleznimi, ki so neopremljeni ter nepripravljeni za realno in osmišljeno življenje.

Osnovna hipoteza raziskave je, da je izvor/vzrok povečanega nasilja med otroci in mladostniki, duševnih stisk in zmedenosti na področju vzgoje ter izobraževalnega procesa na »strokovnem« področju. S pomočjo fenomenološko-hermenevtične metode in analitično-sintezne metode po načelu lijaka, metodo deskripcije in metodo kompilacije ter komparativne metode prispevek predstavlja ugotovitve, da vzgojno-izobraževalni proces v slovenskem prostoru ne gre v smeri razvijanja otrokove avtonomije, samostojnosti in osebne odgovornosti, kar so temeljna področja, ki označujejo osebnostno integriteto in pripravljenost na življenje. Zdi se ravno nasprotno, ob tem da se šolniki spreminjajo v državne uradnike, katerih glavna naloga je izpolnjevanje različnih predpisov, uredb, napotkov ipd. se pojavlja vedno več otrok s težavami v duševnem zdravju, vedno več je nasilnega vedenja in kemičnih ter nekemičnih zasvojenosti. Zdi se, da so vedno manj pripravljeni na življenje in da se vedno manj veselijo življenja z vsemi izzivi, ki jih le-to prinaša s seboj.

Prispevek tudi predstavlja temelje logopedagogike – osnovne (logoterapevtske) gradnike holistične nove paradigme vzgojno-izobraževalnega procesa.

Ključne besede: vzgoja, logoterapija, logopedagogika, duševno zdravje, celostno izobraževanje

Logotherapy sees in its anthropological setting the child (man) as a physical, mental and spiritual being (spiritually not in the religious sense, but in a scientifically anthropological way). It means that the entire educational system should also cover all three dimensions (logopedagogy). Only a holistic approach in the field of education can provide adequate quality education and a comprehensive personality building. The White Paper mentions the Integral approach in several places, but the content covers only the minimalist declarative-theoretical level, and not the concrete, practical and the implementation level. The permissive paradigm in education and the educational process puts the child in the center of the adult world (parents, kindergarten, school ...). Everything revolves around satisfying his desires and needs. The consequences are different and multi-layered. Due to the »all-inclusive child« and the floods of extracurricular activities, we are today confronted with generations of bored, fed up and spent children and adolescents. As many studies show, this is a generation of children with very low self-esteem and self-respect, children with a serious existential crisis and an identity crisis, with a lot of mental distress and illnesses, making them unfit and unprepared for real and meaningful life.

The basic hypothesis of the research is that it is the origin / cause of increased violence among children and adolescents, mental distress and confusion in the field of education and the educational process in the »professional« field. Using the phenomenologically-hermeneutical method and the analytical-synthetic method according to the principle of funnel, the method of description and compilation method and the comparative method, the paper presents the findings that the educational process in Slovenia is not prepared at developing the child's autonomy, and personal responsibility, which are basic areas that characterize personality integrity and readiness for life. On the contrary, it seems that school teachers are changing to state officials whose main task is to comply with various regulations, regulations, instructions, etc. there are more and more children with mental health problems, show increasingly violent behaviour and have chemical and non-chemical addictions. They seem to be less and less willing to live, and they are less and less looking forward to life with all the challenges that life brings with them.

The article also presents the foundations of logopedagogy - the basic (logoterapeutic) building elements of the holistic new paradigm of the educational process.

Key words: education, logotherapy, logopedagogy, mental health, integrated education



Aleš Friedl

PRISPEVEK K DESTIGMATIZACIJI ALKOHOLIKOV A CONTRIBUTION TO THE DESTIGMATIZATION OF ALCOHOLICS

Uvod: Alkoholiki s svojim vedenjem odstopajo od družbenih norm (glede uživanja alkohola v smislu kulture pitja, pri delu se pojavljajo napake ali delovne nesreče, v prometu se pojavlja nepazljiva vožnja in nastajajo prometne nesreče, pojavljajo pa se tudi neskladni medsebojni odnosi v družini – s partnerji, starši, otroki). Zato so pogosto stigmatizirani, stigmatizacija pa se še poveča s tem, ko se odločijo za zdravljenje svoje odvisnosti v psihiatrični ustanovi. Metode: V raziskavi je sodelovalo 41 alkoholikov, ki so se odločili za zdravljenje odvisnosti v Psihiatrični bolnišnici Ormož, od tega 33 moških in 8 žensk, ki so izpolnjevali lestvico osebnih vrednot. Njihovi rezultati so bili primerjani z rezultati 595 oseb, ki niso bile odvisne od alkohola. Rezultati: Rezultati kažejo, da imajo alkoholiki podobno hierarhijo vrednot kot osebe, ki niso odvisne od alkohola – na prvem mestu je partner/-ka, ljubezen, na drugem je osebna varnost, zdravje in na tretjem mestu otroci; torej povsem enako kot osebe, ki od alkohola niso odvisne. Sklep: Četudi vedenje alkoholikov, kadar so le-ti pod vplivom alkohola, lahko precej odstopa od vedenja oseb, ki niso pod vplivom alkohola, pa vrednostna hierarhija alkoholikov kaže, da se alkoholiki od normalnih oseb pravzaprav sploh ne razlikujejo. Glede na to vrednostna hierarhija kaže na njihov potencial, da v treznosti v programu zdravljenja in rehabilitacije dobijo možnost, da se vedejo kot osebe, ki nimajo težav z odvisnostjo.

Ključne besede: alkoholiki, vrednote, stigma

Introduction: Alcoholics deviate from social norms (in terms of alcohol consumption in terms of drinking culture, mistakes or work accidents in the workplace, reckless driving and traffic accidents, and there are also inconsistent relationships in the family - with partners, parents, children). For this reason, they are often stigmatised and stigmatization is further increased by choosing to treat their addiction in a psychiatric institution. Methods: The study involved 41 alcoholics, 33 men and 8 women who met the Personal Values Scale, who decided to treat their addiction at the Ormož Psychiatric Hospital, e. Their results were compared with the results of 595 people who were not alcohol dependent. Results: The results show that alcoholics have a similar hierarchy of values than those who are not alcohol dependent - e.g partners, love, personal safety, health, and children, that is exactly the same as persons who were not dependent on alcohol. Conclusion: Although the behavior of alcoholics when they are under the influence of alcohol can significantly deviate from the behaviour of people who are not under the influence of alcohol, the value hierarchy of alcoholics shows that alcoholics do not actually differ from normal persons. In view of this, the value hierarchy points to their potential to be able to act as persons who have no problems with alcohol addiction. By doing this they also overcome their stigmatisation.

Key words: alcoholics, personal values, stigma

Irena Švab Kavčič, Monika Brglez

STRATEGIJA RAZVOJA DUHOVNE PALIATIVNE OSKRBE STRATEGY FOR THE DEVELOPMENT OF SPIRITUAL PALLIATIVE CARE

Uvod: V zadnjih desetletjih duhovna oskrba v zdravstveni negi pridobiva na pomenu, kar kaže tudi izredna rast števila raziskav s področja duhovnosti, duhovnih stisk in potreb ter duhovne oskrbe. Duhovno oskrbo zagotavljajo kleriki in/ali laiki. Poklic kaplana, laika, s pridobljenim certifikatom, kot ga poznajo v tujini, v Sloveniji še ni uveljavljen. Metode: Za ugotovitev ključnih dejavnikov nadaljnjega razvoja v Sloveniji je uporabljena SPIN-analiza. Rezultati: Oblikovane so štiri mogoče strategije razvoja duhovne paliativne oskrbe, ki so jim skupni: izobraževalni programi, uvajanje novega poklica – duhovnega spremljevalca in vzpostavitev lastnega modela duhovne oskrbe ter obveščanje. Razprava in zaključek: Potrebna je izdelava nacionalne strategije razvoja duhovne oskrbe, sicer bo razvoj potekal stihijsko in nepovezano in v nekem, zdaj še nedefinirano oddaljenem, trenutku dosegel točko, ko bo duhovni spremljevalec potreben ter umeščen v oskrbo hudo bolnih in umirajočih.

Ključne besede: duhovna oskrba, paliativna oskrba, duhovni spremljevalec, strategija

Introduction: In the last decades, spiritual care in nursing has been gaining in importance. There is a remarkable growth in the number of studies considering spirituality, spiritual distress, spiritual needs and spiritual care. Spiritual care could be provided by a member of the clergy or/and a layperson. The profession of chaplain, a layperson with the obtained certificate, has not yet been established in Slovenia. Methods: The SWOT analysis is used to identify the key factors for further development in Slovenia. The results: Four possible spiritual development strategies of palliative care have been formed. Common to them are: educational programmes, the introduction of the new profession of spiritual companion and the establishment of our own model of spiritual care and informing. Discussion and conclusion: The preparation of a national strategy of development of spiritual care is needed to avoid unconnected development which could lead, in some undefined moment, when a spiritual companion will be needed and appointed to care for the seriously ill and dying.

Key words: spiritual care, palliative care, spiritual companion, strategy



Petra Koprivnik

DOSTOJANSTVO V KONTEKSTU NEPROSTOVOLJNEGA PSIHIATRIČNEGA ZDRAVLJENJA DIGNITY IN THE CONTEXT OF INVOLUNTARY PSYCHIATRIC TREATMENT

Uvod: Neprostopovoljno psihiatrično zdravljenje se pogosto tematizira kot nedostojanstveno in kršitev človekovih pravic, še posebej pravice do prostosti. V Evropi je tovrstno zdravljenje urejeno v nacionalnih zakonodajah, osnova za neprostopovoljno zdravljenje sta običajno nevarnost ali potreba po zdravljenju, le redko se upošteva bolnikova zmožnost sprejemanja odločitve o zdravljenju. Kljub pozivu Evropske komisije k harmonizaciji nacionalnih zakonodaj do poenotenja praks ni prišlo. Ideja dostojanstva je abstraktna in kot takšna včasih interpretirana celo kot neuporabna v zahodni bioetiki. Obstajajo številni zelo različni koncepti dostojanstva. Metode: V prvem delu članka bomo analizirali in primerjali prevladujoče koncepte dostojanstva, v drugem delu pa predstavili vpogled v maloštevilne raziskave o percepciji dostojanstva s perspektiv bolnikov z duševno motnjo, njihovih skrbnikov in psihiatrov. Naša hipoteza je, da je življenje bolnikov z nezdravljeno hudo duševno motnjo lahko nedostojanstveno, kot je lahko nedostojanstveno tudi neprostopovoljno zdravljenje hujše psihične bolnih, kadar ni zadostno argumentirano. Rezultati: Dostojanstvo v kontekstu duševnih motenj in neprostopovoljnega zdravljenja je »subjektivno« in »objektivno« pogosto povsem drugače razumljeno. Subjektivno razumevanje dostojanstvene obravnave je v procesu zdravljenja izrazito spremenljivo. Sklepi: Manjkajo teoretične in empirične raziskave na področju dostojanstvenega zdravljenja psihičnih bolnikov.

Ključne besede: dostojanstvo, psihiatrija, neprostopovoljno zdravljenje, subjektivno dostojanstvo, objektivno dostojanstvo

Introduction: Involuntary psychiatric treatment is often seen as a highly controversial, even humiliating practice, violating human rights, most of all the right for liberty. In Europe, this kind of treatment is legally regulated in national mental health laws and the grounds for it are usually danger and need for treatment, whereas the patient's ability for autonomous treatment decision-making is rarely taken into account. The European Commission unsuccessfully called for a harmonisation of practices. The notion of dignity is abstract and as such sometimes even interpreted as not being useful in Western bioethics. As a consequence, concepts of dignity differ substantially. Methods: First we will analyse and compare prevailing concepts of dignity and then we will revise rather sparse empiric data on the perception of dignity from the perspectives of patients, their carers, and psychiatrists. Our hypothesis is that the life of a patient with an untreated severe mental disorder can be undignified, as can be the life of a patient subjected to involuntary treatment of such a disorder when not thoroughly argued. Results: Dignity in the context of involuntary treatment is frequently seen differently »subjectively« and »objectively«. The subjective perception of dignified treatment often changes with the therapy. Conclusions: There is great need for further theoretical and empirical research in the field of dignified treatment of patients with severe mental disorders.

Key words: dignity, psychiatry, involuntary treatment, subjective dignity, objective dignity

Barbara Simonič

ČUSTVENA PREDELAVA PARTNERSKEGA NASILJA V RELACIJSKI DRUŽINSKI TERAPIJI EMOTIONAL PROCESSING OF PARTNER VIOLENCE IN RELATIONAL FAMILY THERAPY

Družinsko nasilje je globalni problem in pušča številne posledice na zdravju in splošnem blagostanju številnih ljudi po vsem svetu. Nasilje v partnerskem odnosu je oblika družinskega nasilja, pri katerem nasilna dejanja (fizična in psihična) izvaja partner ali zakonec v intimnem odnosu nad drugim partnerjem ali zakoncem. Pri tem se postavlja temeljno vprašanje: kako to, da žrtev tako težko zapusti zlorabljač in nasilen odnos, ter če ji to uspe, kako to, da tako težko živi zunaj njega? Glede na paradigmo relacijske družinske terapije odgovor leži v razumevanju globlje čustvene dinamike, ki ohranja žrtev navezано na nasilneža oz. na vzorce nasilnih odnosov. V nasilnem odnosu se namreč prebujajo in ponavljajo boleči temeljni afekti in konstrukti, ki so znani iz preteklih odnosov (npr. sram, žalost, zavrženost, neprimernost), z upanjem, da bodo v novem odnosu razrešeni. S perspektive relacijske družinske terapije je zato pri žrtvah po odhodu iz nasilnega odnosa treba iti globlje, se soočiti z bolečimi temeljnimi afekti in razviti njihovo primerno regulacijo, saj bo v nasprotnem primeru žrtev ostala v začaranem krogu ponavljanja teh bolečih afektov v nadaljnjih odnosih. V prispevku bo s pomočjo študije primera predstavljena analiza terapevtskega procesa po modelu relacijske družinske terapije s klientko, ki se je soočala s posledicami partnerskega nasilja. Poudarek bo na prikazu čustvenega procesiranja in čustvene predelave posledic nasilja.

Ključne besede: partnersko nasilje, relacijska družinska terapija, regulacija čustev, temeljni afekt

Domestic violence is a global problem that has enormous consequences for the health and well-being of millions throughout the world. Intimate partner violence is domestic violence (physical or psychological) by a spouse or partner in an intimate relationship against the other spouse or partner. A basic question here is: Why is it so difficult to leave an abusive and violent relationship and even live outside it? According to Relational Family Therapy paradigm the answer is in the understanding of the deeper emotional dynamic that keeps the victim attached to the perpetrator or to the violent relationship. Living in a violent relationship is actually a reliving of painful basic affects and constructs known from past relationships (e.g. shame, sadness, rejection, inadequacy), which are repeated in the hope of being solved. From the perspective of Relational Family Therapy, it is necessary to go deeper, to face and to process the painful basic affect and develop appropriate regulation, otherwise the victim will remain stuck in the vicious cycle of repeating those painful affects in future relationships. By means of the case study method, the analysis of the therapeutic work of a female client dealing with consequences of intimate partner violence will be presented in order to analyse the emotional processing of consequences of intimate partner violence in a client in Relational Family Therapy.

Key words: intimate partner violence, relational family therapy, affect regulation, basic affect

Šejla Gazibara

SMISEL ŽIVLJENJA V STAROSTI THE MEANING OF LIFE IN OLD AGE

Starost pogosto povezujemo z onemoglostjo, odvisnostjo in nizko kakovostjo bivanja ter posledično z izgubo smisla življenja. To je razumljivo, saj si je težko predstavljati, da ima nekdo, ki je fizično tako oslabil, da se s težavo prebije čez dan, občutek, da ima njegovo življenje smisel. Študije kažejo, da je v družbah z vedno večjim številom starejših, ki ne morejo več skrbeti sami zase in se odločijo ali pa se drugi odločijo namesto njih, da živijo v domovih za stare ljudi, treba skrbeti ne le za telesno zdravje, temveč tudi za zadovoljevanje psihosocialnih in predvsem duhovnih potreb starostnika. Osnovna človekova duhovna potreba in izvorna motivacija pa je ravno potreba po odkrivanju smisla lastnega bivanja. Prispevek prikazuje presenetljive ugotovitve o tem, kako starostniki v domovih za stare ljudi doživljajo življenje v starosti, v kolikšni meri doživljajo svoje življenje kot smiselno in na kaj se nanaša smisel v starosti. Rezultati so pokazali, da je iskanje smisla v življenjskem obdobju starosti in izzivih, ki jih prinašata visoka starost in bivanje v domovih, za človeka izrednega pomena. Ravno zahtevne okoliščine, v katerih se znajde star človek, omogočajo odkrivanje specifičnih virov smisla, zaradi katerih visoko starost lahko označimo kot življenjsko obdobje, ki je izpolnjeno s smislom.

Ključne besede: starost, smisel, starostniki v domovih, logoterapija

Old age is often associated with disability, dependence on others, low quality of life, and consequently with a loss of meaning of life. This is understandable, because it's hard to imagine that somebody who has a lot of physical disabilities and has trouble making it through the day, sees a meaning in life. Studies show that in societies with an ever-increasing number of old people who can no longer take care of themselves and decide, or others decide instead to live in elderly homes, we must take care not only of their physical health, but also help them meet their psychosocial and above all spiritual needs. The basic spiritual need and inner motivation is the need to discover the meaning of our existence. The article presents striking findings about how old people in elderly homes experience life in old age, how they experience the meaning of life and what the meaning of old age refers to. The results showed that finding meaning in old age and in all its challenges is of utmost importance for the elderly. The challenging circumstances in which old people live create opportunities to discover specific sources of meaning, which makes old age a lifetime that is filled with meaning.

Key words: age, meaning, old people in elderly homes, logotherapy

Sara Jerebic

SPOLNA ZLORABA IN POTRAVMATSKA RAST SEXUAL ABUSE AND POST-TRAUMATIC GROWTH

Spolna zloraba je po svoji naravi travma s številnimi daljnosežnimi posledicami. V literaturi je najpogosteje navedena duševna motnja PTSD kot posledica izpostavljenosti stresorju v travmatičnem dogodku. Raziskave kažejo, da posamezniki kot odziv razvijejo različne skupine simptomov, ki povzročajo hude notranje stiske ter jim otežujejo delovanje v medosebnih odnosih. Življenje je tako prežeto z vsakodnevnim spopadanjem z negativnimi posledicami, ki zaznamujejo številne družine in družbo kot celoto. Vendar pa vse le ni tako črno, saj spopadanje s številnimi posledicami privede tudi do pozitivnega izida travme oz. razvoja potrvamatske rasti. Slednje potrjujejo raziskave, pogosto pa to opažamo psihoterapevti v svoji klinični praksi. Pri posameznikih zasledimo spremembe v čutenju, mišljenju, vedenju in delovanju, kar med drugim omogoča, da posamezniki in njihove družine začnejo živeti bolj kakovostno. V prispevku želimo na podlagi raziskav poudariti pomen potrvamatske rasti in na podlagi klinične prakse predstaviti pomembnost varnega terapevtskega odnosa. Prispevek je nastal v okviru raziskovalnega projekta J5-9349, ki ga financira ARRS.

Ključne besede: spolna zloraba, travma, potrvamatska rast, terapevtski odnos

Sexual abuse by its nature is trauma with many far-reaching effects. In the literature, the most commonly mentioned effect of trauma is post-traumatic stress disorder (PTSD) as a result of exposure to a stressor in a traumatic event. As a response, individuals develop various groups of symptoms that cause severe internal distress and make it difficult for them to function in interpersonal relationships. Their lives are thus full of day-to-day coping with negative consequences that are terrifying and that affect many families and society as a whole. However, as every cloud has a silver lining, coping with so many difficulties can also lead to a positive outcome of trauma - post-traumatic growth. This phenomenon is confirmed by research, and often observed by psychotherapists in their clinical practice. Change can be seen in our clients' feelings, thinking, behavior and activity, which, among other things, enable individuals and their families to live a better life. In the presentation, we want to emphasize the importance of post-traumatic growth and the significance of a safe therapeutic relationship based on clinical practice.

Key words: Keyword: sexual abuse, trauma, post-traumatic growth, therapeutic relationship

Jasmina Kristovič

KDO MI »KRADE« SMISEL ŽIVLJENJA? ZASVOJENOST S SPLETNO SPOLNOSTJO WHO IS »STEALING« MY MEANING OF LIFE? ADDICTION TO SEXUALITY ON THE INTERNET

Duševno zdravje, kakovost življenja, odnosi in osmišljeno življenje so področja, na katerih se najbolj kažejo posledice (pozitivne in negativne) načina življenja. Človeka najgloblje zaznamujejo primarni odnosi, ki se začnejo oblikovati od spočetja naprej. Odnosi iz primarne družine predstavljajo model za vse nadaljnje odnose, ki jih skozi življenje vzpostavljamo in oblikujemo. V času hitrega razvoja in preprostega dostopa do različnih spletnih strani se čedalje več ljudi sooča s problematiko zasvojenosti s spletno spolnostjo. V kvantitativni raziskavi smo uporabili dva merilna instrumenta, vprašalnika PAQ in ISS, s katerima smo merili povezanost med primarnimi družinskimi odnosi in zasvojenostjo s spletno spolnostjo. Raziskovalni rezultati kažejo na statistično pomembno povezavo med primarnimi odnosi in zasvojenostjo s spletno spolnostjo. To potrjujejo tudi teorija in tuje raziskave, ki ugotavljajo, da zasvojeni izhajajo iz togih družin, kjer čustev niso izražali ali pa so jih zelo redko, kar pripomore k razvoju sramu do sebe in lastne spolnosti. Prispevek obravnava problematiko z vidika dveh priznanih terapevtskih pristopov: relacijska družinska terapija in logoterapija. Logoterapija (gr. *logos* = smisel) je psihoterapevtska metoda, ki ima v ospredju celostni pristop: človek kot telesno, duševno in duhovno bitje. Osredotočena je na smisel posameznikovega bivanja in iskanje tega smisla. Pomembna označba logoterapije je volja do smisla, ki predstavlja temelj človekovega delovanja. Relacijska družinska terapija posameznika obravnava v povezavi z odnosi iz primarne družine in ostalimi pomembnimi zunanji člani. Pot do razrešitve afekta poteka na treh ravneh: individualni, medosebni in intrapsihični ravni. Namen prispevka je okrepiti področje ozaveščanja kompleksne problematike spletne spolne zasvojenosti, spoznati glavne dejavnike tveganja ter področje preventivnega in kurativnega pristopa pri reševanju problematike.

Ključne besede: zasvojenost s spletno spolnostjo, medosebni odnosi, družina, relacijska družinska terapija, logoterapija

Mental health, quality of life, relationships and a meaningful life are the areas where (positive/negative) consequences of lifestyle are mostly expressed. Human beings are strongly marked by primary relationships starting from the day of birth. In the modern the era of fast development and easy access to web content, more and more people are confronted with the issue of addiction to sexuality on the internet. In this quantitative research, two measuring instruments, the questionnaires PAQ and ISS, were used to measure the correlation between primary family relationships and addiction to sexuality on the internet was measured. The results show a statistically relevant correlation between primary family relationships and addiction to sexuality on the internet. Such results are supported also through the existing literature and other research from abroad, showing that addicted individuals originate from rigid families, where emotions were rarely or not at all expressed, which contributes to the development of shame toward self and sexuality. The paper approaches the issue with recognised therapeutic techniques: relational family therapy and logotherapy. Logotherapy (gr. *logos* = meaning) is a psychotherapeutic method using a holistic approach: human as a conglomerate of body, spirit and soul. It is focused on the meaning of an individual's life and search for meaning. An important characteristic of logotherapy is a will towards meaning that represents the foundation of human activity. Relational family therapy treats the individual in relation to the primary family relationships and to other relevant external members. The path to the release of the affect is established at three levels: individual, inter-relational and intra-psychic. The objective of this contribution is to strengthen the field of awareness of the complex issue of addiction to sexuality on the internet, to comprehend the main risk factors in the field of preventative and curative approaches to coping with the problematic.

Key words: addiction to sexuality on the internet, interpersonal relationships, family, relational family therapy, logotherapy

Jana Krivec, Naja Oblak, Irena Zelinšček

DOSEGANJE RAZVOJNIH MEJNIKOV IN SPODBUJANJE OTROKOVE SAMOSTOJNOSTI ACHIEVEMENT OF THE DEVELOPMENT MILESTONES AND PROMOTION OF THE INDEPENDANCE AND AUTHONOMY WITH CHILDREN

Razvoj poteka v okviru različnih področij: telesno-gibalnem, zaznavno –spoznavnem, socialnem, čustveno-osebnostnem). Na ta razvoj vpliva tudi sodoben način življenja, vzgoja in uporaba novih tehnologij. Zanimalo nas je, ali pri današnjih 4-5 letnih otrocih prihaja do odstopanj od aktualnih razvojnih mejnikov. Nadalje smo raziskali, koliko in na kakšne načine starši in vzgojitelji v okviru razvoja sprejemajo in spodbujajo samostojnost otrok. V sodobnem starševstvu je namreč opaziti, da starši ne spodbujajo samostojnega dela otrok v ustreznem obsegu. Večkrat so mnenja, da je otrok še premajhen, da bi opravljal določene aktivnosti, ki so primerne za njegovo starost.

Ugotovili smo, da otroci v večini dosegajo večino predvidenih razvojnih mejnikov. Nekaj težav je opaznih na socialnem področju v povezavi z organizacijo igre in druženja s sovrstniki. Otroci so v povprečju nadpovprečno sposobni na zaznavno- spoznavnem področju, ki vključuje matematične naloge, opazovanje podrobnosti kakršne koli narave in področju govora.

V okviru raziskovanja samostojnosti otrok smo ugotovili, da starši spodbujajo samostojnost svojega otroka tako, da mu večkrat pokažejo in razložijo neko aktivnost, ter mu pri tem pomagajo. Rezultati kažejo, da so starši otrok preveč popustljivi, saj menijo, da je njihov otrok še premajhen za določeno opravilo oziroma aktivnost. Starši otrok, ki ne obiskujejo vrtca pogosto preveč posegajo v otroško igro in s tem zavirajo otroka, da bi sam prišel do rešitve. Ugotovili smo tudi, da so otroci, ki obiskujejo vrtec bolj samostojni pri vsakodnevnih opravilih in da se vzgojiteljice v vrtcu poslužujejo dobrih metod, za spodbujanje otroke k samostojnosti.

Rezultati so lahko uporabni za izobraževanje staršev o zmožnostih otrok in primernem spodbujanju njihove samostojnosti.

Ključne besede: otrok, razvoj, mejniki, samostojnost, spodbujanje

There are different areas of development: motor skills and physical development, perception, socio-emotional and personality. Among others, development is influenced also by the modern way of life, education and the use of new technologies. We were interested in whether there are any deviations from the current development milestones in 4-5 year-old children. We also examined to what extent and how parents and educators in the context of development accept and promote the autonomy of children. In modern education, it is striking that parents do not encourage children to work independently. It is often perceived that the child is too small to carry out certain activities that correspond to his age.

We've found that children usually achieve most of the predicted development milestones. Some problems are evident in the social sphere in connection with the organization of games and socializing with peers. On average, children are above average in a field of perception, which includes mathematical tasks and observes details of each type and language field.

As part of the study of children's autonomy, we found that parents promote their child's independence by showing, explaining, and helping with particular activity. The results show that parents are often too lenient because they believe that their child is too small for a particular task or activity. Parents of children who do not go to kindergarten are often too much involved in children's play and thus prevent the child from finding a solution on its own. We also found that children attending kindergarten are more independent in their day-to-day tasks, and that kindergarten teachers use good practices to encourage the child to become more independent.

The results may be helpful in informing parents about children's skills and appropriate self-help
Key words: child, development, milestones, independence, encouraging

Karakuma Samai

NOVA DIDAKTIKA ZA SAMOREALIZACIJO UČENCEV

Navadno kopičenje informacij v učnem sistemu počasi postaja preteklost. Novi interesi se že krepko oblikujejo v smeri razvoja bolj poglobljenega razmišljanja. Intelekt je namreč zadovoljen s teorijami in razlagami, inteligenca pa samo s tem ne more biti. Poglobljati se lahko začnemo v celotno učenčevo osebnost, kajti samo znanje učencu ne prinese modrosti. Odprti um učenca se vse bolj prepozna kot bolj pomembnejši dejavnik od učenja. Vsakomur je treba ustvariti družbene pogoje za uresničitev tega, kar je v njem. Za vsestransko razvito osebnost, potrebujemo personalizirano učenje, ki omogoča avtonomijo, emancipacijo in samouresničevanje učenca. Nova didaktika išče načine za pozitivno motivacijo učenca in se usmerja v izkustveni, individualiziran in odprti pouk, ki pusti človeku biti človek. Vsak ima namreč svoje ideale, ki jih bo moral odkriti in bodo tako učencu postale zvezde vodnice v njihovem življenju. Učenec potrebuje pomoč k poglobljenemu spoznavanju sebe in k osmišljanju svoje vloge v tem svetu skozi različne učne vsebine.

Raziskava je teoretična, opiramo se na dosedanja spoznanja. Osnovna metoda je bila zbiranje podatkov iz literature in analiza le-teh. Cilj raziskave je opisati značilnosti novodobne didaktike in iskanje odgovora na vprašanje, ali lahko upravičeno imenujemo novo didaktiko, didaktika za samorealizacijo učencev.

V družbi, v kateri se vse bolj in bolj trži in potrebuje celovite, polne in realizirane osebnosti, mlade didaktika ne sme pustiti same brez pomoči na poti do sebe, do svoje avtentičnosti. Učencu gre nasproti in ga sprašuje, kako mu lahko pomaga. Ponudi mu svoj potencial, svoje možnosti in učenca tudi sprašuje po njegovih lastnih navdihih, potrebah in zanimanjih. Srečata se tam, kjer učenec najde svoj smisel in se ga veseli raziskati, oblikovati in uresničiti.

Dobili smo recept novodobne didaktike, ki je lahko relevanten za tiste, ki se ukvarjajo z inovativnimi pristopi v pedagoškem in učnem procesu.

Ključne besede: nova didaktika, nova šola, personalizirano učenje, samo realizacija, sodobna didaktika

Barbara Pahljina, Mojca Ramšak

UPORABA FILMA V LOGOTERAPIJI USE OF FILM IN LOGOTHERAPY

Logoterapija je psihoterapevtska metoda, ki pomaga človeku v iskanju odgovorov na eksisten- cialna vprašanja. V sodobnem času se ljudje nemalokrat obrnejo na psihoterapevta, ker sami ne najdejo odgovora na to, kaj je njihova življenjska naloga, kam bi morali usmeriti svoje življenjske napore ali pa ker ne najdejo smisla v tem, kar sedaj delajo in jih to ne izpolnjuje. Logoterapevt pomaga klientu pri iskanju odgovorov na tovrstna vprašanja, pri čemer je filmski medij lahko v veliko pomoč. Uporaba filma v psihoterapevtskem procesu je novejša metoda, ki se je razvila iz biblioterapije. Skozi prikaz praktičnih primerov oz. filmov bo prikazana možnost uporabe filma pri delu s klienti. Po krajšem opisu filmske vsebine bodo navedena tudi ključna vprašanja, ki se lahko uporabijo pri delu s klienti.

Ključne besede: filmoterapija, logoterapija, psihoterapija, ključna vprašanja, Viktor Frankl

Logotherapy is a psychotherapeutic method, helping a person in searching answers to existen- tial questions. In contemporary time, people often turn to psychotherapists because they cannot find the answer themselves to what their life mission is, where they should focus their life efforts or because they cannot find meaning in what they are currently doing and it doesn't fulfil them. Logotherapist helps the client in searching answers to such questions, where a movie media can be of great help. Using a movie in a psychotherapeutic process is a recent method, developed from bibliotherapy. Through showing practical examples or movies, an option of using a movie in working with clients will be demonstrated. After a short description of the movie content, the key questions that can be used in working with clients shall be stated.

Key words: Cinematherapy, Logotherapy, Psychotherapy, Key Questions, Viktor Frankl

Merima Ameti

DUŠEVNO ZDRAVJE KOT TEMELJ DRUŽBENEGA RAZVOJA: VIZIJA MEDNARODNE SKUPNOSTI

MENTAL HEALTH AS AN IMPORTANT PART OF COMMUNITY DEVELOPMENT: INTERNATIONAL COMMUNITY VISION

Uvod: Združeni narodi so leta 2015 področje duševnega zdravja prvič zajeli med cilje trajnostnega razvoja 2016–2030. Dejstvo je, da se področje razvija, vendar pridobiva premalo finančnih sredstev, kar vpliva tudi na poslabšanje stanja v splošnem zdravstvu ter ogroža socialni in ekonomski razvoj družbe. Namen prispevka je ugotoviti, ali in v kakšnem obsegu mednarodna skupnost dosegata zastavljene cilje družbenega razvoja na področju duševnega zdravja. Metode: Za sistematični pregled literature smo uporabili zbirke podatkov PubMed, ResearchGate in Google Scholar. Iskanje smo izvedli z naslednjimi ključnimi besedami: development, mental health, international community in progress. V analizo smo vključili vire, objavljene med letoma 2015 in 2018. Rezultati: Poročila organizacij mednarodne skupnosti, kot so Združeni narodi in Svetovna zdravstvena organizacija, zaznavajo široko vrzel med državami z visokimi in nizkimi dohodki: slaba razporeditev finančnih in kadrovskih sredstev glede na število pacientov, pomanjkanje številnih dnevni ambulant ter premalo dejavnosti, ki bi povezovale organizacije, družbo in paciente z duševnimi motnjami. Sklepi: Kljub temu da je viden napredek politik, programov in storitev na področju duševnega zdravja, so potrebna večja vlaganja in prizadevanja na nacionalni in mednarodni ravni, da bi dosegli cilje trajnostnega razvoja družbe. Ključno je povezovanje in informiranost vsakega državljana sveta.

Ključne besede: družba, povezovanje, informiranost, Združeni narodi, psihiatrija

Introduction: In 2015, for the first time, United Nations included mental health in the Sustainable Development Agenda 2016–2030. Fact is that mental health is developing, but financial resources are limited, which also affects public health and endangers social and economic community development. The aim of the paper is to determine whether and to what extent the international community meets the global targets. Methods: For a systematic literature we searched the following databases: PubMed, Research Gate and Google Scholar for literature published from 2015 to 2018. The search was conducted with the following key words: development, mental health, international community and progress. Results: International community reports published by the United Nations and the World Health Organization highlight a wide gap between high and low income countries in a number of areas: ineffective admission of financial and staff resources, lack of day treatment facilities and public activities. Conclusion: Development is being made in relation to mental health policies, programmes and services; however, extensive national and international investments and efforts are needed. It is crucial to connect and promote the use of information for the citizens of the world.

Key words: community; communication; use of information; United Nations; psychiatry

Suzana Oreški, Brigita Gaser

SKUPNOSTNA OSKRBA OSEB S TEŽAVAMI V DUŠEVNEM ZDRAVJU V OBČINI ŽELEZNIKI COMMUNITY CARE FOR PEOPLE WITH MENTAL HEALTH PROBLEMS IN THE MUNICIPALITY OF ŽELEZNIKI

Teoretična izhodišča: V Sloveniji se prehod iz institucionalnih v skupnostne oblike bivanja razvija pomanjkljivo in nezadostno. Kljub ključnim evropskim dokumentom s področja deinstitutionalizacije se pri nas ohranjajo socialnovarstveni zavodi, ki ne zmanjšujejo kapacitet; ravno tako se ne zagotavlja celovita skupnostna oskrba za ljudi s težavami v duševnem zdravju, ki jo potrebujejo v domačem okolju. Država ohranja dvotirni sistem, ki nevladnim organizacijam kot ključnim izvajalkam programov s področja duševnega zdravja v skupnosti onemogoča širitev v ruralna okolja in dopušča, da so pravice do socialnega vključevanja, dostojnega življenja ter zdravljenja in urejanja duševnih stisk najšibkejših in oviranih državljanov vseskozi prezrte in kršene. V prispevku se osredotočiva na primer Občine Železniki kot ruralnega okolja, v katerem je dostopnost do skupnostnih služb s področja duševnega zdravja za ljudi ovirana, nezadostna in nepriagojena njihovim individualnim potrebam. Metodologija: Eksplorativna kvalitativna raziskava obsega dva dela: 1) analizo podatkov nestrukturiranih intervjujev oseb s težavami v duševnem zdravju in ključnih izvajalcev v vladnih in nevladnih službah, 2) pregled sekundarnega gradiva: arhiva Društva Altra, javno dostopnih podatkov in področne zakonodaje. Sklep: Skupnostne službe, ki se izvajajo v okviru socialnovarstvenih programov na področju duševnega zdravja, so neenakomerno razpršene po Sloveniji in se večina izvajajo v urbanih središčih. Občina Železniki je teritorialno slabše pokrita s službami, po drugi strani pa jih ljudje tudi ne koristijo zaradi nizkih prejemkov in stigme. Okrevanje in socialna rehabilitacija oseb s težavami v duševnem zdravju sta onemogočena, ravno tako se pogloblja socialno izključevanje ter težave v duševnem zdravju. Ključne besede: skupnostna oskrba, osebe s težavami v duševnem zdravju, deinstitutionalizacija, socialna izključenost, socialnovarstveni programi

Theoretical preface: Transition from institutional to community care is insufficiently developed in Slovenia. In spite of the key European documents in the field of deinstitutionalisation, we maintain social care institutions that do not reduce capacity, as well as do not provide comprehensive community care for people with mental health problems that they need in their home environment. The state maintains a two-tier system that prevents non-governmental organizations as key providers of mental health programs in the community from expanding into rural environments and permits that that rights of social inclusion, decent living, recovery and of mental disorders of the vulnerable population are constantly ignored and violated. The paper focuses on the example of the municipality of Železniki as a rural environment where access to community services in the field of mental health is impeded for people, is insufficient and incompatible with their individual needs. Methodology: The exploratory qualitative research consists of two parts: 1) analysis of data of unstructured user interviews with mental health problems and key providers in government and non-governmental services 2) overview of secondary material; the archive of the NGO Altra, publicly accessible data, legislation from the social and mental health area. Conclusion: Community services implemented in the framework of social security programs in the field of mental health are unequally dispersed across Slovenia and most are implemented in urban centers. The Municipality of Železniki is territorially underdeveloped with services, and on the other hand, people do not benefit from them because of low incomes and stigma. Recovery and social rehabilitation of people with mental health problems is prevented, as well as social exclusion and mental health problems.

Key words: community care, people with mental health problems, deinstitutionalisation, social exclusion, social care programmes



**ZDRAVJE IN ZDRAVSTVENO
VARSTVO V LUCI
TRAJNOSTNEGA RAZVOJA /
HEALTH AND HEALTH CARE
IN LIGHT OF SUSTAINABLE
DEVELOPMENT**

Helena Kristina Halbwachs

IZZIVI NA PODROČJU OSKRBE KRONIČNIH RAN V SLOVENIJI CHALLENGES IN THE WOUND MANAGEMENT IN SLOVENIA

Uvod: Kronične rane postajajo v razvitih družbah resen zdravstveno-socialni problem. Njihova pojavnost je zaradi dejavnikov, kot sta staranje prebivalstva in hitro rastoča prevalenca kroničnih obolenj, vse večja. Rane občutno zmanjšajo kakovost življenja bolnikov, lahko povzročajo resne zdravstvene zaplete, kot so amputacije in prezgodnja smrt, ter predstavljajo znatno ekonomsko breme za zdravstveni sistem in družbo. Tudi v Sloveniji se na področju oskrbe ran srečujemo s številnimi izzivi. Namen raziskave je bil ugotoviti, kateri izzivi so pri nas po mnenju strokovnjakov najbolj pereči in potrebni prednostnega reševanja. Metode: Mnenje strokovnjakov o najbolj perečih vprašanjih na področju oskrbe ran sem raziskala z empirično kvalitativno raziskavo. Vzorčenje je bilo namensko, zajelo je deset strokovnjakov – zdravstvenih delavcev, ki se vsakodnevno srečujejo s kroničnimi ranami, ukvarjajo pa se tudi z raziskovanjem, izobraževanjem in/ali zagovorniškim delovanjem na tem področju. Podatke, pridobljene s tehniko polstrukturiranih intervjujev, sem analizirala s kvalitativno vsebinsko analizo. Raziskava predstavlja del obsežnejše kvalitativne raziskave, ki preučuje poglede strokovnjakov tudi na druge vidike oskrbe ran. Rezultati: Najbolj pereči izzivi na področju oskrbe ran v Sloveniji se nanašajo na naslednje teme in kategorije: ORGANIZACIJA (diagnostika, večdisciplinarni pristop, case management), PODATKI (pojavnost, posledice, učinkovitost pristopov), IZOBRAŽEVANJE (formalno, kontinuirano, standardizirano, večdisciplinarno), ter DOSTOPNOST pripomočkov za oskrbo ran (kontinuiteta, enakost, kakovost življenja). Sklepi: Področje oskrbe ran v Sloveniji je zaznamovano s številnimi izzivi. Strokovnjaki na tem področju so te izzive jasno in skladno identificirali, obenem pa ponudili številne predloge za njihovo reševanje, med katerimi so tudi primeri dobre prakse iz tujine.

Ključne besede: kronične rane, oskrba, izzivi, strokovnjaki, zdravstvo

Introduction: Chronic wounds represent a significant healthcare and social problem in developed societies. Their prevalence is constantly increasing due to many factors, including the ageing of the population and the rapid rise of chronic diseases. Their presence significantly decreases the quality of life of patients and may lead to serious consequences such as amputation and premature death. On top of this, wounds present a substantial economic burden for healthcare system and the society. In Slovenia, there are many challenges to the wound care field. The aim of the research was to identify the most critical challenges according to the views of wound care experts. Methods: The views of wound care experts were explored by empirical qualitative research. The sampling was purposeful; ten wound care experts – healthcare providers were included, all involved in the treatment of chronic wounds on a daily basis, and also performing research, education and/or advocacy activities in this field. The data, collected by semi-structured interviews, were analysed by qualitative content analysis. This research is part of a larger study investigating several other aspects of the wound care field in Slovenia. Results: Most critical challenges of the wound care field were assigned into the following themes and categories: ORGANISATION (diagnostics, multidisciplinary approach, case management), DATA (prevalence, consequences, treatment efficacy), EDUCATION (formal, continuous, standardized, multidisciplinary) and ACCESS of modern wound care treatments (continuity, equity, life quality). Conclusion: The wound care field in Slovenia is facing numerous challenges. Wound care experts clearly and consistently identified the most critical challenges and at the same time suggested several solutions, many of them based on good practice examples from abroad.

Key words: chronic wounds, care, challenges, experts, healthcare

Tomaž Velnar

AVSTRO-OGRSKA SANITETA IN VOJNA MEDICINA V 1. SVETOVNI VOJNI AUSTRO-HUNGARIAN MEDICAL SERVICES IN THE FIRST WORLD WAR

Saniteta in vojna medicina sta v sodobni vojni, kakršna je bila 1. svetovna vojna, postajali vse pomembnejši, saj se je pokazala potreba po hitri oskrbi, prevozu in reševanju poškodovanih. Letos mineva 100 let od konca 1. svetovne vojne. Proučili smo sestavo, delovanje in organizacijo avstro-ogrške vojaške medicinske službe v vojnih letih.

Avstro-ogrsko vojaško zdravstvo je bilo dobo organizirano. Sanitete enote so bile nameščene v garnizijskih bolnišnicah, njihovo število se je v vojnih letih povečevalo. Zelo pomemben je bil triažni sistem – razvrščanje ranjenih po prioriteti oskrbe. Patologija na fronti je bila zelo različna. Na bojišču so bili ranjeni najprej nujno oskrbljeni na samem kraju, nato pa je pot vodila do sanitetne postaje za prvo pomoč, od tam v divizijsko sanitetno postajo, nato v vojne bolnišnice, ki so bile na ožjem frontnem območju, in nato v garnizijske in rezervne bolnice v notranjosti države. Prevoz na dolge razdalje je potekal pretežno z vlaki. Za krajše razdalje pa so uporabljali tovornjake in vprege.

Zaključki: V vojni kirurški službi je bilo natančno določeno, kako je treba pristopati k oskrbi ran z bojišča. Ukrepali so po natančno predpisanih smernicah in se izogibali individualnemu načinu zdravljenja. Pravila se niso bistveno razlikovala od današnjih.

Ključne besede: 1. svetovna vojna, saniteta, vojna medicina, avstro-ogrška monarhija

The First World War was a modern conflict in which the contemporary equipment and technology played a major role. As a result of the use of new weapons, the nature of wounds and injuries changed. The medical field service and military medicine gained importance. This year, we are celebrating the centennial of the end of the 1st World War. We have reviewed the organisation of the Austrian military services in the Great war.

During the First World War, new surgical techniques and treatments were developed, along with prevention and rehabilitation. There was a need for immediate treatment, transport and evacuation of high numbers of injured. Many of the improvements and innovations in military medicine also became indispensable in peace-time medicine and were the basis for further development.

Conclusions: In the military surgical service, management was precisely determined. The medical personnel acted according to strictly approved guidelines and avoided individual treatment. The rules were not fundamentally different from those we have today.

Key words: World War I, military medicine, Austro-Hungarian Empire

Jelena Kitanović, Linda Čendak Božunović, Davorka Švegar

HOUSEHOLD PREPAREDNESS FOR NATURAL DISASTERS AMONG OLDER CROATIAN ADULTS

Introduction: As the global population of humans increases, the number of deaths by natural disasters is expected to rise. Some of this excess morbidity and mortality can be avoided by public health planning that takes into consideration the unique needs of our ageing population. Objective: The aim of this paper is to investigate how the earlier experience and socioeconomic features affects the personal preparedness of households in older and younger persons. Methods: The participants were adults aged twenty years or older (n = 116). We used an online questionnaire survey of twenty questions exploring the relationship between readiness and experiences of natural disasters. Results: The mean age of respondents was 52 years. From the results obtained we conclude that there are significant differences in age, sex, income and adaptation of older households concerning preparedness activities (p <0.001). There is a positive association between risk perception and preparedness activities. Conclusions: It is evident from the literature and experience that some older adults are more vulnerable to harm than others during catastrophic events. This research has confirmed that sex, income, and number of household members are negatively related to the household's preparedness. Based on this analysis it seems reasonable to conclude that is needed to explore what motivates older people to improve personal preparedness for natural disasters.

Key words: Hazard, Natural Disaster, Preparedness, Older people



Ines Selinšek

OZAVEŠČENOST ŽENSK O PROGRAMU ZORA WOMEN'S AWARENESS ABOUT THE PROGRAMME ZORA

V Sloveniji delujejo trije presejalni programi z namenom zmanjšati obolevnost in umrljivost za rakom. Pa presejalne programe res poznamo, poznamo njihov namen in se jih udeležujemo? Ker je bilo to moje glavno vprašanje in zanimanje, sem si za diplomsko temo izbrala ozaveščenost žensk o programu ZORA. Torej gre za presejalni program, ki v Sloveniji deluje že od leta 2003 in se ga ženske udeležujejo z namenom, da se zmanjšata obolevnost in umrljivost za rakom materničnega vratu. Na preventivni ginekološki pregled, kjer se odvzame bris materničnega vratu, so povabljene ženske, stare 20–64 let, ki se potem pregleda udeležujejo na 3 leta v primeru negativnega brisa. V empiričnem delu diplomskega dela, ki je bil izveden v ZD Murska Sobota, sem želela ugotoviti stopnjo ozaveščenosti žensk o programu ZORA, stopnjo cepljenosti proti HPV, koliko žensk se udeležuje rednih ginekoloških pregledov in koliko žensk se sploh odzove vabilu programa ZORA. Moram priznati, da so bili rezultati zelo dobri. Ženske poznajo presejalni program, se ga udeležujejo, prav tako so zadovoljne z ozaveščenostjo medicinskih sester, poznajo dejavnike za razvoj raka na materničnem vratu, vendar pa cepljenju proti HPV ne dajejo posebne vrednosti. V tem primeru bi zgodnje ozaveščanje v šoli, ozaveščanje v ginekoloških ambulantah, osebni ali skupinski pogovori z medicinsko sestro pripomogli k večji precepljenosti.

Ključne besede: rak materničnega vratu, program ZORA, preventiva

In Slovenia, three screening programmes are running with the aim of lowering cancer morbidity and mortality. But do we really know about these screening programmes, their intent and do we take part in them? As this was my main question and concern, I selected »Women awareness about the Programme ZORA« as my graduate thesis. It is about the screening programme in Slovenia, operative already from 2003, in which women are participating with the aim of minimising the morbidity and mortality due to uterus cancer. All women aged from 20 – 64 are invited to the preventive gynaecological examination, where a cervical smear is taken, and this is then in case of negative smear repeated on a 3-year basis. In the empirical part of the thesis, executed in the Health Care Centre Murska Sobota, I wanted to establish the degree of awareness of women about the Programme ZORA, the degree of vaccination against HPV, how many women participate in regular gynaecological examinations and how many women even respond to the invitation to participate in the Programme ZORA. I must admit that the results were very good. Women know about the screening programme, they participate, are satisfied about the awareness of nurses, know the risk factors for uterine cancer development, but give no special value to vaccination against PV. In this case we conclude that early awareness raising in the school, gynaecological ambulatory clinics, and personal or group discussions with the nurse would contribute to greater vaccination.

Key words: uterine cancer, programme ZORA, prevention

Suzana Mavrinac, Bojana Čoso

THE RELATIONSHIP BETWEEN SEEKING ASSISTANCE AND ATTITUDES TOWARDS DEMENTIA AMONG FAMILY MEMBERS OF PATIENTS SUFFERING FROM DEMENTIA

Introduction: The statistics show that the number of patients diagnosed with dementia is increasing each year, and families have huge responsibilities for taking care of their members. Various research showed that attitudes toward dementia (knowledge and social comfort) play a significant role in the general wellbeing of both family members and dementia patients. The present study aimed to investigate whether seeking additional help is increasing both knowledge and social comfort in family members, as it might be crucial in helping and educating families. Methods: Participants were divided into two groups: family members of patients suffering from dementia who were seeking additional help in dealing with dementia patients, and those who were not looking for help. The Dementia Attitudes Scale (DAS) and the Alzheimer's Disease Knowledge Scale (ADKS) were used to investigate attitudes towards dementia knowledge and social comfort. Results: The results showed that family members of patients suffering from dementia who were seeking additional help have significantly higher social comfort and knowledge about dementia in comparison with family members who did not ask for additional help. Still, different results were found in two different measures of knowledge about dementia, as the ADKS scale showed difference between groups, while DAS scale did not show significant difference. Conclusions: As it was previously found, adequate education and seeking help increases dementia knowledge and social comfort among family members of patients suffering from dementia. These results emphasize the importance of education and the need for additional approaches to family members of dementia patients by different health care organizations and interest groups.

Key words: dementia, attitudes toward dementia, dementia knowledge, social comfort, family members



Sanja Zoranić

PRIMJER DOBRE PRAKSE POMOĆI OSOBAMA STARIJE ŽIVOTNE DOBI U DUBROVAČKO-NERETVANSKOJ ŽUPANIJI AN EXAMPLE OF GOOD PRACTICE TO HELP OLDER PEOPLE IN DUBROVAČKO-NERETVANSKA COUNTY

Family separation and accommodation in the home for elderly person presents great stress, which greatly influences on quality of life. In order to achieve the best quality of life, the World Health Organization (2012) recommends how long it takes staying and ageing in their own home with ensuring adequate care and health protection. Considering to an increasing number of elderly people, ensuring quality ageing, in terms of organizing local and wider community care is the imperative of society. The tendency is to reduce the institutionalization of older people and to ensure quality ageing in their own home, with the availability of social and health support, which enables the person life satisfaction. Good organization and targeted policies in terms of support make it possible for older people to have longer autonomy and stay in their own home, and on the other hand greatly reduces institutionalization. A good example of support for the elderly is a project called »Halo Assistance«, which was conducted in the County of Dubrovnik-Neretva in order to support and assist elderly people living in their own household. The help is intended for people who do not want or are unable to go at home for Elderly, but they need support. This project provides 24- hour assistance, reduces social exclusion and strengthens the sense of personal security, which together reduces the number of people accommodated in social care facilities, and also allows rapid healthcare interventions in home care patients. All of the above parameters allow for longer stay in their own home, and at the same time a good quality of ageing overcome with pleasure.

Key words: Key words: elderly, social support, quality of life



Joca Zurc

DOKTRINA ŠPORTNE VZGOJE IN GIBALNE DEJAVNOSTI ZA ZDRAVJE NA JAPONSKEM

THE DOCTRINE OF PHYSICAL EDUCATION AND PHYSICAL ACTIVITY FOR HEALTH IN JAPAN

Uvod: Zmanjšanje nezadostne gibalne dejavnosti, ki je eden izmed vodilnih tveganih dejavnikov smrtnosti, je prioriteta strategij promocije zdravja po vsem svetu. Družbeni pogled na pomen gibanja v človekovem delovanju je pod neposrednim vplivom socialnih, političnih in kulturnih dogajanj določenega časa ter se skozi celotno zgodovino kaže skozi razvoj športne vzgoje v šolah. Doktrina športne vzgoje in gibalne dejavnosti na Japonskem, kjer se stikajo vplivi vzhodne in zahodne kulture, svetovne zgodovine in danes države z najdaljšo življenjsko dobo, postavlja v središče njihovo proučevanje ter primerjavo z evropskim kontinentom in Slovenijo. Metode: Izvedena je bila empirična raziskava, v kateri je sodelovalo 22 študentov Oddelka za športno vzgojo na Pedagoški fakulteti Univerze v Okayami. V dveh japonskih osnovnih šolah pa so bila izvedena strukturirana opazovanja in intervjuji z učitelji. Rezultati: Prispevek predstavi osrednje kritične poglede, prednosti in pomanjkljivosti ter prevladujočo vlogo šole v sistemu gibalnega izobraževanja japonskega prebivalstva. Reflektirana je doktrina olimpijskega tekmovalnega športa v dialektiki s temeljnim vrednostnim konceptom povezanosti telesa in duha. Razprava: Dobljene ugotovitve prispevajo h kritični analizi in neposredni primerjavi pogledov na gibanje v človekovem delovanju v evropskem prostoru.

Ključne besede: promocija zdravja, športna kultura, filozofija športa, olimpijski šport, izobraževanje

Introduction: Reducing insufficient physical activity as one of the leading risk factors for death is the priority of health promotion strategies worldwide. The views of society on the importance of physical activity for human functioning are influenced directly by the social, political and cultural flows of a certain time period and are reflected throughout the history in establishing a school-based physical education.

The doctrine of physical education and physical activity in Japan, where the influences from the East and the West culture, world history and the highest longevity on the world come into play, particularly highlights its research and comparison with the European continent and Slovenia. Methods: The empirical study was carried out on the sample of 22 students from the Department of Physical Education at the Faculty of Education, Okayama University. Two Japanese primary schools served for structural observations and interviews for teachers. Results: The main critical views, advantages, deficiencies, and the dominant role of formal education for promoting physical activity among the Japanese population will be presented. The doctrine of Olympic competitive sports will be reflected in a dialectical analysis with the main value concept of relationship between body and mind. Discussion: The obtained findings of our study contribute to critical analysis and direct comparison with the perspective on physical activity in human functioning in the European context.

Key words: health promotion, physical culture, philosophy of sport, Olympic sport, education

Lidija Gradišnik, Tomaž Velnar

POMEN ETIČNEGA RAVNANJA ZDRAVSTVENEGA OSEBJA PRI MEDICINSKI OSKRBI STAREJŠIH **THE IMPORTANCE OF ETHICS AMONG MEDICAL PROFESSIONALS IN THE ELDERLY CARE**

Uvod: Starost prebivalstva v razvitem svetu narašča. Najlepše za starejše ljudi je, kadar so samostojni, živijo v domačem okolju in so enakovredno vključeni v družbo. Velikokrat pa prav ti ljudje potrebujejo medicinsko pomoč in oskrbo v različnem obsegu, zato moramo zanje ustrezno poskrbeti. Metode: V prispevku analiziramo, kakšen naj bi bil etičen odnos zdravstvenega osebja pri medicinski oskrbi starejših ljudi, saj je to nepogrešljivo in izjemno pomembno pri stiku z njimi. Rezultati: Zaradi bolezni, onemoglosti, različnih vrst oviranosti ali pomanjkanja sredstev starejši lahko ostanejo sami in zanje domači ne morejo poskrbeti, zato so velikokrat vključeni v varstveno-dnevne centre ali domove, kjer je na voljo potrebna in ustrezna oskrba. Pri tem sodeluje različno osebje, od medicinskih do socialnih vej, ki poskuša bivanje napraviti čim prijetnejše. Prav zato je pomembno, da so v specializiranih in zdravstvenih ustanovah stanovalci in uporabniki deležni strokovne pomoči, medicinsko osebje pa mora biti pravilno izobraženo in ustrezno ravnati pri delu s starejšimi. Zaključki: Etična komponenta je ena od bistvenih vrednot v skrbi za starejše. Še tako dobra strokovna oskrba ni popolna brez človeške topline, empatije in predvsem etičnega odnosa strokovnjakov, ki skrbijo za starejše ljudi.

Ključne besede: medicinska oskrba, starejši, etika, zdravstveno osebje, uporabniki

Introduction: In developing countries, the population is ageing. The elderly must strive towards independency and living in their home environment. Often, however, this is not possible due to various reasons, and elderly people need medical help and assistance. A proper care is therefore vital. Methods: We have analysed the ethical point and the attitude of the medical staff towards the elderly, as this is essential and extremely important in everyday communication. Results: Illness, disability, various types of disability or lack of resources may force the elderly to seek help in various forms and extents. Besides the necessary and adequate professional care, the staff members and medical personnel giving specialized assistance must be properly educated and appropriately treated for working with the elderly. Conclusions: The ethical component is one of the most important values in care for the elderly. Even the best professional care is not complete without human warmth, empathy and, in particular, the ethical attitude of professionals towards the elderly.

Key words: medical care, elderly, ethics, medical personnel, users

Cvetka Pangerl

OTROK IN ROTAVIRUSNA INFEKCIJA CHILDREN AND ROTAVIRUS INFECTION

Otroci, še zlasti dojenčki, so občutljiva skupina ljudi. V sodobni družbi so starši zaposleni, zato mora otrok zelo zgodaj, že v obdobju dojenčka ali malčka, v varstvo. Najpogosteje je to vzgojno-varstvena ustanova. Tam se otrok vključuje v proces vzgoje in socializacije, kar je zelo zaželeno. Takšno varstvo pa ima nanj pozitivne in negativne učinke. Pogosto pride do prenosa različnih nalezljivih bolezni med otroki, med katere sodi tudi rotavirusna infekcija. Povod za nastanek referata je bila izkušnja na delovnem mestu na Otroškem oddelku Splošne bolnišnice Celje, kjer se zdravijo otroci zaradi posledic okužbe z rotavirusom. Pogosto smo iz anamneze izvedeli, da so bili otroci pred okužbo v nakupovalnih središčih, kjer je velika množica ljudi. Izvedli smo anketo s starši otrok, starih do šest let, in sicer nas je zanimala tudi obolevnost otrok glede na vključenost v vzgojno-varstveno ustanovo. V referatu je predstavljen otrok z rotavirusno infekcijo. Rotavirus je najpogostejši povzročitelj virusnega gastroenterokolitisa pri dojenčkih. Najdovzetnejši so otroci, ki so mlajši od enega leta. Neposredno se rotavirus prenaša s fekalno-oralno okužbo, posredno pa z vodo in hrano, pri stiku z okuženimi rokami bolnikov, zdravstvenih delavcev ter z vdihovanjem okuženega zraka. Analiza ankete je pokazala, da pogosteje zbolevalo otroke, ki obiskujejo nakupovalna središča in se tam zadržujejo več kot uro, in ne otroci, ki so vključeni v vzgojno-varstveno ustanovo. Za zmanjšanje rotavirusnih okužb so potrebni ukrepi za preprečevanje intrahospitalnih infekcij, zlasti skrb za osebno higieno bolnika, zdravstvenih delavcev in bolnikovega okolja. Dokazano je, da bolezen najpogosteje poteka zelo resno, zato je treba razmišljati tudi v Sloveniji o morebitnem obveznem cepljenju proti rotavirusu.

Ključne besede: otrok, rotavirusna infekcija, preventiva, zdravstvena nega

Children, especially babies, are a sensitive group of people. In contemporary society, due to the parents' employment the child needs to be taken to a daycare centre as a baby or toddler. Most often, this is an educational institution where a child is involved in the process of upbringing and socialization, which is very desirable. Such protection, however, has positive and negative effects on a child. There is frequent transmission of various contagious diseases among children, including rotavirus infection. The reason for making this report was the workplace experience at the Children's Department of the General Hospital Celje, where children are treated after being infected with the rotavirus. We have often learned from the anamnesis that children were infected in shopping centres where they were in a large crowd of people. We have interviewed the parents of children aged up to six years, and we were also interested in the morbidity of children in terms of their inclusion in the educational institution. The report presents a child with rotavirus infection. Rotavirus is the most common cause of viral gastroenterocolitis in babies. Children who are younger than one year are the most susceptible. Rotavirus is directly transmitted via faecal-oral infection, indirectly through water and food, in contact with infected hands of patients, health workers and by inhalation of infected air. The analysis of the survey showed that children who visit shopping centres and stay there for more than an hour are more likely to become ill than children who are included in educational institutions. In order to prevent rotavirus infections, measures are needed to prevent intra-hospital infections, especially personal hygiene of the patient, health workers and the patient's environment. It has been proven that the disease often progresses very seriously, therefore it is also necessary to consider a possible compulsory vaccination against rotavirus in Slovenia.

Key words: a child, rotavirus infection, prevention, health care

Sanja Juretić, Majda Bastič

A COMPARISON OF PATIENT CONDITION AFTER TWO DIFFERENT METHODS OF COLORECTAL CARCINOMA OPERATION

Colorectal carcinoma is a large public health issue in Croatia and worldwide. The laparoscopic approach and open surgery are two ways of surgical treatment. The aim of the study was to determine the general indicator of patients that went through surgical treatment of colorectal cancer and factors that impact the patients' recovery. The sample was comprised of patients that are hospitalized in University hospital Rijeka, Department of digestive surgery and going through surgical treatment of colorectal cancer. The sample of sixty patients was divided in two equal groups. The first group of patients went through the laparoscopic approach and the second went through open surgery. We recorded the recovery during the first postoperative day, oral fluid and solid food intake, mobilization, postoperative complications and days of hospitalization. Statistical data was used for the data processing SPSS 21. There is no statistically significant difference in mobilization and beginning of oral fluid and solid food intake.

There is also no established statistically significant difference in the level of complications between these two ways of surgical approach., There is also no significant difference in the duration hospitalization. The results of this research did not prove faster recovery of patients that went through laparoscopic surgical treatment of colorectal cancer. In both groups, complications related to surgical treatment prolonged days of hospitalization.

Key words: colon cancer, recovery speed



Zdravko Maček, Mario Kolar, Mario Mandić

DIFFERENCES IN DEPRESSION AND PHYSICAL ABILITIES OF WOMEN WHO PERFORM ORGANIZED EXERCISE AND THOSE THAT DO NOT PERFORM ORGANIZED EXERCISE

INTRODUCTION: Functional physical mobility is a prerequisite of quality of life in older age. The aim of this study is to examine the differences in the degree of depression and the ability of physical activity among female population who exercise in an organized manner and the population that is not physically active in an organized manner. The hypothesis is that the group which performs organized exercise has a lower level of depression and better physical ability in relation to the rest of population. METHODS: The study included 20 independently mobile women, which has been proven by the TUG test, who perform organised exercise and 20 women who are not actively involved in a process of exercise. The participants' age was 40 to 83 years. To assess depression, the geriatric depression scale was used. The degree of physical activity was measured by the scale of physical mobility. Results were processed by Mann – Whitney's U test to prove differences between the groups. RESULTS: Expected results should prove that continuous exercise significantly reduces the occurrence of depression and that the population that performs organized exercise is more mobile than the rest of the population. CONCLUSION: Physical activity has been proven as useful in the prevention of depression and in maintaining and improving physical mobility. It is necessary to do research focused on specific problems, such as the awareness of the need for exercise, the specific health problems and needs, and psychosocial conditions for raising the quality of life on the basis of physical activity.

Key words: mobility, physical activity, lifestyle, health, quality of life



Jožica Forjan, Simon Šemrl

OCENJEVANJE DEJAVNIKOV TVEGANJA ZA PADEC PRI STARIH LJUDEH NA ODDELKU ZA NEAKUTNO BOLNIŠNIČNO OBRAVNAVO ASSESSMENT OF RISK FACTORS FOR FALLS IN ELDERLY AT THE DEPARTMENT OF NON-ACUTE HOSPITAL TREATMENT ON THE BASIS OF THE MORSE SCALE

Teoretična izhodišča: Med vsemi nezgodami po svetu starostnike najbolj ogrožajo padci, saj se statistično dokazano s staranjem povečuje tudi njihova pogostost. Metoda: Raziskava je temeljila na kvalitativni metodologiji raziskovanja z retrospektivno analizo podatkov. Uporabljena je bila deskriptivna metoda dela (analiza obravnavanega področja). Kot raziskovalni instrument smo uporabili standardizirano ocenjevalno lestvico dejavnikov tveganja za padec v splošnih bolnišnicah – Morse. Rezultati: V izbranih obdobjih je skupaj padlo 99 pacientov. Po ocenjevalni lestvici Morse je bilo kar 52 pacientov (53 %) zelo ogroženih, nekaj manj, 33 pacientov (33 %), jih je bilo zmerno ogroženih, 14 pacientov (14 %) pa ni bilo ogroženih. Pri več kot polovici padcev, 57 (58 %), je bil vzrok zmedenost, pri 22 padcih (22 %) potreba po odvajanju in izločanju, pri 14 (14 %) padcih je bil vzrok sprememba položaja, pri 4 padcih (4 %) drugo, pri 2 padcih (2 %) pa je bila prisotna vrtoglavica. Razprava: V starosti mora biti preventiva usmerjena na dejavnike tveganja, ki so specifični za posameznega starostnika, in ne na dejavnike okolja, v katerem živi. Pri starostnikih se preprečevanje padcev začne že v mladosti z uvajanjem zdravega načina življenja in okolja. Pomembno vlogo pri prepoznavanju dejavnikov tveganja za padec in pri preprečevanju padcev ima medicinska sestra, delovati mora zdravstveno vzgojno, saj je preventiva izrednega pomena.

Ključne besede: starost, starostnik, staranje, padec, dejavniki tveganja

Theoretical starting points: From all the accidents around the world, elderly people are most at risk of falling, as it is statistically proven ageing that their frequency increases with age. Method: The research is based on the qualitative research methodology with a retrospective analysis of data. A descriptive method of work was used (analysis of the subject area). As a research instrument, we used a standardized assessment scale of risk factors for a drop in general hospitals – the Morse scale. Results: In selected periods, 99 patients fell altogether. According to the Morse assessment panel, there were as many as 52 patients (53%) at high risk, slightly less than 33 patients (33%) were moderately at risk, and 14 patients (14%) were at risk. In more than half of the falls, 57 (58%) were confused, in 22 falls (22%) they had the need for discharge and elimination, 14 (14%) falls were caused by a change in position, 4 falls were due to other causes (4%), 2 falls (2%) were due to dizziness. Discussion: In old age, prevention should focus on risk factors that are specific to the individual elderly, and on the environmental factors in which they live. In the elderly, the prevention of falls has already begun in adolescence with a healthy lifestyle and the environment. A nurse plays an important role in identifying risk factors for falls and preventing falls, and they have to act in a health-educational way, since prevention is of utmost importance.

Key words: age, elderly, ageing, fall, risk factors

Lidija Gradišnik, Uroš Maver, Anrej Eržen, Tomaž Velnar

TESTIRANJE UČINKOV TERMALNE VODE NA REGENERACIJO KOŽNIH CELIC THE INFLUENCE OF THERMAL WATER ON SKIN CELL REGENERATION

Uvod: Z naravnimi pripravki lahko kožo zaščitimo in izboljšamo njeno regeneracijo. V raziskavi in vitro smo testirali učinke termalne vode na celično kulturo fibroblastov in keratinocitov. Metode: Uporabili smo kulturo humanih kožnih fibroblastov in keratinocitov. Celice smo inkubirali 24 ur v standardnih pogojih z različnimi vzorci termalne vode (izvir Terme Dobrna), sterilizirane termalne vode, filtrirane termalne vode, kontrolnih vod Milli-Q in vodovodne vode v razredčinah 1 : 2 (50 %), 1 : 4 (25 %), 1 : 8 (12,5 %) in 1 : 16 (6,25 %) v mediju za gojenje kožnih fibroblastov Advanced DMEM. Citotoksičnost in proliferacijo smo določali z MTT-testom. Rezultati: Termalna voda (izvir Terme Dobrna) spodbuja rast keratinocitov pri 25-odstotni koncentraciji, najbolj pa pri 12,2- in 6,25-odstotni koncentraciji v mediju Advanced DMEM/F12. Pri teh dveh koncentracijah ima od treh različic termalnih vod naravna termalna voda najboljši učinek na rast celic. Citotoksičnost in biokompatibilnost smo testirali tudi na fibroblastih. Pri koncentracijah 50 %, 25 % in 12,5 % naravne termalne vode in termalne vode, sterilizirane pod UV, je rast enaka kontroli, pri koncentraciji 6,25 % v mediju Advanced DMEM pa naravna termalna voda spodbuja rast kožnih fibroblastov. Zaključek: Termalna voda (izvir Terme Dobrna) najbolj spodbuja rast keratinocitov pri koncentracijah 12,2 % in 6,25 %. Pri koncentraciji 6,25 % v mediju Advanced DMEM naravna termalna voda spodbuja tudi rast kožnih fibroblastov. Zaključili smo, da termalna voda (izvir Terme Dobrna) pozitivno vpliva na obe vrsti kožnih celih, zato je priporočljiva za kožo.

Ključne besede: biokompatibilnost, citotoksičnost, termalna voda, fibroblasti, keratinociti

Introduction: Various natural agents may help in skin protection and cell regeneration. In the study, the effects of thermal water on skin fibroblast and keratinocyte cell culture were tested. Methods: A culture of human skin fibroblasts and keratinocytes was used. The cells were incubated for 24 hours in standard conditions with the samples of thermal water (Thermal Centre Dobrna springs), sterilized thermal water, filtered thermal water, Milliq and potable water in dilutions 1:2 (50 %), 1:4 (25%), 1:8 (12.5%) and 1:16 (6.25%) in the Advanced DMEM. Cytotoxicity and proliferation were determined by MTT tests. Results: The 25% concentration of thermal water (Dobrna springs) in Advanced DMEM stimulated the growth of keratinocytes, most notably at 12.2% and 6.25%. The natural thermal water had the best effect on cell growth of all three tested thermal waters. The 6.25% concentration of natural thermal water in Advanced DMEM stimulated the growth of skin fibroblasts. In the concentrations of 50%, 25% and 12.5% of natural thermal water and thermal water sterilized under UV, growth was equal to the controls. Conclusions: Thermal water from Dobrna springs stimulated the growth of keratinocytes in the concentrations of 12.2% and 6.25%. In 6.25%, natural thermal water stimulated the growth of skin fibroblasts. It was concluded according to the tests that thermal water from Dobrna springs exerts a positive effect on both main skin cells and it is therefore recommended for treating skin diseases. Key words: biocompatibility, cytotoxicity, thermal water, fibroblasts, keratinocytes

Anton Justin

PREOKSIGENACIJA MED ZAPRTO ASPIRACIJO UMETNE DIHALNE POTI PRE-OXYGENATION DURING THE CLOSED SUCTION OF THE TRACHEAL TUBE

Uvod: Med izvajanjem zaprte aspiracije umetne dihalne poti bolnika preoksigeniramo, s tem želimo preprečiti padec saturacije oziroma pomanjkanje kisika med aspiracijo. Namen raziskave je ugotoviti potrebo po dovajanju 100-odstotnega kisika 2 minuti v dihalni tokokrog med izvajanjem aspiracije skozi dihalno cev z zaprtim aspiracijskim sistemom pri mehansko ventiliranih bolnikih v EIT. Metode: Raziskava je temeljila na kvantitativni metodologiji. V empiričnem delu smo podatke zbirali s kontrolno listo pri bolnikih z vstavljenjo dihalno cevjo, pri katerih smo izvajali aspiracijo z zaprtim aspiracijskim sistemom. Izvedli smo plinsko analizo arterijske krvi pred izvedbo aspiracije ter 2 in 10 minut po njej. Bolniki so bili aspirirani pod različnimi pogoji: so/niso bili preoksigenirani z dovajanjem 100-odstotnega kisika pred aspiracijo umetne dihalne poti. Rezultati: Raziskavo smo izvedli pri 30 bolnikih, hospitaliziranih v enoti intenzivne terapije. V raziskavi smo ugotovili, da preoksigenacija prvo minuto po aspiraciji povzroči zvišanje parcialnega kisika, ki pa se po 10 minutah povrne na enako vrednost kot pred aspiracijo oziroma z minimalnimi odstopanji. Diskusija: Ugotovili smo, da preoksigenacija med izvajanjem zaprte aspiracije skozi umetno dihalno pot ni učinkovita, kadar je ne uporabljamo, ne povzroča pomanjkanja kisika pri bolnikih.

Ključne besede: zaprta aspiracija, preoksigenacija, umetna dihalna pot

Introduction: During the implementation of the closed aspiration of the artificial respiratory tract, the patient is pre-oxygenated, in order to prevent the decrease in saturation or lack of oxygen during aspiration. The purpose of the study is to determine the need to supply 100% of oxygen for 2 minutes to the respiratory circuit while performing aspiration through the respiratory tube with a closed aspiration system in mechanically ventilated patients in the ICU. Methods: The research was based on a quantitative methodology. In the empirical part, the data were collected by means of a checklist in patients with a respiratory tube inserted in which aspiration was performed with a closed aspiration system. We performed a gas analysis of the arterial blood before the aspiration was carried out, 2 and 10 minutes after the aspiration was performed. Patients were aspirated under different conditions: they were/have not been pre-oxygenated by feeding them 100% oxygen before the artificial airway aspiration. Results: The study was carried out in 30 patients hospitalized in an intensive care unit. In the study, we found that pre-oxygenation for the first minute after aspiration results in an increase in partial oxygen, which, after ten minutes, is returned to the same value as before aspiration or with minimal deviations. Discussion: We have found that pre-oxygenation during the implementation of closed aspiration through the artificial respiratory tract is ineffective and when not used it does not cause oxygen deficiency in patients.

Key words: Key words: closed aspiration, pre-oxygenation, tracheal tube

Ivan Balagović, Snježana Benko, Zdravko Maček, Mario Mandić

THE INFLUENCE OF INFORMAL CAREGIVING ON THE HEALTH AND SOCIAL LIFE OF THE CAREGIVERS

Introduction: Performing informal caregiving for family members with chronic illness can be a burden and have negative effects on the physical and mental health of caregivers, as well as cause social isolation. Methods: A systematic computer search of scientific articles published from 1st January 2008 to 1st December 2018 in the »Google Scholar« electronic database was performed. The computer search strategy with keywords »informal caregiving, health, ageing, social isolation, stress, burden« resulted in 17,600 articles. Upon the author's reviewing, 25 articles were selected. Those present the impact of informal caregiving on the health and social life of the caregivers. Other characteristics and methods for assessing the quality of the articles have not been used. Results: The selected articles indicate a negative impact on the health of informal caregivers. Informal caregiving of people with various chronic illness is perceived as a chronic stressor, and caregivers often experience negative effects on their mental and physical health, but also on their social life. Conclusion: Authors of the analysed articles indicate the negative effects of the daily performing of informal caregiving to caregivers' health. Since no formal and exact evidence of the impact of informal caregiving on the ageing process and quality of life of caregivers in the old age has been found, it would be worth investigating those along with the burden predictors of the population caused by caregiving.

Key words: informal care, health, social life, ageing, burden



Marko Korenjak, Maja Odorjan

ELIMINACIJA HEPATITISA C V ZAPORIH NA OBMOČJU EVROPE ELIMINATION OF HEPATITIS C IN PRISONS IN EUROPE

Cilj članka je evalvacija strateškega komunikacijskega procesa mikroeliminacije hepatitisa C v zaporih na območju Evrope, kar je v skladu s strategijo eliminacije hepatitisa kot problem javnega zdravstva do leta 2030. Raziskava temelji na pregledu dostopnih dokumentov o strateškem komunikacijskem procesu mikroeliminacije hepatitisa C v zaporih in kritičnem pregledu zaporov kot totalnih institucij ter dosegljivosti dostopa do zdravstvenih storitev. Goffman opredeljuje zapor kot totalno institucijo, katerega glavne značilnosti so omejiti svobodo posameznikom, ki se znajdejo v podobnih situacijah, v katerem so posamezniki zaprti in podvrženi nadzorovanemu načinu življenja. Zelo natančno zapore opisuje Foucault tudi z vidika nastanka, funkcionalnosti in organizacije, zaradi česar je tudi danes zelo zanimivo proučevati njihov način organiziranosti, načine skrbi za zapornike, zlasti z vidika dostopa do zdravstvenih storitev in preprečevanja bolezni. Ocenili smo obstoječe empirično znanje o strateškem komunikacijskem procesu mikroeliminacije hepatitisa C v zaporih ter izvedli kvalitativno analizo dostopnih podatkov z vidika postavljenih ciljev, namena in vpliva eliminacije hepatitisa C v zaporih. Raziskava je osvetlila številne probleme, ki so del strateškega komunikacijskega procesa mikroeliminacije hepatitisa C v zaporih. Eliminacija hepatitisa C v zaporih v skladu s cilji Svetovne zdravstvene organizacije ne bo mogoča, če ne bomo natančneje opredelili strateškega komunikacijskega procesa eliminacije hepatitisa C v zaporih.

Glavne besede: totalne institucije, zapori, zdravstvo, komunikacija

The aim of the paper was an evaluation of the strategic communication micro-elimination process of hepatitis C in European prisons in the process of following the strategy to eliminate viral hepatitis as a threat to public health by the end of 2030. Our research was based on a review of the available published documents regarding the process of strategic communication of micro-elimination of hepatitis C in prisons, a critical review of prisons as total institutions and the availability of health care in prisons. Goffman characterised prisons as total institutions whose main characteristics are the enclosure of many individuals in a similar position, whereby these individuals lead a closed and controlled life. Prisons are also described by Foucault who elaborates in detail the manner of their creation, functioning, and organisation. That is why it is interesting to study their organisation today, i.e. the ways of caring for the prisoners, especially the ways of providing health care and disease prevention. We evaluated the existing empirical knowledge of the strategic communication process of micro-elimination of hepatitis C in prisons and performed a qualitative analysis of the data compared to the existing goals, aims and impact of the elimination of hepatitis in prisons. The research has pointed out different problems with the availability of health services in prisons, which illustrates the difficulties that accompany the strategic communication process of micro-elimination of hepatitis C in prisons. We need more focused strategic communication management in micro-elimination processes to be able to achieve the goals set by the World Health Organisation.

Key words: total institutions, prisons, healthcare, communication

Štefan Gerebic, Marija Zrim

VPLIV MEDOSEBNIH ODNOSOV NA DELO V SLUŽBI NUJNE MEDICINSKE POMOČI V POMURJU THE INFLUENCE OF INTERPERSONAL RELATIONSHIPS ON WORK IN EMERGENCY MEDICAL SERVICES IN POMURJE

Dobri medosebni odnosi spodbujajo pripadnost delovni organizaciji in so pomemben motivacijski dejavnik za delo. Da bi razvili in ohranili dobre in učinkovite odnose na delovnem mestu, je treba poznati osnovne sporazumevalne spretnosti, medsebojnega poznavanja, sprejemanja, zaupanja in potrjevanja ter konstruktivnega reševanja sporov. V prispevku želimo raziskati medosebne odnose v službi nujne medicinske pomoči (v nadaljevanju NMP) v Pomurju, njihov vpliv na organizacijsko kulturo in pristope reševanja sporov med sodelavci. V okviru kvantitativne raziskave, ki je bila narejena v letu 2017 med zaposlenimi v vseh štirih enotah službe NMP v Pomurju, smo s pomočjo deskriptivne metodologije povzeli teoretične vsebine o medosebnih odnosih, sporazumevanju in organizacijski kulturi. Z anketnim vprašalnikom smo pridobili podatke, ki smo jih združili s teoretičnimi izhodišči. Z raziskavo smo ugotovili, da so medosebni odnosi v službah NMP v Pomurju dobri, saj tako meni 57,9 % vseh anketiranih. Kvantitativna raziskava je pokazala tudi, da medosebni odnosi vplivajo na predanost zaposlenih delu.

Ključne besede: medosebni odnosi, nujna medicinska pomoč, reševanje sporov, sporazumevanje, zadovoljstvo zaposlenih

Good interpersonal relations foster commitment to a certain work organisation and are a major motivating factor for work. Basic communication skills, mutual acquaintance, trust, acceptance, affirmation and constructive conflict resolutions are vital for developing and preserving good and effective working relations. The purpose of this thesis is to explore interpersonal relations among employees in the emergency medical services (hereinafter EMS) in the Pomurje Region, their impact on the organisational structure and approaches to conflict resolutions among colleagues. Within the quantitative research we carried out in 2017 among the employees in all four units of EMS in the Pomurje Region, we summarised the theory of interpersonal relations, communication and organisational culture by means of the descriptive research method. We joined the data collected through the questionnaire with the theoretical basis. The research has proven that the interpersonal relations among employees in the EMS in the Pomurje Region are good according to 57.9% of respondents. The quantitative research has also shown that interpersonal relations have an influence on people's devotion to work.

Key words: interpersonal relationships, emergency medical service, conflict resolution, communication, employee satisfaction

Sašo Ozvatič, Zorana Mrdja, Vanesa Bogar, Edvard Jakšič

POMEN ZDRAVSTVENE NEGE V OBRAVNAVI PACIENTA Z OSTEOPOROZO

THE MEANING OF HEALTHCARE IN TREATING A PATIENT WITH OSTEOPOROSIS

Pri projektu Aktivna starost obravnavamo osteoporozo, ne samo kot bolezen starejših ljudi, ampak tudi ljudi v srednjih letih. Ob prebiranju tuje in domače literature smo se osredotočili na vzrok in preprečevanje nastanka osteoporoze, ki zajema tudi način zdravljenja. Namen imenovane naloge je pridobiti čim več podatkov o osteoporozni in jo približati ljudem, ki so za njo že zboleli, kakor tudi tistim, ki so na poti do te bolezni. Ugotovljeno je, da za osteoporozo kot boleznijo sodobnega časa lahko zboli vsak posameznik in v določenih starostnih obdobjih, ampak vse vrste osteoporoze kot bolezni med seboj niso enake. V okviru projekta smo izvedli tudi anketo o poznavanju osteoporoze in obolevnosti za njo v domu starejših Dosor, za laike v našem okolju in strokovne delavce prav tako v našem okolju.

Ključne besede: osteoporozna, zdravljenje, starejši ljudje

In the Active Age Project, we treat osteoporosis not just as a disease of the elderly, but also of people of middle age. Reviewing foreign and domestic literature, we focused on the cause and prevention of osteoporosis, which also includes the treatment method. The purpose of this paper is to obtain as much information as possible about the concept of osteoporosis and to bring it closer to people who are already suffering from it, as well as those who are on the path of this disease. It has been established that osteoporosis as an illness of modern times may affect any individual in certain age periods, but not all incidences of osteoporosis are the same. In the project, we also learned about the knowledge and morbidity of osteoporosis at the home for the elderly Dosor, for laymen in our environment and for professional workers, also in our environment.

Key words: Osteoporosis, treatment, elderly people



Mara Županić, Ivana Živoder, Marijana Lukšić Puljak, Sanja Zoranić

SATISFACTION OF NURSES WITH THE ORGANIZATION OF WORK IN THE HOMES FOR THE ELDERLY

Introduction: When people become less independent and are no longer able to take care of themselves alone, the need for institutional care often arises. According to the data of the Ministry of Social Policy and Youth (2013), the average number of elderly people living in nursing homes in European Union countries is about 5%, while in Croatia this number is considerably smaller and is about 2-3% of the population over 65 years old. This paper is going to evaluate the satisfaction of nurses with the organisation of work in the elderly care homes in the City of Zagreb.

Methods: A survey questionnaire with seven groups of questions was used in the research. The first group of questions relates to sociodemographic characteristics of respondents, while the remaining six groups of questions relate to work organisation in homes for the elderly. Different types of questions are used in this questionnaire: half-open type, questions in the form of a ladder and one open type question that should provide recommendations and/or suggestions for improvement of working conditions of nurses in homes for elderly people. The statistical methods used are the descriptive statistics for each individual variable, Pearson correlation coefficient and t-test for independent samples. The statistical analysis SPSS 25.0 was used for data analysis.

Results and conclusions: 125 nurses working in homes for the elderly participated in this study. The results point to the conclusion that the respondents in these homes are familiar with the organisation and model of providing home care, with clear roles and responsibilities. Research has shown that nurses do not receive any commendation for their work or recognition for a job well done, nor the possibility of further education.

Key words: home for the elderly, health care, nurses, organisation, satisfaction



Iva Weingerl

PREHRANSKI VNOS IN PREHRANSKI STATUS DEJAVNIH STAROSTNIKOV

DIETARY INTAKE AND NUTRITIONAL STATUS OF ACTIVE ELDERLY PEOPLE

Uvod: V okviru raziskave smo analizirali prehranski vnos in prehransko stanje 32 telesno dejavnih starostnikov ter poskušali oceniti vpliv njihove prehranske strategije na diagnosticiran prehranski status. Metode dela: Za zbiranje podatkov o prehranjevalnih navadah starostnikov smo uporabili tridnevni prehranski dnevnik, ki smo ga analizirali v spletni aplikaciji Odprta platforma za klinično prehrano (OPKP). Njihovo telesno sestavo smo izmerili z metodo bioelektrične impedančne analize. Zbrane podatke smo statistično analizirali v programu SPSS. Za preverjanje statistične povezanosti med skupinami merjencev smo uporabili statistično metodo analize variance (ANOVA). Rezultati: Analiza prehranskega vnosa je pokazala, da je ta pri večini starostnikov nezadosten. Kljub premajhnemu energijskemu vnosu in vnosu hranil je pri več kot 85 odstotkih starostnikov prisotno prekomerno kopičenje maščobe glede na izmerjen delež maščobne mase, ki ne ustreza mejam za zdravo telesno sestavo. Pri slabi polovici starostnikov smo ob tem izmerili tudi zmanjšan delež puste telesne mase, ki je verjetno posledica nezadostnega vnosa beljakovin. Sklep: Raziskava je potrdila, da sta za kakovostno starost bistvenega pomena ustrezna prehrana in redna telesna dejavnost, zato opozarjamo na nujnost sistematičnega obveščanja in ozaveščanja starostnikov o obstoječih prehranskih in vadbenih priporočilih. Upoštevanje lahko prepreči razvoj nekaterih bolezenskih prehranskih in presnovnih stanj starostnikov.

Ključne besede: starostnik, priporočila, prehranski vnos, prehranski status

Theoretical background: We analyzed the nutritional status of 32 active elderly people to find out if their dietary intake satisfies their nutritional needs. Methods: We analyze their daily intake by using the 3-day nutritional diary and web application Open platform for clinical nutrition. In the second phase of the study we measured their body composition with the bioelectrical impedance analysis method. All the data were analyzed statistically in the SPSS program. Statistical association was tested with analysis of variance (ANOVA). Results: The dietary intake analysis shows that it is mostly insufficient. Despite that, there is no malnourished person among those who participated in the survey. As the results of body composition analysis show, the real problem is that over 85 % of them are overweight or obese as their total body fat is over the limit of healthy nutritional status. Measurements also show decreased lean body mass in almost half of the participants, which indicates protein malnutrition. Conclusion: The study confirms that adequate nutritional and regularly physical activity lead to healthy and quality ageing. Therefore, it is crucial to inform elderly people and the people from their social circle systematically about existing recommendations and raise awareness about them. Following these recommendations may slow down or even prevent the development of ageing related nutritional and metabolic disorders.

Key words: elderly people, recommendations, dietary intake, nutritional status

Lidija Kraner, Nataša Kreft, Edvard Jakšič

KAKO PREPREČITI IN OBVLADATI OKUŽBE Z BAKTERIJAMI, ODPORNIMI NA KARBAPENEME **HOW TO PREVENT AND TREAT INFECTIONS WITH BACTERIA RESISTANT TO CARBAPENES**

Število bolnišničnih okužb z bakterijami, odpornimi na karbapeneme, narašča tako pri nas kot drugod po svetu. Zaradi velike odpornosti proti številnim antibiotikom je zdravljenje tovrstnih okužb zahtevno, zato je ključnega pomena njihovo preprečevanje. V ta namen so na Ministrstvu za zdravje Republike Slovenije ustanovili delovno skupino, ki je pripravila smernice za preprečevanje in obvladovanje okužb z gramnegativnimi bacili, ki izločajo karbapenemaze. Z raziskavo smo želeli ugotoviti, kako zaposleni v zdravstveni negi v Splošni bolnišnici Murska Sobota poznajo problematiko tovrstnih okužb in smernice za njihovo preprečevanje ter kako dosledno ukrepe iz smernic izvajajo pri vsakodnevnem delu. V okviru raziskave smo uporabili kombinacijo različnih metod. Uporabili smo deskriptivno in kvantitativno metodo dela. Pri tem smo izvedli raziskavo z uporabo anketnega vprašalnika. Raziskava je potekala v Splošni bolnišnici Murska Sobota med zaposlenimi v zdravstveni negi na različnih bolnišničnih oddelkih. Z raziskavo smo ugotovili, da je poznavanje teoretičnih osnov bolnišničnih okužb in enterobakterij med zaposlenimi v zdravstveni negi v Splošni bolnišnici v Murska Sobota v povprečju dobro.

Ključne besede: bolnišnične okužbe, obvladovanje okužb, enterobakterije, zdravstvena nega

The number of hospital infections with bacteria resistant to carbapenems is increasing both in our country and elsewhere in the world. The high resistance to many antibiotics makes the treatment of such infections difficult, therefore their prevention is of key importance. To this end, a working group has been set up at the Ministry of Health of the Republic of Slovenia, which has prepared guidelines for the prevention and control of infections with Gram negative bacilli that excrete carbapenemases. We wanted to find out how nursing employees at the General Hospital Murska Sobota are familiar with the problem of such infections and guidelines for their prevention and how consistently the measures from the guidelines are implemented in everyday work. A combination of different methods was used to produce the study. We used a descriptive and quantitative method of work. We conducted a survey using a survey questionnaire. The research was conducted at the General Hospital Murska Sobota among nursing staff at various hospital departments. The study concluded that knowledge on the theoretical basics of hospital infections and enterobacteria among health care workers in the General Hospital in Murska Sobota is generally good.

Key words: hospital infections, infection control, enterobacteria, nursing care

Anja Kočar, Edvard Jakšič

DEMENCA IN VLOGA MEDICINSKE SESTRE PRI BOLNIKU Z DEMENCO DEMENTIA AND THE ROLE OF A NURSE IN TREATING A PATIENT WITH A DEMENTIA

Podatki Svetovne zdravstvene organizacije razkrivajo, da se vsake štiri sekunde pojavi nov primer demence, kar pomeni 7,7 milijona novih bolnikov na leto. Navedeno je, da trenutno živi na svetu 35,6 milijona dementnih bolnikov. Število se bo do leta 2030 podvojilo, do leta 2050 pa več kot potrojilo. Demenco lahko opredelimo kot nenehne, napredujoče težave na več področjih možganskih funkcij. Po mednarodni klasifikaciji bolezni je demenca vsak od naslednjih pojavov, prisoten najmanj šest mesecev pri osebi, ki nima prizadete zavesti: poslabšanje spomina, poslabšanje drugih umskih sposobnosti, poslabšano obvladovanje čustev ali poslabšana motivacija. Demenca lahko prizadene vsakogar, pomembno pa je prepoznavanje prvih znakov demence. Prvi znaki demence so postopoma izguba spomina ter spremljajoče kognitivne, funkcionalne in čustvene težave. Pri napredujočih stopnjah bolezni je bolnik hudo prizadet ter potrebuje čustveno in telesno nego. Vzrok za nastanek demence še ni odkrit. Največji dejavnik tveganja je starost, čeprav narašča število bolnikov, ki za demenco zbolijo že pred 65. letom. Med pomembnejšimi dejavniki tveganja za demenco sta še manjša miselna dejavnost in socialna izolacija. Bolezen traja v povprečju od 10 do 15 let. Zaradi napredovanja bolezni postanejo osebe z demenco vedno bolj odvisne od drugih in potrebujejo 24-urno pomoč, saj same zase ne morejo več skrbeti. Demenca je eden največjih zdravstvenih, socialnih in finančnih problemov današnje družbe. Pomembno vlogo pri pacientu z demenco ima medicinska sestra, ki mora poleg bolezenskih simptomov poznati tudi njene stadije. Glede na stadij bolezni lahko medicinska sestra oceni stopnjo samooskrbe pacienta in kakšno pomoč potrebuje. Anja Kočar

Ključne besede: demenca, vzrok za nastanek demence, trajanje bolezni, vloga medicinske sestre, dejavnik tveganja

Data from the World Health Organization reveal that a new case of dementia appears every four seconds, which means 7.7 million new patients per year. It is said that 35.6 million dementia patients currently live in the world. By 2030, the number will double and by 2050 it will be more than tripled. Dementia can be defined as continuous, progressive problems in several areas of the brain function. According to the International Classification of Disease, dementia is one of the following phenomena, for at least six months for a person who has no affected consciousness: worsening of memory, deterioration of other mental abilities, impaired emotional management or deteriorated motivation. Dementia can affect everyone and it is important to recognize the first signs of dementia. The first signs of dementia are the gradual loss of memory and accompanying cognitive, functional and emotional problems. In advanced stages of the disease, the patient is severely affected and needs emotional and physical care. The cause of dementia has yet to be discovered. The greatest risk factor is age, although the number of patients who have contracted dementia before 65 years of age is increasing. Reduced mental activity and social isolation are among the most important risk factors for dementia. The disease lasts for an average of 10 to 15 years. Because of the progress of the disease, people with dementia become more and more dependent on others and need 24-hour help because they can no longer care for themselves. Dementia is one of the biggest health, social and financial problems of today's society. The nurse plays an important role in the treatment of a dementia patient, and in addition to the symptoms of the disease, the nurse must also know its stages. Depending on the stage of the illness, a nurse can assess the self-care rate of the patient and what kind of help they need.

Key words: dementia, cause of dementia, duration of illness, role of nurse, risk factor

Petra Boštjančič

PRIPRAVA STRATEGIJE VSEŽIVLJENJSKEGA IZOBRAŽEVANJA O POMEMBNOSTI USTNEGA ZDRAVJA ZA STAROST

LIFELONG LEARNING STRATEGIES ABOUT THE IMPORTANCE OF ORAL HEALTH FOR OLD AGE

Uvod: Želimo preučiti slabosti, prednosti, izzive in nevarnosti pri uvedbi izobraževalnega programa o pomembnosti ustnega zdravja za splošno zdravje in počutje starejših oseb z namenom preprečevanja pojava zobnih in ustnih bolezni, motenj v prehranjevanju in izgube samospoštovanja. Metode: Uporabljena je bila kvalitativna metoda raziskovanja, metoda SPIN-analize (SWOT). Teoretični del je zajemal pregled domače in tuje strokovne literature ter primerjavo podatkov. Rezultati: Z matriko strategij izobraževanja starejših oseb o primerni ustni higieni bomo pripravili motivacijski in učinkovit načrt izobraževalnega programa, s katerim bi dosegli zmanjšanje patologije v ustni votlini pri starejših zaradi neoskrbljenega in nepopolnega zobovja. Sklepi: V nalogi oblikujemo štiri strategije, in sicer PI-strategijo, pri kateri prednosti, ki nam jih ponuja tovrstno izobraževanje, uporabimo, da izkoristimo izzive, SI-strategijo, pri kateri premagamo slabosti, ki nam jih prinašajo izobraževalni programi o primerni ustni higieni, da izkoristimo izzive, PN-strategijo, pri kateri identificiramo, katere prednosti tovrstnih programov nam lahko pomagajo pri premagovanju nevarnosti, ter NS-strategijo, na podlagi katere izdelamo načrt, s katerim se izogibamo nevarnostim za premagovanje slabosti programov izobraževanja starejših o primerni ustni higieni. Oblikovali smo matriko strategij izobraževanja starejših o primerni ustni higieni.

Ključne besede: oralno zdravje, starejši, kakovost življenja, SPIN-analiza, izobraževanje starejših

Introduction: The main purpose of my paper is to examine the weaknesses, strengths, challenges and threats of an educational programme about the importance of oral health for the general well-being of elderly persons. Its aim is to prevent dental and oral diseases, eating disorders and loss of self-esteem. Methods: The main goal is to prepare a motivational and effective educational programme with a matrix of strategies for older people. It would teach them about appropriate oral hygiene in order to achieve less pathology in the oral cavity of the elderly. Results: I used the SWOT analysis method. The theoretical part covered the review of domestic and foreign professional literature and the comparison of the data. Conclusions: In our task, we formed four strategies: the PI strategy with its advantages and challenges, The SI strategy with weaknesses and challenges, the PN strategy which helps us find different benefits of our work and the NS strategy which helps us to avoid the disadvantages of our programme. We made a matrix of strategies for educating older people about appropriate oral hygiene.

Key words: oral health, the elderly, quality of life, SWOT analysis, educational programme

Tjaša Tkalec, Leon Šabjan, Edvard Jakšič

ZADOVOLJSTVO NOSEČNIC V POMURJU Z IZVEDBO ŠOLE ZA BODOČE STARŠE SATISFACTION WITH EXECUTION OF SCHOOL FOR FUTURE PARENTS BY PREGNANT WOMEN IN POMURJE REGION

V času nosečnosti žensko telo doživlja veliko sprememb na fizični in psihični ravni. Ženska se v tem obdobju srečuje s številnimi vprašanji, težavami in dvomi, odgovore pa lahko dobi v šoli za bodoče starše. Cilji šol za bodoče starše so bodoča starša čim bolj podučiti o poteku nosečnosti, porodu in porodni bolečini, negi, hranjenju in ravnanju z novorojenčkom, dojenju in poporodnem obdobju, s tem pa zmanjšati strah pred neznanim in omogočiti prijetno porodno izkušnjo.

Namen raziskave je bil ugotoviti, kako zadovoljne so obiskovalke pomurskih šol za bodoče starše, in podati morebitne predloge za izboljšavo kakovosti. Raziskava je temeljila na neeksperimentalni kvantitativni raziskovalni metodi. Za zbiranje primarnih podatkov je bil kot instrument uporabljen anketni vprašalnik, sestavljen iz 18 vprašanj. Raziskovalni vzorec so predstavljale obiskovalke šol za bodoče starše v Pomurju, in sicer v Zdravstvenem domu Lendava, Zdravstvenem domu Gornja Radgona, Zdravstvenem domu Ormož ter na ginekološko-porodniškem oddelku Splošne bolnišnice Murska Sobota. Skupno je v raziskavi sodelovalo 90 žensk.

Ugotovljeno je bilo, da so vse pomurske šole za bodoče starše dobro organizirane in kakovostno izvedene. Predavanja so vsebinsko dovolj bogata, zanimiva, razumljiva in potekajo v sproščenem vzdušju. Da bi zmanjšali razlike in zagotovili enako kakovost šol za bodoče starše po celotni državi, bi bilo najbolje uvesti nacionalni standardizirani program šol za bodoče starše po celotni državi.

Ključne besede: šola za bodoče starše, reproduktivno zdravje, zdravstvena vzgoja, nosečnost

Introduction: During pregnancy, a woman's body undergoes many changes on a physical and psychological level. In that period, a woman encounters many questions, problems and doubts, and she can find answers in parent education classes. The aims of parent education classes are to teach parents-to-be about the course of the pregnancy; about childbirth and labour pain; about caring for, feeding and handling a new-born; about breastfeeding and the postpartum period, thus reducing their fear of the unknown and enabling a pleasant birth experience.

The purpose of this research was to determine the satisfaction of female users of parent education classes in the Pomurje region, and to provide potential suggestions for improving the classes' quality.

The survey was based on a non-experimental quantitative research method. A questionnaire consisting of 18 questions was used as the instrument for collecting primary data. The survey sample encompassed female users of parent education classes in the Pomurje region, namely at the Lendava Community Health Centre, Murska Sobota Community Health Centre, Gornja Radgona Community Health Centre, Ormož Community Health Centre, and at the Gynaecology and Obstetrics ward of the Murska Sobota General Hospital. A total of 90 women took part in the survey.

It has been established that all of the parent education classes in the Pomurje region are well organised and implemented in a quality manner. The lectures have sufficiently rich contents, are interesting, understandable, and carried out in a relaxed atmosphere. In order to reduce differences and ensure the same quality of parent education classes throughout the country, it would be best to introduce a national standardised programme into parent education classes throughout the country.

Key words: parent education classes, reproductive health, health education, pregnancy

Karmen Petek

PROFESIONALNA KOMUNIKACIJA V PROCESU ZDRAVSTVENE NEGE S STAREJŠIMI PRINAŠA ZADOVOLJSTVO IN KONČNI USPEH – ZDRAVJE PROFESSIONAL COMMUNICATION WITH THE ELDERLY IN THE PROCESS OF HEALTH CARE BRINGS SATISFACTION AND ULTIMATE SUCCESS - HEALTH

Dobra in uspešna komunikacija s starejšimi je ključnega pomena za profesionalen odnos v procesu zdravstvene nege, ki pomaga razumeti, da je vedenje posameznikova izbira, prilagajamo pa ga potrebam in željam starejših pacientov. Profesionalna komunikacija zahteva vrhunsko strategijo načrtovanja, kako do cilja, vrhunsko taktiko, kako mojstrsko izbrati pravi čas za dosego zastavljenega cilja, in sposobnost asertivnega vedenja. Predpogoj kakovostnega komuniciranja pa je znanje. S profesionalnim vedenjem in komuniciranjem lahko zdravstveni delavci pozitivno vplivamo na starejše ljudi, da bodo motivirani za sodelovanje, ki bo prineslo zadovoljstvo in končni uspeh – zdravje.

Ključne besede: profesionalna komunikacija, asertivno vedenje, medsebojni odnosi, telesna govorica, neverbalna komunikacija

Good and successful communication with the elderly is crucial for a professional attitude in the nursing process, it helps us understand that behavior is the choice of an individual that is adapted to the needs and wishes of older patients. Professional communication requires a top-level strategy of planning how to reach the goal, superior tactics, how to master the right time to achieve the desired goal and the ability of assertive behavior. The prerequisite for quality communication is knowledge. Through professional behavior and communication, health professionals can have a positive impact on older people, who are more motivated to cooperate and will bring satisfaction and ultimate success – their health.

Key words: Key words: professional communication, assertive behavior, mutual relations, body language, non- verbal communication



Karmen Petek

VPLIV BONTONA NA MEDOSEBNE ODNOSE V ZDRAVSTVENI NEGI THE IMPACT OF ETIQUETTE ON PERSONAL RELATIONS IN HEALTH CARE

Pravila lepega vedenja so vedno obstajala in bodo tudi v prihodnje. Bonton v francoščini pomeni dober ton in ga na splošno definiramo kot pravila, kako naj se posameznik vede v družbi. Ni samo olikano vedenje in obnašanje, ampak tudi način našega oblačenja in opravljanja dela. Olika in način obnašanja sta tisto, kar nas vznemiri ali pomiri, pokvari ali izboljša, povzdigne, razvrednoti ali oplemeniti, kot zrak, ki ga dihamo. Večino svojega časa preživimo na delovnem mestu, zato je dobro, da si na službenem mestu ustvarimo dobro razpoloženje, tako se bomo dobro počutili, mi, sodelavci in pacienti. Delovna kultura nedvomno vpliva na skupne delovne dosežke in ohranja prijetno delovno ozračje. Pravil olikanega vedenja ni težko upoštevati, le voljo po uspehu in dobrih odnosih je treba imeti. Nihče ne sliši rad, da se ne zna vesti družbi primerno, večina osnovna pravila vedenja pozna, zatakne pa se pri podrobnostih. Zato se obnašajmo tako, kot želimo, da se drugi obnašajo do nas. Spoštljivo, prijazno, predvsem pa človeško! Z uporabo bontona, pristnim pristopom in lastnim prizadevanjem za dobre odnose bomo dosegli ne samo pacientovo zaupanje, ampak bomo tudi izboljšali delovno klimo in s tem postopoma dosegli zastavljene cilje.

Ključne besede: bonton, delovna klima, medosebni odnosi, zdravstveni delavci

Etiquette, or rules on good behavior, has always existed and will in the future. Etiquette is generally defined as the rules on how an individual should behave in society. It is not only about being polite, it is also the way we present ourselves and how we behave in society. The image and the way of behavior is something that disturbs or calms us, breaks us down or improves, elevates, devalues or ennobles us like the air we breathe. We spend most of our time at work, so it is important to create a good mood in the work environment to feel well among our colleagues and patients. Work culture undoubtedly affects common work achievements and maintains a pleasant working atmosphere. The rules of polite behavior are not difficult to take into account, only the will for success and good relations should be possessed. Nobody likes to hear that they do not know how to behave in society. Some of the basic rules of behavior are known. People behave the same way as others behave to them. Respectful, kind, and above all human! With the use of good behavior, a genuine approach and our own efforts for good relationships we will gain the patient's trust and improve the work climate.

Key words: Key words: behaviour, work climate, interpersonal relations, health workers

Barbara Rodošek, Edvard Jakšič

POMEN USTREZNE KOMUNIKACIJE MED PACIENTI IN ZDRAVSTVENIMI DELAVCI V ZDRAVSTVENI NEGI THE IMPORTANCE OF EFFECTIVE COMMUNICATION BETWEEN PATIENTS AND HEALTHCARE PROVIDERS IN HEALTH CARE

Uvod: V raziskavi je predstavljena komunikacija s komunikacijskim procesom in njegovimi sestavinami, vrste komunikacije, pomen ustrezne komunikacije v zdravstveni negi, terapevtska komunikacija, ovire v komunikacijskem procesu in pomen neverbalne komunikacije v zdravstveni negi. Namen raziskovalnega dela je na podlagi literature in vprašalnika ugotoviti pomen ustrezne komunikacije med pacienti in zdravstvenimi delavci. Metoda: Raziskava temelji na empirični kvantitativni metodi dela. Na osnovi prebrane literature je bil sestavljen anketni vprašalnik kombiniranega tipa, ki je zajemal 30 vprašanj. V vzorec je bilo zajetih 80 naključno izbranih posameznikov, starejših od 30 let, iz podravske regije, ki so se že kdaj znašli v vlogi pacienta. Rezultati: Rezultati kažejo, da spol in starost ne vplivata na zadovoljstvo pacientov s komunikacijo in odnosom medicinske sestre, prav tako spol ne vpliva na zadovoljstvo z dajanjem navodil in ustno razlago o skrbi za svoje zdravje. V nasprotju s spolom in starostjo pa izobrazba vpliva na zadovoljstvo, izobraženi so manj zadovoljni od tistih s poklicno ali srednjo dokončano izobrazbo. Največ sodelujočih, 39,8 %, jih meni, da je preobremenjenost zdravstvenega osebja glavni razlog za moteno komunikacijo v zdravstvu, hkrati pa nimajo občutka, da bi medicinska sestra z neverbalno komunikacijo izražala nezanimanje. Sklep: V raziskovalnem delu je bilo ugotovljeno, da so pacienti v večini zadovoljni s komunikacijo in odnosom tako medicinske sestre kot zdravnika. Ključne besede: komunikacija, odnosi, pacient, zadovoljstvo, medicinska sestra, zdravnik

Introduction: With the help of the literature used for this research, communication with communicational process and its parts, the kind of communication, its meaning in health care, therapeutic communication, obstacles in the process of communication as well as the meaning of nonverbal communication in health care is presented. The main task of this work is to establish the meaning of the appropriate communication between patients and health care workers. Method: The research is based on the empirical quantitative method of work. With the help of published text books the combined questionnaire of 30 questions has been created. The sample included 80 randomised participants older than 30 from the Podravska region, who have been patients before.

Results: The results show that gender and the age do not influence the satisfaction with giving instructions and oral presentation about our health care. Contrary to education which influences satisfaction, educated people are less satisfied than the ones having vocational or secondary education. The most participants, i.e. 39.8 %, estimate that an overburdening of health care workers is the main cause of disrupted communication in health care, but they do not feel the nurse showing the interest of nonverbal communication. Conclusion: In this research work it has been found out that patients are more or less satisfied with the communication and relationship of a nurse or a physician.

Key words: Communication, relationship, patient, satisfaction, nurse, physician

Adriana Tamaško, Edvard Jakšič

POGLED PREBIVALSTVA NA DAROVANJE ORGANOV ATTITUDES OF THE POPULATION TO ORGAN DONATION

Živimo v času, ko presajanje organov predstavlja eno izmed številnih metod zdravljenja in reševanja življenja. Prvi poskusi presaditve organa segajo v leto 1933. Za darovanje organov se lahko odločimo v času življenja ali po smrti z vpisom v register Slovenija transplant. Gre za humano dejanje, pri katerem je posameznik pripravljen brez sebičnosti pomagati človeku. Toda tu se začne porajati tudi problem. Vsako leto več ljudi potrebuje presaditev organa, zaradi bolezni ali poškodbe. Zato se daljša tudi nacionalni čakalni seznam za presajanje. V Sloveniji se vsakoletno na seznam uvrsti 100 bolnikov. O darovanju bi bilo treba več govoriti. Čeprav je veliko ljudi, ki razmišljajo, da bi postali darovalci, se jih za to z vpisom v register odloči malo. Zato ta odločitev v primeru smrti doleti njihove svojce. Tovrstna odločitev je zanje takrat še posebej težka, saj so pred kratkim prejeli novico o izgubi ljubljene osebe in je odločanje o darovanju organov tedaj pretežno. Zato je bolje, da se opredelijo že pred smrtjo. Nedavna raziskava je pokazala, da naj bi v preteklih letih od več kot 300 umrlih posameznikov bila v register vpisana le dva človeka. V Franciji so januarja 2017 sprejeli zakon, po katerem vsak državljan samodejno postane darovalec organov, razen če to izrecno odklanja. Zato je zelo pomembno, da se družine pogovarjajo o teh zadevah, da izrazijo svoje mnenje in pogled na darovanje organov, če pa se opredelijo za darovanje organa po smrti, naj to storijo z vpisom v register darovanja.

Ključne besede: darovanje, organ, darovalec, register

We live at a time when organ transplantation is one of many methods of treating and saving lives. The first attempts of organ transplantation date back to 1933. For donation of organs, we can decide during life or after death by applying to the register Slovenia-transplant. It is a altruistic act, where an individual is ready to help a person without self-interest. But the problem also starts here. Every year more people need organ transplantation, due to illness or injury. As a result, the national waiting list for transplantation is also getting longer. In Slovenia, 100 patients are listed each year. There should be more talk about donation. Although many people are thinking of becoming donors, they decide not to enter the register. That is why this decision falls to the relatives upon the event of death. Such a decision is particularly difficult for them, since they have recently received news of the loss of a loved one and it is then too difficult to make decisions about these things. Therefore, it is better if people have already identified as organ donors before death. A recent study showed that over the past few years of more than 300 deaths of individuals only two people were entered into the register. In France, in January 2017, a law was passed according to which each citizen automatically becomes an organ donor unless they explicitly refuse. It is therefore very important that families talk about these things in order to express their views on their organ donation and if they would opt for organ donation after death to do so by enrolling in the donation register.

Key words: donation, organ, donor, register

Boris Mihalj

ZDRAVSTVENO VARSTVO NA PODROČJU UPRIZORITVENIH UMETNOSTI V LUČI TRAJNOSTNEGA RAZVOJA HEALTH CARE IN THE FIELD OF PERFORMING ARTS IN THE LIGHT OF SUSTAINABLE DEVELOPMENT

Zamisel o razvoju človeške družbe v svojem ontološkem jedru zapostavlja trajnostno naravn razvoj področja umetnosti in v njeno raznolikost vpetega temeljnega stebra, ki ga uteleša posameznik, ustvarjalec. Poleg nezadostne ozaveščenosti o izhodiščni postavki umetnosti v sodobni družbi se kaže tudi izrazita neozaveščenost o skrbi za zdravje tistih, ki slednjo uresničujejo. Za urejanje problematike zdravstvene oskrbe ustvarjalcev na področju uprizoritvenih umetnosti je na zahodnem delu globalne politične celote ob koncu 90. let prejšnjega stoletja vzniknila nova veja smeri medicine dela – performing arts medicine (PAM), ki je analogna medicini športa in tesno sodeluje z raznovrstnimi specialističnimi medicinskimi področji ter interdisciplinarnimi specializacijami, ki se z naborom vedenj in znanja medsebojno dopolnjujejo. Glavni razlog tovrstnega raziskovanja je povečano število poškodb in bolezni vrhunskih ustvarjalcev v zadnjem času. Uresničitev dveh ciljev, sistemizacija specifičnih sprememb v zdravstvenem stanju in razvrstitev poškodb pri nas se izmikata predvsem zaradi izrazite politično-ekonomske tržne uravnanosti. Izpostavljena skrb za psihofizično blagostanje zaposlenih ni naključna pridobitev v ekonomsko dobrobit usmerjenih razvitih družb. Kakovost poklicnega opravljanja dela na vseh področjih umetniškega ustvarjanja izraža vsebino in vrednote družbe, ki je skozi to delo zastopana. Zato je ureditev zdravstvene oskrbe na področju uprizoritvenih umetnosti nujna. Pomemben je sistematičen zajem evidentiranja motenj v delovanju organizma in njihova opredelitev. Predvsem pa je nujno ozaveščanje o načinih varovanja zdravja in vseh škodljivih posledicah, ki jih povzroča opravljanje dela na vseh delovnih mestih, vključenih v ustvarjalne procese.

Ključne besede: trajnostni razvoj, umetnost, zdravje, skrb, gledališče

The idea of the development of human society in its ontological core neglects the sustainable development of the field of art and its diversity represented by the underlying basic pillar embodied in the individual, the artist. In addition to insufficient awareness of the starting point of art in modern society, there is also a clear lack of awareness about the health care of those who implement it. In order to regulate the problem of healthcare for artists in the field of Performing Arts, in the Western part of the global political totality, at the end of the 1990s, a new branch of occupational medicine, PAM, arises, which is analogous to sports medicine and closely cooperates with various specialized medical fields, emerged and interdisciplinary specializations that complement each other with a set of behaviors and knowledge. The main reason for this is the recent increased number of injuries and diseases of top-notch art creators. The realization of two goals, the systematisation of specific changes of health and the classification of injuries is under the influence of pronounced political and economic market 'equilibrium'. Exposed concern for the psycho-physical well-being of employees is not an accidental gain in the economically well-targeted developed societies. The quality of professional work in all areas of artistic creation reflects the content and values of the society represented through this kind of results. Therefore, the regulation of health care in the field of performing arts in Slovenia is more than necessary. It is important to systematically capture the recording of disorders in the functioning of the organism and to define them. Above all, it is necessary to raise awareness about the ways of protecting health and all the harmful consequences required by the performance of works in all workplaces involved in creative processes.

Key words: sustainable development, art, health, care, theatre

Kleopatra Kodrič, Munira Pejić

VPLIV ETIKE NA ASERTIVNO KOMUNIKACIJO V ZDRAVSTVU

THE INFLUENCE OF ETHICS ON ASSERTIVE COMMUNICATION IN HEALTH CARE

Prispevek obravnava pomen asertivne komunikacije v zdravstvu kot ene ključnih komunikacijskih veščin pri ohranjanju zdravih in kakovostnih odnosov tako v timu kot tudi s pacienti. Komunikacija je najosnovnejši družbeni proces. Ne glede na situacijo, v kateri smo, se vsakodnevno znajdemo v interakciji s sogovorniki. M. Ule (2003) poudarja, da je dobra komunikacija zdravljenje. V zdravstvu se prepletata dve zelo pomembni področji, ki pomembno vplivata na komunikacijski proces. V prispevku bomo predstavili sinergijo teh procesov. Da bi lahko interpretirali podatke, pridobljene v okviru raziskave, jih bomo analizirali s statističnim programom SPSS. Prikazani bodo besedilno, po potrebi tudi tabelarično in grafično. Zbiranje podatkov bo potekalo prek spleta, in sicer prek aplikacije 1KA. Trditve, ki jih bomo preučevali, se ocenjujejo na podlagi predhodno postavljene Likertove lestvice. Namen prispevka in izvedene raziskave je podrobneje prikazati vpliv etike in vrednot na asertivno komunikacijo v zdravstvu. Pridobljeni rezultati in predhodno zastavljene hipoteze nam bodo v pomoč pri omenjeni tematiki ter nam bodo posledično omogočili tudi ustrezne usmeritve glede obravnavane tematike.

Ključne besede: asertivna komunikacija, etika, vrednote, posameznik, okolje

The article discusses the importance of assertive communication in health care as a key communication skill in maintaining healthy and qualitative relations, both in the team and with patients. Communication is the most basic social process. Regardless of the situation we are in, we face interactions with collocutors every day. M. Ule (2003) elaborates that good communication means therapy. In health care, two very important areas intertwine, both having an important influence on the communication process. The article will present the synergy of these processes. In order to be able to interpret the data gathered within the research, we will analyse them with the help of the SPSS statistical programme. They will be presented textually and, if necessary, tabularly and graphically as well. The data gathering will follow via the internet, namely via 1 KA. The theses we will research are evaluated, based on the previously provided Likert scale. The purpose of the article and the accomplished research is to describe more precisely the influence of ethics and values on assertive communication in health care. The gathered results and the priorly set theses will help us with the mentioned topic and consequently also provide us with appropriate guidelines regarding the discussed topic.

Key words: assertive communication, ethics, values, individual, environment

Tanja Žmauc, Zdenka Gomboc, Simon Šemrl, Metka Lipič Baligač

STALIŠČE UDELEŽENCEV DELAVNIC ZA USPOSABLJANJE O IZVAJANJU POSEBNEGA VAROVALNEGA UKREPA V SPLOŠNI BOLNIŠNICI MURSKA SOBOTA THE POSITION OF PARTICIPANTS OF TRAINING WORKSHOPS ON THE IMPLEMENTATION OF A SPECIAL PRECAUTIONARY MEASURE AT THE GENERAL HOSPITAL MURSKA SOBOTA

Uvod: Posebni varovalni ukrep (PVU) s pravnega vidika pomeni poseg v ustavno zagotovljeno pravico človeka do svobode gibanja. Razlogi tako skrajnega ukrepa so zagotavljanje varnosti, omogočanje zdravljenja in obvladovanje pacientovega nevarnega vedenja. Varno in kakovostno izvajanje PVU je zahtevna in stresna delovna naloga, zato mora biti zdravstveno osebje ustrezno teoretično in praktično usposobljeno. Namen raziskave je oceniti stanje na področju izvajanja PVU v Splošni bolnišnici Murska Sobota, s ciljem ugotoviti, kakšna so stališča izvajalcev zdravstvene nege v zvezi z uvedbo tega ukrepa, poznavanje zakonodaje in protokolov. Metode: Uporabljena je bila kvantitativna metoda raziskovanja. Raziskovalni instrument predstavlja anketni vprašalnik s 16 vprašanji zaprtega tipa, na katera so udeleženci odgovarjali s pomočjo 5-stopenjske Likertove lestvice. Raziskovalni vzorec predstavljajo izvajalci zdravstvene nege, ki so bili udeleženci delavnice ($n = 43$) za usposabljanje o izvajanju PVU. Rezultati so prikazani v obliki deskriptivne statistike. Rezultati: Raziskava je pokazala, da se v Splošni bolnišnici Murska Sobota PVU najpogosteje izvaja zaradi varnosti pacientov ($M = 4,32$; $SD = 0,983$). Udeleženci raziskave se strinjajo, da bi se število PVU lahko zmanjšalo s povečanjem kadra ($M = 4,39$; $SD = 0,920$) ter da uvedba PVU odpira številna etična vprašanja ($M = 4,36$; $SD = 0,865$). Nikakor pa se ne strinjajo, da se za uvedbo PVU odloča, preden se izkoristijo druge možnosti ($M = 2,34$; $SD = 1,219$). Sklepi: Uvedba PVU je skrajni ukrep fizičnega oviranja, ki ga lahko izvede le usposobljen izvajalec v skladu s pravnimi in etičnimi usmeritvami ter šele, ko se izčrpajo vse druge možnosti.

Ključne besede: posebni varovalni ukrep, zakonodaja, etične dileme, usposobljenost, izvajalci zdravstvene nege, Splošna bolnišnica Murska Sobota

Introduction: From a legal point of view, the Special Precautionary Measures (SPM) are interfering with the constitutionally guaranteed right of an individual's freedom of movement. The reasons for such an extreme measure are the provision of safety, the provision of treatment, and the management of the patient's dangerous behavior. Safe and high-quality implementation of the SPM is a demanding and stressful work task, therefore medical staff must be appropriately theoretically and practically trained. The purpose of the research is to assess the situation of implementation of the SPM in the General Hospital Murska Sobota, with the aim of determining the position of nurses on the introduction of this measure. Methods: A quantitative research method was used. As a research instrument, a questionnaire with 16 closed-type questions was used, which were answered by the participants using the 5-level Likert scale. The sample of the research is represented by nurses who participated in the seminar ($n=43$) for training the implementation of the SPM. The results are presented in a form of descriptive statistics. Results: The study showed that SPM in the General Hospital Murska Sobota is most often performed for the safety of patients ($M=4.32$; $SD=0.983$).

Participants of the research agree that the number of SPMs could be reduced by increasing the number of staff ($M=4.39$; 0.920), and that the introduction of SPM opens several ethical questions ($M=4.36$; $SD=0.865$). In any case, they do not agree with the introduction of the SPM before other options are used ($M = 2.34$; $SD=1.219$). Conclusions: The introduction of the SPM is an extreme measure of physical hindrance that can only be carried out by a trained provider in accordance with legal and ethical guidelines, and only after all other options are exhausted.

Key words: Special precautionary measure, legislation, ethical dilemmas, qualifications, nursing, General Hospital Murska Sobota

Patric Rajšp, Miljenko Križmarić

VPLIV VIRTUALNE RESNIČNOSTI NA DELOVANJE AVTONOMNEGA ŽIVČNEGA SISTEMA THE INFLUENCE OF VIRTUAL REALITY ON THE FUNCTIONING OF THE AUTONOMIC NERVOUS SYSTEM

Uvod: Virtualna resničnost se vse bolj uporablja na različnih področjih človeškega delovanja. Uporaba le-te nima samo informativnega oz. razvedrilnega vpliva na telo, ampak ima tudi različne vplive na živčevje. Raziskali smo vpliv virtualne realnosti na delovanje AŽS, pri čemer smo živčevje opazovali posredno prek delovanja hemodinamike obtočil. Metode: Z eksperimentalno kvantitativno metodologijo smo v simulacijskem okolju na zdravih prostovoljcih raziskovali odziv variabilnosti frekvenca srca (HRV), srednjega krvnega tlaka (MAP), minutnega iztisa srca (CO) in sistemske žilne upornosti (TPR). Znotraj HRV smo opazovali različne frekvenčne spektre v območjih ultra nizkih frekvenc (VLF), nizkih frekvenc (LF) in visokih frekvenc (HF). Prostovoljci so opazovali 3D-videoposnetek z možnostjo 360-stopinjskega pogleda v virtualni resničnosti. Scenarij je obsegal stresne in prijetne dogodke. Hemodinamični odziv smo merili z napravo Task Force Monitor. Rezultati: Frekvenca srca (HR) je največji porast dosegla s povprečnih $92 \pm 4,5$ v mirovanju na povprečnih 110 ± 20 utripov na minuto v stresnem območju. Tudi srednji krvni tlak (MAP) je najvišjo vrednost dosegel v stresnem območju (s $105 \pm 3,2$ mmHg na 111 ± 12 mmHg). Najnižjo vrednost MAP smo zabeležili v prvem, prijetnem delu VR, in sicer 102 ± 10 mmHg. Minutni iztis srca (CO) je bil v fazi mirovanja pred testom 7 l/min in najvišji v stresnem delu VR, 8,9 l/min. Ultra nizke frekvence (VLF) so najnižje vrednosti dosegale v fazi mirovanja pred testom in v prvem delu VR, zelo visoko so se dvignile v drugem delu VR ter v mirovanju po testu. Enak trend je bil prisoten pri nizkih frekvencah (LF). Visoke frekvence (HF) so se manj spreminjale in so bile dokaj konstantne skozi vso preiskavo. Sklepi: Avtonomni živčni sistem se odziva na zunanje informacije, naj si bodo te iz resničnega okolja ali virtualne resničnosti. Ob neprijetnih dogodkih znotraj virtualne realnosti se avtonomni živčni sistem odziva s povečanim delovanjem simpatičnega živčnega sistema in zmanjšanim parasimpatičnim odzivom. Neprijetni dogodki oz. scene v virtualni resničnosti povzročijo resničen stres v človeškem telesu.

Ključne besede: virtualna resničnost, variabilnost srčne frekvenca, avtonomni živčni sistem, virtualno okolje, obtočila

Introduction: The use of Virtual reality is increased in various human activity. Virtual reality is not only for informational and entertainment purposes but also has various effects on the nervous system. We examined the influence of virtual reality on the autonomic nervous system, where the nerves were observed indirectly through hemodynamic parameters. Methods: With the experimental quantitative methodology, we studied the response of variability of the heart rate (HRV), mean blood pressure (MAP), minute heart rate (CO), and systemic vascular resistance (TPR) on healthy volunteers in a simulation environment. Within the HRV, we observed various frequency spectra - ultrasonic frequencies (VLF), low frequencies (LF) and high frequencies (HF). Volunteers watched a 3D video with a 360-degree view in virtual reality. The scenario included stressful and pleasant events. The hemodynamic response we measured with the Task Force Monitor. Results: The heart rate (HR) highest increase was from an average 92 ± 4.5 at rest to an average 110 ± 20 beats per minute in the stress area. Also, mean blood pressure (MBP) reached the highest value in the stress area (from 105 ± 3.2 mmHg to 111 ± 12 mmHg). The lowest MAP value was recorded in the first pleasant part of VR 102 ± 10 mmHg. The cardiac output (CO) was in the resting state before the test 7 l / min and the highest in the stress section of VR 8.9 l / min. The ultra-low frequencies (VLF) reached the lowest values during the rest phase before the test and in the first part of the VR, and very high values in the second part of the VR and at rest after the test. The same trend was present at low frequencies (LF). High frequencies (HFs) have been very constant throughout the whole research. Conclusion: The autonomic nervous system responds to external information, should they be from the real environment or from virtual reality. In the event of unpleasant events within virtual reality, the autonomic nervous system responds with the increased functioning of the sympathetic nervous system and a reduced parasympathetic response. Unpleasant scenes in virtual reality cause real stress in the human body.

Key words: virtual reality, heart rate variability, autonomic nervous system, virtual environment, circulation

Zrinka Mach, Dijana Babić

THE AVAILABILITY OF INFORMAL SUPPORT AND SELF-ASSESSMENT OF HEALTH OF ELDERLY PATIENTS WITH DIABETES

Introduction: Diabetes is a major public health problem due to the increasing number of people affected in recent decades. The availability of social support to the elderly with diabetes affects the regulation of negative health behavior, the achievement of cooperation in the default treatment plan, and helps reduce psychological distress. The lack of instrumental support provided by family members, relatives, neighbors and friends to a person with illness can mean limitations in carrying out everyday activities such as daily care, meal preparation, procurement of medications, supplies and aids, as well as adherence to health guidelines, which may lead to a negative perception of the patient's own health, the appearance of complications and poor health outcomes.

Methods: Research data was collected using a standardised questionnaire (Duke-UNC Functional Social Support Questionnaire), while self-assessment of the health status was done using the EQ-5DL questionnaire. The sample consisted of 50 elderly persons with type 2 diabetes who voluntarily agreed to participate in the study. The data obtained were statistically processed in IBM SPSS Statistics 20.

Results: The respondents in our research received significant social support from members of their families, friends, and associations they were involved in. The availability of informal social support positively affects self-assessment of health and reduces the occurrence of anxiety and depressive symptoms in the elderly with diabetes.

Conclusion: The presence of informal support affects the reduction in the use of health and social care systems, postpones premature institutionalisation and helps preserve the overall quality of life of elderly people with diabetes.

Key words: the elderly, diabetes, self-assessment of health, informal support



Erika Zelko

DEVELOPING AND IMPLEMENTING A TOOL FOR BETTER COMMUNICATION BETWEEN HEALTH CARE PROFESSIONALS AND PATIENTS INCLUDED IN THE PALLIATIVE CARE

Background: High quality of palliative care depends on good communication between the palliative care providers, the patients and their relatives. In Slovenia, we are just beginning to organize effective palliative care on all levels of health care system.

Aims: Our aim was to develop and implement a tool for effective communication between different palliative care contractors.

Methods: Our project was divided into three part. As the first step we used the Delphi research method to acquire the most reliable consensus of a group of experts (7 emergency physician, 7 family medicine physician and 7 physicians working mostly with patients included in palliative care). After six months we reached a consensus based on a series of intensive questionnaires combined with controlled opinion feedback. In the second part of the project we designed a communication tool with help of community nurses and based on the results of the Delphi study. The third part of the project was the pilot implementation phase, which took place in urban and rural areas of Slovenia. We used the new tool to follow 30 patients included in palliative care for three months. The feedback from the fieldwork will be used to make any final changes to the communication tool we developed.

Results: The experts' consensus was reached after six months work. 20/21 agreed that the tool should include important personal data on the patient, basic medical history data, current medical status and diagnosis, current medications and allergies, Edmonton and Karnofsky assessment tool, and the contact data of the caregiver, the general practitioner and the community nurse. 18/21 agreed that the place of death and the patient's preference on that should be included in the tool. 15/21 suggested that the tool should have a flexible part, allowing every activity with the patient to be registered within the tool and providing the option of sharing the information between different care and health professionals working with the patient. 17/21 suggested the new tool should have a digital format. Community nurses who visit the patients at home also gave us useful information regarding the design of the tool. The pilot implementation phase of the developed communication tool is currently ongoing.

Conclusion: Different profiles of healthcare workers have long agreed that an effective communication tool for providing high quality palliative care needs to be developed. However, reaching a consensus of expert was not that simple. After months of work, the developed tool is now in the pilot testing phase, after which we would like to transform it into the suggested digital format.

Monika Mulej

ANALIZA MODIFICIRANIH EKG-ODVODOV ANALYSIS OF MODIFIED ECG LEADS

UVOD: Elektrokardiograf je naprava, ki meri električno aktivnost srca kot funkcijo časa in prikaže njen potek na papirju ali zaslonu. Z uporabo elektrod električno aktivnost srca prikažemo v obliki 12-kanalnega EKG-zapisa in velja za zlati standard pri odkrivanju akutnega koronarnega sindroma (AKS). EKG se običajno snema v bolnišnicah ali prehospitalnem okolju. Iz tega se je razvila tudi potreba po uporabi različnih modificiranih odvodov. METODE: Raziskava je temeljila na kvantitativni metodologiji. Poskušali smo ugotoviti, ali je 12-kanalni EKG-zapis res bolj relevanten od uporabe drugih modificiranih odvodov. Obenem pa nas je zanimalo tudi, katere spremembe se pojavljajo na različnih EKG-posnetkih pri uporabi modificiranih EKG-odvodov. REZULTATI: V raziskavo so bili vključeni zdravi preiskovanci in tisti, ki so imeli vidne spremembe na posnetku 12-kanalnega EKG-zapisa, ki so prikazale elevacije v ST-veznici. Nekateri modificirani odvodi so te spremembe tudi zaznali. RAZPRAVA IN ZAKLJUČEK: Kot smo predpostavljali, smo z raziskavo dokazali, da z uporabo modificiranih odvodov lahko prikažemo tudi določene spremembe v EKG-zapisu, tudi če v danem trenutku nismo opremljeni z napravo, ki omogoča snemanje 12-kanalnega EKG, lahko tudi odkrivanje ishemiije miokarda.

Ključne besede: snemanje EKG, modificirani odvodi, miokardni infarkt, 12-kanalni EKG

INTRODUCTION: The electrocardiograph is a device for the measurement of electrical heart activity as a function of time and presents its course on paper or display. With the help of ECG leads, the electrical activity of the heart is presented in the form of a 12-channel ECG record, recognised as the golden standard for discovery of acute coronary syndrome (ACS). The ECG is usually recorded in hospitals or in pre-hospital environments. Out of it evolved also the need for the use of different modified ECG leads. METHODS: This research was based on quantitative methodology. We have tried to establish if the 12-lead ECG record is actually more relevant than the use of other modified leads. At the same time, we were also curious about which differences occur in different ECG records when using modified ECG leads. RESULTS: In this research, healthy persons and those with visible changes in the record of 12-channel ECG leads, showing elevations in the ST segment, were included. Some modified leads have also recorded these changes. DISCUSSION AND CONCLUSION: As presumed, the research proved that by using modified leads certain changes in the ECG record can be presented even if in the given moment no device that enables 12-lead ECG is present – including the finding of myocardial ischaemia.

Key words: ECG recording, modified leads, myocardial infarction, 12-lead ECG



Barbara Kirijakopulos

PREVENTIVNA OBRAVNAVA PACIENTA V CENTRU ZA KREPITEV ZDRAVJA

PREVENTIVE TREATMENT OF A PATIENT AT THE CENTER FOR HEALTH STRENGTHENING

Na področju kakovosti zdravja, pogostosti prekomerne telesne teže, kroničnih nenalezljivih bolezni so prebivalci vzhodne Slovenije v veliko slabšem položaju kot preostali Slovenci. Razlogov za nastanek tega stanja je več, ne moremo pa mimo dejstva, da na kakovosten izbor hrane in načinov gibanja ter s tem tudi popoldanskih dejavnosti vpliva tudi finančni položaj družine. Žal je osebni prihodek prebivalcev vzhodnega dela Slovenije manjši od povprečja. Pod okriljem Ministrstva za zdravje in Nacionalnega inštituta za javno zdravje (NIJZ) so tako v 25 zdravstvenih domovih v Sloveniji v letu 2017 začeli projekt Center za krepitev zdravja (CKZ), financiran s strani Evropskih socialnih skladov. Cilj projekta je povečati preventivne dejavnosti krepitev zdravja in zmanjšati neenakosti v zdravju. V centru za krepitev zdravja smo zaradi celostne obravnave pacienta zaposleni različni strokovni profili – diplomirane medicinske sestre, diplomirani fizioterapevti, diplomirani kineziologi, psihologi in dietetiki. Vsak izmed njih lahko na različnih delavnicah in individualnih posvetih udeležencu uspešno pomaga na svojem strokovnem področju. Da bi se delavnic lahko udeležilo čim več ljudi, so storitve za osebe z urejenim zdravstvenim zavarovanjem brezplačne. Cilj projekta je spremeniti življenjski slog udeležencev delavnic ter posledično izboljšati njihovo zdravje, prehranske in gibalne navade.

Ključne besede: zdravje, preventiva, CKZ, krepitev zdravja

In terms of quality of health, the frequency of being overweight and/or having chronic non-infectious diseases, the people of eastern Slovenia are in a much worse position than the rest of the Slovenes. There are several reasons for this state, but we cannot bypass the fact that the financial situation of the family is one of them. The income influences the choice of quality food and methods of movement, such as afternoon activities. Unfortunately, the personal income of the inhabitants of the eastern part of Slovenia is lower than the average. Under the auspices of the Ministry of Health and NIJZ (National Institute of Public Health), the so-called project Centre for Health Strengthening, financed by the European Social Fund, started in health Centres in Slovenia in 2017. The goal of the project is to reduce inequalities in health among the population. In the Center za krepitev zdravja (Centre for Health Strengthening, CKZ), various professional profilers are employed such as graduate nurses, physiotherapists, kinesiologists, psychologists and dietitians for the patient's comprehensive treatment. Each of us can successfully assist the participant in their professional field in various workshops and individual consultations. CKZ services are for people with regulated health insurance free of charge, so that as many as possible can attend our workshops. The goal of the project is to change the lifestyle of the participants, and consequently improve their health, nutrition and fitness habits

Key words: health, preventive treatment

Željko Perdija, Tanja Bagar

PREGLED NAJBOLJE PROUČENIH KANABINOIDOV, NJIHOVA KLINIČNA UPORABA IN DOSEDANJE IZKUŠNJE **OVERVIEW OF THE BEST STUDIED CANNABINOIDS, THEIR CLINICAL USE AND CURRENT EXPERIENCE**

Uporaba konoplje za zdravljenje in lajšanje zdravstvenih težav je znana že tisočletja. Najpomembnejše aktivne učinkovine iz konoplje so kanabinoidi. Kanabinoidi so učinkovine, ki jih v rastlinskem svetu največ najdemo v konoplji, pa tudi v drugih rastlinah. Kljub številnim dejstvom o koristnosti uporabe kanabinoidov v medicini, ostaja še veliko dvomov ter nejasnosti glede njihove klinične uporabe, varnostnega profila ter načina aplikacije. Širšo uporabo zdravil s kanabinoidi omejuje pomanjkanje kontroliranih kliničnih raziskav, ki bi lahko dokazale jasne klinične koristi za posamezne indikacije. Poglavitni vzrok za pomanjkanje teh raziskav je predvsem nejasna regulativa in zakonodaja o uporabi kanabinoidov po celem svetu. V prispevku smo opisali najboljše proučene kanabinoide, načine njihovega delovanja v telesu, možne klinične načine uporabe ter naše dosedanje izkušnje.

The use of cannabis for the treatment and alleviation of health problems has been known for millennia. The most important active substances from cannabis are the cannabinoids. Cannabinoids are found in the plant kingdom, most abundantly in cannabis, but also in other plants. Despite numerous facts about the usefulness of cannabinoids in medicine, there are still many doubts and misconceptions about their clinical use, safety profile and application. The wider use of cannabinoid medicines is restricted by the lack of controlled clinical trials that would demonstrate clear clinical benefits for individual indications. The main cause of the lack of these studies is, in particular, unclear regulations and legislation about the use of cannabinoids worldwide. In the article we described the best studied cannabinoids, their mode of action in the body, the possible clinical uses and our current experience.

Simon Ülen

SODOBNA MEDICINA NA SPOLZKIH TLEH KVANTNE FIZIKE MODERN MEDICINE ON THE SLIPPERY GROUND OF QUANTUM PHYSICS

Vloga kvantne fizike v procesih znotraj človeškega telesa je praviloma spregledana. V prispevku so predstavljeni izbrani izsledki s tega izjemno zanimivega področja fizike, ki kažejo, da bi bilo smiselno v prihodnosti povečati število raziskav, namenjenih implementaciji zadnjih dognanj kvantne fizike v sodobno medicino.

Ključne besede: kvantna fizika, človeško telo, sodobna medicina, nove raziskave

The role of quantum physics in the processes of the human body is usually overlooked. The paper presents selected findings in this very interesting field of physics, which suggest that more research should be conducted in the future, aimed at the implementation of the latest findings in quantum physics into modern medicine.

Key words: quantum physics, human body, modern medicine, new research







**TRADICIJA IN SODOBNOST
V PLESNI UMETNOSTI
IN IZOBRAŽEVANJU /
TRADITION AND
CONTEMPORANEITY
IN DANCE ART AND
EDUCATION**

Rok Vevar

SLOVENE CONTEMPORARY DANCE CRITICISM BETWEEN THE WORLD WARS 1918-1940

In the period between 1918 and 1940, Slovene contemporary dance criticism carried out the pioneer examples of domestic dance historicization (Rado Kregar), outlined the visionary concepts of dance theory shaped in the circles of historical avant-gardes, more precisely: Slovene constructivists and tankists (Ferdo Delak, Avgust Černigoj) delivered theoretical texts of the modern dance and body in the context of the young Christian-socialists (Franjo Čibej, Pino Mlakar), and provided the first articles on the cultural history of classical and modern dance (Kristina Vrhovec). In the daily newspapers and different cultural magazines critics would engage in reviewing the dance works of the domestic protagonists of the modern dance and ballet (Lidija Wisiak and Václav Vlček, Rut Vavpotič, Meta Vidmar, Katja Delak, Pia and Pino Mlakar, Marta Paulin – Brina) as well as follow different touring companies. The Slovene cultural space was surprisingly well connected to the regional and international dance context. - Among the publicists were a number of prominent writers, composers, actors and journalists: Fran Govekar, Miljutin Zarnik, Minka Govekar, Emil Adamič, Marij Kogoj, Rado Kregar, Ferdo Delak, Slavko Osterc, Avgust Černigoj, Ludvik Mrzel, Vilko Ukmar, Maša Slavec, Anton Podbevšek, Peter Pajk, Marijan Lipovšek, Marija Vogelnik, Valens Vodušek, etc., to name only a few. Some of the crucial writers have been completely forgotten for various reasons since (Franjo Čibej, Peter Pajk and Maša Slavec), although their contribution to the history of dance seems extremely important.

Ključne besede: dance criticism, constructivism, young Christian-Socialists, cultural history of dance, modern dance

Andreja Kopač

METHODOLOGIES OF NOTATION IN SLOVENIAN CONTEMPORARY DANCE

When, almost five years ago, together with Maja Delak and the Emanat Institute, we designed a multi-year project »Methodology of notating women authors of contemporary dance«, our first goal was to establish a »community« of choreographers of Slovenian contemporary dance and a certain type of reflection of the notating of their work processes; tactics, strategies, ways, approaches that would contribute to a multitude of discourses, readings and writings, contents and records that speak about contemporary dance that takes place in Slovenia here and now. The initiative stems from the recognition that in the past twenty years there are no records in the field of methodologies and procedures developed by Slovene dance producers, or primarily creators. For this reason, the process of work (certain authors) was emphasized, and not so much the method of archiving and the practice of documenting »products« or performances. The ultimate goal of the project is to establish a systematic reflection and documentation of modern dance methods in the Slovene environment and to make information on modern dance accessible to the general public. The »notating« of dance can never fully capture the particularity of its own form, which makes it necessary to establish some kind of inclusive methodological framework of recording or recording, which obtains its true value only in direct confrontation with another record, which (of course) is radically different from the previous one. To this end, in my lecture at the Tradition and Contemporaneity in Dance Art and Education Conference, my goal is to present some of the recognitions, results and conclusions that came from the first volume of the Methodologies of notation in contemporary dance, published under the title COMMUNITY OF EMANCIPATED BODIES in September 2018.

Ključne besede: methodology, notation, woman authors, Slovenian contemporary dance, documentation



Vesna Bajić Stojiljković

CHOREOLOGY AND ETHNOCHOREOLOGY

Choreology and Ethnochoreology are two scholarly disciplines whose subject of study is dance. The development of both disciplines is very connected, as Ethnochoreology was established on roots of Choreology in the middle of the 20th century. Choreology, the first study of dance, started to develop thanks to some well-known dance researchers and scholars, such as Rudolf Laban and Joan and Rudolf Benesh. Their methodology was focused on developing dance notation and movement analysis. The key moment in the development of dance study occurred in 1974 inside the Study Group on the Terminology of Choreology of the International Council of Folk Music (now the International Council for Traditional Music) when it changed its name into the Study Group on Ethnochoreology, thanks to some very known dance historians and dance ethnologists. From that time on, Ethnochoreology became the most widespread scholarly discipline among dance researches and scholars all over the world. The aim of this paper is to examine methodologies used in the period of the intensive 'choreological' period in the first half of the 20th century and to elaborate which methodologies continued to be useful in different fields of the study of dance. At the Dance Academy Alma Mater Europaea students of contemporary dance and ballet have Choreology as a subject in their study programme. What today's Choreology, as a revived scholarly discipline, can offer them? What is new in Choreology of today compared to Choreology of the first decade of the 20th century?

Key words: Choreology, Ethnochoreology, dance studies, ICTM, Dance Academy AMEU



Jakob Ribič

UMETNOST V FUNKCIJI SPOTIKA ART IN THE FUNCTION OF THE TRIP

Kakšen družbeni in politični vpliv ter moč ima umetnost danes? Kako naj umetnost izpolnjuje svojo funkcijo, da bo angažirana, kritična in uporniška? In po drugi strani, kako naj se izogne pasti, da postane zgolj podaljšana roka neke ideologije? Andrew Hewitt v svoji razpravi Družbena koreografija posreduje primera iz plesne zgodovine, ki sta podlaga za ta premislek. Gre za zadnji ples Nižinskega v nekem hotelu v St. Moritzu in ples Jacksonovih deklet. Na tej osnovi se v prispevku premisli odnos umetnosti do objektov, ki jih ustvarja. Izkaže se namreč, da so ti objekti fetiške narave in kot taki prostor ideologizacije in zlaganosti. Kot mogoča alternativa ustvarjanju tovrstnih objektov se predstavi sublimni objekt, o katerem v svojem delu piše Slavoj Žižek. Rdeča nit prispevka je Balzacova anekdota o pozdravu dveh mimoidočih, pri katerem se eden od njiju spotakne. Pri Balzacu se ne spotakne klicani, pač pa tisti, ki je nosilec klica (Drugi). Izkaže se, da umetnost svojo protiideološko in kritično držo izpolnjuje tako, da se vpisuje na tista mesta, na katerih se Drugi (ideologija) spotakne. Umetnost, ki se vpisuje na mesto tega spotika, na točko spodletelosti zgodovine in ideologije, je kritična v izvornem pomenu te besede. Biti kritičen namreč pomeni delati razliko in takšna umetnost pokaže na razliko med zunanjo podobo neke ideologije, ki je zmeraj sklenjena, organska in zaokrožena, in med njenim nemogočim, nemožnim in praznim mestom v »ekstimni« notranjosti.

Ključne besede: ideologija, umetnost, ples, sublimni objekt, modernizem, postmodernizem

What socio-political power does art hold today? How is art to perform its function, to be engaged, critical and rebellious? How is it to avoid the pitfall of becoming no more than an extension of an ideology? In his book Social Choreography, Andrew Hewitt examines two examples from the history of dance which form the basis of this reflection. These are the final dance of Nijinsky in a hotel in St. Moritz and the dance of the Jackson Girls. On this basis, the submission re-thinks the attitude of art towards the objects it creates. It becomes clear that these object are of a fetishist nature and as such are a place of ideologization and falseness. As a possible alternative to such objects, the sublime object, about which Slavoj Žižek writes, presents itself. The submission's common thread is Honoré de Balzac's anecdote about two greeting passers-by in which one of the two trips. With Balzac it is not the one greeted who trips, but the one who issues the call (the Other). The conclusion drawn is that art fulfils its anti-ideological and critical stance by presenting itself in places where the Other (the ideology) trips. Art which presents itself at the point of tripping, at the point of failure of both history and ideology, is critical in the word's original meaning. To be critical means to create a difference, and this type of art points to the difference between the outer form of an ideology which is always concluded, organic and complete and its unattainable, impossible and empty place in the "extimite" inwardness.

Key words: ideology, art, dance, the sublime object, modernism, postmodernism

Emilija Sorić

BALLET METHODOLOGY THROUGHOUT HISTORY

This text deals with ballet methods and techniques throughout history and describes the development of ballet methods from the beginning of the age of Louis XIV, then elaborates the method of Filippo Taglioni according to which Marie Taglioni was educated and the method of Auguste Vestris taught by Fanny Elssler. The paper compares and describes the methods of dancing and techniques of those two gems of the time. In the context of the development of male technique and dance, the methodology and the appearance of the male class of the then pedagogue Carlo Blasis is described. In addition to the above-mentioned methodology, the paper also mentions the Russian methods of Nikolai Legat and Agrippina Vaganova, the influence of troupe Ballets Russes on the establishment of the American ballet school through Balanchine, and the emergence of other schools such as the English. Particularly, the focus is put on the methodology that is being applied today at the School of Classical Ballet in Zagreb. In addition, the text describes how today's methodology develops under the influence of sports medicine and other techniques that are supplementing and complementing ballet: Pilates, stretching and progressing ballet technique. The author deals with this topic due to personal reasons. Recently the author started working professionally in the School of Classical Ballet in Zagreb and is interested in the historical evolution of ballet methodology. The question that is of interest in this context is whether the ballet method implemented at the School for Classical Ballet in Zagreb is adapted to the possibilities of the child being trained, given the knowledge about safe practice and possible injuries. The analysis of the development of classic ballet methodology throughout history was written using the texts of dance theorists Jennifer Homans, Vera Krasovskaya, Selma Jeanne Cohen, Agrippina Vaganova and a group of authors from the National Institute for Dance Medicine and Science.

Key words: Ballet methodology, ballet, ballet technique



Blaž Bertonec, Andreja Podlogar

GLOBALISATION, CULTURAL POLITICS AND ECONOMY AS REASONS FOR THE DEVELOPMENT OF NEW SOCIAL DANCE - NEOTANGO

Although there is no academic discourse about neotango, the aim of this article is to synthesize available information from different sources. The result is a partial answer why it separated from its original form as a different dance, what the reasons for this development are and what the ideology behind this new social dance form is. At the end of the 19th century, a social dance called tango (now known as Argentine tango) was developed as the organic fusion of different migrant cultural heritages mixed with local influence in the territory of Mar Del Plata. A hundred years later a derivative of the dance, called neotango, is gaining global popularity. Appreciating the improvisational heritage of Argentine tango, dancers of neotango distance themselves from its tradition. Ideas that tango constantly evolves, can be danced on any music, that movement can be optimised with concepts from other dance forms and that social codes are outdated, created friction with dancers who see Argentine tango as part of tradition in the current timeframe. The traditional view is also supported by the legislation of Argentina, which sees the Argentine tango as one of its domestic products on the global marketplace, with Buenos Aires being the centre of the Argentine tango experience economy. So the paradox of Argentine tango in relation to neotango is that the derivative is defending the core base of the original (freedom of movement, communication, improvisational experiment), while the original started to erode from its core as a consequence of cultural politics and cultural economy.

Key words: neotango, argentine tango, globalisation, cultural politics, cultural economy



Andreja Podlogar

BA TANGO BIOMECHANICS METHOD TRAINING AS PREVENTION OF FALLS IN ELDERLY POPULATION

The research is focused on the prevention of falls in elderly population with the BA Tango Biomechanics method of Blaž Bertonec and Andreja Podlogar. It is conducted in collaboration with Barbara Purkart, MA (University of Primorska, Department of Applied Kinesiology) and the Jožef Štefan Institute. Thirty-two elderly persons participate in the ninety-days research. Some studies about the use of Argentine Tango as prevention of falls in the elderly population have been executed (McGill University, Washington University School of Medicine), but without focus on biomechanics of movement. In the currently ongoing research in Ljubljana, the main focus is on a systematic approach towards the skills of tactile perception of surfaces before the weight transfer, vertical use of a partner in case of balance loss and building awareness of certain muscle groups through the concept of BA Tango Biomechanics. Hypothesis of the research are: better coordination of an individual after the intervention compared to the test group (measured with tensiometric plate before and after intervention), better self-confidence of an individual in unpredictable environment and better motivation for exercise attendance in comparison with other available activities.

Key words: Argentine tango, prevention of falls, elderly people



Blaž Bertoncej

PREFORMATIVE SPACES 2.0

The research is focused on the possibilities of micro performing spaces, which are necessary for the development of independent performing arts and culture industries in Slovenia. In reality, these kinds of spaces already exist but they are in contradiction with the current legislation in Slovenia. The first part of the research focuses on global reasons why micro performing spaces have developed, on legislative obligations in different countries and the solutions how different players met these requirements. The second part of the research features the analysis of the current situation in Slovenia with focus on active micro performing spaces and defines restrictive hotspots in the Slovenian legislation. As research shows, it would be necessary to take steps toward legalisation of existing spaces and at the same time facilitate the opening of new spaces which will support local needs, contemporary preformative art practices and borderline/exotic art practices within the territory of Republic of Slovenia.

Key words: culture industries, performing art, micro art spaces, contemporary art practices, legislation



Andreja Podlogar, Blaž Bertoncelj

TANGO FLOOR TEC TECHNIQUE FOR BETTER AND SAFER PRACTICE IN ARGENTINE TANGO

Argentine tango is a dance in a couple, based on the couple's communication. The structure of tango technique enables the dialog between the dance partners, but does not necessarily give a base for execution of a controlled movement. Thus tango lessons usually don't include the explanation of proper execution of elements. The consequence can be bad posture and improper movement patterns, which can lead to health issues, like back, knee or ankle injuries. The BA Tango Biomechanics movement concept developed by Blaž Bertoncelj and Andreja Podlogar is based on the anatomically proper body movement in tango. The importance of this concept lies in the movement optimization and prevention of injuries. However, it is nevertheless a challenge to adopt proper movement patterns at regular workshops when the students are preoccupied with new steps, communication and music. TangoFloorTec is a tango technique of floor exercises developed by Andreja Podlogar, based on the movement concept of BA Tango Biomechanics. It helps to develop an understanding of the correct posture and body movements otherwise carried out while standing up. The aim of exercises is building an awareness of anatomically correct body positions and proper use and development of muscular segments important for obtaining balance and for improving communication through better response (core muscles, back muscles). The purpose of TangoFloorTec practice is an improvement of tango technique, balance and coordination and prevention of injuries.

Key words: Argentine tango, Tango Floor Tec, BA Tango Biomechanics



Manca Raušl Kodrič

DANCE INJURIES

In the world of dance, injuries are very much present, but are also easily prevented. Inadequate knowledge and poor practice are the main culprits for many dance injuries which affect dancers. The article focuses on injuries that are most common in classical ballet. A big number of ballet dancers suffer from injuries of the feet, ankles, knees, joints and backbone. To prevent dance injuries each ballet dancer should take special care of his/her body. That includes proper nutrition and hydration, good and proper equipment and safe practice or training. Ballet is not what it once was, and this leads to the problem that only ballet training is not enough for the needs of most ballet dancers. Therefore, additional training is advisable to prevent injuries with building strong and flexible muscular structures, improve condition and strong skeleton. Causes for injuries are internal and external. The category of internal causes includes the way of eating, psychological instability and physical weakness. Also, a big problem in the ballet dance system is that insufficient emphasis is put on body structure and predispositions of young dancers which can lead to injuries just because of the nature of the ballet training itself. External causes which can lead to dance injuries are unsuitable training conditions and dance equipment. Most of the time injuries are the result of poor training and incorrect execution of exercises and steps.

Key words: Dance injuries, safe practice, ballet dancer, causes of injuries



Svebor Sečak

INTERTEXTUAL DANCE ANALYSIS

The early 20th-century notions of intertextuality, usually attributed to Mikhail Bakhtin, were later developed by Julia Kristeva. From the perception of a text as a mosaic of quotations she contends that the interpretive process is the creation of a dialogue from an intersection of textual surfaces, in opposition to a more traditional view of the construction of a single point of meaning. Michael Worton states that dance can also be perceived as text and can be better comprehended by being viewed through the prisms of intertextual gazes and speculations. For him, every text is bound up with a host of other texts, some known and intended by the author, others known only by the reader and evoked as reference points; no two readers will 'read' exactly the same text. Drawing on Janet Adshead and Sally Banes, this paper discusses traditional dance analysis that should consist of contextual, descriptive, interpretive and evaluative aspects and then focuses on other methods of analysis which are more appropriate for postmodern contemporary works and demand a different approach and a poststructuralist discourse where the intertext assumes a different importance from plainly a linear set of references; it can be a complex interweaving of literary, poetic, musical and other quotations. According to Graham Allen, intertextuality is employed in structuralist, post-structuralist, semiotic, deconstructive, post-colonial, Marxist, feminist and psychoanalytic theories, and has been applied across a range of cultural texts. The main argument is that intertextuality may be considered as a powerful tool for contemporary dance analysis.

Ključne besede: dance, intertextuality, dance analysis, postmodernism, poststructuralism



Lovorka Puk Tomić

DICHOTOMY OF THE NATIONAL / TRANSNATIONAL CONTEXT IN BALLET THROUGHOUT HISTORY AND TODAY

The original thought of the American anthropologist Joann Kealiinohomoku that ballet can be considered as a form of ethnic dance inspired the author to question the national or transnational context within ballet art today and throughout the past. Under ethnic dance, anthropologists want to convey the idea that all forms of dance reflect the cultural traditions within which they originated. Within the 400-year-old tradition of ballet history, universal languages, national dances, national styles, national schools and national ballets have emerged. There is a question of national / transnational dichotomy in ballet art. Do the ballet features considered as ethnic correspond to the 'Western' concept of dance, actually? What factors have contributed to the construction of a characteristic identity within the evolving ballet tradition and how does ballet today adapt to world global standards? Throughout history, the ballet form has changed as the social context changed, but, like other ethnic dance forms, ballet did not change to its unrecognizability. Discussing the tendencies of ballet art in the context of socio-historical events of the Western world, relying on the Kealiinohomoku thesis, this paper completes the thesis with contemporaneity, comparing national and transnational presentation in leading world ballet companies. The theoretical framework of this paper is a reflection of Joanne Kealiinohomoku, Anne Kisselgoff, Helena Wulff, Dixie Durr and Susan Crow.

Key words: Ballet, ethnic dance, national / transnational



Iva Višak

VERONIQUE DOISNEAU- CREDULITY TOWARDS A PERSONAL NARRATIVE IN THE BALLET ART

Provoked by the quote of the French philosopher Jean-François Lyotard »incredulity towards grand narratives« and referring to the feminist credo 'personal is political' this work, as a critical analysis, questions the challenging multilayered theatrical work and its relationship between tradition and contemporaneity. Véronique Doisneau is a work by the French choreographer Jérôme Bél, performed at the Paris Opera 2004 as an homage a corps de ballet, which was also documented as a film version. The selected dancer belongs to the hierarchical ballet system of »sujets«, dancing in the ensemble, but also dancing small soloist roles. In the performance she literally speaks about her professional and private life and as spectators we testify a farewell for the retiring professional ballerina. The author presents inconspicuously an anarchic striptease revealing and abolishing the representative postulates of ballet art within the theater institution. Ballet as an elitist dance art form in this work gained its apotheosis of humanity through an invisible and neglected member of the ballet hierarchical system, the marginalized corps de ballet member. The key question of this seminar work is whether ballet art can correspond to contemporaneity? Despite ballet's dominant aesthetics and racial, cultural and gender elitism and exclusivity, can it become a paradigm by which not only do we understand the historical moment in which it was created, but also the paradigm by which we evolve and understand the present moment? This paper will provide verifiable answers to the above questions. The theoretical framework of this analysis includes the thoughts of Michel Foucault, Pierre Bourdieu, Louis Althusser, Roland Barthes and Jean-François Lyotard.

Ključne besede: ballet, ideology, tradition, contemporaneity, theatr



Helena Valerija Krieger

THE IMPORTANCE OF DANCE EDUCATION AT THE PRE-SCHOOL LEVEL AND ITS POSITION IN THE SLOVENIAN NATIONAL CURRICULUM FOR KINDERGARTENS

Appropriate dance development of preschool children is possible only with suitable educational methods, with which children's artistic creativity and their psychomotorics is developed and promoted. In the first part of the paper, based on the study of the professional literature of David Best, Graham McFee, Jacqueline Smith-Autard, Betty Redfern and Peter Brinson, we justifiably reject the subjectivistic approach to teaching dancing, and foreground objective goals, arguments and methods. We assume that in today's society there are disagreements regarding the importance of knowledge about dancing and its placement in the educational system at the pre-school level, which is reflected in the scope of performing dance activities within the subject of Art in kindergartens. We believe that the presence of dance activities depends to a large extent on the attitude of the educator towards dance, which is influenced by their professional qualifications and awareness of the positive effects of this type of activity on the child's overall development. In the second part of the task, on the basis of a case study, the objectives of all areas of the curriculum that are realized through dance education, are studied and selected. This provides justification and shows the need for proper placement of dance education into the educational system of Slovenian kindergartens. Specifically defined guidelines for the integration of dance into all areas of educational activities carried out in kindergartens are defined, which would significantly facilitate the planning of the pedagogical process. Last but not least, it is necessary to mention the constant professional training of professional staff in education, which should be a form of lifelong education for every active educator.

Ključne besede: pre-school education, art, dance, curriculum, subjectivism



Bor Sojar Voglar

DANCESPORT AS A SPECIAL INTEREST GROUP ACTIVITY IN ELEMENTARY SCHOOLS

Ballroom dancing is a sport discipline acknowledged by the International Olympic Committee since 1997 as DanceSport. Slovenia has been on the World's top since 1995 with many couples reaching the title of World Champions. This year we even reached double victory at the WDC Open World Latin Championships. World champions have become Klemen Prašnikar & Alexandra Averkiewa, and the runners-up were Damir Halužan & Anna Mashchyts. Our top amateur and professional couples' achievements are due to the quality work of Slovenian dance schools, mostly by investing time and energy into young generations. Unfortunately, we are witnessing a drastic decline of the number of young couples at the national competitions. Only a few dance schools still invest in junior ballroom dancers. The teachers of the Slovenian »golden generation« are at the end of their active careers and many of our World Champions are teaching abroad. In this article we are presenting the project that could once again encourage our children to engage in DanceSport in greater numbers.

The test introduction of Dancesport as a Special Interest Group in elementary school lasted 11 years – between 2001 and 2012. We are presenting an example of good practice by describing the launch of the project at the Prežihov Voranc elementary school in Ljubljana and the teaching practice. We are also presenting the vision of expanding the activity to other Slovenian elementary schools by organising the School DanceSport League. The project predicts the organisation of many dance competitions that would be organised by elementary schools in cooperation with dance schools and an umbrella dance organisation.

Key words: School, league, competitive ballroom dancing



Uroš Zavodnik

DANCE FILM - BETWEEN REALITY AND FICTION

Dance film, which is genre specific, is as any other film of any other genre in the first place subordinated to the dramaturgy of a feature film. For that reason, professional dancers sometimes have a problem to identify themselves with the protagonists of the film creation for the cinematographic screen. As example, we can take the high budget film production, which won the Oscar, the psychologig thriller 'Black Swan'. In the centre of it is a ballet dancer, who is torn between the professional life of dancer as her own personal life through the play between the black and the white swan. This play generates an emotional narration, which is presented to the spectator, yet at the same time, it exceeded the personal experiences of a professional ballet dancer. Why!? The film can easily generate the dreams of any ballet dancer, yet at the same time, it can destroy him/her with the same ability and confronts the dancer with brutal reality. Dance film creates a specific subversion, which leads the spectator, as well as the dancer over the thin line between reality and fiction – the film director is incorporated into the specific play, which he/she creates through the precise directing of mise-en-scène, so that the film world seems to be perfect and playful at the same time.

Key words: Dance film, dance, film, ballet



Tina Vrtar Stipić

BALLET EDUCATION IN CROATIA: ASSESSMENT OF THE SITUATION AS AN IMPLICATION OF FUTURE DEVELOPMENT

Ballet education, as a segment of the comprehensive school system in the Republic of Croatia, is a characteristic area in which culture and tradition are particularly reflected. With its historical inheritance and the existing possibilities of further development it makes assumptions of the projection of the future. Challenging the current situation in ballet education regarding the realization of the curriculum, organization and working conditions, the interrelations of all those involved in education, comparison and positioning in relation to the relevant European ballet centres, as well as the significance of initial education of the ballet teacher and the importance of ballet education in the entire psycho-physical development of children leads to research which, through interviews as data gathering methods, results in the attitudes and opinions of three groups of respondents: retired teachers of the ballet profession, active teachers and students of ballet pedagogy studies. Thereby, this research achieves its goal: the assessment of the present state of affairs as an implication of future development. The results of the research are presented in tabular format according to the topics of the conversation and at the same time give a conceptual and applicative potential for further research that could not be covered by this work but could certainly affect the prosperity of the ballet profession in the Republic of Croatia.

Key words: Ballet education system, pedagogy, curriculum



Neja Jeršin

THE IMPLEMENTATION OF TRADITION TO CONTEMPORARY DANCE EDUCATION

The following piece is based on my own personal experience regarding two dance institutions in Ljubljana: the Conservatory for Music and Dance Ljubljana and the Dance Academy – specifically its contemporary dance program. This text is split in two and focuses on the following subjects: 1. Multicultural Dance Practices (a class held at the Dance Academy), as an example of a unique approach in terms of connecting modernity and tradition; 2. a comparison between the teaching styles of two subjects - Ballet and Contemporary Dance Technique held at the Conservatory and the Dance Academy. The presented perspectives, comparisons and connections can contribute to a better understanding of the impact these education programs can have on a student. In addition, we can better understand the dance technique and pedagogy from both a traditional as well as a modern perspective. This can greatly impact our future work as an artist.

Key words: Tradition, modernity, ballet, contemporary dance, individual



Monja Obrul

THE IMPACT OF DIET ON DANCERS

Food is a source of energy that every living organism needs to function. A healthy diet presents something different to each individual. Our ideas depend on our culture, education, environment and many other factors. Also, experts in the field of healthy nutrition advocate different theories. Some even oppose each other. The importance of proper nutrition is great for every individual, and even greater for professional athletes, including dancers, who want to achieve the highest possible achievements in their field. Dancers must acquire all the necessary nutrients for the strenuous trainings and performances with proper nutrition, while at the same time maintaining the aesthetic appearance that contributes to the quality of the performance. In the article, we will critically evaluate the various effects of diet on the functioning of the dancers and analyse the ways in which they can improve their eating habits. H. Sheldon and Lindsay Carter developed a system in the 20th century that divides body types into three categories: ectomorphs, mesomorphs, and endomorphs. In finding the right diet, dancers should take into account their body type, which would ensure faster muscle regeneration, injury prevention, and faster and more fully recovering from the injuries. Some dance institutions are already using the so-called »Dance Screening« prevention program and blood tests, which reflects in an additional reduction in the number of injuries. When analysing the diet of dancers, we should also pay attention to the problem of eating disorders which can lead to the female athlete triad.

Key words: healthy diet, dancers, injuries, body types, eating disorders



Stefanija Kuzmanovska

HISTORICAL APPROACHES IN THE FIELD OF DANCE IN MACEDONIAN BALLET

In the proposed theme, the author reviews the seventy years of existence of ballet art in Macedonia. In 1948-49, for the first time in a Macedonian folk theater in which the drama and opera exist, ballet art appears as a new theater genre. The research basically examines the set repertoire of the Skopje scene. The author, depending on the goals set and the contemporary requirements in the historical period of seventy years, conditionally divides it into four periods. The first period is a period of enthusiasm and staffing with huge repertoire challenges facing the classical ballet. The second period is the affirmation of artistic demands facing contemporary ballet trends.

The third period is characterized by creative processes that strengthen their own development paths. The fourth-day period is a challenge to globalization and integration in the field of art and fostering national dance expression.

Ključne besede: Macedonian ballet art, tradition, contemporaneity, historical approaches



Martina Svetina

CULTURAL, ARTISTIC AND AESTHETIC EDUCATION IN THE CURRICULUM OF ELEMENTARY AND MUSICAL EDUCATION IN SLOVENIA

This article focuses on artistic, aesthetic and cultural education, which through performance, creation and viewing of dances develops artistic appreciation - the main goal that we want to achieve in dance education as art. The methodology of the first part of the paper is based on the study of professional literature of David Best, David Carr, Graham McFee, Janet Adshead and Jacqueline Smith-Autard. In the second part of the paper, the studied phenomenon based on a case study is examined in practice, where we studied the elementary school curriculum of compulsory and optional subjects with dance content, as well as the ballet curriculum in music schools. The goal of the task is to determine whether children can learn dance as art at the elementary level of education, which through dancing, creating and watching dances develops an artistic appreciation that will enable them to recognise the qualities in an artistic work and enjoy it when they are adults. The current educational system in Slovenia at the primary level offers continuous dance education only to those individuals who show a personal interest, and whose physical dispositions meet the criteria for enrolment into a music school – department of ballet and contemporary dance. Thus, the majority of Slovenian children who are not enrolled at parallel music schools are deprived of an aesthetic, cultural and artistic experience in dance. At the upper secondary level of education, individuals that are more capable can continue their dance education at art gymnasiums. At the recently established Dance Academy Alma Mater Europaea, new generations of educated teachers are emerging, and they will improve the quality of dance lessons in all its verticals in the future.

Key words: Dance and education, dance as art, dance in the curriculum, artistic appreciation



Urška Centa

PLACEMENT OF THE FLAMENCO INTO SLOVENIAN CONTEMPORARY ART

Flamenco as an art form has crossed its national borders a long time ago and became an established genre in the field of performing arts and music, and is diversely used by numerous non-Spanish artists all over the world. The development of flamenco in the context of theatre has been directly proportional to the development of contemporary dance and has been forming an artistic language, seemingly understandable to the audience regardless of the environment of the realization. Artists have a granted possibility to abandon the traditional frame and undertake other methodologies and practises, therefore flamenco can be considered as a free art form. An important part of the Government of the Republic of Slovenia, the Ministry of Culture, cultivates a problematic opinion of flamenco and some other art forms that originate in world cultures, considering them as a foreign folklore and systematically excluding them from financing. This discriminatory behavior is causing marginalization of local flamenco artists and is forcing them to transfer to other fields of performing and music arts. Systematical rejection of practises that are not exclusively contemporary dance puts to the question topics of political double-dealing and intervening into interculturalism and globalization of Slovenian art. Slovenian artist are faced with the requirements of duty to the national interests.

Key words: formats of contemporary art, interculturalism, financing



Anja Fabiani

ARGENTINIAN TANGO AS THE SOFT POWER OF THE STATE

The Argentine tango advocates an explicit social component, because it reflects an image of the modern Argentinian society, but it is also a reflexion of its recent history. The paper will attempt to prove that it belongs to the so-called soft power of the state. Soft power of the state is a term that was coined in the early 1990s by Joseph S. Nye, an American theoretician in the field of international relations. It reflects the fundamental categories that make some state 'attractive' (Nye also used this term). Basically, it relates to culture, foreign policy and political values. Later on the soft power of the state was measured by indices and announced in various publications such as Monocle Magazine, Soft Power 30, Anholt Index, etc. Argentina with its capital Buenos Aires is a typical example of a state where a dance, the Argentine tango is considered a significant representative that makes a state and its capital attractive and becomes its leading signifier. It does not only attract a large number of long-staying tourists, but simultaneously it is becoming a phenomenon that assists the economy, education and even more self-identification and the elevation of consciousness on the importance of Argentinian culture and art. At the same time, it remains a model for society stratification. Practically, the Argentine tango is the only dance and even more than a dance, a cultural phenomenon that as such almost entirely takes over the leading position in the external valuation that is the recognisability of a state and the recognisability of its capital. Further on the paper tries to determine the possible reasons for this by researching the phenomenology of Argentinian multiculturalism, immigration, the significance of gender roles, marginalisation and the expression of society of the individual through (contemporary) dance. It also presents the therapeutic aspects of the Argentinian tango, as it is almost the only modern dance with a therapeutic role.

Key words: Argentina, Buenos Aires, tango, soft power of state, (multi-)culture



Neža Blažić

THE IMPORTANCE OF AUTHORSHIP WITHIN CONTEMPORARY DANCE ARTS

With the globalization and development of new technologies, the world can quickly exchange information between different parts of the world or between different cultures. Within dance art, there is an increasing use of traditional dance forms as a starting point for creating new movement material. In particular, contemporary dancers and choreographers love to explore the junctions of various movement languages and discover new ones; therefore in this context discourse on the topic of author and innovation is important. This article includes experiences in the two-year course at the Academy of Dance in Ljubljana and their integration with professional literature in the field of contemporary art. The article wishes to draw attention to the responsibility of the educational system to dance art, as the student steps down the path where their decisions that they will make as a future author, will soon become part of this art.

Key words: intercultural dance forms, author, innovation, contemporary dance



Rosana Hribar

CONTEMPORARY DANCE BETWEEN AFRICA AND SLOVENIA

The article deals with the problems of African culture, which in the Slovene region is still some kind of tabula rasa, or, Eurocentric culture with prejudices. Both by the state institutions and by the general population. This reflects on the lack of a clear idea of the history and art of a particular nation. The Black Continent is still a victim of stereotypes and generalizations that are unilateral and misleading. Despite the knowledge and recognition of the influence of African dance on the development of new dance forms and its own transformation to contemporary dance practices, we still experience it to a great extent through secular perception, which is detrimental to both African artists and Slovenian artists of African origin, despite the fact that they create a completely modern universal dance expression. Therefore, in the field of art, a more detailed analysis of the development of African art in Slovenia and the clarification of the concept of African (Slovene) contemporary dance is necessary.

Key words: African contemporary dance; African dance in Slovenia



Sonja Zdravkova Djeparoska

DETERMINATION OF THE BASIC SEMIOTIC UNITS IN THE FIELD OF DANCE

Semiotics as a science that studies signs, messages and codes is most often associated with linguistics and literature. The connection of the music and dance field with semiotics opens up opportunities for reading and decoding of the ascents that have not yet been or not sufficiently treated. General semiotic concepts will be applied in the field of dance, and their range, structure and function will be defined. Peterson Royce exposes the view that it is not possible to make a direct equalisation of the elements and its classifications that are functional in linguistics in comparison with performing arts concretely dance, due to a completely different concept and structure of the material. Hence, the attempt is to make classification, analysis and comparison of the generally accepted semiotic concepts with what is applicable in a dance performance. Theatrical / dramatic semiotics, which are significantly larger than the sources associated with dance semiotics will be considered. If we refer to the opinions of Mukařovsky regarding the definition of the basic element – the sign - and accept his classification of performance systems, we can get possible answers on this issue. The capacity and shape of a dance sign is determined and depends on the performance processes. The sign is encoded, recoded and interpreted. However, as a basic irreplaceable element of this analysis we use the dancing body, which is fundamental for modelling and coding.

Key words: Dance, semiotics, sign, dancing body



Alenka Lin Vrbančič Simonič

REFLEKSIVNOST IN ČUJEČNOST V PROCESU PLESNO-GIBALNE TERAPIJE REFLEXIVITY AND MINDFULNESS IN DANCE MOVEMENT THERAPY

Plesno-gibalna terapija je sodobna znanstveno utemeljena psihoterapevtska modaliteta, pri kateri je v ospredju vračanje k telesu, občutkom in emocijam, poudarja pa tudi vlogo ustvarjalnosti. Za razvoj »zavesti o sebi«, ki je tudi temelj »zavesti o drugem/svetu«, je potreben notranji proces, ki se izraža skozi čute in gibanje. Skozi gibanje telesa v prostoru razvijamo zavest – kot pozornost, orientacijo, mišljenje, stališča, ki pa so v prvi vrsti vtisnjeni v telo, mišice in živčni sistem, navezujejo pa se na občutke in čustva. Telo kot posoda zavesti predstavlja v odnosu do zunanjega sveta prav tako zavest, ki se giblje in razvija z raziskovanjem večjega, širšega prostora. Z metodami in tehnikami plesno-gibalne terapije se v procesu neverbalne in verbalne komunikacije izražajo različne predstave, podobe, telo nosi mnoge spomine. Odkrivamo, kakšen je moj odnos do sebe – navznoter; na ravni psihičnega življenja, dinamike, notranjih odnosov. In spoznavamo, kakšen je moj odnos do sveta, v socialni interakciji z drugimi, svetom. Mnoge raziskave kažejo, da je za razvoj zdrave navezanosti med otrokom in materjo/prvim pomembnim Drugim ter za nadaljnji zdrav celostni razvoj otrok ključnega pomena refleksivnost matere/staršev in sposobnost za »mentalizacijo«. Plesno-gibalna terapija skozi prakso »čuječega« gibanja izboljša zavedanje tako notranjih kot tudi zunanjih pojavov in dogajanj. Osrednji mehanizmi delovanja v čuječnosti (posebej sprejemanje in samoregulacija) so prisotni tudi v metodah in procesu plesno-gibalne terapije. Ustvarjalno gibanje, vključno s temeljnimi vzorci telesnih povezav, ki imajo nevrofiziološko osnovo, lahko posamezniku bistveno pomaga pri izboljšanju njegovega počutja, razvoju refleksivnosti in s tem tudi pri izboljšanju njegovega delovanja in vsakdanjega življenja. To je tudi temelj za razvoj prosocialnega vedenja, starševskih in drugih odnosnih veščin, ki podpirajo zdravo navezanost in razvoj zdravih ustvarjalnih odnosov, ki so temelj zdrave družbe.

Ključne besede: plesno-gibalna terapija, čuječnost, refleksivnost, zgodnja obravnava, preventiva

Dance movement therapy (DMT) is a contemporary psychotherapeutic modality. It emphasizes the body and its processes, feelings and emotions in connection to developing reflexivity and symbolization. Developing self-consciousness through inner processes in connection to evolving movement in space, attention, orientation, thinking, different viewpoints – these are the focuses of DMT also. Different contemporary research studies in the field of neuroscience, also in connection to the field of working with traumatized individuals, also with children and families at risk, confirm the effectiveness of DMT. Central mechanisms of different "mindfulness approaches" (e.g. action in alertness, particularly acceptance and self-regulation) are also present in the methods and process of DMT. Basic patterns of body movement integration have a neurological foundation: kinesthetic information is processed through joints and muscles and it is connected to the nerves along the spinal cord. DMT increases the kinesthetic sensitivity and awareness, it also supports the integration of different senses (movement – proprioception, vestibular, touch, visual, auditory and also smell). DMT develops the attention- concentration span and supports the processes of self-regulation, which is very important for individual functioning and well-being. The specified mechanisms and methods of dance movement therapy significantly contribute to the field of early intervention: they support and contribute to healthy attachment, help to enhance pro-social behaviour and skills, help to develop and support parental competences. Developing reflexivity and mindfulness through DMT is an important contribution to contemporary field of early intervention, child and youth therapy and prevention, also working with families at risk.

Key words: dance movement therapy, mindfulness, reflexivity, early intervention, prevention

Snežana Filipovska

HERITAGE OF CLASSICAL BALLET IN THE CONTEMPORARY WORLD

In the proposed text, the classical ballet legacy is considered from the aspect of applying its own laws in the contemporary world. Through the implications of the essential components present in classical masterpieces, such as the system of classical play, the role of music and the choreographic composition, the author proves that the knowledge of ballet art tradition has great importance for the current creative research in the field of contemporary dances and education. As a commonly accepted system of artistic thinking, the classical dance shapes the expression of human movements, throughout centuries and at different stages of cultural development. Adopting this point of view, the author favors the hypothesis that the classical ballet boundaries are widely open towards new demands in the field of contemporary theatrical play. The classical dance system represents that quintessence (the core) which is enriched with new artistic co-existences, new sculptural plastic forms, new national decorations, acrobatical sports movements, or in one word, the system has the power to allocate the plastic intonations of modern man, the power of expressing contemporaneity. In the conclusions, the author speaks of a very important fact - which says that the classical dance lexicon has the capacity for eternal updating and renewal. In addition, it is a powerful weapon of enriching the human spirit in a modern way.

Ključne besede: classical ballet, dance education, contemporaneity



Vesna Geršak, Urša Rupnik

MODEL UČENJA S POMOČJO UMETNIŠKE IZKUŠNJE A MODEL OF LEARNING THROUGH ARTISTIC EXPERIENCE

V prispevku bomo predstavili model učenja s pomočjo umetniške izkušnje, ki ga na Pedagoški fakulteti v Ljubljani razvijamo že peto leto. Model sledi ciljem kulturno-umetnostne vzgoje ter gradi na izkustvenem, sodelovalnem učenju z umetnostjo in prek nje, poleg tega pri otrocih razvija plesnost, likovno senzibilnost in čut za estetiko. Pri raziskovalnem projektu osnovna šola in vrtec sodelujeta s kustosinjo v muzeju, koreografinjo, likovno umetnico, glasbenim umetnikom in študentkami pedagoške fakultete pri predmetu Plesno gledališče. Skozi umetnost raziskujemo različne teme oziroma pojme; v zadnjih dveh letih smo skozi različna umetniška sredstva raziskovali tovarne in srednji vek. Odzive otrok smo spremljali z vizualnimi testi, nestrukturiranimi intervjuji, analizo SWOT in analizo portfoliev študentk. Učenci so imeli možnost utelesiti izbrane vsebine, se svobodno izražati skozi plesni in likovni medij ter dejavno sodelovati v celotnem procesu – od obiska muzeja do plesno-likovnega nastopa. Pomemben vidik za otroke je bila odrska izkušnja, saj so nastopili vsi otroci, ne glede na sposobnosti, in s tem krepili svojo samozavest. Dobrobit projekta je vidna tudi pri študentih, bodočih pedagogih, ki so bili dejavno vključeni v celoten proces, od ideje do odrske postavitve, in so s tem spoznali, kako lahko medpodročno povežemo ples, likovnost, družbo, glasbo ... Prav tako je učiteljicam, umetnikom in kustosinji omogočil soustvarjanje procesa in širitev kompetenc s področja kulturno-umetnostne vzgoje. Pri omenjenih projektih ugotavljamo, da je integracija plesne in likovne umetnosti v učni proces pri učencih sprožila pozitivne čustvene odzive, poleg tega pa so razširili svoje pojmovno polje oziroma predstave o obravnavanih pojmi.

Ključne besede: model učenja s pomočjo umetniške izkušnje, ples, kulturno-umetnostna vzgoja

A model of learning through artistic experience developed at the Faculty of Education in Ljubljana in the last five years is presented. The model follows the goals of arts and cultural education by building experiential, collaborative learning with and through arts and develops a sensitivity to dance, visual art and aesthetics in children. Within the model, pupils of an elementary school and a kindergarten worked with a museum curator, a choreographer, a fine artist, a music artist and student teachers from the Faculty of Education (subject Dance Theater) on different topics (e.g. the factories, the Middle Ages). The studies were conducted using different methodological instruments (visual tests, unstructured interviews, SWOT analysis and analysis of portfolios). The pupils had the opportunity to embody selected contents, freely express themselves through dance and visual art, and actively participate in the entire process – from visiting the museum to dance performance. An important aspect of building the children's self-esteem was the experience for all of the students to perform on stage, regardless of their abilities. Student teachers who were actively involved in the entire process from original idea to final performance received an insight into different cross-curricular possibilities of integrating dance, art, social studies, and music. Teachers, artists and the curator were motivated to collaborate creatively, and expand their knowledge in the field of arts and cultural education. The results indicate that pupils responded emotionally positively to the integration of dance and fine arts into the learning process and extended their conceptual fields of the discussed themes.

Key words: model of learning through artistic experience, dance, arts and cultural education

Martina Svetina

KULTURNO, UMETNIŠKO IN ESTETSKO IZOBRAŽEVANJE V KURIKULUMU OSNOVNOŠOLSKEGA IN GLASBENEGA IZOBRAŽEVANJA V SLOVENIJI

CULTURAL, ARTISTIC AND AESTHETIC EDUCATION IN THE CURRICULUM OF ELEMENTARY AND MUSICAL EDUCATION IN SLOVENIA

Pričujoči članek postavlja v ospredje umetniško, estetsko in kulturno edukacijo, ki skozi nastopanje, ustvarjanje in gledanje plesov razvija umetniško apreciacijo, glavni cilj, ki ga želimo doseči v izobraževanju plesa kot umetnosti. Metodologija prvega dela prispevka temelji na proučevanju strokovne literature Davida Besta, Davida Carra, Grahama McFeeja, Janet Adshead in Jacqueline Smith-Autard. V drugem delu prispevka proučevani pojav na podlagi študije primera preverjamo v praksi, kjer smo proučili osnovnošolski kurikulum obveznih in neobveznih izbirnih predmetov, ki vključujejo plesne vsebine, kot tudi kurikulum baleta v glasbenih šolah. Cilj naloge je ugotoviti, ali je slovenskim otrokom na osnovnošolski stopnji izobraževanja omogočeno učenje plesa kot umetnosti, pri čemer skozi učenje nastopanja, ustvarjanja in gledanja plesa razvijajo umetniško apreciacijo, ki jim bo omogočila, da tudi kot odrasli ljudje v umetniškem delu prepoznajo njegove odlike in v njem uživajo. Sedanji izobraževalni sistem v Sloveniji na primarni ravni omogoča kontinuirano izobraževanje iz plesnih vsebin le tistim posameznikom, ki zanj izkažejo osebno zanimanje in katerih telesne dispozicije ustrezajo merilom za vpis v glasbeno šolo – balet in sodobni ples. Tako je večina slovenskih otrok, ki se ne šolajo na vzporednih glasbenih šolah, prikrajšanih za estetsko, kulturno in umetniško izkušnjo iz plesa. Na srednješolski stopnji izobraževanja lahko sposobnejši posamezniki nadaljujejo plesno izobraževanje na umetniških gimnazijah. S pred kratkim ustanovljeno Akademijo za ples AMEU rastejo nove generacije izobraženega kadra, ki bodo lahko v prihodnje izboljšale kakovost plesnega pouka v vsej njeni vertikali.

Ključne besede: ples in izobraževanje, ples kot umetnost, ples v kurikulumu, umetniška apreciacija

This article focuses on artistic, aesthetic and cultural education, which through the performance, creation and viewing of dances develops artistic appreciation, the main goal that we want to achieve in dance art education. The methodology of the first part of the paper is based on study of the professional literature of David Best, David Carr, Graham McFee, Janet Adshead and Jacqueline Smith-Autard. In the second part of the paper, the studied phenomenon is examined in practice, where we studied the elementary school curriculum of compulsory and optional subjects with dance content, as well as the ballet curriculum in music schools. The goal of the task is to determine whether children can learn dance as an art at the elementary level of education, which through dancing, creating and watching dances helps them develop an artistic appreciation that will enable them as adults to recognize the qualities in an artistic work and enjoy it. The current educational system in Slovenia at the primary level enables continuous dance education only to those individuals who show a personal interest, and whose physical dispositions meet the criteria for enrolment into a music school - ballet and contemporary dance. Thus, the majority of Slovenian children who are not enrolled at parallel music schools are deprived of the aesthetic, cultural and artistic experience from dance. At the upper secondary level of education, individuals that are more capable can continue their dance education at art gymnasiums. With the recently established Dance Academy - Alma Mater Europaea, new generations of educated staff are growing, who will be able to improve the quality of dance lessons in all its verticals in the future.

Key words: dance and education, dance as art, dance in the curriculum, artistic appreciation



Pravilno ločevanje aluminija omogoča recikliranje le-tega v celoti.

Pri recikliranju aluminija se porabi le pet odstotkov energije, ki bi jo sicer porabili za proizvodnjo iste količine aluminija.

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ŠTUDIJSKI PROGRAMI AKREDITIRANI NA AMEU

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DIGITALNA HUMANISTIKA [‡]	DIGITALNA HUMANISTIKA [‡]	
MANAGEMENT POSLOVNIH SISTEMOV	MANAGEMENT POSLOVNIH SISTEMOV	STRATEŠKI KOMUNIKACIJSKI MANAGEMENT
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FIZIOTERAPIJA	ZDRAVSTVENE VEDE Zdravstvena nega, Javno zdravje, Fizioterapija, Integrativne zdravstvene vede, Avtizem, Logopedija	FIZIOTERAPIJA
ZDRAVSTVENA NEGA		
ARHIVISTIKA	ARHIVISTIKA IN DOKUMENTOLOGIJA	ARHIVSKE ZNANOSTI
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PLES, KOREOGRAFIJA	PLES, KOREOGRAFIJA [‡]	
SPLETNE IN INFORMACIJSKE TEHNOLOGIJE	SPLETNE ZNANOSTI [‡] Kibernetska varnost, Umetna inteligenca	SPLETNE ZNANOSTI [‡] Kibernetska varnost, Umetna inteligenca

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