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8. ZNANSTVENA KONFERENCA Z MEDNARODNO UDELEŽBO
ZA ČLOVEKA GRE: RELEVANCA ZNANOSTI IN IZOBRAŽEVANJA

8th SCIENTIFIC CONFERENCE WITH INTERNATIONAL PARTICIPATION
ALL ABOUT PEOPLE: RELEVANCE OF SCIENCE AND EDUCATION

Maribor, 13. - 14. 3. 2020

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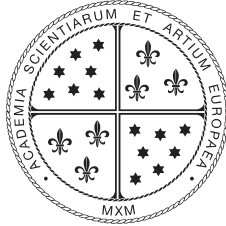


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8th SCIENTIFIC CONFERENCE WITH INTERNATIONAL PARTICIPATION ALL ABOUT PEOPLE:

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PREDGOVOR

Konferenca "ZA ČLOVEKA GRE" pod častnim pokroviteljstvom Predsednika Republike Slovenije gospoda Boruta Pahorja in predsednika Evropske akademije znanosti in umetnosti prof. dr. Felixa Ungerja je v minulih letih obravnavala aktualna vprašanja, kot so demografske spremembe in s tem povezano medgeneracijsko sožitje in migracije, klimatske spremembe in prispevek k znanosti, zdravje, vključno z integrativnimi zdravstvenimi vedami, humanistika, arhivistika in dokumentologija, vključno s plesno umetnostjo, management in leadership ter informacijske tehnologije. Namen konference je, da izobraževalne programe Alma Mater Europaea na vseh treh bolonjskih stopnjah soočimo z akademskimi prizadevanji partnerskih univerz z izzivi našega časa ter smernicami bodoče Evrope.

8. znanstvena konferenca z mednarodno udeležbo "ZA ČLOVEKA GRE" poteka v soočenju z virusom COVID-19 v novih razmerah, ki zahtevajo odgovornost in odziv tudi univerz, da transformirajo učne procese tudi za izredne razmere. Konferenca je ob 20-letnici bolonjskega procesa posvečena relevanci znanosti in izobraževanja, njen namen pa je, da se visokošolsko izobraževanje in znanost aktivneje vključita v reševanje sedanjih in pričakovanih izzivov v skladu z opozorili OECD ter smernicami za bodočo Evropo, kot so zelena tranzicija, digitalna transformacija, trajnostna rast in delovna mesta, mir in upravljanje ter migracije.

Konferenca naslavlja številne teme in aktualna področja ter razprave, ki jih s svojim študijskim izobraževanjem v evropskem visokošolskem prostoru udejanja Alma Mater Europaea – ECM na vseh stopnjah pod pokroviteljstvom Alma Mater Europaea Evropske akademije znanosti in umetnosti. Še posebej so letos poudarjene teme s področij demografije, medgeneracijskega sožitja in aktivnega staranja, nevrofizioterapije, javnega zdravja, integrativne medicine, humanistike za razmere zelnega dogovora, arhivistike in kulturne dediščine, upravljanja in voditeljstva ter digitalnih tehnologij, vključno z digitalno humanistiko.

Konferenca odpira številne razprave z uvodnim panelom ob 20. obletnici bolonjskega procesa. Bolonjski proces je pomembno prispeval k harmonizaciji evropskega visokošolskega prostora. V veliki meri je uresničil principe avtonomije z odgovornostjo, kakovosti, mobilnosti, zaposljivosti, kompatibilnosti ter deetatizacije in internacionalizacije študijskega procesa v skladu z zahtevami novih tehnologij in potrebami enotnega trga dela.

Ampak Bolonjski proces je proces in ni enkratni administrativni akt. Zato je potrebno nadaljevati s harmonizacijo slovenskega visokošolskega prostora z dobro prakso drugih članic EU. Predvsem je potrebna politična volja za deetatizacijo in debirokratizacijo, to je prenos izvedbe izobraževanja na akreditirane visokošolske institucije, vključno s strokovno prakso, zaključnim izpitom in poklicno kvalifikacijo, ki so pogoj za zaposlitev na evropskem trgu dela.

Harmonizirano visoko šolstvo in znanost sta nosilna stebra evropskih integracijskih procesov in evropske identitete. Paneli in prispevki konference dajejo tako strokovno kot znanstveno podlago za razpravo o izvedbi bolonjskega procesa v Sloveniji. To je predpogoj za sledenje evropskim razvojnim smernicam in OECD, ki posebej poudarjajo relevantno, kakovost in racionalizacijo izobraževanja s koristno zaposljivostjo diplomantov. Pri tem poudarjamo, da se relevantna izobraževanja potrdi s koristno zaposljivostjo diplomantov, relevantna znanosti pa se potrdi z implementacijo znanstvenih odkritij v gospodarstvu in v javnih službah. Kakovost se utrdi samo v konkurenci na odprtem trgu pod enakimi pogoji brez diskriminacije in v ravnotežju z družbeno solidarnostjo. Racionalizacija kot predpostavka konkurenčnosti znanosti in izobraževanja pa se izkaže v stroških za koristno zaposlenega diplomanta in v stroških implementirane inovacije.

Priznani mednarodni govorniki konference so dr. Kathryn Hyer (ZDA), predsednica Ameriškega gerontološkega združenja, dr. Hans Groth, predsednik Svetovnega foruma za demografijo in staranje (Švica), dr. Anthea Seles (Kanada), generalna sekretarka Mednarodnega arhivskega sveta s sedežem v Parizu (UNESCO) in evropski poslanec Franci Bogovič. Konferenco z nagovorom in predstavitvijo vizije Evrope in relevance znanosti in izobraževanja bo predstavila evropska komisarka s področja inovacij, raziskav, kulture in izobraževanja mladih Marija Gabriel.

Naj zaključim s povabilom k branju povzetkov prispevkov letošnje konference in s sporočili najavljenih govornikov na konferenci Alma Mater Europaea v Mariboru.

Dr. Kathryn Hyer, predsednica ameriškega gerontološkega združenja:

"Prioritete se v vrstah oskrbe z generacijami spreminjajo, zato mora socialna gerontologija slediti tudi spremembam potreb po socialni infrastrukturi in storitvah za starejše ter organiziranosti skupnosti, v katerih se bodo dobro počutili."

Dr. Hans Groth, predsednik svetovnega foruma za demografijo in staranje:

"Dinamika prebivalstva zaradi demografskih sprememb je megatrend 21. stoletja. Njegove nepovratne sile bodo v Afriki spodbudile neprimerljivo rast prebivalstva, medtem ko bo Azija stagnirala in Evropa se bo zmanjševala. Hkrati bomo opazovali staranje po vsem svetu, vendar z različno hitrostjo in časom."

Prof. dr. Felix Unger, predsednik Evropske akademije znanosti in umetnosti:

"Transnacionalnost, interdisciplinarnost in gradnja mostov je imperativ Alma Mater Europaea."

Prof. dr. Ludvik Toplak,
predsednik Alma Mater Europaea - ECM



Konferenca "ZA ČLOVEKA GRE" poteka na Alma Mater Europaea, Evropskem centru v Mariboru že 8. leto zapored. Letos naslavlja relevantno znanosti in izobraževanja na področjih študijskih programov, ki jih razvija in udejanja Alma Mater Europaea. Zelo nas veseli, da so se tudi letos naši konferenci pridružili vrhunski mednarodni raziskovalci in strokovnjaki in da smo tako tudi letošnjo konferenco lahko zastavili v širokem mednarodnem kontekstu. Z njo raziskovalcem, visokošolskim učiteljem, gostom in študentom ponujamo pomemben in zanimiv dogodek, s katerim si študentje širijo obzorja, s tem pa jim omogočamo tudi lasten napredek na njihovi profesionalni ali raziskovalni poti.

Letošnja konferenca poteka na drugačen način, predvidena je bila v marcu, vendar smo jo v obdobju novega koronavirusa COVID-19 na predviden datum (13. in 14. marec 2020) prestavili za nedoločen čas, njene vsebine pa ne glede na to pripravili delno preko spleta. Tako smo na predviden datum preko spleta javnosti ponudili serijo predavanj v zvezi z novim koronavirusom SARS-CoV-2, ki so ga pripravili prim. Jelka Rebršek Gorišek, dr. med, infektologinja, izr. prof. Ivan Toplak, vodja laboratorija za posebno nevarne virusne bolezni iz Veterinarske fakultete UL, ter doc. dr. Nataša Toplak, biotehnologinja na temo pojava novega virusa. Njihov povzetek je objavljen tudi v zborniku konference pred vami.

Na konferenci sicer sodelujejo predstavniki iz več kot 20 držav, in sicer z domačih in tujih univerz ter znanstvenih in strokovnih institucij, ki razpravljajo v številnih sekcijah področij, kot so navedeni v poglavjih zbornika povzetkov pred vami. Konferenco pa aktivno spremlja preko 1000 študentov na štirih lokacijah Alma Mater Europaea, in sicer v Mariboru, Ljubljani, Murski Soboti in Kopru. Zbornik povzetkov vključuje kar 210 povzetkov znanstvenih in strokovnih prispevkov, ki bodo v celoti izšli po razpravah v posebnih izdajah / monografijah. Pred vami so v zborniku nanizane številne novosti v različnih raziskovalnih /strokovnih področjih v luči prihodnjega razvoja Evrope. Posebej je izpostavljeno področje digitalne transformacije in tehnologij, kjer so osvetljene teme umetne inteligence, cyber security in odnos med tehnologijo in človekom v prihodnosti, vključno z digitalno. To so tudi smernice nove digitalne strategije Evrope (strategije o umetni inteligenci in strategije o podatkih). V prihodnjem desetletju naj bi Evropska unija celotni digitalni strategiji namenila 20 milijard EUR letno, s ciljem zagotoviti, da bo digitalna preobrazba pozitivna za ljudi in podjetja ter da bo tako pripomogla k doseganju podnebno nevtralne Evrope.

Zbornik povzetkov s cilji in smernicami bodoče Evrope, ki se prelivajo v vsa naštetá področja, naj najde čim več poti pri ustvarjanju novih dognanj in spoznanj, naj širi poglede in spodbuja radovednost študentom in raziskovalcem,

Prof. dr. Matej Mertik,
predsednik organizacijskega odbora konference
Za človeka gre: Relevantna znanosti in izobraževanja

FOREWORD

The conference "ALL ABOUT PEOPLE", held under the honorary patronage of the President of the Republic of Slovenia, H. E. Mr. Borut Pahor, and the President of the European Academy of Sciences and Arts, prof. dr. Felix Unger has in the past years addressed current issues such as demographic change and related intergenerational coexistence and migration; climate change and the contribution to science; health including integrative health sciences; humanities, archival sciences and records management; the art of dance, management and leadership, and information technologies. The purpose of the conference is to confront and connect the academic efforts of partner universities with the challenges of our time and the follow the guidelines of the future of Europe at all three Bologna levels.

The 8th Scientific Conference with International Participation "ALL ABOUT PEOPLE" takes place in the face of the COVID-19 virus, in a new situation and in new circumstances that require the responsibility and response of universities to transform their teaching processes for emergency delivery. To mark the 20th anniversary of the Bologna Process, the conference is dedicated to the relevance of science and education, with the aim of integrating higher education and science more actively into addressing current and anticipated challenges in line with OECD warnings and guidelines for a future Europe, such as green transition, digital transformation, sustainable growth and jobs, peace, governance and migration.

The conference addresses a number of topics and current challenges and discussions that are being implemented by Alma Mater Europaea - ECM within all study programmes at all levels under the auspices of the Alma Mater Europaea of the European Academy of Arts and Sciences. This year's emphasis was in particular on intergenerational coexistence and active aging, neuro-physiotherapy, public health, integrative medicine, humanities for the needs of the green deal, archival studies and cultural heritage, governance and leadership, and digital technologies, including digital humanities.

The conference opens many discussions with an introductory panel on the 20th anniversary of the Bologna Process. The Bologna Process has contributed significantly to the harmonization of the European Higher Education Area. It has largely implemented the principles of autonomy with responsibility, quality, mobility, employability, compatibility, and the deetatization and internationalization of the study process in accordance with the requirements of new technologies and the needs of the single labour market.

However, the Bologna Process is a process and not a one-off administrative act. It is therefore necessary to continue the harmonization of the Slovenian higher education area with the good practice of other EU Member States. Above all, political will is required for deetatization and de-bureaucratization, that is transferring education to accredited higher education institutions, including professional practice, final state examinations and vocational qualification, which are a prerequisite for employment in the European labour market.

Harmonized higher education and science are the pillars of European integration processes and European identity. The panels and the conference contributions provide a professional basis for discussing the implementation of the Bologna Process in Slovenia. This is a prerequisite for following the European Development Guidelines and the OECD, which emphasize in particular the relevance, quality and rationalization of education through the useful employability of graduates. We emphasize that the relevance of education is confirmed by the employability of graduates while the relevance of science is confirmed by the implementation of scientific discoveries in the economy and in public services. Quality is only strengthened by competition in the open market, on equal terms, without discrimination and in balance with social solidarity. Rationalization, as a prerequisite for the competitiveness of science and education, is manifested in the costs of a usefully employed graduate and in the costs of implemented innovation.

Renown conference participants were dr. Kathryn Hyer (USA), President Elect of the Gerontological Society of America, dr. Hans Groth, President of the World Forum on Demography and Aging (Switzerland), and dr. Anthea Seles (Canada), Secretary-General of the International Archives Council, based in Paris (UNESCO) and the EP member, Mr. Franci Bogovič. The vision of Europe and the relevance of education will be addressed by the European Commissioner for Youth, Innovation, Research, Culture and Education, Mrs Mariya Gabriel.

Let me conclude with the invitation to read the abstracts of this year's conference and with messages of the keynote speakers at the Alma Mater Europaea conference in Maribor:

Dr. Kathryn Hyer, President Elect of the Gerontological Society of America:

"Priorities in the types of care are changing from generation to generation. Social gerontology must therefore also keep pace with the changing needs for social infrastructure and services for the elderly and the community organization in which they will feel well."

Dr. Hans Groth, President of the World Forum on Demography and Aging:

"Population dynamics because of the demographic changes is becoming a megatrend of the 21st century. Its irreversible forces will drive unprecedented population growth in Africa, while Asia will stagnate and Europe will decline. At the same time, we will be observing aging globally, but at different speeds and times."

Prof. dr. Felix Unger, President of the European Academy of Sciences and Arts:

"Transnationality, interdisciplinarity and building bridges is imperative for Alma Mater Europaea."

Prof. dr. Ludvik Toplak
President Alma Mater Europaea - ECM



The conference "ALL ABOUT PEOPLE" is being held at the Alma Mater Europaea European Center in Maribor for the 8th consecutive year. This year it addresses the relevance of science and education in the fields of study programs developed and implemented by Alma Mater Europaea. We are very pleased that top international researchers and experts have joined our conference this year, and that we were able to set this year's conference in a broad international context. With it, we offer researchers, higher education teachers, guests and students an important and exciting event to help students broaden their horizons, enabling them to progress on their professional or research path.

This year's conference is being held in a different way. It was scheduled in March, but during the period of the new COVID-19 coronavirus, it had to be postponed indefinitely, while its contents were prepared partly through the web. Thus, on the scheduled date (March 13 & 14, 2020), we offered the public a series of lectures on the new coronavirus SARS-CoV-2, prepared by the prim. dr. Jelka Rebršek Gorišek, dr. med. infectology; assoc. prof. dr. Ivan Toplak, Head of the Laboratory for Particularly Dangerous Viral Diseases at the Faculty of Veterinary Medicine, University Ljubljana; and assist. prof. dr. Nataša Toplak, biotechnologist that deals with the emergence of a new virus. Their summary is also published in the conference proceedings before you.

Participation was otherwise confirmed by participants from over 20 countries, from domestic and foreign universities and scientific and professional institutions and the topics are outlined in various chapters in the book of abstracts. The conference also has active participation of over 1,000 students at four Alma Mater locations, namely in Maribor, Ljubljana, Murska Sobota and Koper. The book of abstract contains 210 abstracts that will be published in full in special editions/monographs. A number of innovations in various research / professional fields are presented before you in the light of the future development of Europe. We would like to emphasise the field of digital transformation and technology, which highlights the topics of artificial intelligence, cyber security and the relationship between technology and the human being in the future, including digital technology. These are also the guidelines of Europe's new digital strategy (artificial intelligence and data strategies). Over the next decade, the European Union is set to devote € 20 billion a year to the overall digital strategy, with the aim of ensuring that digital transformation is positive for people and businesses, helping to achieve a climate-neutral Europe.

The book of abstracts summarises the goals and guidelines of the future Europe that can be found across all of these areas. It should help you find many new paths, too, in creating new findings and gain insights, broadening views and stimulating curiosity for students and researchers,

prof. dr. Matej Mertik
President of the organising committee of the conference
All About People: relevance of science and education



PROGRAMSKI ODBOR:

Dr. Nandu Goswami, Medicinska univerza v Gradcu

Dr. Tomaž Velnar, Medicinska Fakulteta Univerze v Mariboru

Dr. Breda Jesenšek Papež, Fakulteta za zdravstvene vede Univerze v Mariboru,
Alma Mater Europaea – ECM

Dr. Momir Dunjić, podpredsednik Evropskega kongresa za integrativno medicino – ESIM

Dr. Ivan Toplak, Veterinarska fakulteta UL

Dr. Nataša Toplak, Pediatrična klinika UKC Ljubljana

Dr. Rado Pišot, direktor Znanstveno raziskovalnega središča Koper – ZRS Koper

Dr. Marjan Rupnik, Medicinska Fakulteta Univerze v Mariboru

Dr. Eva Turk, Univerza Jugovzhodne Norveške

Dr. Ricardo Caruso, Univerza v Rimu 'La Sapienza'

Dr. Slaviša Stanišić, Alma Mater Europaea – ECM, Medicinska fakulteta Univerze v Beogradu

Ddr. Joca Zurc, Alma Mater Europaea – ECM

Dr. Erika Zelko, Alma Mater Europaea – ECM, Medicinska fakulteta Univerze v Mariboru

Dr. Alena Koblesova, Medicinska fakulteta, Karlova univerza v Pragi

Dr. Nataša Kos, Inštitut za medicinsko rehabilitacijo v Univerzitetnem kliničnem centru Ljubljana

Dr. Bojan Zalar, Univerzitetna psihiatrična klinika Ljubljana

Dr. Jernej Završnik, Zdravstveni dom dr. Adolfa Drolca Maribor

Dr. Per Morten Fredriksen, Kristiania University College

Dr. Marinko Rade, Ortopedska bolnišnica Rovinj

Ddr. Helena Blažun, Zdravstveni dom dr. Adolfa Drolca Maribor

**I.
RAZISKOVALNA PODROČJA,
VEZANA NA ŠTUDIJSKE PROGRAME**

**1
PODROČJE ZDRAVSTVA**



**FIZIOTERAPIJA /
*PHIOTHERAPY***

Ana Bezovšek, Patricija Goubar

VPLIV FIZIOTERAPIJE NA PLJUČNO FUNKCIJO PACIENTOV S KRONIČNO BOLEČINO V KRIŽU THE INFLUENCE OF PHYSIOTHERAPY ON PULMONARY FUNCTION OF PATIENTS WITH CHRONIC LOW BACK PAIN

POVZETEK

Bolečina v križu (BVK) je ena izmed največjih zdravstvenih težav na svetovni ravni, ki ima po pregledu literature posreden vpliv na mobilnost prsnega koša in s tem predvidevamo posledično tudi na dihalno funkcijo. S tem razlogom smo se odločili raziskati značilnosti kronične bolečine v križu in njene dejavnike tveganja, kakor tudi korelacijo med BVK in njenim vplivom na respiratorno funkcijo pri pacientih z nespecifično kronično BVK v našem vzorcu. Uporabili smo kvantitativno metodo raziskovanja z vzorcem devetnajstih preiskovancev, ki smo jih izmerili pred in po osmih individualnih protibolečinskih fizikalnih obravnavah v ambulantni fizioterapiji. V sklopu meritev za oceno BVK smo uporabili vizualno analogno lestvico in modificiran Ronald-Morrisov vprašalnik (MRMV), za oceno pljučne funkcije pa spirometrijo. Obdelavo in analizo podatkov smo izvedli s programom XLSTAT, z uporabo opisne in inferenčne statistike, s t-testom in ANOVO, ter metodo samovzorčenja. Ugotovili smo pozitiven učinek protibolečinske fizikalne terapije na zmanjšanje intenzitete BVK v našem vzorcu za 2,5 enot ali več po VAS, medtem ko pri ugotavljanju spremembe pljučne funkcije in povezanosti spremembe pljučne funkcije s spremembo intenzitete BVK ter vplivov na to spremembo po opravljeni protibolečinski obravnavi nismo zaznali statistično pomembnih razlik, saj nismo ugotovili odstopanj v parametru forsirane vitalne kapacitete. Minimalno odstopanje za 0,993 enot ali za slab odstotek (0,7%) ali več se je izkazalo le v vrednosti začetne forsirane vitalne kapacitete (FVC) glede na pričakovano populacijsko normo. S tem korelacija pljučne funkcije in BVK ni bila potrjena. Kljub znanemu dejstvu, da imajo pacienti z BVK disfunkcionalno diafragma, v naši raziskavi nismo potrdili statistične značilnosti. Rezultati so pokazali, da se FVC pacientov po opravljeni protibolečinski obravnavi, kljub zmanjšanju intenzitete bolečine, ni statistično značilno izboljšala.

Ključne besede: bolečina v križu, respiratorna funkcija, spirometrija

ABSTRACT

Low back pain (LBP) is one of the biggest health problems on a global scale, which, according to the literature review, has an indirect impact on chest mobility, and according to our prediction, consequently also on the respiratory function. For this reason, we decided to investigate the characteristics of chronic low back pain and its risk factors, as well as the correlation between LBP and its effect on respiratory function in patients with non-specific chronic LBP in our research sample. We used a quantitative research method with samples of 19 subjects measured at the beginning and at the end of eight individually prescribed analgesic physical treatments in an ambulatory physiotherapy. The testing included measurements of pain intensities with a standardized visual analogue scale (VAL) and a modified Ronald-Morrison questionnaire (MRMV), as well as measurements of pulmonary function through spirometry. The obtained data was statistically processed, analyzed and displayed with the program XLSTAT and with the use of descriptive and inferential statistics (t-test, ANOVA, and bootstrapping). The results showed that the analgesic physical therapy is an effective method for reducing the intensity of low back pain, as the pain intensity on our sample decreased by approximately 2.5 units or more according to VAS. The statistical feature of the FVC change and the correlation of the FVC change with the change in the intensity of pain under the influence of analgesic physical therapy and the influence of various factors on this change was not confirmed. The minimum deviation of 0.993 or lower values of forced vital capacity (FVC), or less than one percent (0.7%) or more, was only shown in the value of forced vital capacity (FVC) relative to the expected population value. Therefore, the correlation has not been confirmed. Despite the well-known fact that patients with chronic LBP have a dysfunctional diaphragm, we did not confirm that these patients have a lower FVC value than their expected population value. The results showed that the FVC of the patients after the analgesic physical therapy did not statistically significantly improve, despite a decrease in the intensity of pain.

Keywords: low back pain, respiratory function, spirometry

Jaka Bregar, Tine Kovačič

UČINKI FIZIOTERAPEVTSKEGA PROGRAMA PRI DOSEGANJU PRIPOROČIL ZA VRNITEV V ŠPORT PRI PROFESIONALNEM VRHUNSKEM NOGOMETAŠU THE EFFECTS OF A PHYSIOTHERAPY PROGRAM ON MEETING THE RETURN TO PLAY GUIDELINES IN A TOP PROFESSIONAL FOOTBALL PLAYER

POVZETEK

Uvod: Specialna fizioterapevska obravnava vrhunškega nogometaša z večkratnimi poškodbami ACL zahteva uporabo z dokazi podprtih fizioterapevtskih postopkov in uvid v večdimenzionalno problematiko fizioterapevske obravnave takšnega športnika, ki predstavlja izziv fizioterapevtu, ki mu omogoča doseganje terapevtskih ciljev na področju telesne zgradbe in funkcije, dejavnosti in sodelovanja – oziroma postopnega vračanja v nogometno kariero.

Metode: V študijo primera smo vključili 23-letnega vrhunškega nogometaša po drugi rekonstrukciji ACL na levem kolenskem sklepu (uporaba alogenega presadka) in prvi rekonstrukciji ACL na desnem kolenskem sklepu (uporaba avtolognega presadka tetive mišice semitendinosus). Uporabili smo integracijo kvalitativne in kvantitativne metodologije in s pomočjo zaporednega raziskovalnega načrta izvedli zbiranje, analizo ter interpretacijo podatkov.

Rezultati: Na podlagi analize kvantitativnih in kvalitativnih rezultatov ugotavljamo, da je prišlo do izboljšanja gibljivosti kolena in zmanjšanja intenzivnosti bolečine ter da lahko na ta način razvijemo bolj zgoščeno razumevanje učinkovitosti 6-tedenskega fizioterapevtskega programa za doseganje kriterijev za vrnitev v šport pri vrhunskem nogometašu z zelo redko kombinacijo obojestranske poškodbe ACL.

Sklepi: S pomočjo integracije metod smo pridobili širši vpogled v osebno doživljanje vrhunškega nogometaša in mnenje o zavedanju pomena učinkovitosti fizioterapevtskega programa na izboljšanje funkcije kolena, natančnejše izboljšanje stabilnosti kolen, povečanje obsega pasivne gibljivosti v smeri fleksije in ekstenzije ter zmanjšanje otekline in intenzivnosti bolečine v obeh kolenskih sklepih.

Ključne besede: poškodba sprednje križne vezi, fizioterapija, vrnitev v šport

ABSTRACT

Introduction: Special physiotherapy treatment of a top football player with multiple ACL injuries requires the use of evidence-based physiotherapy procedures and insight into the multidimensional issues of physiotherapy treatment of such an athlete, which presents a challenge to the physiotherapist, enabling him to achieve therapeutic goals in the field of body structure and function, activity and participation and gradual return into a football career respectively.

Methods: A 23-year-old top footballer after a second ACL reconstruction on the left knee joint (use of an allogeneic graft) and after the first ACL reconstruction on the right knee joint (use of an autologous semitendinosus muscle tendon graft) was included in case study. We used the mixed methods design, through a sequential research design, collected, analyzed and interpreted the data.

Results: Based on the analysis of quantitative and qualitative results, we find that there has been an improvement in knee mobility and a reduction in the intensity of pain, and that we can thus develop a more concise understanding of the effectiveness of a 6-week physiotherapy program to meet the criteria for return to sports in a top-tier football player with a very rare combination. bilateral ACL injuries.

Conclusions: Through the integration of methods, we gained a broader insight into the personal experience of a top footballer and an opinion on the importance of the effectiveness of a physiotherapy program to improve knee function, more specifically improve knee stability, increase the range of motion-passive flexion and extension, and reduce swelling and pain intensity in both knee joints.

Keywords: *bilateral ACL injury, physiotherapy, return to play sport*



Maria Cardinale

VIRTUAL REALITY FOR LOWER LIMB REHABILITATION IN STROKE OUTCOMES: SYSTEMATIC REVIEW OF THE LITERATURE

ABSTRACT

Virtual Reality is a rising technology in the neuro rehabilitative field for patients who suffered a stroke, it provides a computer playback of an interactive environment that simulates the real one, increasing the performance gait and balance compared to the only use of conventional treatments. The main aim of this review is to ascertain the effectiveness of the different VR technologies that are used for the lower limb post ictus rehabilitation, relatively to gait and balance outcome. A selection of randomized clinical trials was produced, drawing on five databases (Medline, Cinahl, Embase, PEDro, and Cochrane). The trials that compared VR treatment were included and the collation was done with the treatment alone or combined with the standard therapy, for the lower limbs with a standard treatment, thus these results are measured with the common gait and balance evaluation scales (Berg Balance Scale, 6MWT, 10MWT, gait analysis, TUG and postural sway). The variety of technologies used, the differences in the administration of protocols (specificity, frequency, duration and number of treatments) and the evaluation scales make comparison difficult, thus they discriminate factors that implement the VR rehabilitation. The results show better performances in gait and balance parameters of patients treated with VR. The combination of traditional and VR treatments reports the best results. The latest 2011 and 2015 Cochrane reviews underline the shortage of data on the long-term effect of VR treatment, data that are still unavailable today.

Keywords: virtual reality, stroke, gait, balance, lower limb



Matic Fras, Tine Kovačič

UČINKI VEČKOMPONENTNE V RAVNOTEŽJE USMERJENE VADBE V KOMBINACIJI S PLESOM NA RAVNOTEŽJE STAROSTNIKOV THE EFFECTS OF MULTICOMPONENT BALANCE EXERCISE IN COMBINATION WITH DANCE ON THE BALANCE OF THE ELDERLY

POVZETEK

Uvod: Ravnotežje je ključnega pomena za kakovostno življenje starostnika in opravljanje vsa-kodnevnih opravil, hkrati pa dobro ravnotežje zmanjša možnost pojava padcev. Številni tuji in domači avtorji navajajo, da s staranjem prihaja do zmanjšanja gibalnih in funkcijskih zmožnosti. Vključevanje starejših v telesno dejavnost, med katerimi je pomemben tudi ples in ohranjanje aktivnega življenjskega sloga je izjemnega pomena, saj predstavlja osnovo za samostojnost v pozni starosti.

Metode: Izvedli smo pilotsko študijo z uporabo protokola randomizirane klinične študije, da bi raziskali kratkoročne učinke 12-mesečne fizioterapevtske vadbe, usmerjene v ravnotežje starostnikov. Priložnostni vzorec je zajemal 24 starostnikov med 66. in 86. letom starosti, vključenih v socialno varstvene storitve doma starejših občanov, ki smo jih naključno razvrstili v študijsko (plesne figure ter v ravnotežje usmerjena vadba) in kontrolno skupino, ki ni prejela fizioterapevtskih storitev. Uporabili smo veljavne in zanesljive funkcijske teste za ravnotežje.

Rezultati: Na podlagi statistične analize rezultatov ugotavljamo, da je med povprečnimi vrednostmi testa korakanja v štirih kvadratih in stoje na eni nogi med skupinama ob koncu študije prišlo do statistično pomembnih razlik, v prid študijski skupini. v kontrolni skupini so se rezultati omenjenih testov celo poslabšali, vendar razlike niso bile statistično pomembne.

Sklepi: Obstoječi rezultati pilotske študije veljajo le za omenjeni priložnostni vzorec, zato bi bilo v prihodnje potrebno opraviti prospektivno randomizirano klinično študijo na večjem vzorcu starostnikov.

Ključne besede: ravnotežje, starostniki, fizioterapevtska vadba, ples

ABSTRACT

Introduction: Balance is crucial for the quality of life of an elderly person and the day-to-day tasks, while a good balance reduces the chance of falls. Numerous foreign and domestic authors have stated that with aging there is a decrease in physical and functional abilities. Involving older people in physical activity, including dancing and maintaining an active lifestyle, is of utmost importance as it forms the basis for independence at a late age.

Methods: We conducted a pilot study using a randomized clinical trial protocol to investigate the short-term effects of 12-month physiotherapy exercise directed toward the balance of the elderly. The convenience sample consisted of 24 elderly people between the ages of 66 and 86, enrolled in social care services at home for the elderly, which were randomly assigned to study (dance figures and balance-oriented exercise) and a control group that did not receive physiotherapy services. We used valid and reliable functional balance tests.

Results: Based on the statistical analysis of the results, we find that there were statistically significant differences between the mean values of the four-square-step test and single leg stance test between the groups at the end of the study, in favor of the study group. In the control group, the average results of these tests even worsened, but the differences were not statistically significant.

Conclusions: The existing results of the pilot study are only relevant to the abovementioned ad hoc sample and a prospective randomized clinical trial on a larger sample of elderly would be necessary in the future.

Keywords: balance, old age, physical therapy exercise, dance

Patricija Goubar

POVEZANOST MIŠIČNEGA STATUSA S KOSTNO MINERALNO GOSTOTO PRI OSTEOPOROZI CORRELATION OF MUSCULAR STATUS WITH BONE MINERAL DENSITY IN OSTEOPOROSIS

POVZETEK

Znano je, da se spremembe v kvaliteti in mikroarhitekturi kosti, kot posledica osteoporoze, odražajo tudi na funkciji mišic. Ob poznavanju tega dejstva je bil naš namen raziskati korelacijo mišičnih sprememb in kostno mineralne gostote pri ženskah z osteoporozo v postmenopavzalnem obdobju, v primerjavi z zdravimi ženskami. Randomizirana, primerjalna presečna študija je bila opravljena z dvema skupinama žensk: testne skupine triinštirideset žensk z osteoporozo in kontrolne skupine petinštirideset žensk brez osteoporoze. Diagnoza osteoporoze je temeljila na preiskavi merjenja mineralne kostne gostote (BMD), imenovani Denzitometrija, opravljeni na ledveni hrbtenici. V tem primeru smo povzeli T vrednost meritve, ki označuje kostno maso. Prostovoljke so opravile testiranje ocene mišičnega statusa, s klinično uveljavljenima testoma merjenja zmogljivosti prijema in plantarnih fleksorjev. Za analizo podatkov smo uporabili Mann Whitney test, t-test ter Spearmanov koeficient korelacije rangov s pomočjo programa IBM SPSS 23. Ugotovili smo statistično značilno razliko ($p < 0,0001$) med skupinama v zmogljivosti prijema dominantne roke, z višjimi vrednostmi v kontrolni skupini. Nižja zmogljivost prijema tako dominantne, kakor tudi nedominantne roke, v testni skupini, je bila statistično značilno povezana z nižjo kostno mineralno gostoto ($p = 0,012$). Nadalje smo ugotovili, da so imele preiskovanke kontrolne skupine višjo zmogljivost plantarnih fleksorjev, kot preiskovanke testne skupine z osteoporozo, pri čem je razlika ponovno statistično značilna ($p < 0,0001$). Ugotovitve predstavljajo pomembne iztočnice korelacije nižje kostne gostote z manjšo mišično močjo in zmogljivostjo, s tem pa tudi osnovo za nadaljno raziskovanje alternativnega načina diagnosticiranja osteoporoze in s tem povezanih dejavnikov tveganja, ki lahko povečujejo stopnjo mortalnosti.

Ključne besede: kostno mineralna gostota, osteoporozo, mišični status, denzitometrija, BMD

ABSTRACT

Changes in bone quality and microarchitecture, as a result of osteoporosis, are also known to affect muscle function. Knowing this fact, our intention was to investigate the correlation of muscle changes and bone mineral density in postmenopausal women with osteoporosis compared with healthy women. A randomized, comparative cross-sectional study was conducted with two groups of women: 32 women with osteoporosis in test group and 45 women without osteoporosis in control group. The diagnosis of osteoporosis was based on an examination of bone mineral density (BMD) called Densitometry, performed on the lumbar spine. In this case, we summarized the T value of the measurement indicating bone mass. Volunteers have passed muscle status assessment tests with two clinical tests: hand grip strenght test and heel rise test for measuring the muscle capacity of plantar flexors. Mann Whitney test, t-test and Spearman rank correlation coefficient were used to analyze the data using IBM SPSS 23. We found a statistically significant difference ($p < 0.0001$) between the groups in dominant hand grip performance, with higher values in the control group. The lower grip strenght of both dominant and non-dominant hands in the test group was significantly associated with lower bone mineral density ($p = 0.012$). We further found that the control subjects had a higher capacity of plantar flexors than the subjects of the osteoporosis in test group, with the difference being statistically significant again ($p < 0.0001$). The findings provide important starting points for lower bone density correlation with lower muscle strength and capacity, and thus provide a basis for further exploration of an alternative way of diagnosing osteoporosis and related risk factors that may increase mortality rates.

Keywords: bone mineral density, osteoporosis, muscular status, Densitometry, BMD

Tadeja Hernja Rumpf, Tomaž Friedrich

UČINKOVITOST ZDRAVLJENJA KALCIFICIRAJOČE TENDINOPATIJE ROTATORNE MANŠETE Z ULTRAZVOČNO VODENIM PERKUTANIM IZPIRANJEM - PRELIMINARNI REZULTATI EFFICIENCY OF TREATMENT OF CALCIFIC TENDINOPATHY OF A ROTATOR CUFF WITH ULTRASOUND GUIDED PERCUTANEOUS TREATMENT - PRELIMINARY RESULTS

POVZETEK

Uvod: Kalcificirajoča tendinopatija je obolenje, za katerega je značilen pojav nabiranja kristalov kalcijevega hidroksiapatita znotraj tetive. Prevalenca bolezni je 2,7-22%, oboli predvsem aktivno-delavno prebivalstvo, najpogosteje ženske med 30. in 50. letom. Klinično se lahko izraža s hudimi bolečinami in zmanjšano gibljivostjo ramenskega sklepa ter zmanjšano funkcionalnostjo. Težave ponavadi izzvenijo ob konzervativnem zdravljenju s protivnetnimi zdravili in fizioterapijo, pri do- ločenem delu pacientov pa je konzervativno zdravljenje neuspešno in bolezen izrazito poslabša kvaliteto njihovega življenja. Perkutano ultrazvočno vodeno izpiranje kalcifikacij predstavlja eno izmed možnih metod zdravljenja. Pri tem postopku se pod ultrazvočno kontrolo sprva kalcifikacijo punktira, nato se jo izpira s fiziološko raztopino. Zaradi pomanjkanja sistematiziranih raziskav za- enkrat še ni sprejetih smernic za zdravljenje kalcificirajoče tendinopatije na ta način. Namen naše raziskave je ugotoviti uspešnost perkutanega ultrazvočno vodenega izpiranja kalcifikacij kot me- todo zdravljenja kalcificirajoče tendinoze, pri katerih je bilo konzervativno zdravljenje neuspešno.

Metode dela in preiskovanci: V raziskavo so vključeni pacienti, ki so zadostovali vključitvenim kriteri- jem (neuspešno konzervativno zdravljenje kalcificirajoča tendinoza, ki traja vsaj šest mesecev, volu- mska kalcifikacija velikosti vsaj 7 mm in starost med 20 in 70 let). Prva skupina pacientov je zdravljena z ultrazvočno vodenim izpiranjem kalcifikacij in aplikacijo kortikosteroida v subakromialno burzo. Druga skupina pa le z aplikacijo kortikosteroida v subakromialno burzo. Za oceno kliničnega stanja in funkcije ramenskega sklepa je uporabljena s strani Evropskega združenja za kirurgijo rame in kol- molca priporočena lestvica Constant score (CS), za oceno bolečine pa vidna analogna lestvica (VAL).

Rezultati: Preliminarni rezultati kažejo, da je način zdravljenja z ultrazvočno vodenim izpira- njem kalcifikacij in aplikacijo kortikosteroida v subakromialno burzo bolj učinkovit kot zdravlje- nje z aplikacijo kortikosteroida v subakromialno burzo tako z vidika izboljšanja funkcionalnosti zgornjega uda kot tudi z vidika doživljanja bolečine. V obeh skupinah je prišlo do primerljive- ga in statistično pomembnega izboljšanja funkcionalnosti zgornjega uda že en mesec po po- segu, funkcionalnost zgornjega uda po šestih mesecih pa je bila pomembno boljša v skupini 1 ($MCS1=76,6\pm6,6$; $MCS2=63,4\pm6,5$; $p=0,01$). Prav tako se je izkazal ta način zdravljenja učinkovi- tejši glede zmanjšanja bolečin. Obe skupini sta en mesec po zdravljenju poročali o manjši (vendar primerljivi) bolečini, po šestih mesecih pa so bolniki iz prve skupine doživljali pomembno manj- šo bolečino kot bolniki iz druge skupine ($MVAL1=1,62\pm0,75$; $MVAL2=2,75\pm0,71$; $p=0,008$).

Razprava: Trenutni preliminarni rezultati kažejo, da je v obeh skupinah prišlo do izboljšanja funkcional- nosti in zmanjšanja bolečin, pri čemer pa se je izkazalo, da je pri pacientih, ki so bili zdravljeni z ultra- zvočno vodenim izpiranjem kalcifikacij in aplikacijo kortikosteroida v subakromialno burzo, funkcio- nalnost po šestih mesecih pomembno boljša, prav tako pa ti bolniki poročajo tudi o pomembno nižji stopnji bolečine. Podobne rezultate so ugotovili de Witte s sodelavci, kjer opisujejo izboljšanje po enem letu v obeh skupinah, funkcionalni izidi pa so bili signifikantno boljši v skupini, kjer so bili pacienti zdrav- ljeni z ultrazvočno vodenim izpiranjem kalcifikacij in aplikacijo kortikosteroida v subakromialno burzo. *Zaključek:* Trenutni preliminarni rezultati potrjujejo učinkovitost obeh metod zdravljenja, isto- časno pa potrjujejo dolgoročno (po šestih mesecih) večji uspeh zdravljenja z ultrazvočno vode- nim izpiranjem kalcifikacij in aplikacijo kortikosteroida v subakromialno burzo.

Ključne besede: kalcificirajoča tendinopatija, zdravljenje, ultrazvočno vodeno izpiranje

ABSTRACT

Introduction: Calcific tendinopathy is a disease characterized by the occurrence of calcium hydroxyapatite crystals within the tendon. The prevalence of the disease is 2.7-22%. Disease mainly affects active working population, most often women between ages of 30 and 50. Clinically, it can be expressed with severe pain and decreased shoulder joint mobility and reduced functionality. Usually it can be managed with non-steroidal anti-inflammatory drugs and physiotherapy. In some patients, conservative treatment is unsuccessful and the disease significantly impairs their quality of life. In this case one of the possible treatment methods is ultrasound guided needle lavage. Firstly, we use the ultrasound to guide needle into calcium deposits, deposit is punctured and then flushed out the area with saline. There are no guidelines for this kind of treatment, due to lack of systematic clinical research. The purpose of this study is to determine the success of percutaneous ultrasound-guided lavage calcification as a method of treatment for calcific tendinopathy when conservative treatment fails.

Methods: Patients who met the inclusion criteria (failed conservative treatment of calcific tendinosis lasting at least six months, size of calcification at least 7 mm and age between 20 and 70 years) were included in this study. The first group of patients was treated with combination of ultrasound guided needle lavage and corticosteroid injection into the subacromial bursa. The second group was only administered corticosteroid injection into the subacromial bursa. For the evaluation of the clinical condition and function of the shoulder joint, the Constant score scale (CS) by the European Society of Shoulder and Elbow Surgery has been used and for the assessment of pain, the visual analogue scale (VAL).

Results: Preliminary results indicate that ultrasound-guided needle lavage and corticosteroid injection into the subacromial bursa are more effective than only corticosteroid injection in managing of pain and improving function. In both groups, there was a comparable and statistically significant improvement in upper limb functionality one month after the intervention, but after six months functionality was significantly better in group one ($MCS1=76,6\pm6,6$; $MCS2=63,4\pm6,5$; $p=0,01$). Combination of ultrasound-guided needle lavage and corticosteroid injection has also proven to be more effective in reducing pain. Both groups reported less (but comparable) pain one month after treatment, but after six months, patients in the first group experienced significantly less pain than patients in the second group ($MVAL1=1,62\pm0,75$; $MVAL2=2,75\pm0,71$; $p=0,008$).

Discussion: Preliminary results indicate that both groups have experienced improvement in functionality and pain reduction. However, group which was treated with combination of ultrasound-guided needle lavage and corticosteroid injection functional improvement after six months was significantly better and these patients also report significantly lower levels of pain. Similar results were found by de Witte et al., describing improvement after one year in both groups, and functional outcomes were significantly better in the group where patients were treated with combination of ultrasound-guided needle lavage and corticosteroid injection into the subacromial bursa.

Conclusion: Current preliminary results confirm the efficacy of both therapies and at the same time confirm that the long-term success (six months) was better with combination of ultrasound-guided needle lavage and corticosteroid injection into the subacromial bursa.

Keywords: calcific tendinopathy, treatment, ultrasound-guided percutaneous treatment

Vesna Hodić, Nikolina Ferenac, Debi Živčić Tomić, Ivana Uvodić, Mateja Znika, Marina Bakran, Jasminka Potočnjak, Vanja Matković

FALL PREVENTION IN THE ELDERLY

ABSTRACT

Introduction: Every third individual older than 65 years falls at least once in a lifetime, which is associated with body injuries and psychosocial consequences, such as fear from falling in future. The aim of the study is to identify the risk factors of falls and to determine the influence of multimodal exercise programme.

Methods: The study was performed in 2016, in the form of interview questionnaire based on validated and previously used questionnaires: European SHARE Questionnaire, TFI (Tilburg Frailty Indicator), MRQ-10 (Medication Risk Questionnaire-10), SF-12v2 (Short Form Survey Instrument-12v2) and SF-36 (Short Form Survey Instrument-36). The study included subjects older than 75 years of both sexes. Exclusion criteria were dementia and institutionalised accommodation. Statistical processing was conducted on the sample of 296 subjects. Results and Discussion: A total number of 296 subjects included 204 women and 92 men. Their age was 80.74 ± 4.69 , 80 (75-97). The highest percentage of subjects has the elementary-school education (43%). Among women, 20% more of them attended general secondary school (gymnasium) than vocational schools. In the total number of subjects 56% are widowed, 73% of men live in marriage and 69% of women are widows. In physical activity several times a week engage 56% of subjects. Among daily activities, 49% of subjects perceives getting dressed or undressed as a risk of falling. The data indicate that fear of falling is lower among those who have a higher education, and vice versa; lower education involves greater fear. Questionnaire statements relate to dressing, bathing, moving of chair, walking on a slope ground, climbing stairs, attending a social event. Those with an academic education, such as master or doctoral degree, are less concerned when picking up a thing from the floor or reaching it from above their head. The study points to the need for individual assessment in order to develop programmes of physical activities according to physical and mental abilities of each elderly person. Conclusion: Falls are a health risk among elderly population. Multimodal exercise programme which includes balance exercises, muscle strengthening and endurance exercises, can lower the risk from falls and related fractures in elderly people. Participating in this form of exercises would improve the quality of life among elderly population.

Keywords: *elderly, falling, physiotherapy, multimodal exercise programme*

Vesna Hodić, Ines Nevjestić

ACUTE HANDBALL INJURIES AND REHABILITATION

ABSTRACT

Introduction: Handball is a team sport which requires players' mental and physical-tactical fitness. It involves many changes in direction, jumps and jump-landings, that may cause acute traumatic injuries. The aim of the paper is to present the most common injuries in handball, age groups at risk, and medical interventions and rehabilitation measures for handball injuries.

Methods: Literature search was performed using the following databases: PubMed, Sports Health, Health and Sport, SpringerLink, Google Scholar, with a cut-off date 15 December 2019. The sources are listed in the references and include those dealing with acute handball injuries, medical interventions, rehabilitation measures with the use of active orthoses in sport injuries. The key words used in database search were from several categories associated with the PICO acronym (Population, Intervention, Control, Outcome).

Result and Discussion: Most common injuries are ankle joint distortion and dislocation, vulnerable age groups are younger players and females. Among senior players, common are acute knee injuries of the anterior cruciate ligament, posterior cruciate ligament and medial collateral ligament. Initial treatment includes PRICE therapy (protection, rest, ice, compression and elevation). After medical examination and a diagnosis from a specialist, individualised physiotherapy may be started divided in several stages, adjusted to the injury, degree of strain, partial or complete rupture of the ligament system, and to the needs of the player.

Conclusion: Improvements in sport medicine and rehabilitation accelerate recovery of the player and his early return to training and sport. A stepwise process of his return involves further physical therapy sessions, exercises, use of bandages, active orthoses and restraints.

Keywords: handball, acute sport injuries, physiotherapy, rehabilitation, active orthoses



Katarina Hohler, Patricija Goubar

UPORABA MANUALNE TEHNIKE MANIPULACIJA FASCIJ PO MASTEKTOMIJI USE OF MANUAL TECHNIQUE MANIPULATION OF THE FASCIA AFTER MASTECTOMY

POVZETEK

Mastektomija lahko marsikateri ženski pusti dolgotrajne oz. dolgoletne poškodbe, ki ji lahko preprečujejo izvajanje dnevnih življenjskih aktivnosti. Fascija je povezovalno tkivo in ima aktivno vlogo pri okrevanju po operacijah in poškodbah. Naš namen raziskave je ugotoviti vpliv manipulacije fascij na gibljivost in bolečino v ramenskem sklepu pri ženskah po letu dni ali več po posegu mastektomije. Vzorec zajema 20 pacientk, vključenih v 10-dnevni rehabilitacijski program, naključno razdeljenih v dve skupini po deset preiskovank. Kontrolna skupina je v rehabilitacijskem programu zajemala 20 minut individualnih vaj za gibljivost ramenskega obroča, testna skupina poleg vaj dodatno štiri obravnave manipulacije fascij v razmiku dveh dni. Uporabili smo kvantitativno metodo raziskovanja. Meritve smo opravili pred in po raziskavi, v okviru tega smo izvedli merjenje obsega gibljivosti v obeh ramenskih sklepih in uporabili vizualno analogno lestvico (VAS) za oceno bolečine v mirovanju in ob obremenitvi. V analizi podatkov smo za preverjanje razlik med skupinama uporabili t-test s programom SPSS. Pri testni skupini smo ugotovili statistično značilno zmanjšanje bolečine za eno stopnjo in pol po VAS v mirovanju in ob obremenitvi, kakor tudi statistično značilno izboljšanje pasivnega (18 stopinj) in aktivnega (17 stopinj) obsega gibljivosti ramenskega sklepa na operirani strani, v primerjavi s kontrolno skupino. Na podlagi ugotovitev sklepamo, da lahko manualna terapija manipulacije fascij, v sklopu pozne rehabilitacije po mastektomiji, predstavlja učinkovit izbor metode h kombinaciji kinezioterapije za zmanjšanje bolečine ter izboljšanje gibljivosti v ramenskem sklepu na operirani strani, tudi po letu dni ali več po operativnem posegu.

Ključne besede: rak dojke, posledice operacije dojke, manipulacija fascij

ABSTRACT

A mastectomy can leave many women long or long-term injuries, that can prevent a woman from performing her daily life activities. Fascia is a connective tissue and plays an active role in recovery from surgery and injuries, so the main purpose of the thesis was to determine the impact of fascia manipulation in women who still struggle with pain on the operated side and limited shoulder mobility after a year or more after mastectomy. The sample included 20 patients included in a 10-day rehabilitation program, randomly divided into two groups of ten investigators. In the rehabilitation program, the control group included 20 minutes of individual exercises for shoulder ring mobility, the test group, had in addition to 20 minutes of individual exercises, 4 treatments of fascia manipulation at two days apart. We used the quantitative research method. We performed measurements before and after the study, where we measured the extent of mobility in both shoulder joints and used a visual analog scale (VAS) to evaluate rest and load pain. In the data analysis, we used a t-test with SPSS to check for differences between groups. In the test group, we found a statistically significant decrease in pain by one and a half degrees on the Vas scale at rest and at workload, as well as a statistically significant improvement in the passive (18 degrees) and active (17 degrees) range of motion of the shoulder joint on the operated side, compared with the control group. Based on the findings, we conclude that manual fascia manipulation therapy, as part of late mastectomy rehabilitation, may represent an effective choice of method to combine kinesiotherapy to reduce pain and improve shoulder joint mobility on the operative site, even after a year or more after surgery.

Keywords: breast cancer, consequences of breast surgery, fascial manipulation

Tatjana Horvat

MOŽNOSTI KARIERNEGA RAZVOJA FIZIOTERAPEVTA V SLOVENIJI

CAREER DEVELOPMENT OPPORTUNITIES FOR PHYSIOTHERAPISTS IN SLOVENIA

POVZETEK

Teoretična izhodišča: Spremembe osnovnega izobraževanja fizioterapevtov odsevajo napredek v znanju, iz katerega izhaja tudi pričakovano večja odgovornost, ki jo mora fizioterapevt osvojiti, da bi uporabniku zagotovil in nudil najboljše storitve. Učenje, ki vodi k poklicu diplomiranega fizioterapevta, je vseživljenjski proces, ki se začne z vpisom na dodiplomski študij fizioterapije in se zaključuje z upokojitvijo. Fizioterapevti so se dolžni neprestano izpopolnjevati in dopolnjevati svoje znanje, spretnosti in sposobnosti za razvoj znanosti na področju fizioterapije ter pravih zagotavljanja zdravstvene oskrbe. Neprekinjen strokovni razvoj poleg strokovnega izpopolnjevanja vključuje še formalno podiplomsko izobraževanje (magistrski in doktorski študij) in specializacije, ki so lahko formalno organizirane ali neformalne. Namen prispevka je predstavitev možnosti poslovnega razvoja vsem fizioterapevtom in bodočim fizioterapevtom v Sloveniji.

Metode dela: Uporabila sem deskriptivno metodo dela s pregledom domače in tuje literature, zdravstveno zakonodajo RS, Nacionalno strategijo kakovosti in varnosti v zdravstvu ter pregledala smernice za razvoj fizioterapevske stroke po priporočilih Evropske Regije Svetovnega Združenja Fizioterapevtov (ER-WCPT).

Ključne besede: fizioterapevt, izobraževanje, izpopolnjevanje, karierni razvoj

ABSTRACT

Introduction: Changes in the education of physiotherapists bring advances in knowledge but also greater responsibilities for physiotherapists in ensuring that patients receive the best possible service. Learning the profession of physiotherapy begins with enrollment in an undergraduate physiotherapy course and ends with retirement. Physiotherapists are obliged to constantly improve their knowledge and skills by attending different courses, enrolling in postgraduate education (Master's and Doctoral degrees) and/or choosing a specialization that may be informal or formally organized. The purpose of this article is to present the possibilities of business development to all physiotherapists and future physiotherapists in Slovenia.

Methods: I used a descriptive method by reviewing domestic and foreign literature, Health Care and Health Insurance Act of the Republic of Slovenia, the National Strategy for Health Quality and Safety, and guidelines recommended by the European Region of the World Association of Physiotherapists (ER-WCPT).

Keywords: physiotherapist, education, improvement, career development

Breda Jesenšek Papež

CANCER REHABILITATION WITH AN EMPHASIS ON PHYSICAL AND OCCUPATIONAL THERAPY INTERVENTIONS

ABSTRACT

The role of cancer rehabilitation is still relatively unfamiliar to patients and healthcare providers. Many of them are unaware of what rehabilitation can do for patients concerning symptom control and quality of life. Interdisciplinary care for oncology patients and cancer survivors needs to become a part of the standard of treatment. Cancer became a chronic condition, requiring a lifelong care of patients, including rehabilitation and regular monitoring of their condition. Oncological rehabilitation extends beyond the treatment of symptoms, signs and their consequences, by including psychological, social and occupational rehabilitation. A modern rehabilitation approach primarily focuses on one's functioning and a biopsychosocial concept of impairments, which also takes into consideration environmental and personal factors. Within the framework of interdisciplinary treatment, cancer rehabilitation and early intervention of therapy programs towards the returning or prolonging of a patient independent life are thus becoming increasingly relevant. The rehabilitation of cancer patients is a dynamic process, which may last their entire life. Its goal is to restore patients' independent functioning and social reintegration, all within the limits set by the degree of their impairment. The impairment score ranges from mild impairments to severe impairments of cardiovascular, musculoskeletal and nervous system as well as target organs. There are not many evidence based physical and occupational therapy interventions for cancer patients. However, most have been widely used over the years. Although many are not been validated in the oncologic setting, extensive experience confirms their clinical effectiveness. In the future oncology rehabilitation researches and evidence based physical therapy should come more to the fore.

Keywords: cancer rehabilitation, evidence based therapy, biopsychosocial approach



Martin Kolar, Patricija Goubar

BOLEČINA V KRIŽU PRI STRELCIH Z ZRAČNO PUŠKO LOW BACK PAIN AT AIR RIFLE SHOOTERS

POVZETEK

Bolečina v križu je zelo pogosta težava današnjega časa, saj se z njo srečajo tako aktivni kot tudi neaktivni ljudje in pogosto je sestavni del življenja športnikov. Namen raziskave je ugotoviti vzročno povezanost bolečine v križu (BVK) in preveriti učinek kinezioterapevtskega programa na intenziteto le-te pri strelcih z zračno puško, s prisotno BVK. Vzorec zajema 33 tekmovalcev obeh spolov, starosti od 15 do 20 let, razdeljenih v dve skupini: kontrolno, z 11 preiskovanci brez bolečine v križu, in testno, z 22 preiskovanci z BVK. Uporabili smo anketni vprašalnik zaprtega tipa s tematskimi vprašanji o značilnostih treninga in BVK ter učinkih kinezioterapevtskega programa po merjenjem obdobju. Uporabili smo tudi 10-stopenjsko VAS lestvico za merjenje intenzivnosti bolečine, Schoberjev test za merjenje obsega gibljivosti hrbtenice in manualno testiranje mišic. Za ugotavljanje povezanosti je bil uporabljen binominalni test, neparametrični Mann Whitney test, Spearmanov koeficient korelacije in Wilcoxon Signed Ranks test s programom SPSS. Ugotovitve nakazujejo 67-odstotno prevalenco BVK med mladimi strelci v našem vzorcu, medtem ko povezanosti med zmanjšano gibljivostjo, mišično močjo in časom ter pogostostjo treningov na pojav BVK nismo ugotovili. Razlika v intenzivnosti bolečine pred in po opravljenem kinezioterapevtskem programu ni bila statistično značilna. Dobljeni rezultati niso v skladu z dostopno literaturo in ostalimi raziskavami, a vsekakor podajajo temeljna izhodišča, glede na prevalenco BVK med mladimi športniki strelci, za potrebno raziskovanje na tovrstnem področju v nadaljevanju.

Ključne besede: fizioterapija, strelstvo, kinezioterapevtska obravnava BVK

ABSTRACT

Nowadays, back pain is a very common problem. It is encountered by both, active and inactive people and is often an integral part of athletes' lives. The purpose of the study is to determine the causal relationship of low back pain (LBP) and to examine the effect of the kinesiotherapy program on the intensity of the pain in air rifle shooters with low back pain present. The sample consisted of 33 competitors of both sexes, aged 15 to 20. They were divided into two groups: a control group, with 11 subjects who did not suffer from back pain, and a test group, with 22 subjects suffering from LBP. A closed-ended questionnaire with thematic questions about the characteristics of training and LBP and the effects of a kinesiotherapy program after the measurement period was used. A ten-step VAS scale to measure pain intensity, a Schober test to measure the extent of spinal mobility, and manual muscle testing were also used. A binominal test, a non-parametric Mann Whitney test, a Spearman correlation coefficient, and a Wilcoxon Signed Ranks test using SPSS were used to determine the association. The findings indicate a 67 percent prevalence of LBP among young shooters in the sample, whereas no association was found between decreased mobility, muscle strength, time and frequency of training on LBP occurrence. The difference in pain intensity before and after the kinesiotherapy program was not statistically significant. The results obtained are not in line with the available literature and other research, but they certainly provide fundamental starting points, given the prevalence of LBP among young shooter athletes, for the necessary research in this field.

Keywords: physiotherapy, shooting, kinesiotherapy treatment of LBP

Denis Kolšek, Patricija Goubar

VPLIV DINAMIČNIH DIHALNIH VAJ NA PLJUČNO IN KOGNITIVNO FUNKCIJO STAROSTNIKOV EFFECT OF DYNAMIC BREATHING EXERCISES ON PULMONARY AND COGNITIVE FUNCTION IN THE ELDERLY

POVZETEK

Staranje človeka je neizogibno povezano z manjšanjem rezerv vseh fizioloških sistemov, med drugim tudi respiratornega. To se kaže v zmanjšani pljučni funkciji, ki je povezana s povečano morbidnostjo, mortaliteto in pojavom demence pri starostnikih. Namen raziskave je ugotoviti učinek dinamičnih dihalnih vaj na pljučno ter posledično kognitivno funkcijo starostnikov. Dvajset priložnostno izbranih preiskovancev, starosti med 66 in 90 let smo razdelili v dve skupini, testno in kontrolno, pri čemer je testna skupina nadaljnja dva meseca vsak dan izvajala predpisane dinamične dihalne vaje. Meritve smo izvedli pred in po raziskovanem obdobju, s pomočjo spirometrije za oceno pljučne funkcije ter uporabo standardiziranega vprašalnika Montreal Cognitive Assessment test (MOCA) za oceno kognitivne funkcije. Podatke smo analizirali s programom IBM SPSS 22, pri tem smo uporabili osnovno deskriptivno statistiko, frekvenčne distribucije in t-test za neodvisne vzorce. Z izjemo forsiranega izdihanega volumna v prvi sekundi (FEV1) sta po dveh mesecih obe skupini v našem vzorcu izboljšali vse merjene parametre pljučne in kognitivne funkcije, prednostno kontrolna skupina, pri čem razlike niso bile statistično značilne ($p \leq 0,05$). Skozi omejitve raziskave ugotavljamo potrebo po zaostritvi izključitvenih kriterijev, z možnostjo vključitve večjega vzorca, da lahko zaobidemo vpliv dnevnega nihanja psihofizičnega stanja starostnikov na meritve.

Ključne besede: pljučna funkcija, kognitivna funkcija, starostniki, dinamične dihalne vaje

ABSTRACT

Human aging is inevitably linked to a decrease in the reserves of all physiological systems, including the respiratory system. This is reflected in decreased pulmonary function, which is associated with increased morbidity, mortality and the onset of dementia in the elderly. The purpose of the study was to determine the effect of dynamic breathing exercises on pulmonary and cognitive function in the elderly. Twenty randomly selected subjects, aged between 66 and 90, were divided into two groups. The test group was tasked with performing the prescribed dynamic breathing exercises for a further two months each day while the control group continued with their normal daily activities. The measurements were taken before and after the two-month study period, using spirometry to assess pulmonary function and using the standardized Montreal Cognitive Assessment Test (MOCA) to assess cognitive function. Data was analyzed with IBM SPSS 22 software using basic descriptive statistics, frequency distribution, and t-test for independent samples. With the exception of forced expiratory volume in the first second (FEV1) after two months, both groups in our sample improved all of the measured parameters for both, pulmonary and cognitive function. The control group even showed a bigger improvement on all of the tests compared to the test group. Consequently, there were no statistically significant ($p \leq 0.05$) differences between the groups in none of the measured parameters. Through the limitations of the research, we identified the need to use a larger research sample and also to set a tighter exclusion criteria, in order to prevent the influence of daily fluctuations in the psychophysiological state of the elderly on measurements.

Keywords: pulmonary function, cognitive function, elderly, dynamic breathing exercises

Barbara Kostanjevec Pernek, Tine Kovačič

UČINKOVITOST DIREKTNEGA DOSTOPA DO FIZIOTERAPIJE PRI PACIENTIH Z NESPECIFIČNO KRONIČNO BOLEČINO V KRIŽU NA ZNIŽANJE INTENZIVNOSTI BOLEČINE, ZMANJŠANO ZMOŽNOST IN DELOVNO NEZMOŽNOST EFFECTIVENESS OF A DIRECT ACCESS TO PHYSIOTHERAPY IN PATIENTS WITH NON-SPECIFIC CHRONIC LOW BACK PAIN TO PAIN INTENSITY REDUCTION, DISABILITY AND ABSENCE FROM WORK

POVZETEK

Uvod: Slovenija si po vzoru drugih držav Evropske Unije, kot drugih razvitih držav prizadeva urediti direkten dostop do fizioterapije v javnem zdravstvu, v Sloveniji pa je slednji možen le v zasebnem sektorju. Tako bi lahko slovenski pacienti z nespecifično kronično bolečino v križu (NKBVK) v javnem zdravstvu na primarni ravni imeli pravico do svobodne izbire fizioterapevta kot prve kontaktne osebe in do direktnega dostopa do z dokazi podprte fizioterapije.

Metode: Da bi proučili kratkoročno učinkovitost direktnega pristopa do fizioterapije na intenziteto NKBVK smo izvedli predeksperimentalno študijo. 67 pacientov z NKBVK smo po principu naključnega vzorčenja razvrstili v študijsko (32 pacientov v zasebni fizioterapevtskih praksah) in kontrolno skupino (35 pacientov v javnem ZD). Podatke smo zbrali s pomočjo anketnega vprašalnika, ki smo ga sestavili na podlagi tujih raziskav, prav tako smo vključili vprašalnik zmanjšane zmožnosti Oswestry.

Rezultati: Na podlagi analize rezultatov ugotavljamo, da je direktni fizioterapevtski pristop bolj učinkovit pri znižanju stopnje intenzitete bolečine, v primerjavi z indirektnim pristopom, prav tako je bila NBVK pri preiskovancih v študijski skupini vzrok za 3,2-dnevno nezmožnost za delo, na samo obravnavo so bili napoteni takoj, pri kontrolni skupini pa za 9,0-dnevno nezmožnost za delo, na obravnavo pa so čakali v povprečju 106 dni (min. 10, max. 180).

Sklepi: Menimo, da bi z direktnim fizioterapevtskim pristopom lahko v veliki meri zagotovili pacientom hitrejši dostop do fizioterapije in manjši odstotek zmanjšane zmožnosti in delovne nezmožnosti.

Ključne besede: nespecifična kronična bolečina v križu, fizioterapija, direktni pristop

ABSTRACT

Introduction: Following the example of other European Union countries, like other developed countries, Slovenia strives to regulate direct access to physiotherapy in public health, currently it is only possibility in the private sector. In this way, Slovenian patients with non-specific chronic low back pain (NCLBP) in public health at primary level could have the right to freely choose a physiotherapist as the first contact person and to have direct access to evidence-based physiotherapy.

Methods: To examine the short-term efficacy of a direct approach to physiotherapy on NCLBP intensity, we performed pre-experimental study. 67 patients with NCLBP were classified into a study group (32 patients in private physiotherapy practices) and a control group (35 patients in a public health center) according to the principle of random sampling. Data were collected using a survey questionnaire compiled from foreign surveys, and we also included Oswestry Low Back Pain Disability Questionnaire.

Results: Based on the analysis of the results, we find that the direct physiotherapy approach is more effective in reducing the level of pain intensity compared to the indirect approach, and the NCLBP caused 3.2 days of absence from work in the study group subjects, and they received treatment immediately, with a control group of 9.0 days absence from work, and on average they were placed on a waiting list for 106 days (min. 10, max. 180).

Conclusions: We believe that a direct physiotherapy approach could largely provide patients with faster access to physiotherapy and a lower percentage of disability and absence from work

Keywords: nonspecific chronic low back pain, physiotherapy, direct approach

Tine Kovačič, Laura Podkubovšek

NEVROFIZIOTERAPIJA PRI OTROKU Z WOLF-HIRSCHHORN SINDROMOM NEUROPHYSIOTHERAPY IN A CHILD WITH WOLF-HIRSCHHORN SYNDROME

POVZETEK

Uvod: Wolf-Hirschhorn sindrom se pogosto pokaže prenatalno s počasno rastjo ploda in vplivom na globalni razvojni zaostanek. Prevalenca sindroma je ocenjena na 1 od 50.000 rojstev in več kot tretjina jih umre v prvem letu življenja zaradi prirojenih srčnih napak. Tako v Sloveniji, kot po svetu je kratkoročno izboljšanje grobe gibalne funkcije otrok z WHS še neraziskano področje v povezavi z sestavljenim nevrofizioterapevtskim programom.

Metode: V študiji primera smo s pomočjo retrospektivne analize rezultatov raziskali krakoročen vpliv kompleksnega nevrofizioterapevtskega programa na grobo gibano funkcijo 5. letnega otroka z WHS ter ga primerjali z 12-mesečno intenzivno razvojno nevrološko obravnavo, ki je je bil deležen pred tem.

Rezultati: Otrok z WHS je pri prvem in drugem ocenjevanju (julija 2016 in julija 2017) na področju A – ležanje in obračanje dosegel 19,6 %, julija 2018, po zaključenem kompleksnem nevrofizioterapevtskem programu pa 78,4 %. Na področju B – sedenje je pri prvem in drugem ocenjevanju dosegel 3,3 %, pri tretjem pa 31,7 %. Na področju C – plazenje in klečanje je pri prvem in drugem ocenjevanju dosegel 2,4 %, pri tretjem pa 16,7 %.

Sklepi: Na podlagi analize rezultatov ugotavljamo klinični napredek otroka z WHS v grobi gibalni funkciji po končanem nevrofizioterapevtskem programu, a kljub temu otrok ne dosega motoričnih mejnikov 5-letnika brez razvojnih motenj.

Ključne besede: Wolf-Hirschhorn sindrom, nevrofizioterapija, groba gibalna funkcija

ABSTRACT

Introduction: Wolf-Hirschhorn syndrome often manifests itself prenatally with slow fetal growth and affects the global developmental delay. The prevalence of the syndrome is estimated at 1 in 50,000 births and more than a third children die in the first year of life due to congenital heart defects. In Slovenia as well as in the world the short-term effect on improving the gross locomotor function of children with WHS is still an unexplored area in connection with a multicomponent neurophysiotherapy program.

Methods: In a case study, a retrospective analysis of the results investigated the short-term impact of a complex neurophysiotherapy program on the gross motor function of a 5-year-old child with WHS and compared it with the 12-month intensive neuro developmental treatment he had previously received.

Results: The child with WHS scored 19.6% (in July 2016 and July 2017) at first and second assessment, in section A - lying and rolling, respectively, and in July 2018, after completing a complex neurophysiotherapy program, 78.4%. In the B area, seating reached 3.3% at first and second assessment and 31.7% at third assessment. In the area of C - crawling and kneeling, it reached 2.4% at first and second assessment, and 16.7% in at third assessment.

Conclusions: Based on the analysis of the results, we can conclude that a child with WHS received clinical progress in gross motor function after completing a neurophysiotherapy program, but nevertheless the child does not reach the motor milestones of the 5th year without developmental disorders.

Keywords: Wolf-Hirschhorn syndrome, neurophysiotherapy, gross motor function

Rok Ledinek, Patricija Goubar

VZROČNA ANALIZA BOLEČINE V LEDVENEM DELU HRBTENICE PRI FITNESARJIH CAUSAL ANALYSIS OF LOW BACK PAIN IN FITNESS POPULATION

POVZETEK

Opazujemo lahko trend vse večje priljubljenosti vadbe za moč. Opažamo, da se pri tej populaciji pogosto pojavljajo primeri z bolečinami v ledvenem delu hrbtenice. Za stabilnost ledvene hrbtenice je potrebna primerna funkcija lokalnih stabilizatorjev ter primerna dolžina in moč specifičnih mišic. Namen raziskave je bil testirati omenjeno mišično stanje pri fitnesarjih ter ugotoviti potencialno povezavo s pojavom bolečin v ledvenem delu hrbtenice. Sodelovalo je deset kandidatov, šest moških in štiri ženske, starih med enaindvajset in štiriinštirideset let, ki so bili udeleženi v najmanj leto dni rednega vadbenega treninga za moč in s prisotnostjo občasne ali stalne bolečine v ledvenem delu hrbtenice, v obdobju minimalno zadnjih treh mesecev od pričetka raziskave. Uporabili smo kvantitativno metodo zbiranja podatkov z izvedbo meritev s testi za oceno skrajšav mišic, ki vplivajo na položaj medenice in ledvene hrbtenice ter manualnega mišičnega testiranja za oceno mišične moči in vzdržljivosti trupa in ekstenzorjev kolka. V našem vzorcu smo ugotovili visoko prevalenco disfunkcij lokalnih stabilizatorjev, kjer prevladuje disfunkcija *m. transversus abdominis* pri polovici preiskovancev. Vzročne povezanosti bolečine v ledveni hrbtenici s skrajšavami mišic trupa in kolka v našem vzorcu nismo ugotovili, v nasprotju z izsledki drugih študij. Na podlagi tujih in naših ugotovitev je pomembno, da treningi za moč pri fitnesarjih vključujejo prav tako trening lokalnih stabilizatorjev v preveciji bolečin v hrbtenici.

Ključne besede: ledvena bolečina, trening moči, lokalni stabilizatorji, raztezanje, skrajšava

ABSTRACT

We can observe a trend of increasing popularity of strength training. We can observe many cases with frequent low back pain in this population. For stability of the lumbar spine, proper function of local stabilizers and appropriate length and strength of specific muscles are required. The purpose of the study was to test the aforementioned muscle condition in fitness population and to find out a potential link to the occurrence of low back pain. We included ten candidates, six men and four women between the ages of twenty-four and forty-four, with at least one year of regular strength training and with the presence of intermittent or persistent low back pain for a minimum period of three months prior to the beginning of the research. We used a quantitative data collection method to perform measurements with tests to evaluate muscle length of muscles affecting the position of the pelvis and lumbar spine, and manual muscle testing to assess the muscular strength and endurance of the torso and hip extensors. In our sample, we found a high prevalence of dysfunctions of local stabilizers, where dysfunction of *m. transversus abdominis* predominates in half of the subjects. A causal relationship between lumbar spine pain and trunk and hip muscle tightness was not identified in our sample, contrary to the results of other studies. Based on foreign and our findings, it is important that fitness training includes also training of local stabilizers in the prevention of low back pain.

Keywords: lumbar pain, strength training, local stabilizers, stretching, tightness

Maja Mencigar, Tine Kovačič

POVEZANOST KOTA Q IN PATELOFEMORALNEGA BOLEČINSKEGA SINDROMA PRI SLOVENSКИH REKREATIVNIH TEKAČIH RELATIONSHIP BETWEEN Q ANGLE AND PATELOFEMORAL PAIN SYNDROME IN SLOVENIAN RECREATIONAL RUNNERS

POVZETEK

Uvod: Patelofemoralni bolečinski sindrom (PFBS) spada med najpogostejše preobremenitve sindrome kolena pri odraslih. Dejavniki tveganja za nastanek PFBS so peripatelarni sinovitis, poškodbe mehko tkivnih struktur (npr. lateralni retinaculum), infrapatelarna maščobna blazinica. Dokazi, da bi povečan kot Q lahko vplival na prevalenco PFBS, so si nasprotujoči.

Metode: Da bi raziskali povezanost med kotom Q in PFBS, smo izvedli presečno študijo na neslučajnostnem namenskem vzorcu 44 slovenskih rekreativnih tekačev. S pomočjo univerzalnega goniometra smo izvedli meritve kota Q ter ugotavljali korelacijo med povečanim kotom Q in pojavnostjo patelofemoralnega bolečinskega sindroma.

Rezultati: Rezultati kažejo, da ima 50,0 % rekreativnih tekačev z normalno vrednostjo kota Q na desni nogi bolečine na sprednji strani kolena in 50,0 % tekačev s povišano vrednostjo kota Q na desni nogi bolečine na sprednji strani kolena ter da ima 35,7 % tekačev z normalno vrednostjo kota Q na levi nogi bolečine na sprednji strani kolena in 64,3 % tekačev s povišano vrednostjo kota Q na levi nogi bolečine na sprednji strani kolena.

Sklepi: Na podlagi statistične analize rezultatov ugotavljamo, da gre pri obstoječem vzorcu za delno korelacijo med velikostjo kota Q in incidenco PFBS. Da bi lahko potrdili oz. ovrgli povezavo PFBS s kotom Q, so potrebne nadaljnje klinične raziskave na večjem vzorcu slovenskih rekreativnih tekačev.

Ključne besede: kot Q, patelofemoralni bolečinski sindrom, fizioterapija

ABSTRACT

Introduction: Patellofemoral Pain Syndrome (PFPS) is one of the most common overuse syndromes of knee in adults. Risk factors for PFPS are peripatellar synovitis, damage to the soft tissue structures (e.g. lateral retinaculum), infrapatellar fat pad. The evidence that increased angle-Q could influence PFPS prevalence is conflicting.

Methods: a cross sectional study was conducted on a random sample of 44 Slovenian recreational runners in order to investigate the relationship between the Q angle and the PFPS. The q-angle was evaluated by means of a universal goniometer according to protocol. We investigated a relationship between increased Q angle and the incidence of PFPS.

Results: The results show that 50.0% of recreational runners with normal Q angle on right leg pain at the front of the knee and 50.0% runners with elevated Q angle on right leg pain at the front of their knees and have 35.7% of runners with normal left QA-leg pain on the front of the knee and 64.3% of runners with an elevated left QA-Q on the front of the knee.

Conclusions: Based on the statistical analysis of the results, we can conclude that the existing sample has a partial correlation between the Q angle size and the incidence of PFBS. In order to confirm or to ascertain the relationship of the Q angle with PFBS, further clinical research is needed on a larger sample of Slovenian recreational runners.

Keywords: Q angle, patellofemoral pain syndrome, physiotherapy

Nina Mislej, Patricija Goubar

VPLIV VADBE JOGE NA STRESNO URINSKO INKONTINENCO PRI ŽENSKAH IMPACT OF YOGA TRAINING ON STRESS URINARY INCONTINENCE IN WOMEN

POVZETEK

Stresna urinska inkontinenca je zelo pogost pojav, ki se lahko pojavi v vseh starostnih obdobjih. Še posebej je pogosta pri ženski populaciji in ima velik vpliv na kakovost življenja. Namen raziskave je bil ugotoviti, ali ima redna vadba joge vpliv na pojavnost SUI, ter na poznavanje medeničnega dna pri ženskah. Vzorec vključuje 84 žensk, starosti med 26 in 73 let. Uporabili smo deskriptivno in kvantitativno metodo raziskovanja. S pomočjo anketnega vprašalnika 1KA smo anketirali ženske preko interneta in v joga studiih v Ljubljani. Preiskovanke smo razdelili v dve skupini. Kontrolna skupina je zajemala 36 žensk, ki se ne ukvarjajo z vadbo joge, medtem ko testna skupina, 38 žensk, ki se ukvarjajo z vadbo joge vsaj enkrat do dvakrat na teden, vsaj eno leto od časa našega anketiranja. Rezultate smo računalniško obdelali s pomočjo IBM SPSS Statistic 22 ter jih analizirali z opisno statistiko in bivariatno statistiko. Ugotovili smo da je prevalenca SUI večja in prisotna v močnejši obliki pri ženskah iz kontrolne skupine. In da se ženske iz testne skupine, bolje zavedajo vloge mišic medeničnega dna in bolj pravilno izvajajo trening mišic medeničnega dna v primerjavi z ženskami iz kontrolne skupine. Pri vseh dobljenih rezultatih, pa razlike niso bile statistično značilne. Na podlagi rezultatov za naš vzorec sklepamo, da lahko vadba joge vpliva na stanje SUI oziroma ohranja kontinenco pri ženskah in tako izboljša kakovost življenja.

Ključne besede: sečila, stresna urinska inkontinenca, mišice medeničnega dna

ABSTRACT

Stress urinary incontinence is a very common problem which can appear in all age periods. It is especially common among women and it has a great impact on their quality of life. The intent of this research was to find out whether regular yoga practice has any impact on the onset of SUI and on the knowledge of pelvic floor among women. The sample includes 84 women between the ages of 26 and 73. Both descriptive and quantitative methods were used in the research. We used a 1KA questionnaire to survey women online and in several yoga studios in Ljubljana. We distributed the gathered results into two groups. In the control there was 46 representatives which are not practicing yoga. Therefore the test group where are 38 women who practice yoga at least once or twice per week and at least one year from the time of our survey. We processed the results using BM SPSS Statistic 22 and analyzed them using descriptive statistics and bivariate analysis. We found out that SUI is more prevalent and it is present in a stronger form among women from the control group. We also found out that women from the test group are more aware of the role of PFM and practice PFMT more correctly than those from the control group. In all the results obtained, the differences were not statistically significant. Based on the results, we conclude that yoga practice can improve SUI state or maintain continence in women. Therefore, it improves their quality of life.

Keywords: urinary tract, stress urinary incontinence, pelvic floor muscles

Dino Murić, Tine Kovačič

UČINKI VEČKOMPONENTNEGA FIZIOTERAPEVTSKEGA PROGRAMA NA MIŠIČNO JAKOST IN FUNKCIJSKO SPOSOBNOST PRI PROFESIONALNEM VRHUNSKEM KOŠARKARJU

THE EFFECTS OF A MULTICOMPONENT PHYSIOTHERAPY PROGRAM ON MUSCULAR STRENGTH AND FUNCTION IN PROFESSIONAL TOP BASKETBALL PLAYER

POVZETEK

Uvod: Fizioterapevtski program je za doseganje zadostne mišične jakosti in funkcije kolena po poškodbi sprednje križne vezi (ACL) zelo pomemben, saj imajo košarkarji, ki so v preteklosti že imeli rekonstrukcijo ACL, večjo možnost za ponovno poškodbo, kot tisti, ki ACL poškodbe še niso imeli.

Metode: V študijo primera smo vključili vrhunškega košarkarja (NBA) po drugi rekonstrukciji ACL desnega kolena z odvzemnim mestom patelarne avtolognega presadka na kontralateralni nogi. Uporabili smo integracijo kvalitativne in kvantitativne metodologije in s pomočjo zaporednega raziskovalnega načrta izvedli zbiranje, analizo ter interpretacijo podatkov.

Rezultati: Po 8-tedenskem fizioterapevtskem programu so mišične jakosti štiriglavih stegenjskih mišic in zadnjih stegenjskih mišic v zelenem območju glede na telesno težo košarkarja, vendar je prisotna razlika v mišični jakosti zadnjih stegenjskih mišic desne in leve noge, ki ne dosega kriterijev za vrnitev v šport. Na drugi strani pa sta razlika v mišični jakosti desne in leve štiriglave stegenjske mišice ter indeks simetrije udov pridobljena s pomočjo funkcijskega testa enonožnega poskoka v daljino, ki po programu zanaša 99,48% in dosega kriterije za vrnitev košarkarja v šport.

Sklepi: Na podlagi analize kvantitativnih in kvalitativnih rezultatov ugotavljamo, da lahko na ta način razvijemo bolj zgoščeno razumevanje učinkovitosti omenjenega fizioterapevtskega programa za doseganje kriterijev za vrnitev v šport ter širši vpogled v osebna doživljanja vrhunškega košarkarja glede učinkovitosti programa.

Ključne besede: poškodba sprednje križne vezi, fizioterapija, jakost stegenjskih mišic

ABSTRACT

Introduction: Physiotherapeutic rehabilitation program is therefore of crucial importance in reaching a sufficient muscle strength and knee function, especially because basketball players with a history of an ACL injury have an increased risk of recurrence, in comparison to the not-injured ones.

Methods: A top basketball player (NBA) was included in the case study after a second reconstruction of the right knee ACL with the removal of a patellar autologous graft on the contralateral leg. We used the mixed methods design and, through a sequential research design, conducted the collection, analysis and interpretation of data.

Results: According to the 8-week physiotherapy program, the muscle strength of the four-legged thigh muscles and the posterior thigh muscles is in the desired range depending on the weight of the basketball player; on the other hand, the difference in the muscular strength of the right and left quadriceps of the femur and the symmetry index of the limbs were obtained by means of a one-legged long-distance jump test, which according to the program relies on 99.48% and meets the criteria for basketball return to sports.

Conclusions: Based on the analysis of quantitative and qualitative results, we find that in this way we can develop a more concise understanding of the effectiveness of the mentioned physiotherapy program to meet the criteria for return to sport and a broader insight into the personal experiences of top basketball players regarding the effectiveness of the program.

Keywords: ACL injury, physiotherapy, thigh muscle strength

Nuša Novak, Patricija Goubar

FIZIOTERAPIJA PRI MEDENIČNI DISFUNKCIJI V PRENATALNEM IN POSTNATALNEM OBDOBJU PHYSICAL THERAPY OF DYSFUNCTIONS IN THE AREA OF THE PELVIS IN THE PRENATAL AND POSTNATAL PERIOD

POVZETEK

V nosečnosti so mišične in živčne strukture izpostavljene številnim spremembam, kar lahko vodi do različnih disfunkcij v medeničnem obroču in zniža kakovost življenja nosečnice. Namen raziskave je bil ugotoviti vrsto prisotne medenične disfunkcije pri preiskovanke in vpliv individualnega fizioterapevtskega programa na percepcijo bolečine, na stanje urinske inkontinence ter subjektivno zaznavo kakovosti življenja skozi prenatalno in postnatalno obdobje. V študiji primera smo obravnavali 29-letnico. Meritve smo izvedli s pomočjo vizualne analogne lestvice, uporabili smo provokativne teste za ugotavljanje lokacije disfunkcije v medeničnem obroču in merili vzdržljivost mišic medeničnega dna s pomočjo pripomočka Educator. Uporabili smo tudi dva standardizirana vprašalnika: ICIQ-UI ShortForm za oceno stanja urinske inkontinence ter SF-36 za ugotavljanje kakovosti življenja. Meritve smo izvedli na začetku in na koncu devetmesečnega obravnavanega obdobja, medtem ko smo učinek treninga mišic medeničnega dna merili v dvotedenskem obdobju med izvedbo. Za analizo rezultatov smo uporabili deskriptivno statistično metodo in metodo primerjave rezultatov. Ugotovili smo prisotnost simfizne disfunkcije in pozitiven učinek fizioterapevtskega programa na zmanjšanje bolečine ter stopnjo urinske inkontinence v postnatalnem obdobju, kar je imelo vpliv tudi na izboljšanje kakovosti življenja. Statistično značilnega pozitivnega učinka fizioterapevtskega programa na bolečino in stopnjo urinske inkontinence v prenatalnem obdobju nismo ugotovili. Na podlagi rezultatov študije smo tako potrdili hipotezi o zmanjšani bolečini v področju disfunkcije in višji subjektivni oceni kakovosti življenja preiskovanke ob koncu obravnave, kar navaja tudi subjektivna ocena preiskovanke.

Ključne besede: disfunkcija, urinska inkontinenca, nosečnost, pelvična bolečina, medenično dno

ABSTRACT

During pregnancy the muscles and neural structures are exposed to many changes, which can lead to a variety of dysfunction in the pelvis area, and decrease the quality of life of pregnant women. The aim of the study was to determine the influence of the individual physical therapy program on the perception of the pelvic pain, the condition of urinary incontinence, and the subjective perception of the quality of life through the prenatal and postnatal period of time. In the case study, we have addressed the 29 years old pregnant women. The measurements were carried out with Visual Analogue Scale and the provocative teste to determine the location of dysfunction in the pelvis area. We measured the endurance of the pelvic floor muscles using the Educator. We also used two standardized questionnaires: ICIQ-UI ShortForm for the diagnosis of urinary incontinence, and the SF-36 for the assessment of quality of life. The measurements were carried out at the beginning and at the end of the nine-month period, the effectiveness of the implementation of the training of the muscles of the pelvic floor and the two weeks period of time between initiation of it. For the analysis of the results we used the descriptive statistical method and the method of comparison of the results. We found out the presence of symphysis dysfunction and the positive effect of the individual physical therapy program on reducing the pain and the rate of urinary incontinence in the postnatal period, which also had an impact on improving the quality of life. There was no statistically significant positive effect of the physical therapy program on pain and urinary incontinence rate in the prenatal period. Based on the results of the study, we confirmed the hypothesis of decreased pain in the area of dysfunction and a higher subjective assessment of the quality of life at the end of the treatment, as indicated by the subjective assessment of the pregnant women.

Keywords: dysfunction, urinary incontinence, pregnancy, pelvic pain, pelvic floor

Danijela Panić, Mirela Vučković, Mirhada Šehić, Nenad Petrc

INFLUENCE OF TWO DIFFERENT REHABILITATION APPROACHES ON THE INCIDENCE OF PAIN IN NON-SPECIFIC LUMBOSACRAL PATIENT SYNDROME

ABSTRACT

Introduction: Low back pain is a very common diagnosis whose treatment costs are high. It often leads to long-term loss of function and to disability. Despite numerous studies, the most effective approach to chronic nonspecific lumbosacral syndrome is not yet known.

Aim of the study: To determine whether there is a difference after different rehabilitation approaches in non-specific lumbosacral pain syndrome in the level and incidence of pain.

Methods and subjects: The study is a randomized controlled trial (therapeutic trial). 50 subjects between the ages of 37 and 69 who have chronic non-specific lumbosacral pain syndrome were recruited from the Health Center Zagreb - West. Two different exercise programs were conducted, two weeks each with 5 arrivals, lasting about 20 minutes.

Results: Differences between hypothesis testing groups; pain index - Mann Whitney U test $p = 0.600$.

Discussion: Combined exercises included strengthening the pelvic floor muscles, strengthening the trunk stabilizer muscles and stretching the muscles of the posterior lobe of the lower leg. Although such exercises are very popular in the conservative treatment of patients with back pain, evidence of the effectiveness of this approach is still sparse, as confirmed by this research.

Conclusion: Both exercise programs significantly influenced the reduction of pain in subjects with chronic non-specific back pain.

Keywords: chronic, low back pain, nonspecific, core stability



Nenad Petrc, Mirela Vučković, Danijela Panić

APPLICATION OF COORDINATIVE LOCOMOTOR TRAINING IN PATIENTS WITH OSTEOARTHRITIS OF THE KNEE

ABSTRACT

Introduction: Osteoarthritis of the knee occurs as a consequence of degenerative changes in the art. cartilage. In the conservative treatment of osteoarthritis, physical procedures and different forms of exercise are used. Coordinative Locomotor Training concept is a newer way of treatment based on muscle synergy and motor control throughout the body simultaneously. The objective of this study was to compare the effectiveness of two different approaches of two weeks treatment to the ability of the postural balance in subjects with osteoarthritis of the knee.

Methods and measurements: With the randomisation, the subjects were divided into two groups. Interventional group N = 13 conducted physical procedures with the application of the Coordinative Locomotor Training concept and the second, control group, N = 14, which carried out the same physical procedures with the application of standard isometric and isotonic exercises. The measurement of postural equilibrium was carried out on the Stabilometric platform ALFA (2.0/2013), and a stabilometric test (Romberg with open eyes) and dynamic tests (trails and striker) were used.

Results: The results of two-factor ANOVA for repeated measurements with static and dynamic tests showed that between the two observed groups there was no statistically significant difference in the magnitude of changes in the equilibrium balance before and after treatment.

Conclusion: Despite the fact that respondents who performed the Coordinative Locomotor Training concept did not show statistically greater advances in the magnitude of changes in the ability of static and dynamic balance, it does not constitute an obstacle for future use of the Coordinative Locomotor Training concept in the treatment of patients with osteoarthritis of the knee.

Keywords: *Coordinative Locomotore Training, knee osteoarthritis, balance, balance platform*



Rok Pivec, Jakob Ules

OKLUZIJSKA VADBA – PREGLED LITERATURE BLOOD FLOW RESTRICTION TRAINING – LITERATURE REVIEW

POVZETEK

Okluzijska vadba (OV) je ena izmed novejših metod vadbe, ki se uporablja pri procesu rehabilitacije po operativnih posegih in poškodbah ter za splošno izboljšanje mišične moči tako pri športnikih, rekreativcih, kot tudi pri starejših ljudeh. Vadba je zanimiva, ker lahko hipertrofijo oslabeledih mišic dosežemo že z minimalnimi bremenami, ki so nekje med dvajset in trideset odstotki 1RM (Repetition Maximum). To pomeni, da je delež bremena, ki smo ga sposobni premagati maksimalno enkrat relativno nizek v primerjavi s klasično vadbo za moč, pri kateri je delež za doseganje hipertrofije med šestdeset in osemdeset odstotkov 1RM. OV izvajamo s pomočjo posebnih napihljivih okluzijskih manšet, v katerih nastavimo pritisk za okluzijo zgornjega oziroma spodnjega uda. Z zmanjšanjem krvnega pretoka za kratek čas ustvarimo okolje z zmanjšanim kisikom (ishemično okolje), to povzroči metabolični stres, kar omogoča mišično rast. Namen tega članka je predstaviti obstoječo in predvsem novejšo literaturo na temo OV in izpostaviti prednosti, kot tudi pomanjkljivosti uporabe te metode. Primarni cilj je pregled tuje literature, saj je strokovna literatura v slovenskem jeziku na to temo zelo pomanjkljiva. S pregledom pa želiva spodbuditi ostale, ki jih to področje vadbe zanima, da prispevajo k razvoju domače literature. Pri raziskovanju je bila uporabljena kvalitativna metoda s tehniko analize dokumentov. Uporaba OV je primerna za osebe, ki ne zmorejo prenašati velikih bremen. Številne študije in raziskave kažejo primernost za uporabo takšne vadbe tudi pri osebah z osteoartritisom (manjša bremena posledično tudi manj obremenjujejo sklepe), pri osebah po dolgotrajni imobilizaciji, po operativnih posegih (pogosto rekonstrukcija sprednjega križnega ligamenta), kot tudi pri ostalih kliničnih populacijah. Čeprav je OV uporabna metoda pri razvoju moči pa je potrebno poudariti, da je primarna vadba za hipertrofijo, če je to le možno, še vedno vadba z velikimi bremenami, OV pa lahko uporabimo kot vmesni korak da dosežemo stopnjo, s katero bomo pripravili naše telo na večja bremena.

Ključne besede: okluzija, hipertrofija, rehabilitacija, starejši, vadba

ABSTRACT

Blood flow restriction training (BFRT) is one of the latest methods, that is being used in the process of rehabilitation after surgeries or other injuries. This type of training can also be used for general improvement of muscle strength with elite athletes, recreation enthusiasts and older populations. This workout is interesting, because we can achieve hypertrophy of weakened muscles with minimal loads, which range from twenty to thirty percent of 1RM (Repetition Maximum). This means that the share of the load, of the maximum amount of weight, which we are capable to lift for one repetition, is relatively low compared to classic strength training, where the loads vary from sixty to eighty percent of 1RM. We perform BFRT with inflatable occlusion cuffs, in which we set the pressure for occlusion of the upper or lower extremity. As we lower the blood flow for short period of time, we create an environment with lowered oxygen (ischemic environment) that leads into metabolic stress, which enables muscle growth. The purpose of this article is to present the existing and especially newer literature about BFRT and to address the advantages as well as the weaknesses of this method. The primary goal of this article is an overview of the foreign literature, because scientific literature in Slovene language is very insufficient. With this analysis we want to encourage others, who are interested in this field of training, to contribute in developing of Slovene literature. For the purpose of this review we used qualitative research with the document analysis technique. BFRT is optimal to use with patients, that cannot tolerate huge loads. Numerous studies and researches are indicating, that BFRT can be performed with people with osteoarthritis (smaller loads put less stress on joints), on patients after long-term immobilisation, after surgeries (commonly reconstruction of the anterior cruciate ligament), as well as with other clinical populations. Although BFRT is a useful method at developing strength, we have to point out that if possible, muscle hypertrophy should still be achieved through classic strength training. BFRT can be used as an intermediate step for preparing our body for bigger loads.

Keywords: *occlusion, hypertrophy, rehabilitation, elderly, exercise*

Sara Puketa, Tine Kovačič

RAZLIKA V ZADOVOLJSTVU OSEB Z MULTIPLO SKLEROZO Z DIREKTNIM IN INDIREKTNIM DOSTOPOM DO FIZIOTERAPIJE

DIFFERENCE IN SATISFACTION OF PERSONS WITH MULTIPLE SCLEROSIS WITH DIRECT AND INDIRECT ACCESS TO PHYSIOTHERAPY

POVZETEK

Uvod: Ker gre pri večini posameznikov za diagnosticirano multiplo sklerozo (MS) v času njihove delovne aktivnosti, je pomembno, da si v okviru nevrofizioterapevtske obravnave postavimo fizioterapevtske cilje tako na področju telesne zgradbe in funkcije, dejavnosti kot sodelovanja. Tako v Sloveniji kot v tujini se osebe z MS poslužujejo direktnega in indirektnega dostopa do fizioterapije, le da je pri nas prvi možen le v zasebnem sektorju. Razlike v zadovoljstvu omenjenih dostopov pri osebah z MS do sedaj niso bile raziskane.

Metode: Izvedli smo prospektivno študijo na priložnostnem vzorcu 90 oseb z MS, ki so člani Združenja multiple skleroze Slovenije. Glede na stopnjo MS je največ preiskovancev (40 %) v recidivno remitentni fazi, 28 % v primarno napredujoči, 25,5 % v sekundarno napredujoči in 2,2 % v progresivno recidivni fazi. Preiskovance smo razdelili v eksperimentalno skupino, ki je bila deležna kombinacije obeh, in kontrolno skupino, ki je bila deležna indirektnega dostopa.

Rezultati: Na podlagi statistične analize rezultatov ugotavljamo, da je povprečna ocena zadovoljstev z nevrofizioterapevtsko obravnavo nekoliko višja pri kontrolni skupini (7,58) v primerjavi s študijsko skupino (7,50). Nadaljnja analiza z Mann-Whitneyjevim testom ni pokazala statistično pomembnih razlik med skupinama ($p < 0,05$).

Sklepi: V prihodnji prospektivni študiji na večjem vzorcu oseb z MS bi bilo potrebno raziskati učinkovitost direktnega in indirektnega fizioterapevtskega pristopa na kakovost življenja.

Ključne besede: multipla skleroza, direkten dostop, zadovoljstvo pacientov

ABSTRACT

Introduction: Since most individuals are diagnosed with multiple sclerosis (MS) at the time of their active working period, it is important to set physiotherapy goals in terms of body structure and function, activity, and participation as part of neurophysiotherapy treatment. In Slovenia as well as abroad, persons with MS use direct and indirect access to physiotherapy (PT), which is only possible in the private sector. Differences in the satisfaction of the aforementioned access in persons with MS have not been investigated to date.

Methods: We conducted a prospective study on a sample of 90 people with MS who are members of the Multiple Sclerosis Association of Slovenia. In terms of MS, the majority of subjects (40%) are in the recurrent remissant phase, 28% are in the primary progressive phase, 25.5% are in the secondary progressive phase, and 2.2% are in the progressively recurrent phase. The subjects were divided into an experimental group that received a combination of direct as indirect access to PT and a control group that received indirect access.

Results: On the basis of the longitudinal analysis of the results, we find that the average assessment of satisfaction with neurophysiotherapy was considered somewhat higher in the control group (7.58) compared to the study group (7.50). Further analysis with the Mann-Whitney test revealed no statistically significant differences between the groups ($p < 0.05$).

Conclusions: In a prospective study on a larger sample of people with MS, the effectiveness of direct and indirect physiotherapy approaches to quality of life should be explored.

Keywords: multiple sclerosis, direct access, patient satisfaction

Maruša Pungartnik, Patricija Goubar

URINSKA INKONTINENCA IN TRENING MIŠIC MEDENIČNEGA DNA PRI MLADIH ODOJKA URINARY INCONTINENCE AND PELVIC FLOOR MUSCLE TRAINING IN YOUNG VOLLEYBALL PLAYERS

POVZETEK

Pogosta vrsta disfunkcije medeničnega dna pri športnicah je urinska inkontinenca (UI), katere prevalenca znaša med 8,5 in 38 odstotkov. Namen raziskave je ugotoviti stanje UI in ozaveščenost o pomenu treninga mišic medeničnega dna (tMMD) ter vpliv tMMD na stanje vzdržljivosti mišic medeničnega dna (MMD). Vzorec je zajemal 30 odbojkaric odbojcarskega kluba Šentvid, starih od 15 do 25 let, ki odbojko trenirajo štiri- do petkrat tedensko. Uporabili smo anketni vprašalnik in izvedli meritve mišične vzdržljivosti MMD po delu PERFECT sheme. Preiskovanke so bile vključene v 8-tedenski program tMMD. Meritve vzdržljivosti MMD smo opravili pred in po preiskovanem obdobju. Podatke smo analizirali in obdelali preko programa IBM SPSS 21, pri čem smo uporabili frekvenčno porazdelitev, povprečja, standardni odklon in standardno napako povprečij. Za analizo razlik med začetno in končno meritvijo MMD smo uporabili t-test za odvisne vzorce. Glede na asimetričnost podatkov smo razlike med meritvami analizirali z Wilcoxonovim testom pri stopnji tveganja $p=0,05$. Ugotovili smo, da se UI pojavlja pri 43,33 odstotkov preiskovank, v večji meri stresna UI. Občutek nuje po uriniranju in UI v največji meri povzročajo poskoki in tek. Ozaveščenost o pomenu tMMD je pri odbojkaricah sicer zadovoljiva, vendar jih tMMD izvaja le 6,66%. Po 8-tedenskem programu tMMD se je vzdržljivost MMD statistično značilno izboljšala. Odbojka je med najbolj treniranimi športi med ženskami, a zaradi velike korelacije s pretiranim povišanjem intra-abdominalnega tlaka postane pomemben dejavnik za nastanek UI. Ustrezna ozaveščenost o pomenu preventivnega izvajanja tMMD med to populacijo je zato izrednega pomena.

Gljučne besede: urinska inkontinenca, mišice medeničnega dna, odbojka

ABSTRACT

A common type of pelvic floor dysfunction in female athletes is urinary incontinence (UI), with a prevalence of 8.5 to 38 percent. The purpose of the study is to determine the status of UI and awareness of the importance of pelvic floor muscle training (PFMT) and the impact of PFMT on pelvic floor muscle (PFM) endurance. The sample consisted of 30 female volleyball players from volleyball club Šentvid, aged 15 to 25, who practice volleyball four to five times a week. We used a survey questionnaire and performed PFM endurance measurements according to the PERFECT scheme. The subjects were enrolled in an 8 weeks training program for PFM. Endurance measurements of PFM were performed before and after the study period. The data were analyzed and processed through IBM SPSS 21, using frequency distribution, averages, standard deviation and standard error of averages. A t-test for dependent samples was used to analyze the differences between the initial and final measurements of the PFM. Given the asymmetry of the data, the differences between the measurements were analyzed by the Wilcoxon test at a risk level of $p=0.05$. We found that UI occurs in 43.33 percent of subjects, mostly stress UI. The feeling of urgent urination and urinary incontinence are mainly caused by jumps and jogging. Awareness of the importance of PFMT among volleyball players is otherwise satisfactory, but PFMT is only performed by 6.66 percent of players. After an eight-week PFMT program, the endurance of PFM improved statistically. Volleyball is one of the most trained sports among women, but because of the high correlation with excessive increases in intra-abdominal pressure, it becomes an important factor in the development of UI. Adequate awareness of the importance of preventive PFMT in this population is therefore of utmost importance.

Keywords: urinary incontinence, pelvic floor muscles, volleyball

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NEUROFIZIOTERAPIJA PRI OTROKU Z OBOJESTRANSKO SPASTIČNO OBLIKO CEREBRALNE PARALIZE IN MIOKLONIČNO EPILEPSIJO NEUROPHYSIOTHERAPY IN A CHILD WITH BILATERAL SPASTIC CEREBRAL PALSY AND MYOCLONIC EPILEPSY

POVZETEK

Uvod: Pri obojestranski spastični obliki cerebralne paralize so prisotni nevrolški pojavi, ki vključujejo spastičnost mišic, mioklonično epilepsijo (ME) idr. oblike epilepsije ter nenazadnje motnje motoričnega nadzora. Priporočljiva je zgodnja obravnava in interdisciplinarna rehabilitacija, ki obsega vključitev v razvojno nevrolško obravnavo (RNO), katere cilj je izboljšanje na področju telesne zgrabe in funkcije, dejavnosti kot sodelovanja.

Metode: V študiji primera smo uporabili integracijo kvantitativne in kvalitativne raziskovalne paradigme ter raziskali krakoročen vpliv kompleksnega neurofizioterapevtskega programa na oceno funkcijskih zmožnosti pri otroku s CP in ME čemer smo uporabili lestvico (angl. paediatric evaluation of disability inventory, PEDI), v kvalitativnem delu pa izvedli polstrukturiran intervju z materjo otroka.

Rezultati: Na podlagi analize rezultatov ugotavljamo, da je znotraj kategorije funkcijskih sposobnosti s področja skrb zase mladostnik v letu 2007 dosegel 18 točk od 73 možnih točk, s področja gibanja 17 točk od 59 možnih točk, v letu 2018 po zaključku neurofizioterapevtskega programa pa je napredoval na področju skrbi zase le 3 točke na področju gibanja pa le 1 točko, prav tako kvalitativni rezultati podpirajo kvantitativne.

Sklepi: Uporaba konvergentnega vzporednega raziskovalnega pristopa nam je prinesla globlji vpogled v poslabšanje funkcijskih sposobnosti preiskovanca s CP s hudo obliko epilepsije v obdobjih intenzivnega odraščanja ter bolj poglobljeno razumevanje obravnavane problematike poslabšanja funkcijskih sposobnosti.

Ključne besede: cerebralna paraliza, PEDI, mioklonična epilepsija, neurofizioterapija

ABSTRACT

Introduction: In bilateral spastic form of cerebral palsy, neurological phenomena are present, including muscle spasticity, myoclonic epilepsy (ME), etc. forms of epilepsy and, last but not least, motor control disorders. Early treatment and interdisciplinary habilitation, including integration into Developmental Neurological Treatment (RNO), aiming to improve in the area of physical fitness and function, activity as participation, is recommended.

Methods: In the case study, we used the mixed methods in order to investigate the short-term impact of a complex neurophysiotherapy program on the assessment of functional abilities in a child with CP and ME, using a pediatric evaluation of disability inventory (PEDI), and semi-structured in the qualitative part we conducted a semi-structured interview with the child's mother.

Results: Based on the analysis of the results, we find that within the category of functional abilities in the field of self-care (in 2007) he achieved 18 points out of 73 possible points, in the field of mobility 17 points out of 59 possible points, and in 2018 he progressed in the field of self-care of only 3 points in the area of mobility only 1 point, and qualitative results support quantitative ones.

Conclusions: The use of a convergent parallel research design has provided us with a deeper insight into the impairment of the functional capacity of a CP subject with severe epilepsy during periods of intense developmental period and a deeper understanding of the problem of functional impairment.

Keywords: cerebral palsy, PEDI, myoclonic epilepsy, neurophysiotherapy

Niki Romih, Patricija Goubar

BOLEČINA V KRIŽU PRI ŠTUDENTIH FIZIOTERAPIJE V ČASU KLINIČNEGA USPOSABLJANJA LOW BACK PAIN IN PHYSIOTHERAPY STUDENTS DURING CLINICAL TRAINING

POVZETEK

Študije so pokazale, da je bolečina v križu med fizioterapevti zelo razširjena in se lahko pojavi že v času študija. Namen raziskave je bil raziskati prevalenco bolečine v križu med študenti fizioterapije na Alma Mater Europaea v času kliničnega usposabljanja. Za potrebe raziskave smo uporabili anketni vprašalnik s tematskimi vprašanji o pogostosti in intenziteti bolečine v križu v času kliničnega usposabljanja, telesnem naporu, upoštevanju ergonomije pri delu in izvajanju preventivnih ukrepov. Vzorec vključuje 101 študentov fizioterapije na Alma Mater Europaea Maribor, od tega 81,2 odstotkov žensk in 18,8 odstotkov moških, v starosti od 18 do 35 let. Zbrani podatki so analizirani s pomočjo opisne statistike in inferenčne statistike, z uporabo Spearmanovega koeficienta korelacije. Ugotovili smo, da se je bolečina v križu v času kliničnega usposabljanja, v našem vzorcu, pojavila pri kar 84,2 odstotkov študentov in je bila najpogostejša pri študentih tretjega letnika. Višja prevalenca in intenziteta bolečine se je pojavljala pri študentkah, v primerjavi glede na spol. Rezultati nakazujejo na nezadostno upoštevanje ergonomskih načel pri delu, ne glede na ozaveščanje študentov o pomenu in vsebinah le-teh. Ker je bolečina v križu odvisna od delovnega mesta, v našem primeru tudi od predvidenih vsebin praktikuma v posameznem letniku, lahko za naš vzorec na podlagi rezultatov izpostavimo, da sta klinično usposabljanje in bolečina v križu med seboj statistično značilno pozitivno povezana, pri čem je korelacija pozitivna tudi z nezadostnim upoštevanjem ergonomskih načel pri delu.

Ključne besede: bolečina v križu, fizioterapevt, ergonomija, preventiva, praktikum

ABSTRACT

The studies have shown that back pain is very common among physiotherapists and can occur during the time of studies. The purpose of the study was to investigate the prevalence of low back pain among physiotherapy students at Alma Mater Europaea during clinical training. For the purposes of the research, we used a questionnaire with thematic questions on the frequency and intensity of low back pain during clinical training, physical exertion, ergonomic principles during work and preventive measures. The sample includes 101 physiotherapy students at Alma Mater Europaea Maribor, of which 81.2 percent are women and 18.8 percent men, aged 18 - 35. The data collected are analyzed using descriptive statistics and inferential statistics, using the Spearman correlation coefficient. We found that 84.2 percent of college students experienced low back pain during clinical training in our sample and that the pain was most common in third-year students. Higher prevalence and intensity of pain occurred in female students. The results indicate a lack of consideration for ergonomic principles at work, regardless of students' awareness of the importance and content of them. Low back pain depends on the workplace, in our case also on the foreseen contents of the practicum in each year, based on the results, it can be emphasized that clinical training and back pain are statistically significantly positively correlated, with correlation also positive with insufficient adherence to ergonomic principles at work.

Keywords: low back pain, physical therapist, ergonomics, prevention, practicum

Marcel Smole, Tine Kovačič

UČINKI Z DOKAZI PODPRTIH FIZIOTERAPEVTSKIH POSTOPKOV NA IZZID REHABILITACIJE PO REKONSTRUKCIJI SPREDNJE KRIŽNE VEZI EFFECTS OF EVIDENCE-BASED PHYSIOTHERAPY PROCEDURES ON THE OUTCOME OF REHABILITATION AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

POVZETEK

Uvod: Med najpogostejše poškodbe kolenskih vezi sodi poškodba sprednje križne vezi (ACL). Pri rekonstrukciji ACL kirurgi najpogosteje uporabijo presadek iz kite pogačice (v nadaljevanju PKP) in presadek iz kit mišic semimebranosus in gracilis (v nadaljevanju PKSG), lahko pa tudi presadek iz kite mišice kvadriceps. Čeprav obstaja veliko število študij, v katerih avtorji primerjajo rezultate po rekonstrukciji SKV z uporabo PKP in PKSG, še vedno ni soglasja o tem, kateri način je ustrežnejši.

Metode: V pregled literature so vključeni članki v angleškem jeziku, ki so bili v celoti objavljeni od leta 2008 do 2018. Iskanje literature je potekalo v podatkovnih bazah Cochrane Library, PubMed, PEDro in Science Direct. Vse vključene raziskave so bile ocenjene glede na moč in kakovost dokazov.

Rezultati: Glede na vključitvene in izključitvene kriterije je bilo v pregled vključenih 18 raziskav, ki so obravnavale učinke krioterapije, vaj v odprti in zaprti kinetični verigi, ekscentričnih in koncentričnih vaj, vaj za ravnotežje, živčnomišične elektrostimulacije, hidroterapije, nameščanja elastičnih lepilnih trakov in nošenja opornice v rehabilitacijskem programu po rekonstrukciji ACL.

Sklepi: Raziskave dokazujejo uspešnost rehabilitacije s kombinacijo progresivne ekscentrične in koncentrične vadbe, ne potrjujejo pa učinkovitosti živčnomišične elektrostimulacije za aktivacijo mišice kvadriceps pri tem pa mora imeti fizioterapevt dovolj kakovostnih informacij o poteku rekonstrukcije in morebitnih zapletih.

Glavne besede: poškodba ACL, z dokazi podprta fizioterapija

ABSTRACT

Introduction: The most common knee ligament injury is anterior cruciate ligament (ACL) injury. In ACL reconstruction, surgeons most commonly use a putty graft (hereinafter referred to as PKP) and a semitendinosus and gracilis muscle graft (hereinafter referred to as PKSG) may also have a quadriceps tendon graft. Although there are a large number of studies in which the authors compare the results after reconstruction of SKV using PKP and PKSG, there is still no consensus as to which is more appropriate.

Methods: The literature review includes articles in English, published in full from 2008 to 2018. The literature search is underway in the Cochrane Library, PubMed, PEDro and Science Direct databases. All of the research involved was evaluated for the strength and quality of the evidence.

Results: According to the inclusion and exclusion criteria, 18 studies were included in the review that looked at the effects of cryotherapy, open and closed kinetic chain exercises, eccentric and concentric exercises, balance exercises, neuromuscular electrostimulation, hydrotherapy, placement of elastic adhesive tapes and wearing opaque tapes rehabilitation program after ACL reconstruction.

Conclusions: Research demonstrates the success of rehabilitation through a combination of progressive eccentric and concentric exercise, but does not confirm the efficacy of neuromuscular electrostimulation to activate quadriceps muscle, providing physiotherapist with sufficient quality information on the course of reconstruction and possible complications.

Keywords: ACL injury, evidence-based physiotherapy

Luka Šlosar, Uroš Marušič

VPLIV AKTIVNIH VIDEO IGER MED PROCESOM UČENJA TENISA NA VIDNO-ZAZNAVNE SPOSOBNOSTI OTROK THE INFLUENCE OF EXERGAMES DURING THE TENNIS LEARNING PROCESS ON CHILDREN'S VISUAL PERCEPTUAL SKILLS

POVZETEK

Izhodišča Aktivne video igre (AVI) predstavljajo novo obliko gibalne/športne dejavnosti, ki združuje vadbo in videoigre. Nova generacija videoigralnih konzol omogoča zaznavanje gibanja v 3D prostoru, meritev reakcijskega časa in pospeška ter percepcijo igralčeve hitrosti. V znanstveni literaturi kažejo pozitivne učinke na izvršilne in vidno-prostorske sposobnosti. Po pregledu obstoječe znanstvene literature ugotavljamo, da ni raziskave, ki bi merila oz. primerjala dolgotrajni vpliv igranja v virtualnem in realnem okolju na vidno-zaznavne sposobnosti v srednjem otroštvu.

Metode: Skupno 55 teniških igralcev, starih 7 do 9 let, se je udeležilo 6-mesečnega procesa učenja tenisa. Naključno izbranih 27 otrok je ob koncu vsakega treninga igralo AVI tenis (20 minut na igralca). Za oceno vidno-zaznavnih sposobnosti smo uporabili Simon test. Pri analizi smo uporabili dvofaktorsko analizo variance (two-way ANOVA) za ponovljene meritve, kjer je bil prvi faktor čas in drugi skupini (eksperimentalna in kontrolna skupina).

Rezultati: Po šestmesečni intervenciji je prišlo do pomembnega interakcijskega učinka tako za kongruentne ($p < 0.001$, $\eta^2 = 0,870$) kot nekongruentne dražljaje ($p < 0.001$, $\eta^2 = 0,875$). Eksperimentalna skupina, ki je igrala AVI, je dosegla višji napredek v reakcijskem času pri kongruentnih ($p < 0.001$, -15,4% vs. $p < 0.001$, -13,6%) in nekongruentnih dražljajih ($p < 0.001$, -14,7% vs. $p < 0.001$, -9,1%).

Zaključek: Rezultati naše raziskave kažejo, da predstavlja AVI pozitivno spodbudo razvoja vidno-zaznavnih sposobnosti in hitrosti reakcije ter dodatno razvija sposobnost inhibicije motečih elementov. Zaključimo lahko, da uporaba AVI v procesu učenja in vadbe tenisa pri otrocih v srednjem otroštvu izboljšuje določene sposobnosti, ki neposredno vplivajo na kakovost učenja igre tenisa.

Ključne besede: tenis, vidno-zaznavne sposobnosti, vadbeno orodje, razvoj

ABSTRACT

Introduction: Exergames represents a new form of physical activity that combines exercise and video gaming. The new video game generation consoles are able to track full body movements, measure reaction time and detect the speed of a player's movement. In scientific literature exergames have been discussed to improve cognition in non-clinical populations, and significant effect were found in executive functions, attention and visuospatial skills. Since previous studies did not compare the improvement in visual perceptual skills after prolonged exergames playing and sport activity in real environment, we aimed to measure the effects of exergames playing on children's visual perceptual skills under the age of nine.

Methods: A total of 55 novice tennis players aged between seven and nine years, participated in a six-months tennis training process intervention. In addition, randomly selected 27 children played the exergames tennis at the end of each training session (20 minutes per player). The Simon task was used to assess visual spatial skills pre- and post-intervention. A two-way RM ANOVA was used.

Results: A significant interaction was found in reaction time for both congruent ($p < 0.001$, $\eta^2 = 0,870$) and incongruent trials ($p < 0.001$, $\eta^2 = 0,875$). Participants in exergames experienced greater reduction in reaction times at post-intervention as compared to the control group (congruent: $p < 0.001$, -15,4% vs. $p < 0.001$, -13,6%; incongruent: $p < 0.001$, -14,7% vs. $p < 0.001$, -9,1%).

Conclusions: The exergames playing group showed greater progress in terms of shortening reaction time and in the number of right answers (not significant). Exergames may represent an alternative training tool to improve visual spatial skills.

Keywords: tennis, visual spatial skills, training tool, development, exergames

Marko Vidnjevič

PREVERJANJE UČINKOVITOSTI STABILIZACIJSKE VADBE PRI STAREJŠIH Z UPORABO METODE TMG V PILOTNI ŠTUDIJI VERIFICATION ON THE EFFECTIVENESS OF STABILIZATION EXERCISE IN THE ELDERLY USING THE TMG METHOD IN A PILOT STUDY

POVZETEK

Uvod: Pilotna študija je bila izvedena z namenom preverjanja učinka stabilizacijskih vaj na moč in hitrost krčenja mišice erector spinae (ES) ter na lateralno simetrijo, ki se izvajajo v različnih zdraviliščih, fitness centrih, ter domovih za ostarele in zasebno. Upad mišic je povezan z izgubo funkcionalne sposobnosti, neodvisnosti in povečano krhkostjo, padci in invalidnostjo pri starejših odraslih. Študija je bila izvedena zato, da bi študentom fizioterapije na osnovi lastnih izkušnje omogočili razumevanje učinkov take vadbe.

Metode: 13 starejših oseb (starih od 65 do 78 let) je bilo vključenih v 45-minutno stabilizacijsko vadbo (12 dni) v okviru pilotske študije, ki so jo vodili študenti fizioterapije. Začetne in končne meritve so bile izvedene z uporabo metode tenziomiografije (TMG) na mišici erector spinae (ES).

Rezultati in zaključki: 12-dnevno obdobje vadbe je vsekakor vplivalo na vrednost preizkušene mišice (ES - Erector spinae). Če združimo rezultate obeh spolov, ugotovimo, da je leva mišica postala hitrejša za 0,76 ms, desna pa za 0,57 ms. Skupna lateralna simetrija pa je padla za 3%. Razlog za to je lahko drugačno fizično stanje udeležencev ali morda to, da so vaje dejansko slabo izvajali.

S tega vidika menimo, da je nevromuskularna ocena z uporabo TMG pomembna za trening in hkrati za protokole rehabilitacije in okrevanja, še posebej, če govorimo o tako majhnih spremembah.

Ključne besede: vadba za starejše, krčenje mišic, stabilizacijske vaje, TMG

ABSTRACT

Introduction: The pilot study was carried out with a purpose to verify the effect of stabilization exercises on the strength and contraction rate of spinal erector (ES) muscles and lateral symmetry which are practiced at various spas, fitness centers for the elderly, nursing homes and private. Muscle wasting is associated with a loss of functional ability, independence, and increased fragility, falls, and disability in older adults. The study was conducted to allow physiotherapy students with their own experience to understand the effects of such exercise.

Methods: 13 elderly people (aged 65 - 78) were included in 45-minute stabilization workouts (12 days) in the pilot study, guided by physiotherapy students. Initial and final measurements were performed by using tensiomyography method (TMG) on the erector spinae (ES) muscle.

Results and conclusions: The 12-day workout period definitely had an impact on the value of the tested muscle (ES - Erector spinae). Combining results of both sexes we find out that the left muscle got faster by 0.76 ms and the right one by 0.57 ms. However, the overall lateral symmetry dropped by 3%. The reason for that could be the different physical shape of the tested subjects or maybe just how well they were actually doing the exercises. From this point of view, we consider that the neuromuscular assessment using TMG is important for training and at the same time for rehabilitation and recovery protocols, especially when we talk about such small changes.

Keywords: elderly workout, muscle contraction, stabilization exercises, TMG

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INFLUENCE OF TYPE OF ANALGESIA ON EARLY POSTOPERATION RECOVERY AFTER TOTAL KNEE REPLACEMENT

ABSTRACT

Introduction: The aim of the study is to compare the effect of two types of analgetic procedures on reducing pain and increasing range of motion in the knee joint after total knee replacement. The practical contribution of this research is in the more frequent introduction that type of analgesia that will more effectively reduce pain, therefore speeding up functional recovery and shortening the length of hospitalization.

Methods: The study is a prospective randomized study conducted at the Orthopedic Clinic Lovran. Participated 8 patients, ASA (American Society of Anesthesiology) groups II and III, aged between 59 and 80. The patients were divided into two groups: in the first group of patients postoperative pain was treated with systemic analgesia and in the second group with epidural analgesia. Variables that was taken: morphological, range of motion and visual analogue pain scale.

Results: Data were processed with Statistica software package, version 13.4.0.14.1984-2018. TIBCO Software Inc. The first step in data processing was the standard determination of the basic statistical parameters of the distribution of variables. The Mann-Whitney U test was used to test the first hypothesis. Patients treated with systemic analgesia experienced significantly less pain than patients treated with epidural analgesia ($p = 0.03$; $p < 0.05$). T-test for independent samples was used to test the second hypothesis and there were no statistically significant differences between groups in the range of motion ($p = 0.21$; $p > 0.05$).

Conclusion: Both anesthesia methods have a successful treatment effect. Considering obtained results, and considering the small number of studies that follow these two techniques, research should continue on more respondents.

Keywords: knee replacement, pain, analgesia

Michele Zanella

STOMATOGNATHIC SYSTEM AND POSTURE: REVIEW OF SCIENTIFIC LITERATURE

ABSTRACT

The thesis, through a review of the literature, aims to investigate the relationships between malocclusion, temporomandibular joint disorders and posture, as well as the link between ATM and adjacent receptor systems, such as eye receptors. The research was carried out on the PubMed biomedical database and found 24 potentially eligible studies. The criteria for inclusion and exclusion from the study were therefore established. After an evaluation based on the inclusion and exclusion criteria, 8 articles were selected.

Population: subjects suffering from TMJ imbalances or malocclusion, men and / or women aged between 4 and 60 years. Intervention: " malocclusion and wrong posture " i.e. subjects in which malocclusion is associated with postural disorders, " temporomandibular exercises ", i.e. treatment aimed at temporomandibular dysfunction, " ocular convergence disorder " i.e. association between malocclusion and alteration of the ocular receptor.

Outcome: studies demonstrating a relationship between posture and occlusion, " effects of exercise on masticatory muscles " are evaluated to support the importance of treatment in the management of temporomandibular imbalances and painful symptoms, " relation on ocular disorder " to establish the relationship between the stomatognathic system and sensory receptors. The studies examined suggest that morphological modifications of the TMJ influence posture and vice versa postural alterations determine imbalances and tensions at the level of the temporomandibular joint. Considering the still small number of methods and tools available to evaluate these dysfunctions, it is possible to correlate the phenomena without being able to establish precise cause and effect relationships. The review also demonstrated the existence of relationships between the receptor and postural systems of the body. A noticeable improvement in painful symptoms was evidenced following cervical mobilization, exercises to lengthen the masticatory muscles and self-mobilizations performed by the patient; as well as an improvement in postural control was found in those patients with TMD treated with non-specific mobilization. According to considerations made, it is not possible to establish with the instruments available today a real cause-effect relationship between ATM and posture, although the selected studies emphasize the existence of relationships and reciprocal influences between the stomatognathic system and postural system. The thesis can be considered a first step to stimulate and deepen a multicenter study, which involves more specialists and which foresees a more consistent research sample to confirm the connections of the postural system from the perspective of the body as a whole thing.

Keywords: malocclusion, posture, temporomandibular joint disorders



**NEVROFIZIOTERAPIJA /
*NEUROPHISIO THERAPY***

Maruša Bracar, Nataša Kos

LESTVICA ZA OCENO FUNKCIONALNOSTI HOJE JE POT IZ BOLNIŠNICE V DOMAČE OKOLJE THE FUNCTIONAL GAIT ASSESSMENT IS A PATHWAY FROM THE HOSPITAL TO THE HOME ENVIRONMENT

POVZETEK

Uvod: V zgodnjem bolnišničnem obdobju imajo bolniki po operativni odstranitvi vestibularnega tumorja motnje ravnotežja med izvajanjem funkcionalne hoje. Lestvica za oceno funkcionalnosti hoje (FGA) omogoča oceno dinamičnega ravnotežja med hojo ter tako zagotavlja specifično opredelitev okvarjenih telesnih sistemov. Namen raziskave je bil preveriti uporabnost FGA lestvice kot vadbeno in merilno orodje v času hospitalizacije ter ugotoviti stopnjo bolnikove ravnotežne okvare med hojo in posledično ogroženosti za padce.

Metode: V prospektivno raziskavo smo po operativnem posegu vključili deset bolnikov, ki so po kratkem preizkusu spoznavnih sposobnosti dosegli več kot 25 točk od 30 možnih ter oceno funkcijske neodvisnosti po indeksu Barthelove več kot 8 točk od 20 možnih. Bolnikovo dinamično ravnotežje smo po FGA lestvici ocenili tik pred odpustom bolnikov v domače okolje. Tekom hospitalizacije so bili vsi bolniki vključeni v specifično usmerjen ravnotežni program fizioterapevtske obravnave. Rezultate smo analizirali z metodami deskriptivne statistike.

Rezultati: Povprečna starost bolnikov je bila 39 let, hospitalizacija je povprečno trajala 10 dni. Ob odpustu bolnikov v domače okolje smo z analizo FGA rezultatov ugotovili, da imajo vsi vključeni bolniki motnje proprioceptivnega in vestibularnega sistema ter so bili vsi ogroženi za padce, saj po FGA lestvici niso presegli predvidenih 22 točk od 30 možnih. **Zaključek:** FGA lestvica je v akutni fazi nevrorehabilitacije odlično vadbeno in merilno orodje za odkrivanje motenj in izboljšanje dinamičnega ravnotežja, za prenos specifično naučenih gibalnih spretnosti iz bolnišnice v domače okolje ter za poznejše ambulantno spremljanje bolnikovega napredka.

Ključne besede: vestibularni tumor, operativni poseg, ocenjevanje, ravnotežje, hoja

ABSTRACT

Background: Patients in the acute phase after vestibular tumor surgery frequently experience balance disorders during functional gait. The Functional Gait Assessment (FGA) enables the assessment of the dynamic balance during gait and provides a specific definition of defective body systems. The purpose of the study was to verify the usefulness of the FGA scale as an exercise or measuring tool during hospital care, and to determine the patient's equilibrium malfunction during walking and risk of falls.

Methods: The prospective study included ten hospitalized patients after surgery, that were able to follow the instructions and reached more than 25 points out of 30 possible on the Mini Mental Test. The patient's functional independence was also assessed with Barthel Index (BI), which was more than 8 points out of 20 possible. The patient's dynamic balance was evaluated on the FGA scale shortly before the discharge of patients into the home environment. During the hospitalization, all patients were included in a specifically directed equilibrium program of physiotherapy treatment. The results were analyzed using descriptive statistics.

Results: The mean age of the patients was 39 years, hospitalization lasted for 10 days. Just before the release of patients into the home environment, by analyzing FGA results, we found that all included patients had disorders of the proprioceptive and vestibular systems and were all at risk of falls. Patients on the FGA scale did not exceed the predicted 22 points out of 30 possible.

Conclusion: In the acute phase of neurorehabilitation the FGA scale proved to be an excellent training and measuring tool for detecting interferences and improving the dynamic balance, for transferring the specifically learnt movement skills into everyday life and for subsequent outpatient monitoring of the patient's progress.

Keywords: vestibular tumor, surgery, assessment, balance, gait

Lara Erjavec, Tine Kovačič

POVEZANOST LESTVICE FUNKCIJSKE NEODVISNOSTI Z INDEKSOM BARTHEL PRI PACIENTIH PO MOŽGANSKI KAPI, KI SO VKLJUČENI V NEVROFIZIOTERAPIJO V OKVIRU ZDRAVILIŠKEGA ZDRAVLJENJA **RELATIONSHIP AMONG FUNCTIONAL INDEPENDENCE MEASURE AND BARTHEL INDEX IN STROKE PATIENTS UNDERGOING NEUROPHYSIOTHERAPY UNDER THE AUSPICES OF SPA TREATMENT**

POVZETEK

Uvod: V Sloveniji je zdraviliško zdravljenje (ZZ) posebnost, ki je drugje v svetu ne poznajo v obliki celostne rehabilitacije po možganski kapi na sekundarni ravni.

Metode: Da bi raziskali kratkoročno učinkovitost 14-dnevnega ZZ smo izvedli kvaziekperimentalno na priložnostnem vzorcu 36 pacientov po MK, ki so bili deležni neurofizioterapevtske obravnave v subakutni fazi v zdravilišču Thermana d. d. Izvedli smo primerjalno analizo začetnih in končnih skupnih ocen lestvic FIM (angl. Functional independence measure) in BI (angl. Barthel index). Pri ugotavljanju povezav med FIM in BI glede ocene stanja pacientov po možganski kapi smo ob sprejemu paciente razvrstili v štiri skupine: prva skupina: skupna ocena 18–60 točk po FIM in 0–15 točk po BI; druga skupina: skupna ocena 61–90 točk po FIM in 20–45 točk po BI; tretja skupina: skupna ocena 91–99 točk po FIM in 50–60 točk po BI; četrta skupina: skupna ocena 100–126 točk po FIM in 65–100 točk po BI.

Rezultati: Na podlagi statistične analize ugotavljamo pozitivno povezanost obeh standardiziranih ocenjevalnih lestvic, prav tako večine pridobljenih posameznih ocen. S primerjavo povprečnih vrednosti ugotavljamo enako uspešnost fizioterapevtskega programa pri vseh pacientih, in to ne glede na začetno funkcijsko stanje.

Sklepi: Potrebne so nadaljnje raziskave, da bi razvili boljše modele napovedi, ki pojasnjujejo odnos med FIM in BI pri pacientih po MK, ki so bili deležni neurofizioterapije v okviru ZZ.

Ključne besede: možganska kap, neurofizioterapija, zdraviliška rehabilitacija, FIM, BI

ABSTRACT

Introduction: In Slovenia, spa treatment (ST) is a specialty that is not known elsewhere in the world in the form of comprehensive rehabilitation after stroke at a secondary level.

Methods: In order to investigate the short-term efficacy of the 14th day ST, we performed a quasi-experimental experiment on a random sample of 36 stroke patients who received sub-acute neurophysiotherapy at Thermana d. d. A comparative analysis of the initial and final total scores of the FIM (Functional Independence Measure) and BI (Barthel index) was performed. In identifying correlations between FIM and BI with regard to the assessment of stroke patients, upon admission, patients were divided into four groups: first group: total score of 18–60 points after FIM and 0–15 points after BI; second group: total score of 61–90 FIM points and 20–45 points in BI; third group: overall score of 91–99 points in FIM and 50–60 points in BI; fourth group: total score of 100–126 points in FIM and 65–100 points in BI.

Results: On the basis of the statistical analysis, we find a positive correlation between the two standardized rating scales, as well as the majority of individual scores obtained. By comparing average values, we determine the same performance of the neurophysiotherapy program in all stroke patients, regardless of the initial functional state.

Conclusions: Further research needs to be conducted to develop better prediction models explaining the relationship between FIM and BI in stroke patients undergoing neurophysiotherapy during ST.

Keywords: FIM, BI, stroke, neurophysiotherapy, spa rehabilitation

Tine Kovačič, Ana Ferme

UČINKOVITOST NEVROFIZIOTERAPEVTSKEGA PROGRAMA V KOMBINACIJI Z ELEMENTI GLASBENE TERAPIJE NA ZMANJŠANJE SPASTIČNOSTI V ADDUKTORJIH KOLKA PRI OTROKU PO NEZGODNI MOŽGANSKI POŠKODBI GLAVE

EFFECTIVENESS OF A NEUROPHYSIOTHERAPY PROGRAM IN COMBINATION WITH ELEMENTS OF MUSIC THERAPY ON SPASTICITY REDUCTION IN HIP ADDUCTORS IN A CHILD AFTER TRAUMATIC BRAIN INJURY

POVZETEK

Uvod: Nezgodna možganska poškodba (NMP) je pri otrocih eden izmed glavnih vzrokov zgodnje umrljivosti, za tiste, ki preživijo, pa pomeni, da se soočajo z zmanjšano zmožnostjo. Trenutno ne obstajajo smernice in priporočila na področju nevrofizioterapevtske obravnave otrok z NMP, ki so izredno heterogena ranljiva skupina.

Metode: Da bi proučili kratkoročno učinkovitost sodobne razvojno-nevrološke obravnave v kombinaciji z elementi glasbene terapije, ki se vedno bolj integrira v nevrorehabilitacijo otrok z NMP, smo izvedli študijo primera in uporabili kvantitativno raziskovalno metodologijo. V raziskavo je vključen 10-letni deček, ki je v starosti dveh mesecev utrpel difuzno poškodbo možganov, kar se odraža s klinično sliko spastične tetrapareze. Za ocenjevanje spastičnosti adduktorjev v kolčnem sklepu smo uporabili Modificirano Ashwortovo lestvico (MAL) in Modificirano Tardieujevo lestvico (v nadaljevanju MTL). S pomočjo standardiziranih funkcijskih testov smo izmerili obseg gibljivosti kolčnih sklepov v smeri abdukcije in ekstenzije.

Rezultati: Spastičnost v adduktorjih kolka pri otroku z NMP se je po 5-mesečni nevrofizioterapiji zmanjšala za dve oceni po MAS in MTS, prav tako je prišlo do izboljšanja rezultatov obsega gibljivosti abdukcije in ekstenzije kolčnih sklepov.

Sklepi: Na podlagi analize dobljenih podatkov lahko povzamemo, da je kombiniran nevrofizioterapevtski program v večji meri učinkovitejši od samostojne sodobne RNO.

Ključne besede: nezgodna možganska poškodba, spastičnost, RNO, glasbena terapija

ABSTRACT

Introduction: Traumatic brain injury (TBI) in children is one of the leading causes of early mortality, and for those who survive, they experience disability. There are currently no guidelines and recommendations in the field of neurophysiotherapy treatment of children with NMP, which is an extremely heterogeneous vulnerable group.

Methods: In order to evaluate the short-term efficacy of contemporary neurodevelopmental treatment (NDT) in combination with elements of music therapy that is increasingly being integrated into the neurorehabilitation of children with TBI, we conducted a single case study and used a quantitative research methodology. The study included a 10-year-old boy who sustained diffuse brain damage at the age of 2 months, as reflected by the clinical picture of spastic tetraparesis. To evaluate the spasticity of the adductors in the hip joint, we used the Modified Ashworth Scale (MAS) and the Modified Tardie Scale (MTS). Using standardized functional tests, we measured the range of motion in hip joint in the direction of abduction and extension.

Results: Spasticity in the hip adductors of a child with TBI decreased by assessments with MAS and MTS after 5 months of neurophysiotherapy, and there was an improvement in the results of the extent of abduction motility and hip extension.

Conclusions: Based on the analysis of the obtained data, it can be concluded that the combined neurophysiotherapy program is more effective than the independent contemporary NDT.

Keywords: traumatic brain injury, spasticity, NDT, music therapy

Tine Kovačič, Kaja Pušnik

UČINKOVITOST RAZVOJNO-NEVROLOŠKE OBRAVNAVE V KOMBINACIJI S HIPOTERAPIJO NA ZMANJŠANJE SPASTIČNOSTI PRI DEKLICI PO NEZGODNI MOŽGANSKI POŠKODBI GLAVE

EFFECTIVENESS OF A NEURODEVELOPMENTAL TREATMENT IN COMBINATION WITH HIPPO THERAPY ON SPASTICITY REDUCTION IN A GIRL WITH TRAUMATIC BRAIN INJURY

POVZETEK

Uvod: Po nezgodni možganski poškodbi se pogosto razvije spastičnost, kot posledica okvare zgornjega motoričnega nevrona, kadar je prizadeta kortikospinalna oziroma piramidna proga, vendar jo pripisujemo okvari skupaj potekajočih ekstrapiramidnih vlaken dolgih motoričnih prog. Trenutne svetovne smernice nevrorehabilitacije priporočajo zgodnjo obravnavo spastičnosti, saj s tem upočasnimo razvoj statičnih kontraktur in potrebnih kirurških posegov pri otrocih z NMP.

Metode: Da bi proučili kratkoročno učinkovitost sodobne razvojno nevrološke obravnave v kombinaciji s hipoterapijo smo izvedli študijo primera pri 9-letni deklici z NMP in uporabili integracijo kvantitativne in kvalitativne metodologije, natančneje triangulacijo. V kvantitativnem delu študije smo za ocenjevanje spastičnosti adduktorjev v kolčnem sklepu uporabili Modificirano Ashworthovo lestvico (MAL), Modificirano Tardieujevo lestvico (MTL) ter lestvico za ocenjevanje zvišanega mišičnega tonusa. v kvalitativnem delu pa smo izvedli delno strukturirani intervju z nevrofizioterapevtom.

Rezultati: Ocena spastičnosti vseh mišičnih skupin je bila z MAL in MTL po končanem nevrofizioterapevtskem programu nižja v primerjavi z oceno ob začetku študije. Prav tako na podlagi kvalitativne analize polstrukturiranega intervjuja z dekličinim fizioterapevtom ugotavljamo, da je prišlo do zmanjšanja spastičnosti, saj v intervjuju navaja: »da smo dosegli dobro regulacijo mišičnega tonusa in ga po vsaki hipoterapiji izdatno znižali v mišičnih skupinah obeh rok in nog«.

Sklepi: Na podlagi analize kvantitativnih in kvalitativnih rezultatov ugotavljamo, da RNO v kombinaciji s hipoterapijo pozitivno vpliva na zmanjšanje spastičnosti pri deklici z NMP.

Ključne besede: nezgodna možganska poškodba pri otroku, spastičnost, RNO, hipoterapija

ABSTRACT

Introduction: Traumatic brain injury (TBI) often develops spasticity as a result of damage to the upper motor neuron when the corticospinal or pyramidal tract is affected, due to the impairment of joint extrapyramidal fibers of long motor lines. Current global neurorehabilitation guidelines recommend early treatment of spasticity, as this slows the development of static contractures and necessary surgery in children with TBI.

Methods: In order to evaluate the short-term efficacy of contemporary neurodevelopmental treatment (NDT) in combination with hippotherapy, we conducted a case study of a 9-year-old girl with TBI and used the mixed methods study design, namely triangulation. In the quantitative part of the study, we used the Modified Ashworth Scale (MAS), the Modified Tardie Scale (MTS), and the Hypertonia assessment tool to evaluate the spasticity of muscle groups of lower and upper extremity. In the qualitative part, we conducted a partially structured interview with a neurophysiotherapist.

Results: The spasticity scores of all muscle groups assessed with MAS were lower after completion of the neurophysiotherapy program compared with the estimate at the start of the study. Also, based on a qualitative analysis of a semi-structured interview with a girl's neurophysiotherapist, we find that there was a reduction in spasticity, he stated in the interview: "that we achieved good regulation of muscle tone and significantly reduced spasticity after each hippotherapy in the muscle groups of both arms and legs."

Conclusions: Based on the analysis of quantitative and qualitative results, we conclude that NDT in combination with hippotherapy has a positive effect on reducing spasticity in a girl with TBI.

Keywords: traumatic brain injury, spasticity, NDT, hippotherapy



Rok Leber, Tine Kovačič

KRATKOROČNA UČINKOVITOST ZDRAVILIŠKEGA FIZIOTERAPEVTSKEGA PROGRAMA NA FUNKCIJSKO NEODVISNOST PACIENTOV PO MOŽGANSKI KAPI THE SHORT-TERM EFFECTIVENESS OF SPA PHYSIOTHERAPY ON FUNCTIONAL INDEPENDENCE IN PATIENTS FOLLOWING THE CEREBRO VASCULAR INSULT

POVZETEK

Uvod: Zdraviliško fizioterapijo pacientov po možganski kapi v Sloveniji uvrščamo kot posebnost v evropskem in tudi svetovnem prostoru. Na podlagi pregleda znanstveno-raziskovalnih člankov ugotavljamo, da gre za prvo pre-eksperimentalno klinično študijo, katere namen je proučiti kratkoročne učinke zdraviliške fizioterapije v Termami d.d. na funkcijsko neodvisnost pacientov po možganski kapi.

Metode: izvedli smo pre-eksperimentalno klinično študijo, ki smo jo opravili na priložnostnem vzorcu 30 pacientov po možganski kapi, ki so bili po akutnem bolnišničnem zdravljenju deležni 14-dnevne rehabilitacije v zdravilišču Thermana d.d. Na podlagi rezultatov CMSA so bili pacienti razvrščeni v dve skupini, in sicer glede na prisotnost in stopnjo okvare po možganski kapi. Skupini smo oblikovali glede na nižjo oz. višjo stopnjo okvare in jih ocenili z ocenjevalno Lestvico ocenjevanja motoričnih funkcij (MAS) in s pomočjo Wolfovega testa motoričnih funkcij (WMFT).

Rezultati: Na podlagi analize rezultatov ugotavljamo, da je prišlo pri obeh skupinah do izboljšanja hoje (po MAS), funkcionalne sposobnosti prizadetega zgornjega uda tako na področju fine motorike kot na področju grobe motorike kot funkcijske neodvisnosti.

Sklepi: Ker smo v študiji uporabili pred-eksperimentalni raziskovalni protokol ima le-ta številne omejitve, zato ne moremo govoriti o vzročno-posledični povezavi terapije in rezultatov, zato so potrebne nadaljnje randomizirane klinične študije s kontrolo nad begavimi spremenljivkami.

Ključne besede: možganska kap, zdraviliška fizioterapija in funkcijska neodvisnost

ABSTRACT

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. 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 functional independence in patients with CVI.

Methods: A pre-experimental clinical study was carried out on a random sample of 30 stroke patients after CVI, who received 14 daily rehabilitation in the Thermana d.d. after the acute hospital rehabilitation. Based on the CMSA results, patients were classified into two groups, based on the presence and degree of impairment after stroke. Both groups were formed according to the lower or higher degree of impairment and were evaluated by the Motor Assessment Scale (MAS) and by the Wolf Motor Function Test (WMFT).

Results: Based on the analysis of the results, we find that in both groups there was an improvement in walking (after MAS), functional ability of the affected upper limb in both fine motor skills and in the field of gross motor skills and functional independence.

Conclusions: Because we used pre-experimental research protocol the current study has a number of limitations; we cannot claim that there exists cause-and-effect relationship between an intervention and outcome results. Therefore, further randomized clinical studies with a strict control of confounding variables are needed.

Keywords: stroke, spa physiotherapy, functional independence

Aleksandra Maksimovic

INTEGRATIVE APPROACH IN A TREATMENT OF AUTISM SPECTRUM DISORDER (ASD)

ABSTRACT

Introduction: Autism-ASD (Autism Spectrum Disorder) is pervasive developmental disorder characterized by the existence of abnormal and altered development manifested before the age of 3 years. That is a characteristic form of pathological functioning in the field of social interactions, communication, and the existence of stereotypical patterns of behavior. Pervasive developmental disorders (F84) belongs to the group of neuropsychiatric developmental disorders characterized by slowdowns and deviations in the field of social and cognitive development, especially in the field of speech and language development. It begins during the first year of life, with a tendency to change symptoms with the age of the child.

Methods: 1. BOWEN TECHNIQUE: is non-invasive manual technique applied on the precise acupuncture points on the body. With the gentle "Bowen moves" that means movements, we send a specific messages through the fascia and neurotransmitters to the Autonomous Nervous System (ANS), to balance functions of Simpatic and Parasimpatc Systems. Beyond the simple reflex, information is shunted up towards the brain via the various spinal tracts in the spinal cord. These could be seen as the motorways of our Central Nervous System (CNS). Sensory spinal tracts ferry sensory information to the brain, with its motor tracts transmit information back to muscles and organs in response to information receive not only from our muscles, but also from our organs of balance (our Vestibular System). Bowen Technique is one of the strongest ways to restore inner balance, stimulate the body to self-healing without side effects. 2. MEDICINE OF CONSCIOUSNESS: the base of our health stability is to recognize our reality. It means to accept and recognize our IDENTITY. With our authenticity we can find our place in this world. Through the specific acupuncture point on our physical body, it is possible to reposition the person and return them to grounded reality.

Results: Positive behavioral changes, interactions with others, acceptance of other children, appears of first bound words, empathy, better sleeping.

Conclusions: Perceiving the problem through the prism of Integrative Medicine brings the possibility of objective observation of children with ASD. During a work with the child it is necessary to actively involve the mother's presence. It is important to restore the internal balance in mother and child together. Achieving peace, recognizing roles in life opens a clearer view of seeing different ways of healing. With a healthy psychological background, the therapist, mother and child have an open path in exploring and finding different positive ways to treat ASD.

Future Perspectives: Based on the results obtained on the child, I propose to extend the research, increasing the number of patients with ASD, examining them before and after the Bowen Technique and Medicine of Consciousness treatment, with the SF-36 Test (36-Item Short-Form Health Survey) [1-5], initially not designed for people with ASD. The test will be aimed primarily at the mother of the subjects in order to highlight changes between the phases preceding and following the treatment. By obtaining data from this test, on multiple subjects, I will be able to elaborate a subsequent Descriptive Statistics, to create mathematical-descriptive models of the data and give a definitive interpretation of the same.

Keywords: ASD, Bowen Technique, Medicine of Consciousness

Uros Marusic

NEUROERGONOMIJA: EVALVACIJA IN PRILAGODITEV DELOVNIH MEST NEUROERGONOMICS: EVALUATION AND ADAPTATION OF WORKPLACES

POVZETEK

Uvod: Neuroergonomija predstavlja presečišče nevroznanstvenih ved, kognitivnega inženiringa in znanosti o človeških dejavnikih. Namen trenutnega prispevka je vpeljati koncept neuroergonomije v kineziološko, fizioterapevtsko, psihološko in inženirsko sfero ter posameznike ozavestiti o pomenu poznavanja kognitivnih procesov med gibanjem ter vpeljati sodobne metode spremljanja možganske aktivacije.

Metode: V projekt neuroergonomске evalvacije je bilo vključenih osem zdravih odraslih oseb (34 ± 12 let; tri osebe ženskega spola). Preiskovanci so v naključnem vrstnem redu opravili dva 4-urna poskusa sedenja in stoje ob ergonomsko prilagodljivi stoječi delovni mizi. Med obdobjem sedenja in stoje smo spremljali njihove kognitivne sposobnosti in možgansko elektrokortikalno aktivnost možganov (brežžična 16-kanalna elektrocefalografija; EEG).

Rezultati: Preiskovanci so poročali o višjem skeletno-mišičnem neugodju med 4-urno stojo v primerjavi s 4-urnim sedenjem. Ugotovili smo trend k hitrejšim reakcijskim časom med stojo v primerjavi s sedenjem ($p=0,062$), ostale razlike v kognitivnih sposobnostih niso bile značilne ($p>0,05$). Podatki EEG v beta spektru so nakazali višjo stopnjo pozornosti med pogojem stoje v primerjavi s sedenjem ($p=0,025$).

Sklepi: Ugotovitve pilotne neuroergonomске raziskave nakazujejo na izvedljivost tovrstnih raziskav ter podajajo pomembne indice k razvoju neuroergonomskih prilagoditev na delovnem mestu z namenom učinkovitejšega dela in hkratne ohranitve zdravja. Nadaljnje raziskave morajo potrditi pilotne ugotovitve na ustreznem numerusu ter podati podrobnejše analize vedenjskih podatkov ter EEG.

Ključne besede: ergonomija, nevroznanost, delovna učinkovitost, delovno okolje

ABSTRACT

Introduction: Neuroergonomics represents the intersection of neuroscience, cognitive engineering and human factors science. The purpose of the current paper is to introduce the concept of neuroergonomy into the kinesiological, physiotherapy, psychological and engineering spheres, and to educate individuals on the importance of understanding cognitive processes during movement as well as to introduce modern methods of monitoring brain activity.

Methods: Eight healthy adults (34 ± 12 years; three female) were enrolled in the neuroergonomic project. Subjects randomly performed two four-hour trials of sitting and standing next to an ergonomically adjustable standing desk. During the sitting and standing periods, their cognitive abilities and the brain electrocortical activity were monitored (wireless 16-channel electroencephalography; EEG).

Results: The subjects reported higher musculoskeletal discomfort during the four-hour standing as compared to the 4-hour sitting session. We found a trend toward faster reaction times when standing compared to sitting ($p = 0.062$), without further differences in cognitive abilities ($p > 0.05$). EEG data in the beta spectrum indicated a higher level of attention in standing compared to sitting ($p = 0.025$).

Conclusions: The findings of this pilot neuroergonomic study indicate the feasibility of such research and provide important indications for the development of neuroergonomic adaptations in the workplace in order to work more efficiently and maintain health at the same time. Further research should confirm the pilot findings on the relevant numerus and provide more detailed analyses of behavioral data as well as EEG.

Keywords: ergonomics, neuroscience, work efficiency, work environment

Domen Šerdoner, Tine Kovačič, Danica Zeleznik

KRATKOROČNA UČINKOVITOST NEVROFIZIOTERAPIJE NA RAVNOTEŽJE IN FUNKCIJSKO NEODVISNOST PRI OSEBAH Z NEZGODNO MOŽGANSKO POŠKODBO V KRONIČNI FAZI SHORT-TERM EFFICIENCY OF NEUROPHYSIOTHERAPY ON BALANCE AND FUNCTIONAL INDEPENDENCE IN PERSONS WITH TRAUMATIC BRAIN INJURY IN A CHRONIC PHASE

POVZETEK

Uvod: Osebe z nezgodno možgansko poškodbo (NMP) potrebujejo dobro načrtovano, specifično in interdisciplinarno nevrofizioterapevtsko obravnavo. Trenutno ni smernic glede učinkovitega nevrofizioterapevtskega programa (NFTP), ki bi vključeval hidroterapijo, ki se je uspešno integrirala v nevrofizioterapijo oseb po NMP.

Metode: Z multiplo študijo primera, pri kateri smo uporabili integracijo kvantitativne in kvalitativne metodologije, natančneje konvergentni vzporedni model, smo želeli pridobiti globlji vpogled v kratkoročno učinkovitost kompleksnega NFTP v kombinaciji s hidroterapijo na izboljšanje ravnotežja in funkcijske neodvisnosti pri osebah po NMP. V kvantitativnem delu študije smo uporabili Bergovo lestvico, lestvico funkcijske neodvisnosti (FIM), 6-minutni test hoje in lestvico ocene funkcioniranja, v kvantitativnem pa izvedli polstrukturiran intervju z osebami po NMP.

Rezultati: Na podlagi statistične analize kvantitativnih podatkov je bilo ugotovljeno, da je prišlo do izboljšanja rezultatov Bergove lestvice, lestvice FIM, lestvice ocene funkcioniranja in 6-minutnega testa hoje pri post-testu, kar podpirajo tudi pridobljeni kvalitativni rezultati.

Sklepi: Na podlagi analize rezultatov ugotavljamo, da bi kombinacija NFTP in hidroterapije lahko bila uporabljena v nevrofizioterapevtski obravnavi oseb po NMP, ki imajo motnje ravnotežja ter slabše rezultate lestvice FIM, vendar so potrebne nadaljnje študije.

Ključne besede: nezgodna možganska poškodba, hidroterapija, ravnotežje, funkcijska neodvisnost, nevrofizioterapija

ABSTRACT

Introduction: Persons with traumatic brain injury (TBI) require well-planned, specific and interdisciplinary neurophysiotherapy treatment. Currently guidelines for an effective neurophysiotherapy program (NFTHP) that would include hydrotherapy that has been successfully integrated into the neurophysiotherapy of persons with TBI do not exist.

Methods: With a multiple case study using the integration of quantitative and qualitative methodology, namely the convergent parallel model, we wanted to gain a deeper insight into the short-term effectiveness of complex NFTHP in combination with hydrotherapy to improve balance and functional independence in persons with TBI. In the quantitative part of the study, we used Berg balance scale, functional independence measure (FIM), 6-minute walk test, and function assessment measure, and in the quantitative research, we conducted a semi-structured interview with persons with TBI.

Results: Based on the statistical analysis of the quantitative data, it was found that there was an improvement in the results of Berg balance scale, functional independence measure, function assessment measure and 6-minute post-test walk test, which is also supported by the obtained qualitative results.

Conclusions: Based on the analysis of the results, we conclude that a combination of NFTHP and hydrotherapy could be used in the neurophysiotherapy treatment of persons after TBI who have balance disorders and low functional independence measure score, but further studies are needed.

Keywords: traumatic brain injury, neurophysiotherapy, hydrotherapy, balance, functional independence

Vittorio Zanello

IMMEDIATE EFFECTS OF MIRROR THERAPY IN PATIENTS WITH CHRONIC LUMBAR PAIN AND DECREASED RANGE OF MOTION

ABSTRACT

The aim of this study was to determine whether visualization of the back influenced parameters of movement-related pain in people with chronic nonspecific low back pain. There is research showing that people with chronic low back pain have disruptions in the way their brains represent the back, including alterations in brain structure. We used a randomized cross-over experiment in which 69 participants performed repeated lumbar spine movements. It is now well established that a significant part of a human's pain experience is correlated with the vigilance of the central and peripheral nervous system. A brief mirror therapy intervention can result in statistically significant improvements in pain, pain catastrophization, fear-avoidance and lumbar AROM in these patients. The immediate changes may allow a quicker transition to multimodal treatment, including manual therapy and therapeutic exercise.

Keywords: low back pain, mirror therapy, visualization, physiotherapy





**ZDRAVSTVENA NEGA /
*HEALTH CARE***

Nataša Cafuta, Simon Šemrl

SPOŠTOVANJE PACIENTOVE PRAVICE DO ZASEBNOSTI MED DIALIZO S STRANI MEDICINSKE SESTRE RESPECT OF PATIENT'S RIGHT TO PRIVACY BETWEEN DIALYSIS BY NURSES

POVZETEK

Teoretična izhodišča: V prispevki smo opredelili problematiko pacientovih pravic do zasebnosti. Namen dela je bil opozoriti na pomembnost spoštovanja pacientove zasebnosti s strani medicinskih sester (v nadaljevanju MS) med dializo ter proučiti najpogostejše kršitve te pravice.

Metoda: Raziskovalni del naloge je kvantitativen. Raziskava je bila izvedena v Splošni bolnišnici dr. Jožeta Potrča Ptuj na dializnem oddelku. Sodelovalo je 18 MS in 20 pacientov. Anketiranje je potekalo julija 2019. Pred izvedbo raziskave smo si pridobili soglasje službe zdravstvene nege v Splošni bolnišnici dr. Jožeta Potrča Ptuj.

Rezultati: Rezultati so pokazali statistično značilno razliko med MS in pacienti glede zapiranja vrat bolniške sobe, pokrivanja telesa s posteljnino, prošnje, naj se ostali pacienti v bolniški sobi diskretno obrnejo v stran, prošnje, naj obiskovalci zapustijo bolniško sobo, in glede zagotavljanja zasebnosti pri pogovorih. MS ocenjujejo, da te ukrepe izvajajo pogosteje, kot to ocenjujejo pacienti. MS statistično pogosteje spoštujejo telesno zasebnost, kot to ocenjujejo pacienti. Ugotovili smo, da med MS in pacienti ne obstaja statistično značilna razlika glede ocene, kako pogosto je pacientom med dializo kršena pravica do zasebnosti, in tudi ne glede ocene, kako pogosto MS med dializo kršijo dolžnost poklicne molčečnosti. MS ocenjujejo, da je pacientom statistično redkeje kršena pravica do zasebnosti med dializo, kot to ocenjujejo pacienti. Raziskava je še pokazala, da ne obstaja statistično značilna razlika med nobenim od razlogov.

Razprava: Raziskava je pokazala, da MS v glavnem spoštujejo zasebnost pacientov. Kljub temu obstajajo določene šibke točke, ki se jih da odpraviti že z opozorili MS, da se zavedajo neupoštevanja določenih ukrepov za zagotavljanje zasebnosti. Izboljšanje bi lahko dosegli že z ozaveščanjem MS o pomembnosti izvajanja posameznih ukrepov, ki zagotavljajo zasebnost pacientov.

Ključne besede: zasebnost, pravice, spoštovanje, pacienti, dializa

ABSTRACT

Theoretical starting points: In this paper we identified the issue of patients' privacy rights. The purpose of the paper was to highlight the importance of respecting patients' privacy by nurses (referred to as MS) during dialysis and to examine the most common violations of this right.

Method: The research part of the assignment is quantitative. The research was conducted at General Hospital Dr. Jožeta Potrča in Ptuj at the dialysis department. 18 MS and 20 patients participated. The survey was conducted in July 2019. Prior to conducting the survey, we obtained the consent of the Nursing Service at said hospital.

Results: The results showed a statistically significant difference between MS and patients regarding the closure of the hospital room doors, covering the patient with bedding, requests for other patients in the hospital room to turn away, requests for visitors to leave the hospital room, and privacy while talking. MS assess that these measures are performed more often than patients estimate. MS are statistically more likely to respect physical privacy than is estimated by patients. We found that there was statistically no significant difference between MS and patients in assessing how often patients had a breach of the right to privacy during dialysis, and also how often MS during dialysis violated their duty of professional secrecy. MS estimate that patients are statistically less likely to be violated of their rights to privacy during dialysis than the patients would think. The survey further showed that there was no statistically significant difference between any of the reasons.

Discussion: Research has shown that MS generally respect patients' privacy. Nonetheless, there are certain weaknesses that can be addressed with warnings from MS. Improvement could already be achieved by raising awareness of MS about the importance of implementing individual patient privacy measures.

Keywords: *privacy, rights, respect, patients, dialysis*



Sandra Donoša, Edvard Jakšič

PRECEPLJENOST GRIPE PRI STAREJŠI POPULACIJI IMMUNIZATION COVERAGE IN ELDERLY POPULATION

POVZETEK

Teoretična izhodišča: Najučinkovitejši ukrep za preprečevanje gripe pri starejši populaciji je cepljenje. Največji delež gripe nosijo prav starejši in kronični bolniki, ki so bolj dovzetni za okužbo in njene zaplete. V članku je predstavljena precepljenost gripe pri starejši populaciji, kaj je vplivalo na odločitev in kakšno je mnenje anketiranih glede obveznega cepljenja zdravstvenih delavcev.

Raziskovalna metodologija: Uporabljena je deskriptivna raziskovalna metoda pregleda domače in tuje strokovne literature. Raziskovalni oz. empirični del naloge je kvantitativen. Izveden je s pomočjo anketnega vprašalnika, ki je služil kot merski inštrument. Rezultate anket smo s pomočjo SPSS obdelali in analizirali.

Rezultati: Precepljenost gripe pri starejši populaciji je nizka. Za cepljenje se starejši ne odločajo, ker menijo, da so zdravi, da cepivo ni varno, da ne zaščitijo pred boleznijo ali pa da se enostavno nikoli niso cepili. Raziskava je pokazala, da glede na zdravstveno stanje ni razlike med tistimi, ki so se odločili za cepljenje, ali se niso odločili za cepljenje proti gripi. Se pa malekost bolj odločajo (17,6 %) tisti, ki niso zdravi oz. imajo pridruženo kakšno kronično bolezen. Večina anketiranih je mnenja, da so zdravstveni delavci pomembni pri dajanju informacij in se strinja z uvedbo obveznega cepljenja zdravstvenih delavcev proti gripi.

Razprava: Vsekakor je potrebno povečati zavedanje, kako pomembno je cepljenje za vso populacijo. Odločitev je pogosto odvisna od informacij, ki jih dobijo, prepričan in zaupanja v zdravstveni sistem. Ugotavljamo, da zdravstveni delavci nosijo veliko poklicno odgovornost; znižujejo tveganje za okužbo ter lahko prispevajo k povečani stopnji precepljenosti. Potrebne so dodatne dosledne informacije glede cepiva in cepljenja. Starejši populaciji pa posvetiti več pozornosti ter vzpostaviti ustrezno komunikacijo, še posebej s tistimi, ki cepljenje zavračajo.

Ključne besede: gripa, influenza, cepljenje, starejše osebe, preventiva gripe

ABSTRACT

Theoretical background: Vaccination is the most effective measure to prevent influenza in the elderly population. The elderly and chronic patients, who are more susceptible to infection and its complications, carry the largest share of the flu. The article presents influenza vaccination in the elderly population, what influenced the decision and what the respondent's opinion was about mandatory vaccination of healthcare professionals.

Research methodology: Descriptive research method used to review domestic and foreign professional literature. Research or the empirical part of the task is quantitative. It was conducted with the help of a questionnaire, which served as a measuring instrument. Survey results were analyzed and analyzed using SPSS.

Results: Influenza prevalence in the elderly population is low. The elderly do not decide to vaccinate because they believe that they are healthy, that the vaccine is not safe, that it does not protect against the disease, or that they have simply never been vaccinated. The study found that there was no difference in health status between those who chose to vaccinate or did not decide to vaccinate. However, slightly less (17.6%) are those who are not healthy or have any chronic disease. The majority of respondents believe that healthcare professionals are important in providing information and agrees with the introduction of mandatory vaccination of healthcare professionals against influenza.

Discussion: It is definitely necessary to increase awareness of the importance of vaccination for the entire population. The decision often depends on the information they receive, beliefs and confidence in the health system. We find that healthcare professionals carry a great deal of professional responsibility; they reduce the risk of infection and may contribute to increased rates of vaccination. Additional consistent information regarding vaccines and vaccinations is needed. The older population should be given more attention and appropriate communication should be established especially with those who refuse vaccination.

Keywords: flu, influenza, vaccination, elderly, flu prevention.



Nataša Ferk, Edvard Jakšič

ZDRAVSTVENA NEGA PACIENTA PO MOŽGANSKI KAPI TER POMEN PREPREČEVANJA ZA NASTANEK LE-TE NURSING THE PATIENT AFTER A STROKE AND THE IMPORTANCE OF PREVENTING IT FROM OCCURRING

POVZETEK

Uvod: V Sloveniji in svetu je pojavnost možganske kapi vse pogostejša. Možgansko kap lahko preprečimo. V članku so s pomočjo predelane literature predstavljeni možganska kap, simptomi ter znaki, kratica GROM, prva pomoč ob možganski kapi, zdravljenje, rehabilitacija in zdravstvena nega po možganski kapi in pomen preprečevanja za nastanek le-te.

Metode: Opravljena raziskava temelji na empirični kvantitativni metodi dela. S pomočjo preučene literature je bil sestavljen anketni vprašalnik, ki je zajemal 24 vprašanj. V raziskavi je sodelovalo 120 naključno izbranih anketirancev iz Ptuja in okolice, različnih starostnih skupin, spola, stopnje izobrazbe in kraja prebivališča.

Rezultati: S pomočjo analize anketnega vprašalnika so bili pridobljeni rezultati, iz katerih je razvidno, koliko so ljudje seznanjeni z možgansko kapjo, dejavniki tveganja, simptomi ter znaki, ukrepanjem, preprečevanjem, preventivo ter posledicami. Večina anketirancev ne pozna kratic GROM. Naključno sodelujoči anketiranci so mnenja, da je najpomembnejši dejavniki tveganja za možgansko kap povišan krvni tlak. Večina anketirancev je mnenja, da je ena izmed najpogostejših posledic možganske kapi invalidnost.

Razprava: V raziskavi je bilo ugotovljeno, da so vsi anketiranci, ki so sodelovali v anketi, že slišali za možgansko kap. Večina nima nikogar v svoji družini, ki ga je prizadela možganska kap. Veliko jih je mnenja, da pojavnost možganske kapi narašča, v kar precejšnjem merilu poznajo dejavnike tveganja, preventivne dejavnike in kar dobro skrbijo za svoje telesno in duševno zdravje. Presenetljivo veliko si jih ne želi več informacij o možganski kapi in v večini menijo, da so dovolj ozaveščeni o le-tej.

Ključne besede: možganska kap, zdravstvena nega, preprečevanje, dejavniki tveganja

ABSTRACT

Introduction: In Slovenia and in the world, the emergence of stroke is increasing. Stroke can be prevented. The article presents, stroke, symptoms, and signs, GROM abbreviation, first aid in the case of stroke, treatment, rehabilitation, healthcare after stroke and the importance of preventing it from occurring.

Methods: Performed research is based on the empirical quantitative method of work. By means of the studied literature, a survey questionnaire was formed. It included 24 questions. In the research, 120 participants from Ptuj and surroundings participated. They were selected by chance. They were from different age brackets, gender, degree of education, and residence.

Results: By means of the analysis of the survey questionnaire, the results were gained from which it is evident how people are acquainted with stroke, risk factors, symptoms, and signs, taking measures, preventing, prevention, and consequences. Most of the participants of the survey are not familiar with the abbreviation GROM. The participants by chance believe that the most important risk factors for stroke are high blood pressure. Most of the participants believe that one of the most common consequences of stroke is a disability.

Discussion: In the research, it was ascertained that all the participants of the survey had already heard about stroke. Most of them have no one in their family which was affected by stroke. A lot of them believe that the emergence of stroke is increasing. They know the risk factors and preventive factors to a considerable extent and they take pretty good care for their physical and mental health. It is surprising how many of them do not wish for more information about stroke. Most of them believe that their awareness about stroke is sufficient.

Keywords: *stroke, nursing, prevention, risk factors*



Katja Ficko, Edvard Jakšič

POMEN ZDRAVJA PRI MLAJŠI IN STAREJŠI POPULACIJI THE IMPORTANCE OF HEALTH IN YOUNGER AND OLDER POPULATION

POVZETEK

Teoretična izhodišča: Zdravje se dandanes vse bolj promovira, vse več ljudi daje velik pomen zdravju kot najpomembnejši vrednoti. Zato smo se odločili, da raziščemo, kakšno je realno stanje, kako zdravje kot vrednoto dojemajo mladostniki in kako starejše osebe, predvsem pa nas tudi zanima, kakšen odnos imajo do skrbi za zdravje, preventivnih pregledov in kaj jim na splošno kot vrednota v življenju pomeni največ.

Metoda: Raziskava temelji na empirični kvantitativni metodi dela. S pomočjo prebrane literature je bil sestavljen anketni vprašalnik zaprtega tipa, ki je zajemal 24 vprašanj. V raziskavi je sodelovalo 100 naključno izbranih ljudi, od tega je bilo 50 naključno izbranih mladostnikov in 50 naključno izbranih starostnikov.

Rezultati: S pomočjo analize anketnega vprašalnika so bili pridobljeni rezultati, ki so prikazali, kako mladostniki ter starejše osebe cenijo zdravje. Pomembna jim je skrb za zdravje in udeleževanje preventivnih pregledov, prav tako vrednote predstavljajo nekakšen del njihovega življenja.

Razprava: V članku je bilo ugotovljeno, da velika večina anketirancev skrbi za svoje zdravje in da jim zdravje kot vrednota zelo veliko pomeni. Kot zanimivost v tej raziskavi bi izpostavili to, da zdrava populacija bolj skrbi za svoje zdravje od tistih, ki že imajo kakšno od kroničnih obolenj. Potrebno je še poudariti, da bi starejše osebe za izboljšanje svojega zdravja najprej izbrale uživanje bolj zdrave hrane, za razliko od mlajše generacije, ki je bolj nagnjena k telesni aktivnosti. Prav tako je zanimivo, da so mladostniki pozitivno naravnani glede preventivnih pregledov, saj so v večini mnenja, da so preventivni pregledi koristni.

Ključne besede: mladostniki, starostniki, zdravje, vrednote, zdravje kot vrednota

ABSTRACT

Theoretical background: Health is being promoted intensively every day and we have a feeling that more and more people are putting a lot of effort on their health. So, we decided to research what is the real situation, what adolescents and the elderly population think of health as a value, but most of all we are also interested in how they perceive health care, preventive examinations and what generally matters as a value in life to them the most.

Method: The research was based on an empirical quantitative method. With the help of literature, we established a closed-ended questionnaire, which covered 24 questions. In the research 100 random people participated. Of which there were 50 adolescents and 50 elders.

Results: With the help of the research questionnaire results were obtained, which showed how adolescents and the elderly appreciated health as a value. To all of them health care and attending preventative examinations is important, furthermore values represent a part of their lives.

Discussion: In the article thesis it was found that the vast majority of respondents care about their health and health as a value is very important to them. As an interesting fact in the research I would point out that healthy people tend more to care about their health than someone which already has a chronic disease. It is also interesting that elderly people would eat healthier to improve their health, but adolescents would rather be more physically active to improve their health. Furthermore, adolescents are positive about preventive examinations and most of them think they are useful.

Keywords: adolescents, elderly, health, values, health as a value

Nataša Kreft, Bojana Jerebic, Tim Kambič

PREHRAMBNI STATUS KIRURŠKIH PACIENTOV NOURISHMENT STATUS OF SURGICAL PATIENTS

POVZETEK

Teoretična izhodišča: Daljše hospitalizacije zaradi poslabšanja kronične bolezni ali operativnega posega dostikrat vodijo v podhranjenost. Zlasti je to moč opaziti pri starejših pacientih ali pri urgentno operiranih pacientih, vendar pa obstaja malo dokazov glede hranjenosti teh pacientov pred operativnim posegom. Namen raziskave je ugotoviti prehrambni status pred operativnim posegom pri kirurških pacientih v Splošni bolnišnici Murska Sobota.

Metode: Podatke smo zbrali s kvantitativno metodo raziskovanja, kjer je bil za ugotavljanje stopnje hranjenosti uporabljen standardizirani vprašalnik »Mini prehranska anamneza (MNA)«. Raziskava je potekala meseca aprila 2019 na kirurškem in ortopedskem oddelku Splošne bolnišnice Murska Sobota. V raziskavi je prostovoljno sodelovalo 87 pacientov, ki so bili sprejeti za programsko operacijo in tisti, ki so bili sprejeti za nujno operacijo.

Rezultati: Rezultati so pokazali, da med različnimi vrstami pacientov ne prihaja do statistično značilnih razlik v oceni hranjenosti. Pacienti iz različnih kirurških oddelkov oz. odsekov so v povprečju normalno hranjeni ali pa posedujejo tveganja za podhranjenost. Ugotovili smo tudi, da imajo boljši prehranski status pacienti, ki so bili naročeni na elektiven poseg v primerjavi s tistimi, ki so bili urgentno operirani.

Zaključek: Predoperativna prehranska obravnava je zelo pomembna za izbiro ustrezne diete med hospitalizacijo, s posebnim poudarkom na zagotavljanju ustreznega vnosa beljakovin. Pri tem je zelo pomemben multidisciplinarni pristop. V timu naj sodelujejo: zdravnik, medicinska sestra in klinični dietetik. Le tako se lahko zagotavljanja najboljši izid zdravljenja med hospitalizacijo in po njej.

Ključne besede: starostniki, zdravstvena nega, prehranjenost, hospitalizacija, operativni poseg

ABSTRACT

Theoretical background: Longer hospitalizations due to acute exacerbation of chronic disease or operation often led to malnourishment, especially in elderly (>70 years) and in patients in need of urgent operation. However, there is still little evidence on nourishment status of patients' pre-surgery. The aim of this study was to examine the nutritional status of patients scheduled to operation in General Hospital Murska Sobota.

Methods: The data was collected using quantitative research methods, whereas the nourishment status was assessed using the standardized "Mini nutritional assessment (MNA) questionnaire". The study was conducted in April 2019 in Department of Surgery and Department of Orthopedics in General Hospital Murska Sobota. A total of 87 patients scheduled to operation or were urgently operated volunteered to participate in this study.

Results: There were no significant difference in nourishment status between patients with difference chronic diseases. Patients from various surgical department were normally nourished, while some have shown small risk for malnourishment. Furthermore, there were no significant difference in nourishment status. Our study also demonstrated a significantly better nourishment status of patients scheduled for operation compared to urgently operated patients.

Conclusion: Pre-operative nutrition treatment is very important for choosing the right diet during hospitalization, with particular emphasis on ensuring proper protein intake. A multidisciplinary approach is very important. The team should include: a doctor, a nurse and a clinical dietitian. This is the only way to ensure the best outcome of treatment during and after hospitalization.

Keywords: elderly, nursing care, nourishment, hospitalization, surgery

Sašo Ozvatič, Rene Kornhauser, Edvard Jakšič, Marija Zrim, Tim Kambič

ODNOS DO KRVODAJALSTVA V SPLOŠNI BOLNIŠNICI MURSKA SOBOTA ATTITUDES TOWARDS BLOOD DONATION IN GENERAL HOSPITAL MURSKA SOBOTA

POVZETEK

Uvod: Krvodajalstvo je ena izmed najbolj plemenitih oblik darovanja, saj s tem pomagamo veliki skupini populacije ter njim hkrati lahko rešimo življenje. Namen raziskave je bilo spoznati mnenje ljudi o krvodajalstvu, poznavanje načina darovanja krvi in razlage za (ne)darovanje krvi.

Metode: Pri raziskovanju smo uporabili kvantitativno metodo dela, kjer smo naključnim pacientom v Splošni bolnišnici Murska Sobota v reševanje razdelili anketni vprašalnik zaprtega tipa. Vprašalnik je bil sestavljen iz 11 vprašanj, ki so se nanašala na demografijo (spol, starost), poznavanje krvodajalstva in razloge za (ne)darovanje krvi. Podatke smo statistično obdelali s programom IBM SPSS 23 in Microsoft Excel 2016 ter rezultate predstavili v obliki tabel.

Rezultati: Glede na pridobljene podatke smo ugotovili, da se ljudje predvsem odločijo za darovanje krvi po 30. letu starosti, kjer prevladujejo tisti s srednjo poklicno ali osnovnošolsko izobrazbo. Vsem anketirancem se zdi, da je samo darovanje krvi plemenito dejanje in bi s tem radi drugim naredili nekaj dobrega oziroma jim mogoče celo rešili življenje. Kljub temu pa je poznavanja darovanja krvi slabo, saj rezultati kažejo, da dosti ljudi ne pozna svoje krvne skupine. Z rezultatov je tudi razvidno, da se za darovanje odločajo starejši, ki pa dostikrat zaradi pridruženih zdravstvenih težav niso primerni kandidati za darovanje krvi.

Sklep: Krvodajalstvo se kaže kot družbeno pomembna oblika pomoči, za katero se odloča pretežno starejša populacije, ki dostikrat ni primerna za darovanje. V prihodnosti je zato potrebno o pomembnosti darovanja krvi dodatno ozaveščati tudi mlajšo in srednje odraslo populacijo.

Ključne besede: darovanje, odnos, kri

ABSTRACT

Introduction: Blood donation is one of the noblest forms of donation, as it helps a large population and at the same time saves lives. The aim of the article was to present opinions about blood donation, knowledge about the process of blood donation and to identify the reason for and against blood donation.

Methods: In our study a quantitative statistical method was applied using a closed-ended questionnaire on a prospective sample of patients in General Hospital Murska Sobota. The questionnaire consisted of 11 questions related to demographics (gender, age), knowledge of blood donation, and reasons for and against blood donation. Data were statistically analysed using the IBM SPSS 23 and Microsoft Excel 2016, while the results are presented in tables.

Results: Based on our results, we found that people primarily choose to donate blood after the age of 30, especially those with primary or secondary level of education. Moreover, blood donation was recognised as a noble act, with respondents emphasizing the act of doing something good to others, which can even save lives. However, people still lack the knowledge about blood donation, as majority of the respondents are not familiar with their blood type. Lastly, the results also showed that majority of the donors derive from elderly population, which are often not suitable for blood donation due to their poor health.

Conclusion: Blood donation proved to be a socially important form of assistance, although it is still largely dependent on the elderly population, which are often not suitable for donation. Therefore, in the near future it is necessary to further raise awareness of the importance of blood donation in youth and adult population.

Keywords: donation, attitude, blood

Vanessa Pintar, Edvard Jakšič, Mojca Dreisinger

KAKOVOST ŽIVLJENJA BOLNIKOV Z MIELODISPLASTIČNIM SINDROMOM PRI ZDRAVLJENJU Z TRANSFUZIJO QUALITY OF LIFE OF PATIENTS WITH MYELODISPLASTIC SYNDROME IN TRANSFUSION TREATMENT

POVZETEK

Teoretična izhodišča: V članku je predstavljena bolezen mielodisplastični sindrom pri pacientih, ki se zdravijo s transfuzijami in prejemajo kelatno terapijo, ter ugotavljali njihovo počutje. Namen članka je bilo ugotoviti kakovost življenja pacientov z mielodisplastičnim sindromom pri zdravljenju s transfuzijo.

Metoda: Raziskava je bila izvedena v terciarni zdravstveni ustanovi pri devetih namensko izbranih pacientih. Anketiranje je potekalo v avgustu in septembru 2019. Pred izvedbo raziskave smo pridobili soglasje ustanove in Komisije za medicinsko etiko v ustanovi.

Rezultati: Ugotovili smo, da štirje (44,4 %) anketiranci dnevno potrebujejo pomoč pri gibanju, trije (33,3 %) pri osebni higieni in štirje (44,4 %) pri pripravi hrane. En anketiranec (11,1 %) prihaja na transfuzijo enkrat na teden ali več, štirje (44,4 %) enkrat na štirinajst dni, en (11,1 %) enkrat na dva meseca, en (11,1 %) manj kot štirikrat letno, en (11,1 %) anketiranec je transfuzijo dobil šestkrat in en (11,1 %) 56-krat. Pet (55,5 %) anketirancev je navedlo, da še niso imeli stranskih učinkov po zdravljenju s transfuzijo. Pogosti prihodi na zdravljenje s transfuzijo anketiranim predstavljajo predvsem psihični in fizični napor.

Razprava: Največ anketiranih pacientov - pet (55,6 %), ki se zaradi mielodisplastičnega sindroma zdravijo s transfuzijami in prejemajo kelatno terapijo, svoje počutje na lestvici od 1 do 5 ocenjuje kot srednje. Trije (33,3 %) so svoje počutje ocenili dobro in en (11,1 %) zelo dobro.

Ključne besede: mielodisplastični sindrom, transfuzija, kelatna terapija, kakovost življenja

ABSTRACT

Theoretical starting points: In the article, we presented the disease myelodysplastic syndrome in patients undergoing transfusion and receiving chelate therapy. In addition, their well-being was evaluated. The purpose of the article was to determine the quality of life of patients with myelodysplastic syndrome in transfusion therapy.

Method: The study was conducted at a tertiary health care facility on nine selected patients. The survey was conducted in August and September 2019. Prior to conducting the survey, we obtained the consent of the institution and the Medical Ethics Committee at the institution.

Results: We found that four (44.4%) respondents needed daily mobility aid, 3 (33.3%) help with personal hygiene, and four (44.4%) with food preparation. One respondent (11.1%) receives a transfusion once a week or more, four (44.4%) once every fourteen days, one respondent (11.1%) once every two months, one (11.1%) less than four times a year, one (11.1%) respondent received a transfusion six times, and one (11.1%) 56 times. Five (55.5%) of the respondents indicated that they had no side effects after transfusion treatment. Frequent arrivals for transfusion treatment brought mainly psychological and physical exertion in the interviewees.

Discussion: The majority of myelodysplastic syndrome patients taking part of this survey (5; 55.6%) and treated with transfusions and chelation therapy, rated their well-being on a scale of 1 to 5 as median. Three respondents (33.3%) rated their well-being as good and one respondent (11.1%) as very good.

Keywords: myelodysplastic syndrome, transfusion, chelate therapy, quality of life

Jurica Veronek, Melita Sajko, Damir Poljak

MOTIVATIONAL FACTORS OF STUDENTS FOR WORKING WITH THE ELDERLY

ABSTRACT

Being aware of the problems of aging, as well as understanding them and being sensitive about them, contributes to the quality of medical professionals' approach to the elderly. Studies to date have shown that nursing education has a positive impact on students' attitudes towards the elderly. Using the qualitative method of the semi-structured interview, this work studies the perception of experts in the fields of gerontology and gerontological education towards the shift in nursing students' perception towards the elderly and the process of aging. We've interviewed experts who teach gerontology and geriatrics in the nursing departments at five higher education institutions. The results identify significant factors that serve as a basis for improving motivational and pedagogical work with students in different educational environments in the field of gerontological care.

Keywords: nursing students, elderly, higher education







**PROMOCIJA JAVNEGA ZDRAVJA /
PROMOTION OF PUBLIC HEALTH**

Rosangela Barcaro

DIRECT-TO-CONSUMER GENETIC TESTING: ENTERTAINING HOROSCOPES OR CAUSES OF CONCERN? THE MEANING OF CIZITEN'S ENGAGEMENT

ABSTRACT

The use of genetic testing in clinical settings has started growing in the last two decades, together with a new phenomenon: the direct-to-consumer genetic testing. Genetic testing in clinical and/or research settings is performed to understand health-related conditions, under medical supervision, with genetic counseling, patient's informed consent and provisions about privacy. The clinical setting requires the presence and contribution of several healthcare professionals, and it may require to draw the medical history of the patient's family as well, in order to develop a meaningful context in which the genetic testing results have to be interpreted by medical geneticists. For example, in Italy a normative regulation exists, and it has been established by law under the name of Practical guidelines on medical genetic testing. The parallel pathway is represented by direct-to-consumer genetic testing. The kit for sampling is on sale directly to consumer and it is supposed to be used for (a limited range of) health-related conditions and for not health-related conditions (i.e. ancestry or genealogy testing). These kinds of testing are performed without medical/genetic supervision or involvement of a healthcare provider. Many direct-to-consumers genetic testing is available online (kits for genetic testing by 23andMe are available via Amazon, and in U.S. a retailer like Walmart sells them over the counter). Ancestry or genealogy testing, took for fun or curiosity, might discover unsuspected bindings, ancient origins and even results that are difficult to explain, for example when the offspring is not consanguineous with one or both the parents (such as in case of adoption). I will focus on this kind of testing, because it poses several concerns. Far away from fun or curiosity, a genealogy testing may be disruptive for a whole family. From a clinical, psychological, interpersonal perspectives some findings might affect a family's lives in unpredictable ways. For example, the discovery of some genes, related to a genetic condition more recurrent in a cluster of population and present in cousins, not in siblings, may arise doubts on parenthood. The ancestry testing is related to the concepts of personal identity, ethnicity and race and its results may be used to discriminate minorities and ethnic groups, or traumatically influence the psychological development in children that casually discover they were adopted. The opportunity of buying online direct-to-consumer genetic testing trespasses every border and national regulations, and the aggressive advertising tailored to sell a product in a global market may arise curiosity among people. Since a regulation's approach needs broader interventions on global e-commerce activities, I suppose that this approach might require a long span of time before it may happen. Our society needs faster actions and decisions, and I think that a citizen's engagement may help to shape a better understanding and use of direct-to-consumer genetic testing. I will try to answer some questions, dealing with the role of education in this peculiar realm, and scientists' and researchers' contribution to modify the present-day approach to direct-to-consumer genetic testing.

Keywords: genetic testing, genetics, genetic counseling, citizen's engagement

Ester Fabiani, Martin F. Strand, Morten Lindberg, Maren V. Fredriksen, Nandu Goswami, Per Morten Fredriksen

FLUKTUACIJA HOLESTEROLA PRI 6- DO 12-LETNIH ŠOLARJIH NA NORVEŠKEM

FLUCTUATION OF CHOLESTEROL VALUES IN 6- TO 12-YEAR-OLD SCHOLARS IN NORWAY

POVZETEK

Uvod: Povezava med holesterolom in kardiovaskularnimi boleznimi je glede na odrasle pri otrocih še neraziskana. Nejasna je predvsem prognostična zanesljivost vrednosti holesterola v obdobju pred adolescenco. Spremljanje enoletnega variiranja vrednosti holesterola osvetljuje vpogled v njihovo napovedno moč.

Metode: Podatki so iz projekta Health Oriented Pedagogical Project (HOPP) – longitudinalne kontrolirane gibalno-kognitivne študije. Protokol in metode ter soglasje etične komisije so opisani pri avtorjih Fredriksen et al. Vzorec predstavljajo otroci iz devetih osnovnih šol iz jugovzhodne Norveške z dvoletnimi meritvami. Skupni holesterol nad 5.2 mmol/l predstavlja prag patološko povišanih vrednosti in je povzet po norveških nacionalnih priporočilih. Podane so tudi vrednosti holesterola visoke gostote in holesterola zmanjšanega za holesterol visoke gostote. Statistična analiza je bila narejena s programskim paketom IBM SPSS v. 23 in R software verzijo 3.5.1. α -stopnja je bila potrjena pri 0.05. Rezultati: Stabilnost meritev skupnega holesterola (po uvedbi dodatne ure psihofizične aktivnosti na dan v razmiku enega leta) je bila ugotovljena na ravni povprečja, ne pa na ravni posameznika. Porast vrednosti skupnega holesterola ni bil statistično značilen, pogojen pa je bil s porastom holesterola visoke gostote.

Razprava: Izrazite variacije v vrednostih skupnega holesterola so se kljub stabilnosti na ravni povprečja pokazale pri posameznikih. To pa slabi njegovo prognostično moč glede napovedi tveganja za hiperholesterolemijo, aterosklerozo in kardiovaskularne bolezni.

Sklepi: Priporoča se previdnost pri uporabi vrednosti skupnega holesterola kot prognostičnega orodja za kardiometabolne bolezni pri otrocih med 6. in 12. letom.

Ključne besede: otroci, holesterol, gibalna aktivnost, aterosklerozo, kardiovaskularna obolenja

ABSTRACT

Introduction: The correlation between cholesterol and cardiovascular diseases in children is in comparison with adults not well studied. The prognostic validity of cholesterol prior to puberty requires discussion. One-year survey of cholesterol variability contributes to the understanding of its predictable power.

Methods: Data is provided from the Health Oriented Pedagogical Project – a longitudinal controlled physical intervention study. Protocol, methods and ethical agreement are described in Fredriksen et al. Children from nine elementary schools from Norway performed the blood measurements of both years. Total cholesterol values above 5.2 mmol/l was regarded as pathological according to Norwegian guidelines. Values of High-Density Lipoprotein and non- High-Density Lipoprotein are also reported. Statistical analysis was made with the IBM SPSS v. 23 and R version 3.5.1. α - level was confirmed at 0.05.

Results: The stability of total cholesterol after one year of additional physical activity was confirmed on a mean level, however, not on an individual level. The increase in total cholesterol levels was not significant, caused by an increase in High Density Cholesterol.

Discussion: Considerable variations in total cholesterol were found on individual level, despite stable measurements on a mean level. It is questionable, if total cholesterol are able to carry any prognostic value for future risk of hypercholesterolaemia, atherosclerosis and cardiovascular diseases in adulthood.

Conclusions: Total cholesterol values at the age 6 to 12 years should be used with caution as a prognostic tool for cardiometabolic diseases

Keywords: children, cholesterol variability, physical activity, atherosclerosis, cardiovascular disease



Evita Leskovsek

STALIŠČA SLOVENSКИH SREDNJEŠOLCEV DO SPOLNE VZGOJE THE VIEWPOINTS OF SLOVENIAN STUDENTS IN SECONDARY SCHOOLS ON SEX EDUCATION

POVZETEK

Uvod: Namen raziskave, predstavljene v prispevku, je bil pridobiti podatke o stališčih dijakov do pouka spolne vzgoje ter o njihovem prepoznavanju spolnega nasilja.

Metode: Za zbiranje podatkov je bil uporabljen tip anketiranja "pencil and paper". Vzorec so predstavljali dijaki prvih in tretjih letnikov naključno izbranih oddelkov ljubljanskih srednjih šol (N=96). Zagotovljena je bila anonimnost. Vključena so bila vprašanja o mnenju dijakov o vsebinah in organizaciji pouka spolne vzgoje ter lestvica prepričanja o tem, kaj zanje predstavlja spolno nasilje.

Rezultati: 56,9 % dijakov prvih letnikov in 28,9 % tretjih letnikov se je opredelilo za uvedbo spolne vzgoje kot posebnega predmeta ($p=0,024$). Le 26,0 % dijakov je označilo, da sodijo k pouku spolne vzgoje "odnosi in vloge v družini" in le 11,5 % je označilo "nasilje v družini". Vsebine »skrb za zdravje in odgovorno vedenje« je označilo več deklet kot fantov ($p=0,018$); »odnose med spoloma« je označilo več dijakov tretjih letnikov kot prvih ($p=0,053$). Približno 50 % do 70 % dijakov je kot spolno nasilje označilo "spolno obarvano obrekovanje", "neželjeno nagovarjanje na spolnost" in "nepotrebno dotikanje". Najmanj dijakov je kot spolno nasilje označilo pohotne poglede (14,7 %) in žvižganje za nekom (8,4 %).

Diskusija in zaključek: Raziskava nakazuje potrebo po sistemski urejenosti pouka spolne vzgoje v šoli. Podatki ponujajo pomembna izhodišča za nadaljnje raziskovanje in posodobitev vzgoje za zdravje v srednjih šolah.

Ključne besede: spolnost, adolescenti, stališča, vzgoja za sdravo spolnost

ABSTRACT

Introduction: The purpose of study, presented in this article, was to obtain data on the viewpoints of secondary school students on sex education and their recognition of sexual violence.

Methods: A pencil-and-paper questionnaire was used to collect data. The study sample were first-year and third-year secondary school students from random classes of Ljubljana secondary schools (N=96). Anonymity of respondents was ensured. The questionnaire included questions on the opinion of students on the content and organisation of sex education and a scale of their beliefs on what constitutes sexual violence.

Results: 56.9% first-year students and 28.9% third-year students were in favour of introducing sex education as a special subject ($p=0.024$). Only 26.0% of students marked that topic "relationships and roles in the family" and only 11.5% of students marked that topic "family violence" should be taught in sex education. The topic "care for health and responsible behaviour" was marked by more girls than boys ($p=0.018$) and "gender relations" was marked by more third-year students than first-year students ($p=0.053$). About 50% to 70% of students marked as the sexual violence "sexual slander", "unwanted allusion and persuading to have sexual intercourse", "unnecessary touching" and the lowest percentage marked "wanton looks" (14.7%) and "whistling after someone" (8.4%).

Discussion and conclusions: The study shows a need for systemic regulation of sex education in school. The obtained data provide important starting points for further research and for the modernisation of health education in secondary schools.

Keywords: sex, adolescent, viewpoints, sex education

Dušan Nolimal, Tanja Bagar

KONOPLJA, DUŠEVNO ZDRAVJE IN RAZISKOVANJE: KRITIČNI PREGLED ODNOSA CANNABIS, EMOTIONAL HEALTH AND RESEARCH: A CRITICAL OVERVIEW

POVZETEK

Obstaja znanstveni konsenz, da veliko ljudi, posebej mladostnikov, ki so nagnjeni k psihičnim in vedenjskim problemom ali jih že imajo, težijo k pogostejši rabi konoplje. Pri družbeno integriranih ljudeh obstaja majhna verjetnost, da se razvije problematično uživanje z negativnimi vplivi na duševno zdravje. Varovanje duševnega zdravja, posebej med mladostniki in drugimi ranljivimi skupinami, predstavlja velik zdravstveni problem. Možgani zorijo še v tretjem desetletju življenja. Čeprav nekateri mladostniki nimajo resnih posledic, pa je uporaba konoplje (in drugih snovi) v času razvoja za mladostnike znatno bolj tvegana kot za odrasle. Pomembni so čas prve uporabe, pogostost, trajanje, način jemanja, »moč« in odmerki konoplje, kombiniranje z drugimi (psihoaktivnimi) snovmi ter številni drugi dejavniki, ki vplivajo na duševno zdravje. Posebej je pomembna vrsta konoplje oz. kombinacija različnih kanabinoidov in terpenov. Npr. CBD tudi blaži nekatere psihoaktivne učinke THC-ja v konoplji, zato je bolj problematična konoplja z veliko THC-ja in malo CBD-ja (»skunk«). Ta vrsta konoplje se je pojavila prav v povezavi s prohibicijo, ki upravljanje s konopljo prepušča črnemu trgu. Ljudje, ki uporabljajo konopljo, pogosto trpijo zaradi razpoloženskih, čustvenih in drugih psihičnih motenj. Odprto je vprašanje, ali je raba konoplje resnično vzrok teh motenj, ali pa ljudje posegajo po konoplji, zaradi samozdravljenja teh motenj. Tudi politika in stroka na področju konoplje sta se razdelili na dva konkurenčna pola. Prvi trdi, da je raba konoplje lahko vzrok odvisnosti, psihoz, anksioznosti, depresij, kroničnih kognitivnih motenj, tudi strukturnih sprememb v možganih. Drugi trdi, da ima konoplja oz. kanabinoid CBD iz konoplje neuroprotektivne lastnosti in bi jih lahko uporabili za zdravljenje psihoz, anksioznosti, depresije, motenj spanja, bolečine, nekaterih nevroloških motenj in odvisnosti. Trditve o prvih povezavah se uporabljajo za nadaljevanje prohibicije uporabe konoplje; druge povezave pa za dokazovanje upravičenosti legalizacije medicinske uporabe konoplje. Čeprav se najbolj izplača vlaganje v vzdrževanje in krepitev dobrega počutja in/oz. duševnega zdravja, da bo duševnih motenj vse manj, pa moramo večkrat uporabiti tudi različne možne načine lajšanja duševnih stisk in zdravljenja duševnih motenj. Vsaka dodatna možnost je dobrodošla. Konoplja kaže velike potenciale za zdravljenje teh motenj, ko so tradicionalna zdravila neučinkovita, ali imajo hude stranske učinke. Vendar je za uporabo konoplje kot zdravila za duševne motnje v klasični medicini še premalo dokazov. Raziskovalna dejavnost na tem področju je, v zvezi s prohibicijo konoplje, pogosto ovirana. Posledično tudi zdravniki in drugi strokovnjaki nimajo dovolj dokazov podprtega znanja, ki bi temeljilo na neodvisnih in obsežnih raziskavah. Prisotna je tudi napačna uporaba znanosti (selektivno zbiranje dejstev; odbiranje podatkov/informacij; mešanje korelacije in vzročnosti; manipulativna interpretacija; selektivna uporaba znanstvenih izsledkov ipd.), nekatere trditve, glede povezanosti rabe konoplje in duševnega zdravja, odkrito zanemarjajo zapletene povezave z družbenimi vrednotami, posebej škodo prepovedi konoplje ter se osredotočajo le na potencialna tveganja uporabe konoplje. Nihče ne zanika določenega tveganja uporabe konoplje, zlasti med otroci in mladimi, pri osebah z duševnimi motnjami, pri udeležencih v prometu ter pri pretirani uporabi konoplje z veliko THC-ja in malo CBD-ja. Vendar je škoda na duševnem zdravju ljudi, ki jo povzroča prohibicija, vključno s kriminalizacijo bolnikov, ki se samooskrbujejo in zdravijo s konopljo, veliko večja. Kadar so podatki raziskav napačno in zavajajoče interpretirani in predstavljeni ter podpirajo strah in mite o hudi nevarnosti konoplje za duševno zdravje ljudi ter predsodke o ljudeh z duševnimi boleznimi, takrat moramo spregovoriti in o tem seznaniti javnost. Takšne manipulacije imajo dolgoročno slab učinek, ker v javnosti upada zaupanje v verodostojnost strokovnih virov uradnih podatkov. Zato znanstveni izsledki o tem, ali je konoplje slaba ali dobra za duševno zdravje, (še) niso dovolj prepričljivi in kažejo da konoplja lahko tako škodi kot tudi koristi.

Ključne besede: konoplja, duševno zdravje, raziskovanje

ABSTRACT

There is a scientific consensus that many people, especially adolescents who are prone to or have psychiatric or behavioral problems, tend to use cannabis more often. Socially integrated people are less likely to develop problematic consumption with negative effects on mental health. Mental health protection, especially among adolescents and other vulnerable groups, is a major health problem. The brain matures as early as the third decade of life. Although some adolescents do not have serious consequences, the use of cannabis (and other substances) during development is significantly riskier for adolescents than for adults. First-time use, frequency, duration, route of administration, "strength" and cannabis doses, combination with other (psychoactive) substances, and many other factors affecting mental health are important. Especially important is the type of cannabis, a combination of different cannabinoids and terpenes. E.g., CBD also alleviates some of the psychoactive effects of THC in cannabis, making cannabis with a lot of THC and a bit of CBD ("skunk") more problematic. This type of cannabis has emerged in conjunction with the prohibition that leaves the cannabis business black. People who use cannabis often suffer from mood, emotional and other psychiatric disorders. The question is whether cannabis use is really the cause of these disorders, or whether people are resorting to cannabis for self-medication. The cannabis policy and profession have also split into two competing poles. The first claims that cannabis use can be the cause of addiction, psychosis, anxiety, depression, chronic cognitive impairment, as well as structural changes in the brain. Another claims that he has cannabis. Cannabinoid CBD made from cannabis has a neuroprotective property and could be used to treat psychosis, anxiety, depression, sleep disorders, pain, certain neurological disorders and addictions. First link claims are used to continue prohibiting cannabis use; and other links to prove the legitimacy of the medical use of cannabis. Although it is most worthwhile investing in maintaining and enhancing well-being and / or mental health to reduce mental disorders, however, we also repeatedly have to use various possible ways to alleviate mental distress and treat mental disorders. Any additional options are welcome. Cannabis has great potential for treating these disorders when traditional medicines are ineffective or have serious side effects. However, there is still little evidence for the use of cannabis as a cure for mental health disorders. Research in this area is often hampered with regard to cannabis prohibition. As a result, physicians and other professionals also lack sufficient evidence-based knowledge based on independent and extensive research. There is also a misuse of science (selective fact-gathering; data / information picking; mixing correlation and causality; manipulative interpretation; selective use of scientific findings, etc.), some claims about the connection between cannabis use and mental health, overtly neglecting complex links to social values, specifically the harm of cannabis prohibition, and focus only on the potential risks of cannabis use. There is no denying the specific risk of cannabis use, especially among children and young people, in people with mental disorders, road users and excessive use of cannabis with high THC and low CBD. However, the damage to the mental health of people through prohibition, including the criminalization of self-care and cannabis patients, is far greater. When research data is misinterpreted and misrepresented and promoted by fears and myths about the serious threat of cannabis to people's mental health and prejudices about people with mental illness, then we need to speak up and make it public. Such manipulations have a bad effect in the long run, as confidence in the credibility of the professional sources of official data decreases in the public. Therefore, scientific findings about whether cannabis is bad or good for mental health are (yet) not convincing enough and suggest that cannabis can be harmful as well as beneficial.

Keywords: cannabis, mental health, research

Alenka Oven, Urša Bratun

PRIPRAVLJENOST ŠTUDENTOV DELOVNE TERAPIJE NA KLINIČNO PRAKSO: PRIMERJAVA MED OCENAMI MENTORJEV IN ŠTUDENTOV *PRACTICE PLACEMENT READINESS OF OCCUPATIONAL THERAPY STUDENTS: A COMPARISON BETWEEN STUDENTS' AND MENTORS' OPINIONS*

POVZETEK

Uvod: Klinična praksa predstavlja pomemben del izobraževanja delovnih terapevtov. Študentom omogoča, da razvijejo tako praktična znanja in spretnosti kot tudi profesionalno vedenje in poklicno identiteto. Pomembno je, da so na prakso ustrezno pripravljeni, saj to lahko izboljša izobraževalno izkušnjo in zmanjša stres. Namen raziskave je bil proučiti mnenja in ocene študentov delovne terapije in njihovih mentorjev glede pripravljenosti študentov na opravljanje klinične prakse ter identificirati področja, ki bi jih bilo potrebno razvijati v sklopu priprav na klinično prakso.

Metode: V kvantitativno raziskavo je bilo vključenih 81 delovnih terapevtov - mentorjev in 132 študentov in diplomantov delovne terapije. Podatki so bili zbrani s pomočjo dveh spletnih vprašalnikov. Uporabljena je bila pet-stopenjska lestvica. Cronbachov koeficient zanesljivosti je za vprašalnik mentorjev znašal $\alpha = 0,925$, za vprašalnik študentov pa $\alpha = 0,883$. Podatki so bili analizirani z računalniškima programoma IBM SPSS Statistics 22.0 in Microsoft Excel 2010.

Rezultati: Anketirani mentorji in študentje so se najmanj strinjali s trditvijo, da imajo študentje za opravljanje klinične prakse dovolj strokovnega znanja. Oboji so se najbolj strinjali s trditvami, da so študentje na klinični praksi urejeni, da upoštevajo bonton in kodeks etike. Njihova mnenja glede samoiniciativnosti študentov, komunikacije z uporabniki in znanja o tem, kako vzpostaviti dober odnos z uporabnikom, pa so se statistično pomembno razlikovala, mentorji so jih ocenjevali slabše.

Sklepi: Odgovori mentorjev in študentov izpostavljajo, da bi bilo v priprave študentov na klinično prakso potrebno vključiti specifične vsebine, ki bi lahko izboljšale njihovo strokovno znanje in pripravljenost na sodelovanje in delo z uporabniki.

Ključne besede: klinično usposabljanje, delovna terapija, spretnosti za delo, vprašalniki

ABSTRACT

Introduction: Practice placement is an essential part of occupational therapy education. It enables students to develop practical knowledge and skills, as well as gives an opportunity to establish professional behaviour and identity of an occupational therapist. It is important that students are sufficiently prepared for their placement, which can improve their experience and reduce placement-connected stress. The purpose of the study was to examine the opinions of occupational therapy students and their fieldwork mentors regarding the readiness of students for practice placement and identify the areas that might need to be further developed during the preparation for clinical practice.

Methods: This was a quantitative study that included 81 occupational therapists – fieldwork mentors, and 132 students and graduates of occupational therapy. The data were gathered using two online questionnaires. A 5-point-scale was applied. Cronbach's Alpha coefficient was $\alpha = 0.925$ for the mentor questionnaire and $\alpha = 0.883$ for the student questionnaire. We used SPSS Statistics 22.0 and Microsoft Excel 2010 to analyze the data.

Results: The surveyed mentors and students expressed the lowest agreement with the statement that the students had sufficient professional knowledge for fieldwork education. Both groups strongly agreed that the students' appearance was tidy and that they observed good manners and the code of ethics while on fieldwork practice. However, there were statistically significant differences between the mentors' and the students' opinions about the students' self-initiative, communication with clients and their knowledge about how to build rapport with the clients.

Conclusions: The students' and mentors' answers indicate that the students' preparations for fieldwork practice should include specific topics that could improve their professional knowledge and readiness to work with clients and collaborate in the work setting.

Keywords: fieldwork practice, occupational therapy, work skills, questionnaires



Zdenka Pihlar, Petra Voros

VPLIV PLESNO-GIBALNE TERAPIJE NA IZVEDBO AKTIVNOSTI IN SODELOVANJA OSEBE Z NEVROLOŠKO OKVARO IMPACT OF DANCE MOVEMENT THERAPY ON ACTIVITY AND PARTICIPATION OF PERSON WITH NEUROLOGICAL IMPAIRMENT

POVZETEK

Uvod: Funkcijsko usposabljanje oseb, ki so utrpel cerebrovaskularno bolezen s plesno-gibalno terapijo (v nadaljevanju FUNB) je osnovano na bio-psiho-socialnem modelu Mednarodne klasifikacije funkcioniranja ter na terapevtskih pristopih, ki so usmerjeni v ponovno vzpostavljanje telesnih funkcij, izvedbo aktivnosti in sodelovanje. FUNB je vodena skupinska vadba, ki sestoji iz treh sklopov: priprava na ples, ples sede ter ples. Vsebina posameznega sklopa je natančno izdelana, upoštevajoč terapevtske pristope in elemente vadbe. Pomembno vlogo v skupinski vadbi FUNB ima glasba. Glasba je terapevtski medij, ki z močjo melodije in ritma vpliva na čustveno stabilnost, občutek prevzema kontrole, zmanjševanje stresa ter utesjenosti. Idejno in programsko zasnovo FUNB je razvila Zdenka Pihlar, diplomirana delovna terapevtka, nevrotérapevtka. Namen raziskave je pridobiti informacijo o prednostih in pomanjkljivostih programa FUNB s pomočjo nestandardiziranega vprašalnika s strani udeležencev skupine, z vidika vpliva glasbe in plesa na funkcijske sposobnosti, izvedbo aktivnosti in sodelovanja v družbi.

Metode dela: V raziskavo so bili vključeni člani kluba bolnikov, ki so utrpeli cerebrovaskularno bolezen - Štrk iz Črenšovcev. Sodelovali so prostovoljno in bili predhodno seznanjeni z namenom raziskovalnega dela ter pravicami med raziskavo. V skupino, ki sta jo vodili certificirani diplomirani delovni terapevtki, je bilo vključenih 20 članov. Starostna omejitev je bila 75 let. Zadovoljstvo pacienta s programom FUNB smo ocenili z nestandardiziranim strukturiranim vprašalnikom na zadnji dan udeležbe v skupini. Statistično obdelavo podatkov smo izvedli s programom SPSS.

Rezultati: V kvantitativni raziskavi je sodelovalo 20 bolnikov. Vključenih je bilo 16 žensk in 4 moški. Povprečna starost udeležencev je bila $64,5 \pm 6,6$ let, najmlajši je bil star 50, najstarejši pa 70 let. V skupino so bili vključeni dvakrat tedensko, Vsak udeleženec je opravil 10 obiskov. Iz vseh 20 trditev nestandardiziranega strukturiranega vprašalnika – ki so se navezovala na težavnost samega programa, vlogo glasbe v terapevtskem programu in skupinski način obravnave v terapevtskem programu FUNB – ter stopnje strinjanja z njimi, lahko glede na povprečje odgovorov zaključimo, da udeleženci z vidika vpliva glasbe na izvedbo funkcijske vadbe in aktivnosti plesa ne vidijo pomanjkljivosti programa, ter sklepamo, da opazijo prednosti, ki jih program ponuja.

Sklep: Iz pridobljenih rezultatov lahko sklepamo, da pacienti ne vidijo pomanjkljivosti v terapevtskem programu FUNB, izpostavijo zahtevnost posameznih sklopov in prednosti učinka vadbe z vidika funkcijskih sposobnosti, izvedbe aktivnosti in sodelovanja v družbi.

Ključne besede: nevrološka okvara, glasba, ples, aktivnost, sodelovanje

ABSTRACT

Introduction: The Dance Movement Therapy (FUNB) approach is based on the bio-psycho-social model of the International Classification of Functioning, Disability and Health (ICF) and therapeutic approaches that are aimed at restoring physical functioning, activity and participation. FUNB is a group activity consisting of three parts: preparation for dance, sitting dance and dance itself. The contents of each part are specifically tailored, therapeutic approaches are considered and activity elements are determined. Music has an important role in FUNB. Music is a therapeutic medium that influences emotional stability, helps gaining control and reduces stress level and anxiety through the power of its melody and rhythm. The programme was developed by Zdenka Pihlar, occupational therapist, NDT. The aim of study was to gain information on the advantages and deficiencies of FUNB. We applied a non-standardized questionnaire. The focus of the study was on the influence of music and dance on functional activity and participation in social life.

Methods: the study included members of the club of patients who suffered cerebrovascular disease - called ŠTRK from Črenšovci. They participated voluntarily and were previously aware of the purpose of research work. 20 members were included in a group led by an occupational therapists, specialized for FUNB protocol. The age limit was 75 years. We evaluated the patient's satisfaction with the FUNB program with an unstandardized structured questionnaire on the last day of participation in the group. We conducted statistical data processing with the SPSS program.

Results: 20 patients participated in the quantitative study. 16 women and 4 men were included. The average age of participants was 64.5 ± 6.6 years, the youngest was 50 and the oldest was 70 years old. Programme was held twice a week, and each member has participated in 10 visits. From all 20 arguments of the non-standardized structured questionnaire – which have been linked to the difficulty of the programme itself, the role of music in the therapeutic programme and the group method of treatment in the FUNB therapeutic programme, the included patients reported no deficiencies of the programme. The average of the responses is to conclude that patients do not see the shortcomings of the programme, we conclude that they notice the benefits that the programme offers.

Conclusion : We can conclude that the patients see the advantages of the program, they notice different difficulty levels and they find FUNB to be useful in helping them participating in the activity and social life.

Keywords: neurological impairment, music, dance, activity, participation



Ksenija Škerbot, Nataša Vidnar

VLOGA DIPLOMIRANE MEDICINSKE SESTRE PRI OZAVEŠČANJU STARŠEV O POMENU HIGIENE ZOB PRI PREDŠOLSKIH OTROCIH NA OBMOČJU LENARTA V SLOV. GORICAH

THE ROLE OF GRADUATED NURSE WHEN EDUCATING PARENTS OF PRESCHOOL CHILDREN ABOUT THE IMPORTANCE OF DENTAL HYGIENE IN AREA OF LENART V SLOV. GORICAH

POVZETEK

Teoretična izhodišča: Bolezni zob in ustne votline ne smemo zanemarjati, saj so zobje z žilami povezani s celim človeškim telesom. Tako lahko bakterije, ki prodrejo globoko v zob, skozi krvnožilni sistem vstopijo v naše telo. Ker so mlečni zobje še posebej dovzetni za zobno gnilobo, moramo starše pravočasno seznaniti in ozavestiti, kako ohraniti mlečne zobe zdrave. V prispevku tako predstavljamo, kakšno vlogo ima diplomirana medicinska sestra, ko poučuje starše in njihove otroke in koliko le-ti dobljeno znanje uporabljajo v praksi.

Cilj: Cilji prispevka so ugotoviti, kakšno znanje imajo starši o higieni in boleznih otroških zob ter koliko je zobozdravstvena preventiva pri predšolskih otrocih na območju Lenarta v Slov. goricah učinkovita.

Metode: V empiričnem delu diplomskega dela smo s pomočjo raziskave po metodi kvantitativnega deskriptivnega raziskovanja uporabili metodo anketiranja v vrtcu Lenart. Sodelovalo je 44 staršev predšolskih otrok, starih od 3 do 6 let.

Rezultati: Ugotovljeno je bilo, da so starši sicer dobro ozaveščeni o skrbi za otroško ustno higieno, navodil pa v prakso ne prenašajo dosledno. Starši vedo, da sladkor škoduje zobem, otroci v večini za žejo pijejo vodo. Večina otrok je že bila pri zobozdravniku, razlogi za obisk pa so različni. Preseneča podatek, da samo polovica anketiranih zna zapisati katero od bolezni zob in ustne votline.

Razprava: Velika večina staršev, ki so sodelovali v raziskavi, se zaveda, kako pomembni sta higiena in ohranjanje mlečnih zob, saj so zobe svojemu otroku pričeli čistiti od prvega izraslega zoba. Higieno izvajajo redno, znajo izbrati primerno zobno ščetko in poznajo zobem škodljivo hrano. Glede na dobljene rezultate raziskave smo mnenja, da zobozdravstvena vzgoja na območju Lenarta v Slov. goricah deluje dobro in učinkovito.

Ključne besede: zdravje zob, bolezni zob, zobozdravnik, predšolski otroci, karies

ABSTRACT

Theoretical background: Diseases of the teeth and oral cavity should not be neglected, since the teeth are connected to the whole human body. Thus, the bacteria that penetrate deep into the tooth can enter our body through the circulatory system. Because primary teeth are particularly susceptible to tooth decay, parents need to be informed as soon as possible and made aware of how to keep primary teeth healthy. In the paper we thus present the role of the graduate nurse when teaching the parents and their children and how much they use the acquired knowledge in practice.

Objective: The aim of the paper thesis is to find out what knowledge do parents have about hygiene and diseases of children's teeth and how much is dental prevention effective in preschool children in the area of Lenart in Slov. Gorice.

Method: In the empirical part of the paper thesis we used the survey method in the kindergarten in Lenart with the help of the research by the method of quantitative descriptive research. 44 parents of preschool children aged 3 to 6 have participated.

Results: It was found that although parents are well aware of the care of children's oral hygiene, they do not always translate the instructions into practice. Parents know that sugar damages their teeth, most of them drink water when thirsty. Most of the children have already been to the dentist and the reasons for the visit are different. It is surprising that only half of those surveyed are able to write down any of the dental and oral diseases.

Discussion: The vast majority of parents who participated in the study are aware of the importance of hygiene and the maintenance of primary teeth since they have been cleaning their baby's teeth from the very beginning. They perform oral hygiene regularly, know how to choose a suitable toothbrush and are familiar with harmful food for the teeth. According to the results of the research we believe, that dental education in the area of Lenart in Slov. Gorice works well and effectively.

Keywords: dental health, dental disease, dentist, preschool children, caries



Kaja Teraž, Uroš Marušič

GIBALNO-KOGNITIVNE INTERVENCIJE ZA IZBOLJŠANJE FUNKCIONALNIH PARAMETROV PRI ZDRAVI STAREJŠI POPULACIJI MOTOR-COGNITIVE INTERVENTIONS TO IMPROVE FUNCTIONAL PARAMETERS IN HEALTHY ELDERLY POPULATION

POVZETEK

Uvod: Z željo po neodvisnem življenju tudi v pozni starosti želimo zavreti številne s staranjem povezane strukturne in funkcionalne spremembe. Redna gibalna/športna aktivnost v kombinaciji s kognitivno stimulativnim okoljem predstavlja eno izmed možnosti za ublažitev s staranjem povezanih adaptacij človeškega organizma. Z namenom pregleda gibalno-kognitivnih intervencij z največjim vplivom na izbrane parametre hoje pri starejših odraslih smo opravili pregled področja.

Metode: V pregled smo zajeli članke, ki obravnavajo tematiko vpliva gibalno-kognitivne vadbe na parametre hoje pri zdravih starejših odraslih. Obstoječe znanstvene članke (napisane v angleškem jeziku) smo iskali na spletnem portalu PubMed in Google Učenjak. Uporabili smo sledeče iskalne nize (v angleškem jeziku) ter njihove sopomenke: kognitivno-gibalna vadba, hoja, starejši odrasli. V končno analizo je bilo vključenih 14 raziskav s skupno 909 preiskovanci, ki je proučevalo zdrave starejše odrasle. Vse vključene raziskave so vsebovale intervencijo z dvojno nalogo, ki je bila sestavljena iz kognitivne in gibalne naloge, pri čemer so se naloge lahko izvedle sočasno ali zaporedno.

Rezultati: Ugotovili smo, da lahko kognitivno-gibalna vadba pozitivno vpliva na hitrost hoje pri zdravih starejših odraslih. Velikost učinka tega modela je bila nizka in signifikantna (velikost učinka = 0.35, 95% IZ = 0.05 - 0.65, p=0.02).

Sklep: Z opravljeno pregledom literature lahko zaključimo, da je smiselno v telesno aktivnost starejših odraslih vključiti tudi različne kognitivne vaje. Dodatna previdnost je potrebna pri interpretaciji dobljenih rezultatov zaradi heterogenosti vključenih raziskav, subjektov ter oblik gibalno-kognitivnih intervencij.

Ključne besede: starejši odrasli, hoja, aktivno staranje, kognitivno-gibalna intervencija

ABSTRACT

Introduction: With the desire for an independent life in old age, we search for solutions to slow down structural and functional changes. Regular physical activity or sports activity in combination with cognitive stimulation is one of the options to slow down the age-related adaptations of the human body. We reviewed to assess the effect of cognitive-motor interventions on selected gait parameters in healthy older adults.

Method: We searched for existing studies on PubMed and Google Scholar using the following search strings and their synonyms: cognitive-motor exercise, walking, older adults. The final analysis included 14 studies with a total of 909 subjects examining healthy older adults. All of the included studies contained a dual-task intervention that consisted of cognitive and motor tasks. Tasks were performed simultaneously or consecutively.

Results: We found that cognitive-motor interventions can have a positive effect on walking speed in healthy older adults. The effect size of this model was low and significant (effect size = 0.35, 95% CI = 0.05 - 0.65, p = 0.02).

Conclusion: With the performed literature review, it can be concluded that it is reasonable to include other cognitive-motor exercises in the physical activity routine of older adults. Additional caution is suggested while interpreting the results obtained due to the heterogeneity of the included trials, participants and the types of cognitive-motor interventions.

Keywords: older adults, walking, active aging, cognitive-motor intervention

Ivan Toplak

OKUŽBE S KORONAVIRUSI PRI ŽIVALIH IN ČLOVEKU CORONAVIRUS INFECTIONS IN ANIMALS AND HUMANS

POVZETEK

Koronavirusi (CoV) so uvrščeni v družino Coronaviridae, red Nidovirales. CoV imajo ovojnico in vsebujejo pozitivno polarni genomom RNA v velikosti od 26-32 kilo baz. CoV spadajo med viruse z najdaljšim ugotovljenim RNA genomom v naravi. Na podlagi genetskih razlik so CoV razdeljeni na štiri različne rodove: Alphacoronavirus, Betacoronavirus, Gammacoronavirus in Deltacoronavirus. Med posameznimi živalskimi in človeškimi sevi CoV se kaže antigenska in genetska podobnost. Redko lahko živalski CoV okužijo ljudi in se nato razširijo med ljudi, kot so na primer SARS, MERS in novi človeški koronavirus (COVID-19), ki so ga prvič ugotovili leta 2019 na Kitajskem.

CoV so velika družina različnih virusov, ki jih ugotavljamo pri človeku in številnih vrstah živali, vključno s kamelami, govedom, prašiči, mačkami in netopirji. Od leta 2009 naprej je bilo v Sloveniji opravljenih več študij in primerjav zaporedja CoV v zelo ohranjeni regiji virusnega genoma od RNA odvisne polimeraze RNA pri več vrstah živali. Vsi CoV, ki smo jih ugotovili v vzorcih fecesa netopirjev, vrste mali podkovnjak (*Rhinolophus hipposideros*), so bili gensko medsebojno zelo sorodni z 99,5 do 100% identičnostjo nukleotidnega zaporedja in se uvrščajo v rod Betacoronavirus, v katerem se nahajajo SARS in njemu podobni CoV, s katerimi si delijo 85% identičnosti nukleotidnega in 95,6% identičnosti aminokislinskega zaporedja. Prve primere klinične driske pri sesnih pujskih smo odkrili na prašičji farmi decembra 2014. S pomočjo metode RT-PCR v realnem času smo v Sloveniji januarja 2015 prvič potrdili prisotnost virusa prašičje epidemične driske (PEDV). Filogenetska primerjava celotnih genomov z nekaterimi drugimi PEDV, ki so na voljo v genski banki je pokazala tesno povezanost slovenskega seva PEDV (SLO/JH/2015, KU297956) s sevom FR/011/2015 iz Francije, sevom GER/L00719/2014 iz Nemčije, sevom BEL/15V010/2015 iz Belgije in ameriškim sevom prototipa SINDEL OH851 iz leta 2014. Od 133 klinično bolnih živih goved, ki so med letoma 2014 in 2016 zbolela z obolenjem dihal, je bilo 12,03% pregledanih vzorcev pozitivnih na goveji koronavirus (BCoV). Genetska primerjava ugotovljenih BCoV in CoV (HCoV-OC43) iz obolelih ljudi je pokazala, da imajo ti med seboj 96,4% -97,1% identičnost nukleotidnega zaporedja in od 96,9% do 98,5% identičnost aminokislinskega zaporedja, kar dokazuje genetsko sorodnost med slovenskimi sevi CoVs.

Nedavna poročila o okužbah ljudi s koronavirusno boleznijo (COVID-19), ki so povzročila pljučnice pri ljudeh, vključno z boleznijo, ki je pri nekaj odstotkih obolelih smrtna, in hitro širjenje med ljudmi na Kitajskem je zaskrbljujoče. Vsi CoV imajo edinstven mehanizem razmnoževanja virusa, kar ima za posledico visoko pogostost rekombinacij in visoko stopnjo mutacij. To je mehanizem, ki CoV omogoča, da se lahko prilagajajo novim gostiteljem.

Ključne besede: koronavirus, okužba, žival, človek, prenos

ABSTRACT

Coronaviruses (CoV) belong to Coronaviridae family, order Nidovirales. CoV are enveloped viruses with positive-stranded RNA genomes of 26-32 kb, the largest continuous RNA genomes in nature. Based on genetic analyses, coronaviruses are subdivided into four distinct genera: Alphacoronavirus, Betacoronavirus, Gammacoronavirus and Deltacoronavirus. Antigenic and genetic similarity of some individual CoVs is evident among animal and human strains. Rarely, animal coronaviruses can infect people and then spread between people such as with SARS, MERS, and new human coronavirus virus (COVID-19), identified for the first time in China in 2019.

Coronaviruses are a large family of viruses that are common in many different species of animals, including camels, cattle, pigs, cats, and bats. Since 2009 sequence analysis of highly conserved RNA dependent RNA polymerase gene have been done in several animal coronaviruses in Slovenia. All coronaviruses identified in horseshoe bat (*Rhinolophus hipposideros*) fecal samples has been genetically closely related, with 99.5 % to 100 % nucleotide identity to each other and belong to genus Betacoronavirus, closely related to SARS-like CoV cluster, sharing 85 % nucleotide identity and 95.6 % amino acid identity. First cases of clinical diarrhea in piglets were detected on a pig-fattening farm in December 2014. Using the real-time RT-PCR method, the porcine epidemic diarrhea virus (PEDV) was confirmed for the first time in Slovenia in January 2015. The phylogenetic comparison to some of the other complete PEDV genomes, available in GenBank, showed close relation of the Slovene PEDV strain (SLO/JH/2015, KU297956) to the strain FR/011/2015 from France, strain GER/L00719/2014 from Germany, strain BEL/15V010/2015 from Belgium and the American prototype SINDEL strain OH851 isolated in 2014. From 133 affected live cattle that were clinically suffering from respiratory disease between 2014 and 2016, 12.03 % were detected positive for bovine coronavirus (BCoV). BCoVs detected from cattle and human coronaviruses (HCoV-OC43) share 96.4%-97.1% nucleotide and 96.9%-98.5% amino acid identity demonstrating the close relationship between the Slovenian CoVs strains.

Recent reports of human infections with Coronavirus Disease (COVID-19) from China which has caused illness, including illness resulting in death, and sustained person-to-person spread in China is concerning. All coronaviruses have unique mechanism of viral replication, which resulting in high frequency of recombination and high mutation rates. That allow them to adapt to new hosts.

Keywords: coronavirus, infection, animal, human, transmission

Nataša Vidnar, Jerneja Privšek, Dea Gojčič, Tina Čeh, Iris Siter

DRUŽINSKA OBRAVNAVA DEBELOSTI V CENTRU ZA KREPITEV ZDRAVJA ZD MARIBOR FAMILY TREATMENT OF OBESITY IN HEALT CENTER MARIBOR

POVZETEK

V Sloveniji se še vedno soočamo z epidemijo prekomerne telesne teže in debelosti pri otrocih in mladostnikih, čeprav se že kaže trend upadanja. V lanskem šolskem letu je bila vpeljana nadgradnja preventivnih programov pri sistematskih pregledih otrok. Šlo je za zgodnje odkrivanje prekomerno hranjenih in debelih otrok ter nudenje strokovno vodenih delavnic s področja prehrane, gibanja in psihološke podpore z namenom spremembe življenjskega sloga. Multidisciplinarnе obravnave je bila deležna celotna družina za intervencijo izbranih otrok 3. in 6. razredov 8 izbranih osnovnih šol. Predvidene delavnice smo zaključili, načrtovani so še zaključni pregledi otrok pri pediatru in kasneje evalvacija celotne intervencije.

Ključne besede: otroška debelost, prehrana, telesna dejavnost, psihološki vidiki debelosti

ABSTRACT

In Slovenia, we are still facing an epidemic of overweight and obesity in children and adolescents, although there is already a trend of decline. Last year, an upgrade of prevention programs for systematic child screening was introduced. It involved the early detection of overweight and obese children and the provision of expertly guided workshops in the areas of nutrition, exercise and psychological support with a view to changing lifestyles. Multidisciplinary treatment was given to the whole family for the intervention of selected children of 3rd and 6th grades of 8 selected primary schools. We have completed the envisaged workshops, final child examinations with the pediatrician and later evaluation of the entire intervention are planned.

Keywords: childhood obesity, nutrition, physical activity, psychological aspects



Ksenija Zbičajnik

ZDRAVO TELO Z ZDRAVIMI MISLIMI OMOGOČA SREČNO ŽIVLJENJE A HEALTHY BODY WITH HEALTHY MINDS MAKES A HAPPY LIFE

POVZETEK

Zdravo telo z zdravimi mislimi omogoča srečno življenje. V poplavi produktov in medijev ljudje težko najdejo tisto zlato sredino za doseganje zdravega načina razmišljanja in zdravega načina življenja. Zdravje po definiciji Svetovne zdravstvene organizacije pomeni stanje popolne telesne in duševne blaginje in ne le odsotnost bolezni oziroma invalidnosti. Iščejo se bližnjice in zavedanje, da je zdravje proces tako dobrega počutja kot dobrega delovanja človeškega telesa, je postalo samo še ideal, ki pa je mnogim po njihovem mnenju nemogoč. Sprejeli so kronične bolezni kot del svojega življenja in stopili v začaran krog nezadovoljstva in bolezni, tako fizičnih kot psihičnih. Vse to vodi v splošno nezadovoljstvo ljudi. Pojavlja se vse več psihičnih obolenj, pojavlja se telesna bolečina, katere izvora ne najdemo. Ogromno je alternative, ogromno je ponudb, vedno več je ljudi, ki svetujejo in pomagajo ljudem. Zakaj je potem vse več ljudi bolnih? Kako najdi ravnotežje med zdravimi mislimi in zdravim telesom?

Ključne besede: zdravje, duševno zdravje, telesno zdravje, krepitev zdravja

ABSTRACT

In the flood of products and media, it is hard for people to find the golden mean to achieve a healthy mindset and a healthy lifestyle. Health, by definition, means a state of complete physical and mental well-being, not just the absence of illness or disability. Looking for shortcuts and the awareness that health is a process of both well-being and well-functioning of the human body has become an ideal, which in their view is impossible. They have embraced chronic illnesses as part of their lives, and they have embarked on a vicious cycle of discontent and illness, both physical and mental. All this leads to general dissatisfaction with people. More and more mental illnesses are occurring, and there is physical pain whose origin is not found. There are many alternatives, there are many offers, there are more and more people advising and helping people. Why is the number of sick people getting higher? How can we strike a balance between healthy minds and a healthy body?

Keywords: health, mental health, physical health, health promotion

Anamarija Zore

POMEN CEPLJENJA ZDRAVSTVENIH DELAVCEV V SLOVENIJI

THE IMPORTANCE OF VACCINATION FOR HEALTHCARE PROFESSIONALS IN SLOVENIA

POVZETEK

Teoretična izhodišča: Cepljenje je eden najpomembnejših ukrepov za ohranjanje zdravja ljudi, še posebej zdravstvenih delavcev, ki skrbijo za zdravje bolnikov in ostalih pacientov. Nasprotovanje cepljenju nima nikakršnih strokovnih ali znanstvenih osnov in je v očitnem nasprotju z nedvomno, več kot 200-letno zgodovinsko izpričano učinkovitostjo cepljenja in z dokazi, pridobljenimi v sodobnih epidemioloških študijah. Namen prispevka je ozavestiti zdravstvene delavce o pomembnosti cepljenja za zagotavljanje večje varnosti pacientov v zdravstvenih ustanovah in hkrati za ohranjanje njihovega zdravja.

Metode: Pregledali smo večinoma slovensko literaturo s področja cepljenja zdravstvenih delavcev v Sloveniji in podatke primerjali s podatki nekaterih drugih držav.

Rezultati in razprava: Pregled literature kaže, da je v Sloveniji precepljenost proti virusu hepatitisa B zelo dobra (med 88 in 90 %), dobra je precepljenost proti ošpicam, saj je precepljenost z enim odmerkom visoka (95 %). Posamezni, zlasti starješi zdravstveni delavci, niso cepljeni z drugim odmerkom cepiva, ker je bil uveden šele 1974. Zato ob vsakem hospitaliziranem bolniku, pri katerem diagnosticirajo ošpice, zavlada panika s preverjanem precepljenosti zaposlenih in organizaciji dopolnilnega cepljenja proti ošpicam. Proti gripi je bil delež precepljenih zdravstvenih delavcev pred desetimi leti večji, kot je danes. Precepljenost zdravstvenih delavcev proti gripi je bila v UKC Ljubljana najmanjša v sezoni 2012/13 (10 %), ko je drastično padla. V zadnjih nekaj letih pa beležimo nekoliko večjo precepljenost proti gripi med zdravstvenimi delavci v Sloveniji. Politike cepljenja zdravstvenih delavcev so v različnih državah različne, mnenja pa smo, da je izobraževanje in osveščanje že v času izobraževanja in kasneje med zaposlenimi najpomembnejši ukrep, ki vodi v lažjo odločitev zaposlenih v zdravstvu za cepljenje. Nezanemarljiva pri odločitvi zaposlenih pa je tudi naklonjenost vodstva in priporočilo za cepljenje.

Ključne besede: varnost bolnikov, zaščita zdravstvenih delavcev, bolnišnične okužbe

ABSTRACT

Theoretical background: Vaccination is one of the most important measures for keeping the human community healthy, especially health workers, who take care of patients. For some time, part of public opinion leans against vaccination which is perceived as unnecessary and even harmful due to uncritical, misleading and even malicious media campaigns. Even some health workers are not immune to this propaganda despite appropriate education. Opposition to vaccination has no professional, rational or scientific background and is in opposition with obviously more than 200 years history of efficiency and with scientific epidemiological findings. Opposition to vaccination is based on occasional, none proved, alleged complications of vaccinations and on obvious malicious, falsified and fictitious epidemiological studies. The aim of the report is to raise awareness of health professionals on the importance of vaccination for patient's health and the health of health workers and their relatives.

Methods: We checked mainly Slovenian literature on this subject in the last ten years. For searching, we used international base CINAHL, Medline and on Slovene internet portals of Slovene National Institute for Public Health and European Centre for Disease Prevention and Control published in the last ten years. Published data on vaccination of Slovenian health workers were compared with data of some other countries. We compared vaccination policies and attitudes toward vaccination among health workers in Slovenia and abroad.

Results and discussion: Vaccination against hepatitis B virus in Slovenia is very good (88-90 %). Vaccination against measles is rather good: vaccination with one dose is high (95 %). Some older health workers have not been vaccinated twice against measles. So, the diagnosis of measles among hospital patients is accompanied by rather panic checking of vaccination status among health professionals and organization of additional vaccination of health workers. Vaccination against influenza in Slovenian health workers was higher ten years ago but is improving again in the last few years (UKC Ljubljana in Saison 2012/13 was 10 %). Vaccination policies for healthcare professionals vary from country to country and we believe that education and awareness, both during education and later among employees, is the most important measure that leads to easier healthcare professionals' decision to vaccinate. The management's preference and recommendation for vaccination are also indispensable to the decision of the employees.

Keywords: patient security, protection of health workers, hospital infections





**INTEGRATIVNA MEDICINA /
*INTEGRATIVE MEDICINE***

Momir Dunjic, Olja Njaradi

INTEGRATIVE APPROACH TO AUTISM SPECTRUM DISORDER TREATMENT

ABSTRACT

Serbia, as a country in transition, is facing numerous challenges in its National Health System. This also affects those national health institutions that specialize in diagnosing and treating autism spectrum disorder (ASD). Number of these institutions and their organizational infrastructure do not satisfy the needs of potential users. The users are forced to search individually for these kinds of institutions and often specialists of different profiles that work with persons diagnosed within ASD have different methodologies and offer differing treatments. The aim of this paper is to present BDORT Center, as the first center in Serbia which practices integrative approach to ASD treatment. The importance of such a center is reflected in the fact that in Serbia there is no institution that integrates the work of experts of different profiles dealing with integrative medical approach and behavioral therapy of people diagnosed within the ASD. BDORT Center is organized in a way that allows prompt diagnosis with noninvasive BDORT method, determination of adequate supplementation and the program of behavioral treatment unique for every user, and systematic monitoring by the team of specialists (doctors, speech – language pathologist, sensory pedagogue, special educator and psychologist). This way of work supports early intervention and induction of necessary changes during the process of treatment which are of crucial importance for its success. Moreover, BDORT Center supports parents through education about relevant themes related to the nature of disorder of their child, as well as through mutual exchange of experience. The goal is to develop recognizable, integrated and coordinated system of intervention which will be sustainable in spite of inconsistency in current practices.

Keywords: integrative medicine, behavioral therapy, autism spectrum disorder



Aleksandra Maksimovic

INTEGRATIVE APPROACH IN A TREATMENT OF HALLUX VALGUS (BUNIONS)

ABSTRACT

Introduction: A bunion - Hallux Valgus is a deformity of the joint connecting the big toe to the foot. The big toe often bends towards the other fingers and the joint becomes red and painful. The onset of bunions is typically gradual. Complications may include bursitis or arthritis. The exact cause is unclear. Proposed factors include wearing overly tight shoes, high-heeled shoes, family history, rheumatoid arthritis and etc. Diagnosis is generally based on symptoms and supported by X-rays, objective observation and palpation. Conservative treatment for bunions includes changes in footwear, the use of orthotics (accommodative padding and shielding), rest, ice, and pain medications such as acetaminophen or nonsteroidal anti-inflammatory drugs. These treatments address symptoms but do not correct the actual deformity. If the discomfort persists and is severe or when aesthetic correction of the deformity is desired, surgical correction by an orthopedic surgeon or a podiatric surgeon may be necessary. Traditional bunion surgery can be performed under local, spinal or general anesthetic. A person who has undergone bunion surgery can expect a 6- to 8-week recovery period during which crutches are usually required to aid mobility. An orthopedic cast is much less common today as newer, more stable procedures and better forms of fixation (stabilizing the bone with screws and other hardware) are used. Hardware may even include absorbable pins that perform their function and are then broken down by the body over the course of months. After recovery long term stiffness or limited range of motion may occur in some patients. Visible or limited scarring may also occur for patients. Alongside the traditional and conventional techniques of using posture correctors and / or surgery, there is an increasing tendency to resort to the use of physiotherapy procedures for the treatment of bunions, at the moment, after performing an operation. Among these techniques, considered a miscellaneous of Physiotherapy and Osteopathy, there are: Bowen Technique, Reflexology and Su Jok. Bowen Technique in one is noninvasive, manual technique, invented from Tom Bowen, applied on special acupuncture points in whole body, to increase self-healing. Reflexology is an ancient method, based on specific points on the feet, for the activation of the end of nerves. Su Jok is a Korean method also based on specific point on hands and feet, more precise than Reflexology and with possibility to combine many different systems or points on the feet and fingers.

Aim of the work: The purpose/aim of this work is to demonstrate, through statistical elaboration of data, conducted on anthropological/anthropometric analysis on images of feet of patients with bunions, that combination of techniques as: Bowen Technique, Reflexology and Su Jok is a valid alternative, in substitution of surgery, for treatment of bunions.

Material and Methods: On my work on patients I have used herbal creams, bitters salts, Sodium Bicarbonate and herbs oils. Techniques that I have applied, in synergic combination have been described in Introduction. At the beginning and end of treatment I have made a picture of feet of patients in a mood to compare volume of bunions between first and last treatments, for a total of ten treatments for each patient. I have chosen five cases, for this case reports. For analysis on picture of patients I have used anthropometric software WHO Anthro 3.2, after first elaboration of images that I have made by techniques described inside of book of Frank Domingo (NYPD) and Karen T. Taylor, Forensic Art and Illustration. Final statistic elaboration of data I have made with software Graph Pad Prism 8.0, that is used ANOVA and Tuckey methods.

*Results: Synergic combination of these three techniques reveal success in: relief pain, reduce volume of bunions, reduce of inflammation, re-alignment of feet and changing shape of the same, improve and regulate posture of whole body. For a good description of results I have choose five significant cases that demonstrate efficacy of application of these three techniques with high values of statistical significance ($p < 0,0001$ ***).*

Keywords: Bunions, Bowen Technique, Reflexology, Su Jok

Gordana Markovic Petrovic

APPLYING THE MAHARISHI AYURVEDA PRINCIPLES IN THE TREATMENT OF REPRODUCTIVE DISEASES

ABSTRACT

Maharishi Ayurveda is an ancient Indian medical system whose application has, for centuries, given people the opportunity to maintain and better not only their health but also their overall lives by coordinating their way of life with nature and its cycles. The knowledge on which it is based, from the moment we start to apply it, enriches all aspects of our lives and enables us to strive for perfect health in a nice and simple way. Female reproductive health is always a reflection of her overall health, and, according to Maharishi Ayurveda, it is a mirror of all of the physiological processes that take place in the body. It is inseparably linked with the mental and emotional aspect of the personality, so that all the thoughts and emotions that dominate in her being will depend on her constitution, as well as the way in which she deals with the challenges of everyday life. Therefore, it will reflect on her hormonal status and her health. An inadequate way of life has contributed to the global level of separating women from their own self. It is manifested by a constant increase in the number of diseases such as endometriosis, premature menopause, sterility, hormonal imbalances, carcinoma of reproductive organs etc. In Maharishi Ayurveda, the concept of improving women's health is a distinct and significant segment. In a truly special way, this systematized ancient knowledge gives us clear guidelines for identifying etiological factors that endanger female health today. It also provides guidelines for creating a lifestyle that leads to the restoration of balance in physiology, elimination of symptoms of the disease and regeneration of the reproductive system. The Case study will present the method and the results of the treatment of early onset of menopause in accordance with the principles of Maharishi Ayurveda.

Keywords: ayurveda, premature menopause, reproductive health, sterility

Dušan Nolimal, Sean Ivan Nolimal (1987-2017)

JAVNO ZDRAVJE IN RAZVRŠČANJE DROG: PRIMER MEDICINSKE KONOPLJE PUBLIC HEALTH AND SCHEDULING OF DRUGS: THE CASE OF MEDICAL CANNABIS

POVZETEK

Razvrščanje nekaterih rastlin in snovi znotraj mednarodnih in nacionalnih sistemov nadzora nad njimi je že nekaj časa žarišče napetosti in razhajanj strokovnjakov na področju prepovedanih drog. Nadzor je organiziran okoli dveh temeljnih imperativov. Prvi je po naravi restriktiven z namenom, da omeji dostop do nadzorovanih drog za rekreacijo in zabavo. Drugi princip pa je po naravi omogočujoč z namenom, da se zagotovi razpoložljivost in dosegljivost do nadzorovanih drog v zdravstvene in znanstvene namene. Umetnost dobrega nadzora je najti ustrezno ravnovesje med tema dvema principoma. Zgodovinsko je imel prednost restriktivni in represivni pol, ki je omejeval dostopnost nekaterih zdravil. Konoplja (kanabis) je bila na seznamu Konvencije ZN iz 1961 razvrščena med snovi, ki so zelo nevarne za zdravje ljudi zaradi hudih posledic, ki jih lahko povzročijo njihova zloraba ter imajo omejeno terapevtsko vrednost in se ne uporabljajo v medicini. Vendar so nova znanstvena odkritja, posebej glede endokanabinoidnega sistema, povezanega z aktivnimi učinkovinami v konoplji, nakopičenje poročil bolnikov o zelenih učinkih in večja družbena sprejemljivost, prispevali k ponovnem zanimanju za njene zdravstvene koristi. Vse ugotovitve (še) niso bile rigorozno znanstveno preverjene zaradi zakonskih in urejevalnih preprek. Aprila 2017 je tudi Slovenija legalizirala uporabo konoplje v zdravilih. Prerazvrstitev je bila zakonska poteza, ki je pomenila, da lahko zdravniki predpišejo, ne pa nujno, da bodo predpisovali konopljo. Zaradi velike razširjenosti uporabe in potencialnih tveganj sodi njena uporaba med večje izzive javnega zdravja. Njena pridelava in predelava v medicinske namene ostaja prepovedana. Zdravstveni delavci potrebujejo veliko več raziskovanja, izobraževanja in usposabljanja. So zagovorniki vseh bolnikov in so se celo dolžni zoperstaviti državnim predpisom in političnim merilom, če bi od njih zahtevali odločitve, ki bi bile v nasprotju z njihovim strokovnim prepričanjem in vestjo. Tudi sedanja opredelitev konoplje na seznamu prepovedanih drog ne upošteva strokovnih priporočil, da naj se droge razvrščajo glede na z dokazi podprte terapevtske potenciale in možne stranske učinke za zdravje. Kazalo bi jo čimprej preučiti in revidirati s ciljem olajšati klinično raziskovanje in razvoj zdravil na osnovi konoplje ter zagotoviti bolnikom varen, informiran in odgovoren dostop do konoplje. To bi tudi zmanjšalo stigma okrog rabe konoplje v medicini.

Ključne besede: javno zdravje, bolniki, medicinska konoplja, razvrščanje, stigma

ABSTRACT

The scheduling of some plants and substances in the international and national drug control systems has become a flashpoint for tensions and divisions among drug experts. The control is organized around two imperatives. One is restrictive in nature and limits access to control drugs for pleasure, recreation and entertainment. The other is enabling in nature to ensure the availability of controlled drugs for medical and scientific purposes. Historically, it has been the restrictive and repressive pole that has been given priority to limit availability of some drugs. Cannabis was listed by the 1961 UN Convention as the most dangerous substance with addictive properties, presenting a serious risk of abuse and of extremely limited medical or therapeutic value. However, the new scientific discoveries, in particularly the endocannabinoid system, which is associated with the active substances in cannabis, accumulation of patient reports of the effects desired, and its greater social acceptability have contributed to a renewed interest in the use of cannabis for health benefits. The legal and regulatory barriers currently in place mean that all the findings have not yet been rigorously scientifically verified. In April 2017, cannabis was legalized for medicinal purposes in Slovenia. Rescheduling was legal move which meant that doctors could prescribe, but not necessarily they would prescribe cannabis. The widespread use of cannabis, and the potential health risks, means that it is considered a major public health challenge. The prohibition on its production and processing for medicinal products remains in place. Health professionals need much more research, education and training. They are advocates for the well-being all patients and they are duty bound to defy national regulations and political measures if this requires them to act against their professional beliefs and conscience.

The current scheduling of cannabis on the list of illegal drugs does not take into account the expert recommendation to classify drugs according to their evidence-based therapeutic potentials and possible side effects on health. The most sensible approach would be to examine and revise this classification as soon as possible in order to facilitate the clinical research, development of cannabis-based medicinal products and safe, informed and responsible access to cannabis for patients. This will also help to reduce the stigma surrounding cannabis in medicine.

Keywords: public health, patients, medical cannabis, scheduling, stigma

Igor Ogorevc, Irma Ogorevc, Slaviša Stanišić

PLANET OF HEALTH BALANCING METHOD: BODY THERMOREGULATION, SUPPLEMENTATION AND DIAGNOSTIC-THERAPEUTIC IMPLEMENTATION

ABSTRACT

Planet of Health – A Method of Balance strongly support preventive medicine as basic mean of protecting and maintaining human health, proper nutrition and natural oils special processed as main and best manner of intervention in order to restore balance to the human body. Diseases of affluence, modern diseases are the consequence daily positive energy balance, diet overwhelmed with hormones, estrogen disruptors and ever-growing number of pollutants. Human body is jeopardized through nutrition, and through nutrition it should be restored. Almost every disease is observed as a systematic disease, or a mere beacon that the overall balance of the body is disturbed. Artificial chemical substance cannot provide a substitute for the natural pathways of regeneration and self-restoration of the human body. YES, natural cold pressed PoH oils balanced, special processed, and in doses given by nature itself, easily absorptive and familiar to our bodies, help the body to gradually establish balance and heal itself. Nutrigenomics is a rapidly expanding scientific field that addresses the way diet affects the genome. The identification of individual differences in response to the same food components is the province of the field of Nutrigenetics. Growing evidence suggests that nutrient and hormonal signals converge and act directly on brain centers, leading to changes in fuel metabolism. Non-exercise activity thermogenesis (NEAT) leads to an overfeeding states and obesity. Many more studies are needed to determine the importance of thermogenic, antiobesity mechanisms in humans. All elements of diet are thermogenic.

Keywords: balance, functional nutrition, thermoregulation, oils, non-invasive analyzer

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**

POVZETEK

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.

Ključne besede: konoplja, kanabinodi, medicina, preventiva

ABSTRACT

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.

Keywords: cannabis, cannabinoids, medicine, prevention

Dejan Raković

ON HOLISTIC PSYCHOMATIC NATURE OF BIOENERGYCORRECTION

ABSTRACT

Bioenergycorrection as an ancient way of correcting vital energy flow is well known in many multi-millennial traditions, having withstood the test of time to this day, with some modern modifications. On the wave of the expansion of integrative medicine since the mid-1990s in China, the US and Europe, some bioenergycorrection techniques have been subjected to scientific research and have been included in the curricula of medical schools therein. We emphasize that numerous transpersonal phenomena associated with consciousness and psychosomatic bioenergycorrection are phenomenologically well documented, and that their physical explanation should be sought at the very border of the existing scientific paradigm. Within our quantum-holographic / quantum-gravitational theoretical framework of consciousness and psychosomatics, they are of a deeper quantum-gravitational origin, with exotic aspects of spatio-temporal tunnels and vital energy extended to acupuncture channels (of exotic vacuum-like refractive index!) with transpersonal quantumentangling inflow of vital energy. It should also be noted that the healing effects on the patient's acupuncture system / consciousness are often blocked by quantum-holographically encoded spiritual personal consent to the disease as a form of (self) punishment (as evidenced by the subjects' experiences in post-hypnotic regressions), when prayers and self-love for oneself and others are necessary with the aim of ending (self) punishment – thus performing spiritual integration of the personality, i.e. dis-entanglement of transpersonal energy blockages, which triggers the process of permanent healing. Such spiritual indeterministic interventions by introducing new vacuum excitations of vital energy in the otherwise deterministic quantum-holographic evolution of collective consciousness (similar to the spiritually-excited and mentally-channeled Ayurvedic, Qigong, Reiki and modern experiences of local and transpersonal healing, thus non-Schrodinger imposing necessary essentially new boundary conditions!) – can permanently remove as a net effect the whole mutual conflict between two people, which is also the greatest source of freedom in optimizing life programs through spiritual cleansing. This significantly contributes to our understanding that even the most severe psychosomatic disorders have their roots in energy-informational blockages, and that healing begins by removing them – first by loving oneself, accepting oneself and forgiving oneself, which is then manifested by loving others and accepting others (e.g. spiritually dis-entangling / unleashing repentant-forgiving prayer)!

Keywords: bioenergycorrection, integrative medicine, transpersonal psychology, vital energy, healing

Doris Sapač

INDUSTRIJSKA KONOPLJA V PREHRANI HEMP OR CANNABIS SATIVA IN FOOD

POVZETEK

Konoplja je vsestranska rastlina, ki je slovela skozi tisočletja, stoletja. Že skozi celotno zgodovino so konopljo uporabljali kot neke vrste »afrodiziak« v prehrani, ker je slovela po svoji vsestranskosti. Začetek uporabe konoplje sega vse do 12.000 let pred našim štetjem na Kitajsko. V prvi vrsti je služila za gradnjo, za tkanine itd. Kasneje so jo uporabljali še v prehranske namene: olje, semena itd. Zanimivo pa je tudi dejstvo, da sta tako deklaracija o neodvisnosti kot tudi ustava napisana na papirju iz konoplje. Da je uživanje konoplje priporočljivo, je trdilo že poročilo o konoplji iz leta 1893. V sodobnem času pa so okoli industrijske konoplje velike debate in polemike.

Danes se industrijska konoplja uporablja v prehrani in v kozmetičnih izdelkih. Najbolj hranljiva so konopljina semena, ki vsebujejo zelo veliko beljakovin in maščobnih kislin omega 3, gamalinske kisline, vitamina D in E. Znanstveno dokazana so tudi dejstva, da konopljina semena vsebujejo sestavine, ki delujejo proti nastajanju raka, krepijo imunski sistem, delujejo protivnetno itd.

V raziskavi želim podati teze in jasna dokazila – tudi na podlagi raziskave iz člankov in svoje raziskave, ter obdelavi vprašalnika z SPSS-om -, da danes, v sodobnem svetu, še vedno večina ljudi zamenjuje industrijsko konopljo z indijsko konopljo, da se ne zavedajo potencialnih vplivov na posameznikovo zdravje ob uživanju izdelkov iz industrijske konoplje, ter kako je pomembno za vegane (kar sem tudi sama), da uživajo industrijsko konopljo. Podati želim nekatera dokazila o tem, kako gojenje industrijske konoplje poleg prehranjevanja vpliva tudi na okoljevarstvo - predvsem bi se dotaknila področja izdelave kozmetičnih izdelkov in oblačil (v povezavi s tematiko bi se lahko dotaknila tudi področja fitoremediacije, ampak bi presegalo okvirje zastavljenega prispevka). V okviru naloge bi se dotaknila tudi dejstva, da kanaboidi vplivajo na zdravljenje in na zaviranje že nastalih rakavih celic – sama sem prebolela benigni tumor sinusov kot 7-letni otrok ter preživela dokaj težko operacijo v tujini (kasneje pa še dva tumorja na roki – tudi benigna). S tovrstno tematiko sem tako osebno povezana.

Ključne besede: industrijska konoplja, sestava konopljinih semen, konopljini izdelki, CBD

ABSTRACT

Hemp is one of oldest and most incredible plants, known by humans. Science refers to it as "Queen of all plants". Hemp also has a rich history of medical use – for example in Chinese medicine (and in other areas, such as environmental studies – Chernobyl case, where with the use of hemp environmental problems in Chernobyl after a nuclear disaster in 1986 are being resolved and the plant helps nature to recover from heavy metals like uranium) and the plant is also being used in food.

The plant has been used intensively throughout history: we find notice about it in the works by Homer. At the same time a common opinion prevails that all types of hemp are considered drugs and that there is no evidence on how hemp reacts on human health. But science says differently: there are different types of hemp and it is certain that by the name "Queen of all plants" Cannabis Sativa and not Cannabis Indica (which is being abused as a drug) is meant. Evidence confirms the beneficial effects of Cannabis Sativa.

The purpose of my work is to present hemp – Cannabis Sativa in food industry and in addition the usage of seeds and other parts of the plant. I want to present which vitamins it contains, and also omega 3, 6 and what is CBD. The research has been done with the help of a questionnaire and it is related to the common knowledge about the plant and also about the common (false) belief that the plant Cannabis Sativa is a drug. I also wanted to confirm that people, who use Cannabis Sativa as food and in everyday life, mostly use hemp seeds, honey, milk and tea.

Keywords: hemp seeds, CBD, THC, Cannabis Sativa

Slobodan Slović, Marko Vidnjevič

KOMUNICIRANJE Z JAVNOSTMI O INTEGRATIVNI MEDICINI COMMUNICATING WITH THE PUBLIC ABOUT INTEGRATIVE MEDICINE

POVZETEK

Uvod: Integrativna medicina je nov pristop pri oskrbi bolezni, saj bolnika postavi v središče in ga obravnava celostno. To obsega: fizične, čustvene, duševne, socialne, duhovne in okoljske vplive, ki delujejo na zdravje ljudi.

Metode: Naredili smo primerjalno analizo, ki primerja zadovoljstvo bolnikov s čistimi pristopi alopatske in integrativne medicine. Podatki so bili zbrani iz pregleda člankov Univerze Duke in Klinike Mayo (ZDA), ter druge povezane literature med letoma 2009-2019.

Rezultati: Zdravstvena oskrba, ki je osredotočena neposredno na pacienta je sinonim za kakovostno oskrbo oz. je postala sprejeta kot najprimernejši model, h kateremu teži integralna medicina. Večina bolnikov pričakuje, da bodo njihovi terapevti poznali načine uporabe integrativne medicine za izboljšanje njihovega položaja. Če njihov terapevt ni odziven in ni zanesljiv vir informacij, bodo bolniki informacije pridobivali in zbirali iz različnih drugih virov. Izobraževanje dopolnilnih zdravnikov o integrativni medicini bi lahko bil pristop za premagovanje komunikacijske vrzeli z običajnimi zdravniki.

Zaključek: Komunikacija z javnostjo je zato ključna pri promociji integrativne medicine. Aplikatorji integrativne medicine pa pri tem lahko igrajo ključno vlogo oz. pri posredovanju tega znanja pacientom in strokovnim kolegom.

Ključne besede: komunikacija z javnostmi, integrativna medicina, zdravstvena oskrba

ABSTRACT

Background: Integrative medicine is an approach to care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health.

Methods: Comparative analysis have been made comparing patients' satisfaction with pure allopathic vs integrative medicine approaches. Data was collected from English-language reviews using Duke University and Mayo Clinic procedures, as well as other related literature between 2009-2019. The authors shared the work: abstracting article information; checking information for accuracy; deciding on overall appropriateness and synthesis.

Results: Patient-centered medical care is now synonymous with good-quality care and has become accepted as a preferred model of care, or at least a model that one strives to achieve. Most patients expect their therapists to know something about the use of integrative medicine specific for their situation, so they can obtain educated advice and collaborate in decision-making. If their therapist is not responsive and is not a reliable source of information, patients will obtain and collect information from a variety of other sources of questionable veracity. Educating complementary medicine practitioners about integrative medicine could be an approach to overcoming the communication gap with conventional health care practitioners.

Conclusion: Communication with the public is a critical component of integrative medicine reaching its full potential and impact. Integrative medicine clinicians can play a key role in communicating this knowledge to patients and professional colleagues.

Keywords: communication with public, integrative medicine, medical care, health

Slaviša Stanišić

RELEVANCE OF SCIENCE AND EDUCATION OF INTEGRATIVE MEDICINE

ABSTRACT

Integrative medicine or integrative health sciences base their integrative approach on evidence-based medicine and scientific research. Because of the controversies that have imposed started with the view that education must be primarily implemented university institutions and medical research institutions at all levels. Education is conducted in two directions academically after undergraduate studies, master's and doctoral studies, with modern study programs and in the professional direction through specialization, sub-specialization, and the acquisition of new skills in the organization of licensed schools. Educational and scientific institutions, associations, health services, health insurance organizations, as well as state institutions participate in the provision and implementation of education and implementation of integrative medicine. The fact is that 40% of people in the "West" are treated with Integrative Methods, other than the official health system. In the east, billions of people are treated with Integrative Medicine. The objectives of education in the field of medical science is making medicine based on international standards and competencies, access to evidence-based medicine and scientifically proven facts. Then, promoting the development of Integrative Medicine as well as promoting the development and providing effective models of preventative health care. This approach should provide the modeled gold standard in education and research in the health sector and thus to a high-quality professional work. The relevance of research and education in integrative medicine is a basic requirement in the integration of all the medicine into one that will be customized and needs of the modern world in the 21st century.

Keywords: *relevance, research, education, clinical practice, integrative medicine*



Marko Šetinc, Aleš Linus

IZBOLJŠANE SRČNO-ŽILNEGA SISTEMA Z UPORABO MEŠANICE VITAMINOV IN AMINOKISLIN IMPROVEMENT OF CARDIOVASCULAR SYSTEM BY USING MIXTURE OF VITAMINS AND AMINO ACIDS

POVZETEK

Danes smo priča številnim poškodbam ožilja, ki so predvsem posledica stresa, prehrane in nepripravnega gibanja. Danes je večina diagnostičnih metod in zdravil naravnanih na zdravljenje posledic, ki nastanejo, ko se deli ožilja zamašijo ali ne delujejo ustrezno. Naša teza je bila, da je mogoče tveganje za nastanek srčno-žilnih bolezni predhodno diagnosticirati in to tveganje zmanjšati z mešanico vitaminov in aminokislin, ki skrbijo za obnovo ožilja in njegovo ustrezno delovanje. V diagnostične namene je bil uporabljen aparat arteriograf, ki z meritvijo pulznega vala v aorti določi elastičnost stene aorte in augmentacijski indeks (AIX), ki pokaže akutno stanje arteriol (majhnih arterij) in njihovo delovanje. Ta dva indikatorja pokažeta stanje ožilja in potencial za nastanek srčno-žilnih bolezni. V raziskavi smo testirali 50 oseb, ki so jemale mešanico vitaminov in aminokislin imenovano Cardio Plus v času od 1-4 mesecev. Analiza je bila narejena na izboljšanje AIX indeksa, katere vrednosti so razdeljene v štiri razrede (bolezensko, povišano, normalno in optimalno). Analiza rezultatov je pokazala, da je več kot 50 % ljudi prešlo v boljši razred (iz bolezenskega v povišanega ali normalnega 52%, iz povišanega v normalnega 64%, iz normalnega v optimalnega 88%). Poslabšanja ni bilo zaznati pri nobeni osebi. Prikazan primer kaže, da je možno z neinvazivno metodo merjenja in mešanico vitaminov in aminokislin bistveno izboljšati srčno-žilni sistem v času krajšem od štirih mesecev.

Ključne besede: srčno-žilne bolezni, ožilje, arteriograf, vitamini, aminokislina

ABSTRACT

Today, we can witness an increasing number of cardiovascular disease, mainly due to stress, nutrition and inappropriate recreation. The most of diagnostic methods and medicines today are focusing on treatment the effects that occur when parts of the cardiovascular system become clogged or are not functioning properly. Our thesis is that the risk of cardiovascular disease can be diagnosed beforehand, and this risk can be reduced by a mixture of vitamins and amino acids that are responsible for cardiovascular system renewal and its proper functioning. For diagnostic purposes, an arteriograph apparatus was used to determine the elasticity of the aortic wall by measuring the pulse wave in the aorta and the augmentation index (AIX), that indicating the acute status of the arterioles (small arteries) and their function. These two indicators show the condition of the cardiovascular system and the potential for cardiovascular disease. The study tested 50 people taking a mixture of vitamins and amino acids called Cardio Plus for 1-4 months. The analysis was made to improve the AIX index that can be divided into 4 classes (disease, elevated, normal and optimal). The analysis of the results showed that more than 50% of people went to a better class (from sick to elevated or normal 52%, from elevated to normal 64%, from normal to optimal 88%). No worsening was detected in any person. The presented example shows that it is possible to significantly improve the cardiovascular system in less than 4 months by using a non-invasive method of measurement and a mixture of vitamins and amino acids.

Keywords: cardiovascular disease, vascular, arteriograph, vitamins, amino acids

Stefano Turini, Momir Dunjic

RESEARCH, DEVELOPMENT AND APPLICATION OF THE INNOVATIVE AND NON-INVASIVE TECHNIQUE, MOLECULAR MUSIC THERAPY (MMT), FOR THE TREATMENT OF A WIDE RANGE OF DISORDERS AND PATHOLOGIES, THROUGH BIOPHOTONIC-NEURONAL-CYBERNETIC APPROACH OF GENE EXPRESSION

ABSTRACT

Radiofrequency therapy is an unconventional method, already applied for some time, with numerous results in numerous clinical pictures. Our group has developed a software, later called SONGENPROT-SOLARIS, capable of directly converting nucleotide sequences (DNA and/or RNA) and amino acid sequences (polypeptides and proteins) into musical sequences, based on mathematical matrices, designed by the French physicist and musician Joel Sternheimer, which allows to associate a musical note with a nucleotide or an amino acid. Innovation in our software is that, in the algorithm that defines it, a variant is directly implemented that allows the reproduction of sounds, phase-shifted by 30 Hz, between one ear and another, reproducing the phenomenon of Binaural Tones, capable of induce a specific brain activity and also the release of particles called solitons. Thanks to this software we have developed a technique called MMT (Molecular Music Therapy) and currently, we are in the phase of applying the technique on a cohort of 91 patients, with a high spectrum of clinical pictures, examining the same, using the technique Bi-Digital-O-Ring-Test (BDORT), before and after treatment with MMT. Aim of project is to stimulate the expression of a specific gene (the same genetic sequence that the patient listens to, translated into music), only through the use of sound sequences. We have concentrated our attention on three main molecules: Sirtuin-1, Telomers and TP-53. The results obtained with BDORT, after treatment with MMT, showed a significant increase in the values of the three molecules, on all the examined patients, demonstrating the operative efficacy of the technique and the its applicability to numerous diseases. In order to confirm the data obtained by BDORT, we propose, with the help of an accredited laboratory, to perform epigenetic tests on the three parameters listed above, paving the way to understanding how frequencies can influence gene expression.

Keywords: MMT, binaural tones, Sirtuin-1, telomeres, TP-53, bioresonance



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**I.
RAZISKOVALNA PODROČJA,
VEZANA NA ŠTUDIJSKE PROGRAME**

**2
SOCIALNA GERONTOLOGIJA /
SOCIAL GERONTOLOGY**

Borut Ambrožič, Matjaž Mulej

SOCIALNO VARSTVO STAREJŠIH KOT DRUŽBENO ODGOVORNA DOPOLNILNA DEJAVNOST KMETIJ SOCIAL PROTECTION OF THE ELDERLY AS A SOCIALLY RESPONSIBLE COMPLEMENTARY ACTIVITY OF FARMS

POVZETEK

V zadnjih desetih letih smo priča pojavu inovativnih oblik socialnega varstva starejših. Trend dolgožive družbe, ki ni več kos do sedaj uveljavljenim oblikam socialnega varstva, narekuje omogočanje čim daljšega bivanja v posameznikovi lastni skupnosti, v domačem okolju. Narašča število starejših ljudi, ki so osamljeni, družbeno izločeni ter potrebujejo socialno oskrbo. Dopolnilne dejavnosti na kmetiji ne predstavljajo samo dodaten finančni prihodek za nosilca dejavnosti, pač pa omogočajo ohranjanje običajev in zagotavljanje socialne varnosti. V prvem delu prispevka bomo podrobneje analizirali oblike socialnega varstva starejših, zlasti z vidika funkcijskih in razvojnih razlik, ki obstajajo na tem segmentu socialne gerontologije. Analiza nam bo v sklepnem delu prispevka služila kot orodje za ocenjevanje Uredbe o dopolnilnih dejavnostih na kmetiji, z vidika načel standarda družbene odgovornosti ISO 26.000. Uredba v skupino dopolnilnih dejavnosti na kmetiji uvršča tudi socialno varstvo, ki omogoča ob izpolnjevanju pogojev celodnevno ali dnevno bivanje odraslih in starejših oseb, ki niso odvisne od tuje pomoči pri opravljanju osnovnih dnevnih opravil.

Ključne besede: socialno varstvo starejših, dopolnilna dejavnost kmetij, ISO 26.000

ABSTRACT

In the last ten years we have witnessed the emergence of innovative forms of social care for the elderly. The trend of a long-lived society, which is no longer able to cope with the established forms of social protection, dictates that it be possible to stay as long as possible in the individual's own community, in the home environment. The number of older people who are lonely, socially excluded and in need of social care is increasing. Not only do supplementary farm activities constitute additional financial income for the operator, but they also allow the maintenance of customs and the provision of social security. In the first part of the paper we will analyze in detail the forms of social care for the elderly, especially in terms of functional and developmental differences that exist in this segment of social gerontology. In the final part of the paper, the analysis will serve as a tool for evaluating the Regulation on complementary activities on the farm, in the light of the principles of the CSR ISO 26.000. The regulation namely includes social protection in the group of supplementary activities on the farm, which allow adults or older persons to stay on a full-day or daily basis if they do not depend on foreign assistance to perform basic daily tasks, provided that the preconditions are fulfilled.

Keywords: elderly social care, farm supplementary activities, ISO 26,000

Matejka Antolin, Boris Miha Kaučič

VKLJUČEVANJE SVOJCEV V OSKRBO OSEBE Z DEMENCO V DOMAČEM OKOLJU

INVOLVEMENT OF RELATIVES IN THE CARE OF THE PERSON WITH DEMENTIA IN DOMESTIC ENVIRONMENT

POVZETEK

Teoretična izhodišča: Duševno zdravje predstavlja pomemben del kakovosti življenja starejših ljudi. Skrb za dementnega svojca v domačem okolju predstavlja veliko obremenitev za vse, ki so vključeni v negovanje in oskrbo svojcev z demenco. Z raziskavo smo želeli ugotoviti, kakšna je vloga svojcev pri oskrbi svojca z demenco v domačem okolju in predvsem s kakšnimi težavami se svojci osebe z demenco srečujejo.

Metoda: Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije, metodo sinteze in kompilacije. Instrument raziskave je bil strukturirani anketni vprašalnik, ki je bil izdelan na osnovi pregleda strokovne literature. Uporabili smo neslučajnostni priložnostni vzorec. V raziskavi je sodelovalo 70 anketirancev, starejših od 18 let, ki so vključeni v oskrbo svojca z demenco v domačem okolju.

Rezultati: Z analizo podatkov smo prikazali, da je demenca neprijetna tema za svojce, kar je odgovorilo 65,4 % anketiranih svojcev. Za svojca z demenco najpogosteje skrbijo otroci (40,0 %). V 77,1 % anketirani svojci navajajo, da jih skrb za dementnega svojca vedno utruja. Anketirani svojci najpogosteje menijo, da so premalo informirani o demenci (41,4 %). Svojci se najpogosteje razbremenjujejo s prostočasnimi aktivnostmi (58,5 %).

Razprava: Ugotavljamo, da demenca močno prizadene predvsem svojce oseb z demenco. Svojci menijo, da so o demenci premalo informirani, zato je v prihodnosti potrebno bolj ozaveščati javnost z namenom zgodnjega prepoznavanja znakov demence in s tem hitrejšega in učinkovitejšega ukrepanja v boju s to boleznijo. Poleg tega bo potrebno zagotoviti preventivne ukrepe za zgodnje odkrivanje bolezni in zdravstveno ter socialno zaščititi osebe z demenco in njihove svojce.

Ključne besede: demenca, svojci, oskrba, psihofizična obremenitev

ABSTRACT

Theoretical starting points: Mental health represents an important part of the quality of life of older people. Taking care of a demented relative in the domestic environment represents a great strain for everybody who is included in the care of demented relatives. By research, we wished to ascertain what the role of relatives in taking care of a relative with dementia in the domestic environment is and what kind of problems are experienced by the relatives of a demented person.

Method: We used the quantitative method of research, the method of description, and the method of synthesis and compilation. An instrument of the research was a structured survey questionnaire that was made on the basis of the review of the professional literature. We used a non-random occasional pattern. In the research, 70 participants older than 18 years were included. They are included in the care of a demented relative in the domestic environment.

Results: By the data analysis, we showed that dementia is a topic which is unpleasant for the relatives, which was responded by 65.4% of the relatives participating in the survey. Children are taking care of the relative with a dementia most often. In 77.1%, the participants of the survey state that taking care of a demented relative exhausts them always. The participants of the survey believe most often that they are insufficiently informed (41.4%) about dementia. Most often, they list being relieved by spare-time activities (58.5 %).

Discussion: We ascertain that the disease dementia affects the relatives of the demented persons mostly. The participants of the survey believe that they are insufficiently informed about dementia. Therefore, it is necessary to offer to raise awareness of the public in the future even more with the purpose of identifying the symptoms of dementia early and thus taking measures in the struggle against the disease more quickly and more efficiently. In addition, it will be necessary to ensure preventive measures and early discovery of the disease and to protect the demented persons and their relatives medically and socially.

Keywords: dementia, relatives, care, psychophysical strain



Ivana Boban

WORKING AND SOCIAL LIFE OF THE ELDERLY IN ZADAR

ABSTRACT

Zadar is the fifth largest city in Croatia. Like many Croatian cities, Zadar is struggling with the "white plague". This is a term that indicates demographic picture decline, there are more deaths than births. The number of older people is increasing. Zadar has about 80,000 inhabitants, of which about 17,000 are over 60. When it comes to the labor market, people over 50 are considered seniors. According to statistics from the Croatian Employment Service, in December 2019, 1354 people over 50 were unemployed in Zadar County. Are older people competitive in the labor market at a time when supply is higher than labor demand? Do they want to work at all? Does their health condition allow them to work? There are stereotypical perceptions of older people. It is most commonly mentioned that such persons are physically and intellectually inferior to younger persons, that they are feisty and stubborn. Much less often is it said that this group of people is wise and experienced. Such stereotypes affect the confidence of older people, loneliness and depression occur. Older age is a part of life that cannot be avoided. When it comes to the quality of social and social life of older people, we need to ask ourselves if we as a society have done enough to prevent these people from feeling threatened. We all need to be aware that one day we will grow older. There is a need to take good care of our elderly fellow citizens, so that our children can also learn from us what dignified aging is. In a sample of 30 citizens in Zadar, of different social and social statuses, whose only link is age, a one-on-one survey, I will examine whether the city of Zadar cares for its elderly citizens.

Keywords: Zadar, the elderly, labor market, social life, care



David Bogataj, Marija Bogataj, Marta Kavšek

RAZVOJ PAMETNIH SREBRNIH VASI DEVELOPMENT OF SMART SILVER VILLAGES AS PART OF COMMUNITY-LED LOCAL DEVELOPMENT

POVZETEK

Staranje podeželskega prebivalstva držav članic EU hitro napreduje, delež prebivalcev, starih 65 let, pa bo do leta 2040 presegló četrtino vsega prebivalstva EU. Starejši imajo drugačne potrebe glede varnosti okolja in svojih domov kot pa mlajše generacije. Po mnenju Svetovne zdravstvene organizacije sta fizično in socialno okolje ključna dejavnika, ali lahko ljudje ostanejo zdravi, neodvisni in samostojni do svoje pozne starosti. Stavbe in javni prostori brez ovir, ki so bistvena lastnost pametnih srebrnih vasi, spodbujajo mobilnost in neodvisnost ljudi z zmanjšanimi funkcionalnimi zmožnostmi. Dostopnost do starostnikom prijaznega okolja, ki ustreza funkcionalnim zmožnostim vseh generacij, in razvoj pametnih srebrnih vasi sta pomembna dejavnika, ki lahko starejšim omogočijo, da živijo dlje v skupnosti. Ustvarjanje starostnikom prijaznega okolja v pametnih srebrnih vaseh je zato eden najučinkovitejših pristopov za odzivanje na demografske spremembe na podeželju. V takih vaseh pa se odpirajo tudi nova delovna mesta, tudi za starejše vaščane. Rezultati naše raziskave v Lokalnih akcijskih skupinah (LAS) kot generatorjih lokalnega razvoja, ki ga vodi lokalna skupnost (CLLD), so demografske projekcije potrebnih človeških virov za spodbujanje inovacij (vključno s socialnimi inovacijami), podjetništva in zaposlitvenih možnosti za starejše v okviru aktivnega in zdravega staranja. Predstavljene so podrobne dejavnosti v LAS Posavje, kjer so pristopili k evropskemu projektu »Smart Eco-Social Villages«, katerega iniciativo je sprožil slovenski evropski poslanec Bogovič.

Ključne besede: aktivno staranje, upokojsenske vasi, zaposlovanje starejših delavcev

ABSTRACT

Ageing of the rural population of EU Member States is progressing rapidly, and the proportion of inhabitants 65+ will surpass one quarter till 2040. Older adults have different needs regarding the safety of the environment and their homes. According to the World Health Organization (WHO), physical and social environments are key determinants of whether people can remain healthy, independent and autonomous long into their old age. Buildings and public spaces without obstacles that are an essential property of smart silver villages promote the mobility and independence of people with declined functional capacities. Accessibility to the age-friendly environment that can accommodate the functional capacities of residents and the development of smart silver villages are important factors that can enable older adults to live longer in the community. Creating age-friendly environments in smart silver villages is, therefore, one of the most effective approaches to respond to demographic change in rural areas. The results of our research in the Local Action Groups (LAG) as a part of the Community-led Local Development (CLLD) are the demographic projections of needed human resources, to stimulate innovation (including social innovation), entrepreneurship and employment opportunities for older adults in the context of active and healthy ageing. Detailed activities at LAG Posavje are presented, where the LAG joined the European initiative "Smart Eco-Social Villages", initiated by the Slovenian MEP Bogovič.

Keywords: Active ageing, retirement villages, older workers, assistive technologies

Urša Bratun

IZKUŠNJE LJUDI, KI OSTANEJO DELOVNO AKTIVNI PO IZPOLNITVI POGOJEV ZA UPKOJITEV: KVALITATIVNA RAZISKAVA

EXPERIENCES OF PEOPLE WHO REMAIN IN ACTIVE EMPLOYMENT BEYOND RETIREMENT AGE: A QUALITATIVE STUDY

POVZETEK

Uvod: Slovenija ima v primerjavi z drugimi državami EU-28 eno najnižjih stopenj delovne aktivnosti med osebami, starejšimi od 55 let. Vse bolj se poudarja pomen ukrepov za večjo vključenost starejših na trg dela. Vendar pa podatki raziskav kažejo, da imajo starejši delavci v Sloveniji slabše delovne pogoje kot njihovi vrstniki v drugih državah članicah, kar lahko vpliva na zgodnejše upokojevanje. Namen raziskave je bil proučiti izkušnje delavcev v Sloveniji, ki se odločajo ostati delovno aktivni, ko izpolnijo pogoje za upokojeitev ter identificirati dejavnike, ki delovno aktivnost bodisi vzpodbujajo bodisi zavirajo.

Metode: V kvalitativno raziskavo je bilo vključenih osem oseb, ki so ustrezale vključitvenim kriterijem. Z njimi so bili izvedeni delno strukturirani intervjuji. Empirični material je obsegal prepise intervjujev in zapiske opazovanj. Zbrano gradivo je bilo analizirano z metodo konstantne komparacije.

Rezultati: Iz kvalitativne analize so izšle štiri glavne kategorije: (1) motivi za nadaljevanje z delom, (2) odnosi na delovnem mestu, (3) prenos znanja med generacijami in (4) nova sproščenost. Med motivi za delovno aktivnost so prevladovali: strah pred dolgčasom in samoto, finančna stimulacija ter želja po izražanju lastnih sposobnosti preko dela. Odnosi na delovnem mestu so, po mnenju udeležencev, na nadaljevanje z delom in sodelovanje na delovnem mestu vplivali bodisi negativno bodisi pozitivno. Udeleženci so ob izpolnitvi pogojev za upokojeitev čutili olajšanje in so z delom nadaljevali bolj sproščeno, saj to ni bilo več obveza, pač pa izbira vsakega posameznika.

Sklepi: Izsledki raziskave bi lahko pripomogli k oblikovanju strategij, ki bi podpirale delovno aktivnost starejših v Sloveniji. Ker gre za heterogeno populacijo, je potrebno upoštevati različne dejavnike, med drugim odnose na delovnem mestu in priložnost za izražanje sposobnosti in prenos znanja med generacijami.

Ključne besede: starejši delavci, motivacija, medgeneracijsko sodelovanje, menedžment, Slovenija

ABSTRACT

Introduction: Compared to other EU member states, Slovenia has one of the lowest rates of labour activity among people aged over 55. Measures that could promote employment participation of older workers are being emphasized. However, research shows that work conditions are worse for older workers in Slovenia compared to their peers in other member states, which could influence earlier retirement in Slovenia. The aim of this study was to explore the experiences of older workers in Slovenia who remain in active employment after they have become eligible for retirement and identify factors that could either facilitate or inhibit work activity among older workers.

Methods: This was a qualitative study that included 8 participants who met the inclusion criteria. Individual semi-structured interviews were conducted. Empirical material comprised of interview transcripts as well as observational notes. Constant comparative method was used to analyse the material.

Results: Categories that emerged from the qualitative analysis included (1) motives for prolonged work activity, (2) relationships at work, (3) knowledge transfer between generations, and (4) being more relaxed. The most important motives for working included fear of boredom and loneliness, financial benefit, and the desire to continue to express one's abilities through work. The participants felt that relationships at work influenced inter-generational cooperation and their decision to prolong work life in either a positive or a negative way. After reaching the retirement age, the participants felt somewhat relieved and continued with the work in a more relaxed manner since it was no longer an obligation, but a choice.

Conclusions: The findings of this study could support the development of strategies aimed at better labour activity of older people in Slovenia. Since this is a heterogenous population, different factors need to be considered, including relationships at work and opportunities for knowledge transfer between generations.

Keywords: older employees, motivation, intergenerational cooperation, management, Slovenia



Simon Colnar, Vlado Dimovski, David Bogataj

MANAGEMENT ZNANJA IN TRAJNOSTNI RAZVOJ DOLGOTRAJNE OSKRBE V SLOVENIJI KNOWLEDGE MANAGEMENT AND SUSTAINABLE DEVELOPMENT OF LONG-TERM CARE IN SLOVENIA

POVZETEK

Področje dolgotrajne oskrbe pridobiva na pomenu v razvitih državah, zlasti v okviru socialnih politik. Glede na nedavni trend staranja prebivalstva, vse večje število ranljivih starejših posameznikov, ki potrebujejo storitve dolgotrajne oskrbe in vse večje pomanjkanje ustrezno usposobljenih socialnih delavcev, ki zagotavljajo storitve dolgotrajne oskrbe, je postalo jasno, da področje dolgotrajne oskrbe predstavlja resen izziv za našo družbo. Poleg tega takšni demografski in gospodarski trendi ustvarjajo skoraj nemogočo prihodnost za področje dolgotrajne oskrbe, v kolikor ne bomo odkrili in implementirali novih rešitev za uspešno delovanje sistema dolgotrajne oskrbe. Trenutno velja tudi, da oblikovalci politik in odločevalci v mnogih državah še ne razumejo vzorca naraščajočih potreb po storitvah dolgotrajne oskrbe, niti nimajo orodja za napovedovanje prihodnjih potreb po ustrezno usposobljenih socialnih delavcih.

V našem prispevku trdimo, da je razpoložljivost socialnih delavcev v posamezni državi odvisna tudi od razvoja in operacionalizacije ustreznih politik, pri čemer so lahko pomembni tudi ukrepi na področju mehkih veščin, kot je na primer management znanja. Za potrebe prikaza potencialnega vpliva managementa znanja na razpoložljivost ustrezno usposobljenih socialnih delavcev uporabimo objektivno mersko orodje (»multiple decrement model«), ki temelji na že razviti akuarsko-matematični metodi. Naš primer uporabi javno dostopne sekundarne podatke za Slovenijo. Obstoječi podatki so namreč osnova za naša priporočila o tem, kako zagotoviti zadostno število ustrezno usposobljenih socialnih delavcev, ki bodo v prihodnosti zagotavljali storitve dolgotrajne oskrbe.

Zadnje raziskave potrjujejo, da se management znanja nenehno širi izven svojih prvotnih okvirov zasebnega sektorja in se povezuje tudi z drugimi vedami, kot je na primer socialno delo. Povezovanje s socialnim delom in podobnimi disciplinami pa je nekaj, kar je bilo na začetku znanstvene discipline managementa znanja težko predstavljivo. Z našo raziskavo prispevamo predvsem k managementu znanja v dolgotrajni oskrbi in v socialnem delu, ki je danes še vedno področje, ki je deloma nerazvito in premalo izkoriščeno v praksi. Z našimi rezultati želimo zlasti spodbuditi razpravo pri državnih snovalcih politik in odločevalcih o potrebi po trajnostnem razvoju dolgotrajne oskrbe, pri čemer menimo, da ima lahko management znanja pozitiven vpliv.

Avtorji menimo, da je potrebno spodbujati tudi bolj poglobljeno razumevanje managementa znanja v okviru delovanja socialnih organizacij. V prihodnjih študijah bi bilo koristno primerjati rezultate naše raziskave z drugimi razvitimi (evropskimi) državami. Največja omejitev naše trenutne raziskave pa je ta, da je matrika prehodov med posameznimi stanji le teoretična. Vsebuje le zmerne splošne ocene, kako bi lahko management znanja pozitivno vplival na prihodnjo razpoložljivost ustrezno usposobljenih socialnih delavcev.

Ključne besede: management znanja, trajnostni razvoj dolgotrajne oskrbe, dolgotrajna oskrba

ABSTRACT

Long-term care is gaining in importance and recognition in developed countries, especially in the context of social policies. Accompanied with the recent trend of population ageing, the increasing number of fragile elderly individuals that require long-term care services and the growing shortage of skilled social workers to provide long-term care services it has become clear that long-term care represents a serious challenge for our society. In addition, such demographic and economic trends of long-term care create an almost impossible future unless new solutions are discovered and implemented to provide care for the elderly. Moreover, policy makers in many countries do not yet understand the pattern of growing needs for long-term care services and have no tool to forecast the future increase in the need of adequately skilled social workers to provide such services.

In our paper, we argue that the availability of social workers in a national economy depends on the development and operationalization of appropriate policies, where soft measures such as knowledge management can be beneficial. To test the potential influence of knowledge management on the availability of skilled social workers we apply an objective measurement tool (multiple decrement model), grounded in an already developed actuarial-mathematical method. Our case relies on readily available secondary data for Slovenia. Existing data enables us to provide recommendations on how to ensure an adequate number of appropriately skilled social workers that will provide long-term care services in the future.

Recent research already shows that knowledge management is continuously spreading beyond its original private sector roots and is connecting with other disciplines such as social work, which is something that was hard to imagine at the beginning of this scientific discipline. With our study we contribute to knowledge management in long-term care and in social work as it still nowadays underdeveloped and underutilized in practice. Especially, our results are intended to provoke the discussion about the necessity of the sustainable development of long-term care and social work among important national policy makers, where we believe knowledge management can be influential.

To conclude, we believe that it is integral to promote a more profound understanding of knowledge management in the context of long-term care and social work. In the future, it would be beneficial to compare our results to other developed (European) countries. In the context of this study, our biggest limitation is that the transition matrix is only hypothesized. Moreover, it has only moderate estimates of how knowledge management could potentially impact the future availability of skilled social workers.

Keywords: knowledge management, sustainable development long-term care, long-term care

Jana Goriup

STAREJŠE ŽENSKE V PRIMEŽU PREKARNEGA DELA V MODIFICIRANI RAZŠIRJENI DRUŽINI ELDERLY WOMEN IN THE GAP OF PRECARIOUS WORK IN MODIFIED ENLARGED FAMILY

POVZETEK

Uvod: Ker se v Sloveniji soočamo s t.i. dolgoživo družbo, se posledično zastavlja vprašanje medgeneracijske solidarnosti ter kakovosti življenja posameznih skupin, predvsem starejših žensk v mreži družinskega življenja. Zaradi intenzivnega naraščanja starejših, ki so še delovno produktivni in podaljševanja življenjske dobe v sodobni postmoderni družbi postaja vedno bolj pomembno vzpostavljanje pozitivnega medgeneracijskega sodelovanja in spodbujanje izobraževanja o staranju in starejših ljudeh; predvsem med mlajšo in starejšo generacijo. Zaradi zaostrenih ekonomskim razmer in nestabilnih delovnih mest mladih modificirane razširjene družine ponovno pridobivajo na pomenu, saj mladi družini v različnih obsegih nudijo razne oblike opore (emocionalno, finančno, materialno, instrumentalno idr.). Pri tem izstopa vloga starejše ženske.

Metode: V prispevku so predstavljene življenjske zgodbe treh starejših žena v tretjem življenjskem obdobju, ki so aktivne v modificirani razširjeni družini. Namen študije je analizirati njihove aktivnosti v okviru razširjene družine in proučiti, ali svoje delo doživljajo kot prekarno in, če, kako posamezne tranzicije vplivajo na izoblikovanje njihovega življenjskega sloga. Da bi karseda celovito prikazali vrednost (mnogokrat samoumevnega) dela, ki ga starejše žene opravljajo v razširjeni družini, smo izvedli individualne vodene intervjuje in odgovore primerjali.

Rezultati: Rezultati dokazujejo, da na pojav prekarnega dela starejših žensk v modificirani razširjeni družini pomembno vplivajo odnosi med generacijami: starimi starši, starši in vnuki; pri čemer imajo pomembno vlogo starejše ženske. Njihova podpora in medgeneracijski transferji so zaradi relativno dobro organiziranih delovnih, vzgojno-varstvenih in drugih dejavnosti, zelo pomembni in dobrodošli. Analiza makropozicije je pokazala, da je ključna ideja tega dela samoumevnost le-tega, kar je tudi ena od ključnih strategij. Z raziskavo ugotavljamo, da je njihovo delo, ne glede na njihovo izobrazbo in poklic, ki so ga opravljale v aktivnem življenju, pogosto samoumevno, prezrto, spregledano in neovrednoteno, podcenjeno.

Sklepi: Raziskovalna spoznanja nas opozarjajo na neoptimistične slike medgeneracijskega sožitja znotraj modificirane družine, ko obravnavamo delo starejših žensk v institutu razširjenega gospodinjstva. Čeprav se v takem družinskem sožitju (pogosto) pokažejo tudi težave, pa se v izjavah intervjuvank kaže pripravljenost za nadaljevanje njihovih aktivnosti v luči t. i. generacijskega miru. Največji izziv znotraj vsega bo prineslo nematerialno priznanje opravljenih aktivnosti starejših žensk, ki jih življenje v taki družini predpostavlja, a zahteva dominanten diskurz, ki temelji na ideji neoliberalne ideologije, da je predvsem vsak član družine odgovoren za svoje dolžnosti, kar zahteva redno samodiscipliniranje in odgovorno obnašanje vseh družinskih članov.

Ključne besede: starejše ženske, prekarno delo, modificirana razširjena družina

ABSTRACT

As in Slovenia we face the so-called long-lived society, the issue of intergenerational solidarity and the quality of life of individual groups, especially older women in the family life network, is being raised. Due to the intense rise of older people who are still working productive and prolonging life expectancy in contemporary postmodern society, it is becoming increasingly important to establish positive intergenerational cooperation and promoting education for ageing and older people; especially between the younger and the older generation. Due to the harsh economic situation and fragile jobs of the young, the modified enlarged families are re-gaining on the importance as they offer the young families various forms of support (emotional, financial, material, instrumental, etc.). This stands out the role of older woman.

Methods: The contribution outlines the life stories of three older women in their third life period, active in a modified enlarged family. The purpose of the study is to analyse their activities within the extended family and to examine whether their work is experienced as precarious and, if so, how individual transitions affect the accomplishment of their lifestyle. In order to show fully the value (many times for granted) the work that older women do in an enlarged family, we conducted individual guided interviews and compared the responses.

Results: Results demonstrate that the emergence of the precarious work of older women in a modified enlarged family significantly is affected by the relationship between generations: grandparents, parents and grandchildren, with an important role for older women. Their support and intergenerational transfers are very important and welcome due to the relatively well organised work, educational and other activities. The analysis of the macro position has shown that the key idea of this work is self-explanatory, which is also one of the key strategies. With the survey, we find that their work, regardless of their education and occupation, carried out in their active lives, is often self-evident, ignored, overlooked and unevaluated, undervalued.

Conclusions: Research recognitions warn us of the unoptimistic images of intergenerational co-existence within a modified family when we treat older women work in the institute of extended households. Although there are problems in such family harmony (often), in the statements of interviews the willingness to continue their activities in the light of the so-called generational peace was recognized. The greatest challenge within such activities would represent the immaterial recognition of the activities of older women, which is assumed by life in such a family, but requires a dominant discourse based on the idea of neoliberal ideology that, in particular request, every family member responsibility for his duties, which requires regular self-discipline and responsible behaviour of all.

Keywords: *older women, precarious work, modified enlarged family*

Lidija Gradišnik, Jana Goriup

VLOGA SOCIALNEGA GERONTOLOGA PRI PRIPRAVI STAREJŠIH DELAVCEV NA UPOKOJITEV THE ROLE OF SOCIAL GERONTOLOGISTS IN PREPARING THE ELDERLY WORKERS FOR RETIREMENT

POVZETEK

Eden od najpomembnejših izzivov pred upokojitvijo je priprava na kakovostno in aktivno staranje, upokožitev pa je priložnost za zavestno pripravo na kakovostno življenje v tretjem življenjskem obdobju. Veliko ljudi, ki so v času aktivne zaposlitve zelo dejavni, ostane takih tudi ob zaključku delovne dobe. Nekateri se z upokojitvijo lahko sprijaznijo, za druge pa je ta prehod bolj težaven. Številne organizacije se že zavedajo potrebe po prilagoditvi na staranje delovne sile in so zato izdelale strategije, ki ponujajo izhod do upokojitve. Ohranjanje socialnih stikov, alternativne oblike dela in nadaljevanje prejšnjih službenih aktivnosti so možnosti, ki pridejo v poštev za ublažitev sprememb ob upokojitvi. V študiji primera s socialno-gerontološkega vidika izpostavljam nekaj predlogov za predupokojitvene programe preko opisa posameznika, ki je bil službeno zelo aktiven in se je naenkrat znašel pred dejstvom, da se mora upokojiti. Zanj je upokožitev v prvi vrsti skrb pred prihodnostjo in ne nagrada za mnogo let dobro opravljenega dela. To je zanj nova situacija, v kateri se ne znajde, in skozi perspektivo socialnega gerontologa bomo poiskali nove rešitve za aktivno in kakovostno jesen življenja.

Ključne besede: socialni gerontolog, upokojevanje, starejši delavci, aktivno staranje

ABSTRACT

One of the most important challenges before the retirement is preparation for active aging. The retirement period is an opportunity to adapt an individual for a quality life in the third life period. Many people, who are very active during the employment remain so even at the end of their working period. Some may accept retirement easily, while others find this transition more problematic. Many organizations are aware of the need to adapt to the elderly workforce and have therefore adopted strategies that offer an easier transition into retirement. Maintaining social contacts, alternative forms of work and the continuation of previous working activities remain options that may be considered to mitigate the retirement changes. In this case study, we highlighted some proposals for the pre-retirement programs from a sociogerontological point of view. We described an individual, who faced the retirement, which represented a concern for the future. This was a new situation for him, and through the perspective of a social gerontologist we tried to find new solutions for an active and quality life.

Keywords: social gerontologist, retirement, elderly workers, active aging

Barbara Grintal

PRISTOPI UPRAVLJANJA STAREJŠIH ZAPOSLENIH APPROACHES TO AGE MANAGEMENT

POVZETEK

Uvod: Staranje zaposlenih zahteva spremembe na področju upravljanja s človeškimi viri. Konkurenčnost in učinkovitost organizacij bosta vse bolj odvisni od učinkovitosti in produktivnosti starejših zaposlenih, saj se njihov delež v organizacijah povečuje. Zato so organizacije pred izzivi, kako ohranjati zdravje, delovno sposobnost starejših zaposlenih in v njih spodbuditi željo po podaljšanju delovne aktivnosti.

Metode: V raziskovalnem delu smo uporabili podatke kvantitativne raziskave o položaju starejših zaposlenih iz podatkovne baze Evropske raziskave o delovnih razmerah (EWSC) iz leta 2015. V raziskavi je sodelovalo 35 evropskih držav, pri čemer je bil celotni vzorec starejših zaposlenih 4.567, od tega 108 iz Slovenije. Analizirali smo podatke, ki so proučevali pogoje in ustreznost delovnega okolja ter dejavnike, ki zagotavljajo trajnost dela starejših zaposlenih. Rezultate za Slovenijo smo primerjali z evropskim povprečjem oz. podatki drugih evropskih držav.

Rezultati: Rezultati raziskave kažejo, da starejši zaposleni v Sloveniji prejmejo višjo podporo s strani sodelavcev in nadrejenih, kot je značilno za evropsko povprečje, vendar slabše ocenjujejo pravično obravnavo na delovnem mestu ter ustreznost plačila za opravljeno delo. Več kot tretjina starejših zaposlenih v Sloveniji ocenjuje, da sedanjega oz. podobnega dela ne bodo zmožno opravljati po 60. letu.

Sklepi: Upravljanje starejših zaposlenih je dinamični proces, ki ga je potrebno nenehno prilagajati potrebam sodobnega poslovnega sveta, kot sta digitalizacija in avtomatizacija. Organizacije morajo poskrbeti za stabilno delovno, ekonomsko in socialno okolje starejših zaposlenih, s čimer bodo le-ti motivirani tudi za podaljšanje delovne aktivnosti.

Ključne besede: starejši zaposleni, upravljanje starejših zaposlenih, delovna sposobnost, delovna aktivnost

ABSTRACT

Introduction: Employee aging requires change in human resource management. The competitiveness and efficiency of organizations will increasingly depend on the efficiency and productivity of older employees as their share in organizations increases. Therefore, organizations are facing the challenges of maintaining the health, working ability of older employees and stimulating their desire to prolong their work activity.

Methods: We used data from the quantitative survey on the position of older employees from EWSC database from 2015. In the survey, 35 European countries participated, with total sample of 4,567 older employees and 108 from Slovenia. We analysed data that examined the conditions and adequacy of the work environment and the factors that ensure the sustainability of older employees' work. The results for Slovenia were compared with the European average or other European countries.

Results: The results of the survey show that older employees in Slovenia receive higher support from colleagues and superiors than is typical of the European average but have a lower assessment of fair treatment at work and the adequacy of pay for work done. More than a third of older employees in Slovenia estimate that they will not be able to perform similar work after the age of 60.

Conclusions: Managing older employees is a dynamic process that needs to be constantly adapted to the needs of the modern business world, such as digitalization and automation. Organizations need to provide a stable work, economic and social environment for older employees, which will also motivate them to prolong their work activity.

Keywords: older employees, age management, work ability, work activity

Goran Gumze, Rosana Hribar

POUČEVANJE O PLESU IN MEDGENERACIJSKO POVEZOVANJE SKOZI PLES DANCE EDUCATION AND INTERGENERATIONAL INTEGRATION THROUGH DANCE

POVZETEK

Ples je skozi zgodovino razvoja človeške družbe med drugim predstavljal in predstavlja sredstvo izražanja, povezovanja, komunikacije ter zdrave telesne aktivnosti. O pomenu plesa v različnih družbah in razvoju skozi zgodovino je veliko napisanega in raziskanega, manj se o njem poučuje, razen na plesnih šolah in v plesnih društvih. V ruralnem okolju pa je tudi ponudba slednjih precej omejena.

V ta namen bomo povezali študente Akademije za ples, Soc. gerontologije in Fizioterapije in si zadali dva izziva, ki vplivata na vzgojno-izobraževalne vsebine in spodbujata medgeneracijsko povezovanje preko izkustvenih razsežnosti:

1. Praktična učna ura o plesu

2. Capoeira – vadba telesne komunikacije in povezovanja

Učna ura o plesu, ki jo bomo razvili v sodelovanju s študenti omenjenih študijskih smeri, bo na duhovit in hkrati didaktičen način predstavila razvoj plesa skozi zgodovino, ki je primerna prav za vsakogar – od najmlajših do starejših. Učna ura o plesu bo prikazala, kako in zakaj so se spreminjale funkcije, oblike in zvrsti plesa, katere zvrsti poznamo danes, kakšna je razlika med popularno plesno kulturo in plesno kulturo z umetniško vsebino ter nenazadnje, kakšno vlogo imajo v plesni zgodovini ljudski plesi. Predstavitev bo večmedijska (ples, govor, glasba, video, kostumi, rekviziti) z vključujočo participacijo udeležencev, ki bodo skozi vodene naloge v predstavitvi tudi sodelovali. Brazilsko plesno borilno veščino capoeira smo izbrali zaradi nje institucionalne specifičnosti, družbenega pomena in funkcije. V Braziliji, kjer je eden izmed avtorjev izvajal antropološko terensko raziskavo, je Capoeira razumljena kot folklor, terapevtsko sredstvo, sredstvo povezovanja in druženja, borilna veščina ter vzgojno-izobraževalna institucija. Vključuje telesno gibanje, igranje inštrumentov ter petje. Izvaja se v krogu, kar dodatno stimulira interakcijo med vsemi udeleženci aktivnosti, tako tistimi, ki igrajo znotraj kroga, kot s tistimi, ki oblikujejo ta krog. Cilj projekta je osnovanje večplastnega projekta, ki bi se v različnih oblikah lahko prilagodil raznolikim institucijam, jim ponudil orodja in ideje za lažje medgeneracijsko povezovanje, ki je tako poučno in informativno kot tudi duhovito z veliko sproščujoče fizične aktivnosti.

Ključne besede: ples, medgeneracijsko povezovanje, aktivno staranje, izobraževanje o plesu, capoeira

ABSTRACT

Throughout the history of the development of human society, dance has among other things always represented, a means of expression, connection, communication and healthy physical activity. Much has been written and researched about the importance of dance in different societies and development throughout history, less is being taught, except at dance schools and dance associations. In rural areas, however, the offer of the latter is quite limited.

For that purpose, we will connect students from the Dance Academy, Social Gerontology and Physiotherapy, to address two challenges that affect educational content and promote intergenerational dialog and integration through experiential dimensions like:

1. Practical dance lesson

2. Capoeira - practicing body communication and networking

The dance lesson developed in collaboration with students of the above-mentioned study fields, will present in a humorous and didactic way the development of dance throughout history, which is suitable for everyone - from the youngest to the elderly. The practical dance lesson will show how and why the functions, forms and genres of dance have changed, what is the difference between popular dance culture and dance culture with artistic content, and last but not least, what role in dance history the folk dance has played. The presentation will be multimedia (dance, speech, music, video, costumes, props) with inclusive participation of participants who will also participate through guided tasks in their presentation. We chose Capoeira, Brazilian Dance Martial Arts, because of its institutional specificity, social importance and function. In Brazil, where one of the authors conducted an anthropological field study, Capoeira is understood as folklore, a therapeutic means, a means of connecting and socializing, a martial art, and an educational institution. It includes body movement, playing instruments and singing. It is performed in a circle, which further stimulates interaction between all participants in the activity, both those who play within the circle and those who form the circle. The aim of the project is to create a multi-faceted project that could be adapted to various institutions in various forms, to provide them with tools and ideas for facilitating intergenerational integration, both educational and informative, as well as humorous with a lot of relaxing physical activity.

Key words: *dance, intergenerational relations, active aging, dance education, capoeira*



Marina Horvat, Simon Balažič

LOKALNA HRANA IN TELESNA AKTIVNOST

POVZETEK

Zdravo prehranjevanje in redna telesna aktivnost prispevata k boljšemu zdravju, večji kakovosti življenja in s tem posledično vzdržnosti zdravstvenih sistemov. Otroku med odraščanjem zagotavljata optimalno rast in razvoj, pri odraslih in starejših izboljšujeta počutje in delovno storilnost, dolgoročno pa predvsem krepi zdravje ter prispevata k aktivnemu in zdravemu staranju. Lokalno trajnostna oskrba z živili lahko predstavlja pomemben delež pridelkov na domačem trgu, ki nimajo prednosti le v kakovosti, temveč zagotavljajo tudi vir hrane in preživetje slovenskemu kmetu in delavcu v živilsko predelovalni industriji. Poleg tega sta lokalna proizvodnja in lokalna poraba hrane pomembno gibalno razvoja podeželja in regije. Zdravju naklonjena in kakovostna hrana je eden od temeljev zdravja. Izboljšanje zdravja in telesna aktivnost sta glavna cilja naše družbe, kajti le taka usmeritev lahko pripomore k ekonomski rasti in izboljšanju socialnega in družbenega razvoja.

Ključne besede: zdravje, gibanje, lokalna pridelava, samooskrba

ABSTRACT

Healthy eating and regular physical activity contribute to better health, better quality of life and, consequently, the sustainability of national health systems. They provide optimal growth and development of children, improve well-being and work performance for adults and the elderly, and in the long term, they primarily enhance health and contribute to active and healthy aging. Locally sustainable food supply can represent a significant share of produce on the domestic market, which not only has an advantage in quality, but also provides a source of food and livelihood for the Slovenian farmer and worker in the food processing industry. In addition, local production and local food consumption are important drivers of rural and regional development. Good health and quality food is one of the cornerstones of health. Improving health and physical activity are the main goals of our society, because only such a mind-set can help economic growth and improve social development.

Keywords: health, movement, local food, selfsufficiency



Ana Marija Hošnjak, Štefanija Kolačko

NURSES' INTEREST TO WORK AFTER RETIREMENT: SYSTEMATIC REVIEW

ABSTRACT

Nurses have been known as active workforce after retirement. Have nurses the ambition to work in the profession after retirement, and their work capacity are research questions for this article. The aim of the paper is to identify studies that have investigated nurses' interest for employment after retirement, strategies for post-retirement work, and their work capacity.

Materials and methods: Search MEDLINE / PubMed, Web of Science, Cochrain and CINAHL databases. Only reviewed, fully published articles were included in the final analysis, from all over the world.

Results: According to the keywords, 1151 papers were found, of which 504 were open access enabled. Using Boool's search logic and eliminating duplicates, the number of articles was reduced to 216. Further analysis revealed that 31 of them could provide answers to the questions asked. All studies were analyzed and 10 of them were included in the final analysis because they met the required criteria.

Discussion: A systematic review of the literature identified the intentions and obstacles to the work of nurses after retirement, which could be a further basis for the development of post-retirement employment strategies. Intrinsic factors that describe post-retirement work experience, such as a sense of self-confidence, prevention of social isolation are a positive indicator of personal satisfaction, while increasing job demands and reduced physical ability are negative indicators and one of the reasons nurses do not choose to work after retirement.

Keywords: nurses, retirement, ambition, work capacity, strategies



Mirjana Ivanuša-Bezjak

KAKO UJETI NEPRECENLJIVO TIHO ZNANJE STAREJŠIH (ZAPOSLENIH IN UPOKOJENCEV), KI GA NE SMEMO IZGUBITI? HOW TO CATCH INCREDIBLE TACIT KNOWLEDGE OF OLDER (EMPLOYEES AND RETIRED) WE CANNOT AFFORD TO LOOSE?

POVZETEK

Odhajajoči starejši sodelavci, ki odhajajo iz podjetja (ali gredo v pokoj) s seboj »odnesejo« tudi mnogo znanja in neprecenljivih izkušenj, ki so si jih pridobili na delovnem mestu. Pred vodji vseh nivojev je velik izziv. Kako v času delavčevega delovanja v podjetju najti načine in motivacijo za prenos znanja na ostale sodelavce? Tiho (tacitno) znanje, ki ni bilo prenešeno, je za podjetje (in družbo) izgubljeno in predstavlja veliko izgubo. Že tisočletja se znanje iz starejših na mlajše prenaša z pomočjo različnih oblik mentorstva. Govorimo o neformalnem in formalnem mentorstvu. V članku bomo raziskali in prikazali različne možne oblike prenosa tihega znanja starejših na mlajše (in obratno) v obliki mentorstva v luči različnih generacij, ki se srečujejo na delovnih mestih ter živijo skupaj. Novi gospodarski pogoji in raznolikost generacij prinašajo nove relacije in oblike prenosa znanja. Tudi mlajši lahko mentorirajo in prenašajo znanje na starejše. Tehnološki razvoj in IKT tehnologija nam diktirajo nove načine prenosa znanja.

Ključne besede: starejši zaposleni, tiho znanje, prenos znanja, mentoriranje, mentor

ABSTRACT

Outgoing senior employees who leave the company (or retire) also bring with them a lot of knowledge and invaluable experience they have gained in the workplace. There is a big challenge for leaders of all levels. How to find ways and motivation for transferring knowledge to other employees during your work in the company? Silent (tacit) knowledge that has not been transferred is lost to the company (and society) and represents a great loss. For millennia, knowledge has been passed on from the elderly to the young through various forms of mentoring. We are talking about informal and formal mentoring. The article will explore and illustrate the various possible forms of transferring the tacit knowledge of the elderly to the younger (and vice versa) in the form of mentoring in the light of different generations meeting at work and living together. New economic conditions and diversity of generations bring new relationships and forms of knowledge transfer. Young people can also mentor and transfer knowledge to the elderly. Technological development and ICT technology dictate new ways of transferring knowledge.

Keywords: senior employees, tacit knowledge, knowledge transfer, mentoring, mentor

Sanja Juretić, Vesna Čačić

HOSPITALIZATION AS A THREAT TO THE ELDERLY

ABSTRACT

Introduction: During hospitalization, elderly patients are faced with a number of threats that impede the course of recovery and prolong their stay in the institution. One such disorder is a delirious condition that is very often associated with alcoholism, but also occurs with elder people. The change of environment upon arrival at the institution and the surgery to which they are subjected have a significant impact on the development of the delirious condition. Delirium is not a disease per se, but a syndrome that is caused by several factors that result in the same set of symptoms associated with the patient's state of mind and cognitive impairment. Delirious patients do not cooperate and, due to their behavior, indirectly complicate the treatment of the original disease. In the case of the elderly, during the early postoperative period, this significantly contributes to the development of complications that further threaten recovery and prolong hospitalization.

The aim of the paper is to identify the most vulnerable population demographic and the consequences caused by delirium as well as approaching the elderly while in a delirious state.

Methods and participants: The study was conducted at the Intensive Care Unit of the Institute of Digestive Surgery during a period of 9 months - between January 1st 2018 and September 30th 2018. During the healthcare process, the occurrence of delirium was monitored and documented in all hospitalized patients within the indicated period.

Results: The total number of hospitalized patients was 380, of which 50 developed delirium after surgery. Most patients belonged to the group of ages 70 and above. Complications were frequent and the number of hospitalization days significantly increased. Death, as one of the treatment outcomes, is age related. The increasing of age also increases the risk of death.

Conclusion: Delirium that occurs in hospitalized patients undergoing surgery is most prevalent with elderly patients, which is another reason for providing additional care and attention. Adequate care can significantly mitigate and shorten the duration of the delirious condition and affect the outcome of the treatment. This requires a thorough approach and education of healthcare professionals, with the aim of improving the care of the elderly.

Keywords: elderly patients, hospitalization, delirium, surgery

Vojko Kavčič

UMSKE IN ČUSTVENE ZNAČILNOSTI STAREJŠIH ZAPOSLENIH COGNITIVE AND EMOTIONAL CHARACTERISTICS OF OLDER EMPLOYEES

POVZETEK

Staranje populacije, to je povečanje deleža prebivalstva starejšega od 65 let, bo tudi povzročilo povečanje deleža starejše delovne sile, to so zaposlenih starejših od 55 let. Torej delovna sila vse bolj sivi, zato je treba ob porastu starejše delovne sile tudi upoštevati, da se s starejšo delovno silo pojavljajo tudi kognitivni in čustveni problem, ki so povezani s procesom staranja. Na drugi strani pa te strukturne spremembe populacije in delovne sile tudi povečajo prisotnost pristranosti in stereotipov o starejši delovni sili. Do starejših zaposlenih se to lahko kaže kot netolerantnost, diskriminatorno vedenje in specifična pričakovanja. Ti odnosi se pojavljajo tako na delovnem mestu, v podjetju, in na družbenem nivoju in so seveda odvisni od konteksta. V tem prispevku si bomo ogledali, kako s staranjem povezani kognitivni upadi in spremenjeno čustveno odzivanje in motivacija vplivajo in/ali so povezani s pozitivnimi in z negativnimi pogledi, stereotipi in ageismom, staromrzništvom. Poleg tega si bomo ogledali, kako ti negativni stereotipi vplivajo na odnos med starejšim zaposlenim in delodajalcem/delovno organizacijo, na delovne kompetence, in na angažiranost pri iskanju zaposlitve. Seveda si bomo tudi ogledali, kakšne so razpoložljive in učinkovite strategije obvladovanja negativnih stereotipov. Boljše razumevanje občutljivosti in motivacije starejših zaposlenih bo vsekakor pripomoglo k obvladovanju stereotipov in prispevalo k daljši, bolj zadovoljivi, in uspešnejši zaposlitvi.

Ključne besede: kognitivno staranje, delovno mesto, stereotipi, staromrzništvo

ABSTRACT

The aging population, those individuals older than 65 years, is resulting in an increase in the proportion of the older individuals in the workforce, that is those employees of 55 years and older. As a result, the workforce is becoming more gray leading to an increased awareness that with an aging workforce there is an increase of age-related cognitive and emotional problems. Age-related changes in the population also contribute to presence and increase of stereotypes of older workforce. Such stereotypes are expressed as intolerance, discriminatory behavior, and age-specific expectations. These behaviors can be found at the different levels ranging from the workplace, to company, and to societal level. In this presentation we will address age-related cognitive declines and age-related changes in emotional responsiveness and motivation. We will address associations between these changes and positive and negative stereotypes and ageism. In addition, we will also address the role of negative stereotypes in the relationship between an older employee and employer/company, in work competence, and in engagement in search for new employment. And certainly, we will address the available and effective strategies in combating negative stereotypes. Better understanding of sensitivity and motivation of an aging workforce will contribute to better management, controlling of stereotypes and will also contribute to longer, more satisfactory, and successful employment.

Keywords: cognitive aging, workplace, stereotypes, ageism

Mihaela Kežman

PRIDOBIVANJE NEKATERIH KOMPETENC IN VEŠČIN STAREJŠIH PREKO PROSTOVOLJSKEGA DELA V VEČGENERACIJSKEM CENTRU POSAVJE **ACQUISITION OF SOME COMPETENCES AND SKILLS OF THE ELDERLY THROUGH VOLUNTEERING AT THE MULTIGENERATIONAL CENTER POSAVJE**

POVZETEK

Uvod: Starejši so lahko aktivni na različnih področjih, tudi na področju prostovoljskega dela. Preko aktivnosti pridobivamo različne sposobnosti, zmožnosti. Nas pa bo skozi prispevek zanimalo, če in katere kompetence starejši pridobivajo skozi vključevanje v prostovoljstvo, konkretno v Večgeneracijskem centru Posavje, na enoti Brežice. Predvidevamo namreč, da bodo razvijali pomembne kompetence in veščine.

Metode: Za pridobivanje podatkov bomo uporabili kvantitativni metodi, in sicer anketo in/ali intervju. Metoda bo uporabljena pri populaciji starejših, tistih nad 65 let, ki so kot prostovoljci vključeni v aktivnosti Večgeneracijskega centra Posavje, enota Brežice. Vzorec bo zajemal okoli 50 oseb, ki so v letu 2019 bili aktivni vsaj 24 ur.

Rezultati: V prispevku bodo najprej predstavljena teoretična izhodišča in povzeti rezultati analize zbranih podatkov, ki se trenutno zbirajo. Zanimalo nas bo, kako se dobljeni rezultati ujemajo s splošnimi smernicami in analizami prostovoljskega dela. V rezultatih želimo tudi predstaviti, katere vidike pridobivanja veščin in kompetenc pri starejših smo zaznali in kako se odražajo ter kaj to pomeni za starejše.

Sklepi: Rezultati raziskave lahko dodajo pomemben prispevek k poznavanju in razumevanju prostovoljskega dela v Večgeneracijskem centru Posavje, na enoti Brežice. Lahko služijo tudi kot motivacija nadaljnjemu vključevanju starejših v prostovoljstvo. V okviru sklepa želimo tudi ugotavljati, kje so omejitve naše raziskave in nadaljnje možnosti nadgradnje prostovoljskega programa v Večgeneracijskem centru Posavje.

Ključne besede: prostovoljci, kompetence, veščine, večgeneracijski center, starejši

ABSTRACT

Introduction: Elderly can be active in various fields, including volunteer work. Through the activity we acquire different abilities. Through the contribution, we will be interested in knowing if and what competences the elderly acquire through their involvement in volunteering, specifically at the Multigenerational Center Posavje at the Brežice unit. Namely, they are expected to develop important competences and skills.

Methods: We will use quantitative methods, such as survey and / or interview, to obtain data. The method will be used in the population of the elderly, those over 50 years of age, who, as volunteers, are involved in the activities of the Posavje Multigenerational Center, unit Brežice. The sample will include about 50 people who have been active for at least 24 hours in 2019.

Results: The contribution will first outline the theoretical background and summarize the results of the analysis of currently collected data. We will be interested to know how the results are in line with the general guidelines and analyzes of volunteer work. In the results we also want to present what aspects of skills and competences in the elderly were perceived and how they are reflected and what this means for the elderly.

Conclusions: The results of the research can add a significant contribution to the knowledge and understanding of volunteering at the Multigenerational Center Posavje at the Brežice unit. They can also serve as a motivation to further integration of the elderly in volunteering. As part of the decision, we also want to identify the limitations of our research and further possibilities of upgrading the volunteer program at the Posavje Multigenerational Center.

Keywords: *volunteers, competence, skill, Multigenerational Center, seniors*



Jelena Kitanović, Davorka Švegar, Linda Čendak Božunović

ATTITUDES AND PREJUDICES ABOUT OLDER SEXUALITY

ABSTRACT

Introduction: The need for intimacy knows no age. Many people, as they get older, will continue to have regular sexual intercourse. One of the prejudices is that parents who older do not have sex. This study aimed to investigate middle-aged people's attitudes about sexuality in the elderly and compare them with experiences and sexual behaviors in the elderly. Therefore, we assumed that there is a difference between respondents' opinions about the importance of sexuality in older life.

Methods: As research instruments used an anonymous questionnaire structured for the purpose of this research. The questionnaire was drawn up on the website, (<https://app.smart-survey.co.uk/br.korisnickog> account: s171333) and distributed through social networks in the period from 03. 12. 2018. to 04. 01. 2018. The questionnaire was answered via mobile phones and computers.

Results: 66 percent of respondents think their parents have a boring sex life. We found that 77 percent of parents' elderly do not use protection against sexually transmitted diseases. 53 percent of respondents think that their parents have sex only for romance.

Conclusions: Very little is said about the intimate relationships of the elderly, and older LGBT adults are largely invisible in most studies. People are uncomfortable with the thought of their parents' sexuality. Although there are opinions that having sex in the third and fourth period of life is boring, we have proved to the contrary to this.

Keywords: *Intimate relationships, older people, sexuality, attitudes*



Anastazija Kokl, Marko Vidnjevič

POZNAVANJE VARNE RABE IN PRIPRAVE HRANE PRI STAREJŠIH V DOMAČEM OKOLJU KNOWLEDGE OF SAFE USE AND PREPARATION OF FOOD IN THE ELDERLY IN THE HOME ENVIRONMENT

POVZETEK

Uvod: S procesom staranja je pomembno opozoriti na težave, ki jih staranje prinaša pri delovanju organskih sistemov. Zdrava in predvsem varna prehrana sta temelj trdega in dobrega telesnega ter duševnega zdravja starejših. Z raziskavo smo ugotavljali poznavanje starejših ljudi glede varne priprave hrane v domačem okolju, težave, s katerimi se soočajo pri pripravi hrane doma, ter njihovo poznavanje glede možnosti preprečevanja okužb s hrano v domačem okolju.

Metode: Uporabili smo kvantitativno, deskriptivno metodo raziskovanja. Podatke smo pridobili s pomočjo anketiranja 150 starejših, ki živijo v domačem okolju v različnih delih Slovenije (Gorenjska, Štajerska, Dolenjska). Vsem anketirancem je bili skupno, da za svojo prehrano skrbijo sami in sicer od nabave živil do same priprave obroka.

Rezultati: Z raziskavo smo pridobili vpogled v stanje na področju lastne priprave hrane pri starejših, glede tega, kako razumejo in izvajajo higienska načela pri nabavi živil in pripravi obrokov, ter kakšne težave jim glede prehranjevanja prinaša starost. Rezultati anketiranja so pokazali, da starejši ne poznajo načel dobre higienske in proizvodne priprave obrokov, saj so se pokazale nepravilnosti pri nabavi živil, shranjevanju živil in sami pripravi obrokov.

Razprava: Z raziskavo potrjujemo, da je znanje starejših glede ustrezne priprave hrane in preprečevanja okužb s hrano v domačem okolju slabše oz. nezadostno. Priprava hrane za starejše v domačem okolju predstavlja težavo, zato je potrebno čim prej izdelati ustrezno literaturo in izobraževalne oddaje, s katerimi si bodo starejši v domačem okolju pripravljali bolj varno hrano.

Ključne besede: starost, dom, okužbe s hrano, higijene živil, izobraževanje

ABSTRACT

Introduction: With the aging process, it is important to highlight the problems that aging brings to the functioning of organ systems. A healthy and safe diet constitutes the foundation of sound and good physical and mental health of the elderly. Our study examined the awareness among the elderly regarding safe preparation of food at home, problems they face during food preparation at home and the possibilities of preventing food infections at home.

Methods: A quantitative and descriptive research method was used. Data were obtained by performing a survey among the 150 elderly who live at home in different parts of Slovenia (Gorenjska, Štajerska, Dolenjska). All respondents took care of their own nutrition, from shopping for foodstuffs to the preparation of meals.

Results: The study results helped us gain insight into the state of our own food preparation in the elderly, how they understand and implement hygiene principles in food procurement and meal preparation, and what diet problems their age brings. The results of the survey showed that the elderly do not know the principles of good hygiene and production preparation of meals, as they showed irregularities in the purchase of food, storage of food and preparation of meals themselves.

Discussion: The study confirmed that the elderly have poor or insufficient knowledge of appropriate food preparation and prevention of food infections at home. For the elderly living at home, food preparation is a challenge. Proper literature and educational programs should be developed as soon as possible to help the elderly prepare safer food at home.

Keywords: age, home, food infections, food hygiene, education

Štefanija Kolačko, Jelena Hodak, Ana Marija Hošnjak

THE IMPACT OF MOBILITY ON THE QUALITY OF LIFE OF PEOPLE IN A NURSING HOME

ABSTRACT

The aim of the study is to determine how mobility affects on quality of life in older people who are placed in a nursing home.

Material and Methods: The study was conducted at the Nursing home St. Ana, Varaždin, Croatia during 2018 on a sample of 30 respondents. For this purpose, an anonymous questionnaire with 15 questions was designed.

Results: For all variables except service satisfaction (a total of three satisfaction measures), a higher score indicates a lower level of the measured variable (e. g., a higher visual and hearing impairment score indicates less difficulty with the startup system, a higher locomotion score indicates a worse mobility). The only significant correlations were biserial correlations of physical activity with satisfaction with socializing and activity and home ($r_{pb} = 0.455$; $p < 0.05$) and personal hygiene with satisfaction with socializing and activity ($r_{pb} = 0.428$; $p < 0.05$). The results show that the correlations are positive, i. e. that a lower possibility of physical activity and a lower possibility of performing personal hygiene are associated with less satisfaction with socializing and activities in the home.

Discussion: Mobile people have a greater sense of satisfaction and state that they are more satisfied with the quality of life in general than people who are partially or completely dependent on the care of another person. It has been statistically proven that mobility and quality of life are correlated in such a way that people who independently perform their daily activities (personal hygiene, dressing, bathing) are more satisfied with their health, services provided in the home and life in general.

Keywords: elderly, nursing home, mobility, quality of life



Nejc Krašovec, Jana Goriup

ŠTAROSTNIKI IN ZDRAVSTVENO VARŠTVO V ČASU HITREGA STARANJA IN DOLGOŽIVE DRUŽBE THE ELDERLY AND HEALTH CARE DURING FAST AGEING AND LONG-LIVING SOCIETY

POVZETEK

Uvod: Hitro staranje prebivastva je svetovna problematika, prav tako se s staranjem in večjim številom starostnikov znotraj države soočamo s preobremenjenim zdravstvenim varstvom. Strmeti moramo k enakopravnemu, kakovostnemu in dostopnemu zdravstvenemu varstvu, saj le tako lahko zagotovimo starostnikom kakovostno in aktivno staranje. S pridobitvijo kakovostno in aktivno živečih starostnikov lahko razbremenimo zdravstveno varstvo, saj bodo starejše osebe s tem aktivnim življenjem v manjši meri prišle v stik s storitvami znotraj te panoge. Glavno raziskovalno vprašanje se navezuje na stališča strokovnjakov socialne gerontologije in zdravstvenega varstva na raziskovalnem področju. Namen raziskave je identificirati stališča strokovnjakov na področju zdravstvenega varstva in socialne gerontologije o izzivih in dilemah zdravstvenega varstva v času aktualnih demografskih sprememb in dolgožive slovenske družbe.

Metode: Raziskava temelji na kvalitativnem raziskovalnem pristopu. V raziskavo smo vključili strokovnjake na področju socialne gerontologije in na področju zdravstvenega varstva. Podatke smo zbrali z ugotavljanjem prednosti in slabosti ter izzivov in priložnosti na področju zdravstvenega varstva. Navedene podatke smo povezali v SPIN matriko ter oblikovali štiri strategije.

Rezultati: Z raziskavo ugotavljamo, da po mnenju strokovnjakov v Sloveniji ne zagotavljamo enakopravnega in nediskriminatornega zdravstvenega varstva, ko govorimo o starostnikih. Po mnenju strokovnjakov moramo pričeti s takojšno reorganizacijo zdravstvenega sistema. Pri tem moramo paziti na samo vključenost splošne populacije v proces strategij in modeliranja rešitev.

Sklepi: Raziskovalna spoznanja nas opozarjajo, da lahko trenutno slabše stanje sistema zdravstvenega varstva, glede na socialno-ekonomski status starostnikov in splošne populacije premagamo z večjo motiviranostjo in oblikovanjem formalnih rešitev na raziskovanem področju s sodelovanjem splošne populacije in strokovnjakov na raziskovalnem področju.

Ključne besede: starostniki, zdravstveno varstvo, dolgoživa družba.

ABSTRACT

Introduction: Rapid aging of the population is a worldwide issue, and we are facing congested health care with increasing numbers in the elderly of the country. We must strive to ensure that we have access to healthcare, as this is the only way we can provide an elderly person who is actively in active aging. As we gain the opportunity to live actively for the elderly, we can understand the healthcare that begins with staff with this active life to a lesser degree, who have come in contact with services in these areas. The main research question is related to the positions that support social gerontology and health care during the research period. The purpose of the research was identified to test the safety of healthcare in social gerontology on the challenges in healthcare dilemmas in the current demographic needs in long-lived Slovenian societies.

Method: Research based on a qualitative research approach. Developmental research of social gerontologists in healthcare has been included in the research. The data were collected with appropriate leverage in the weaknesses and challenges in attendance at healthcare settings. We linked the above data into a SPIN matrix and formulated four strategies.

Results: According to the survey, it is possible that, according to the successes in Slovenia, we do not use justice in non-discriminatory healthcare that speaks to the elderly. According to experts, we need to start with the immediate reorganization of the health system. In doing so, we must pay attention to the mere inclusion of general populations in process strategies in solution modeling.

Conclusions: Researchers have recognized that we can currently have a state of the health care system, with regard to the socio-economic status of the elderly in the general population, to achieve greater motivation in formulating formal research solutions with important populations in research questions.

Keywords: *elderly, healthcare, long-lived society*



Danijela Lahe

IZZIVI IN PRILOŽNOSTI STAREJŠIH DELAVCEV NA TRGU DELA CHALLENGES AND OPPORTUNITIES FOR OLDER WORKERS IN THE LABOR MARKET

POVZETEK

Uvod: Svetovno prebivalstvo narašča in se stara hitreje kot nekoč. Zaradi dolgoletnega trenda nizke rodnosti in vedno daljše življenjske dobe se v evropskih državah srečujemo s pospešenim procesom staranja prebivalstva in njegovimi posledicami na posameznih področjih življenja. Tako demografski trendi staranja že vplivajo tudi na trg dela. Podjetja se bodo ob pomanjkanju delovne sile morala pogosteje soočiti z vse starejšimi zaposlenimi, kar bo delodajalcem predstavljalo velik kadrovski izziv, hkrati pa priložnost za izboljšanje zaposljivosti starejših in povečanje njihove delovne aktivnosti.

Metode: Uporabljena je bila deskriptivna raziskovalna metoda pregleda znanstvene in strokovne literature s področja staranja prebivalstva, pri čemer smo z metodo sinteze povzeli glavne ugotovitve, z metodo komparacije pa stanje v Sloveniji primerjali z Evropsko unijo.

Rezultati: Sistematični pregled literature kaže, da si starejši zaposleni želijo možnosti delne upokojitve, zmanjšanje delovne obremenitve, prijazen povratek na delo, možnost notranje zaposlitvene mobilnosti in manj delovnih ur. Na kakšen način vključevati in zadrževati starejše delavce na trgu dela, je problem, s katerim se ukvarja management starosti. Le-ta pa se je kljub nekaj letnim pozivom po implementaciji, v praksi bolj malo uporabljal.

Sklep: Spodbudno je, da se državni organi problema zavedajo in mu namenjajo precej pozornosti v obliki raznoraznih strategij, delovnih dokumentov in poročil. V večji meri je vprašljiva pogostost uporabe v praksi, pri čemer je potrebno izpostaviti, da se posamezna podjetja vendarle že lahko pohvalijo z dobrimi primeri iz prakse.

Ključne besede: staranje prebivalstva, starejši delavci, management starosti, družba

ABSTRACT

Introduction: The world population is growing and aging faster than it used to. Due to the long-term trend of low birth rates and longer life expectancy, we are experiencing an accelerated aging process in Europe and its consequences in certain areas of life. Thus, the demographic trends of aging are already affecting the labor market. In the absence of manpower, companies will have to face more and more senior employees more often, which will present a major human resource challenge for employers, while also being an opportunity to improve the employability of older people and increase their work activity.

Methods: A descriptive research method of reviewing the scientific and professional literature in the field of population aging was used, using the synthesis method to summarize the main findings, and to compare the situation in Slovenia with the European Union.

Results: A systematic review of the literature shows that older employees want partial retirement opportunities, reduced workloads, a friendly return to work, the possibility of internal job mobility and fewer working hours. How to engage and retain older workers in the labor market is a problem that is addressed by age management. However, despite several years of calls for implementation, it has been little used in practice.

Conclusion: It is encouraging that national authorities are aware of and receive considerable attention in the form of various strategies, working papers, and reports. The frequency of use in practice is more questionable, but it should be emphasized that individual companies can already boast of good practice examples.

Keywords: population aging, older workers, age management, society

Zrinka Lončarić, Vedran Martinez

THE ELDERLY IN THE LABOR MARKET AFTER THE PENSION REFORM IN CROATIA

ABSTRACT

As the population of the Republic of Croatia gets older, more and more people retire. According to statistical indicators, the life expectancy of the population of the Republic of Croatia is increasing. At the same time, the process of depopulation and emigration is underway. Data showing that 189,074 people emigrated from Croatia upon accession to the European Union. The particularly negative side of emigration is that working-age people with children leave Croatia, which reduces payments to the pension fund and leads to a real fall in the value of pensions, but also to a lack of workers. That is why the pension reform has been implemented in Croatia since 01. 01. 2019. Laws have entered into force that allow older people to remain in the labor market but also retain retirement rights. The hypothesis of this paper is that reforms allows easier inclusion of the elderly in active work after retirement. The paper outlines the main determinants of the pension reform, which changes has she brought, how current pensioners view pension reform, and how current employees prepare for retirement. Listed are the laws that have undergone changes to the pension reform, which came into force on 01. 01. 2019. Interviews were conducted with currently employed persons and retired persons, which outlined their experiences and expectations, but these persons do not represent a large enough sample. The first experiences of employed retirees are listed.

Keywords: elderly, labor market, pension reform



Zdenka Milič Žepič, Bojana Filej, Voyko Kavcic

DELOVNE KOMPETENCE V STAROSTI 45+ V PODATKOVNO OBREMENJENIH PODJETJIH JOB COMPETENCE OF EMPLOYEES AGE 45 YEARS AND OVER IN COMPANIES WITH HIGH DATA PROCESSING DEMANDS

POVZETEK

Staranje populacije vpliva na veliko segmentov družbe, med njimi na zaposlovanje in menedžment starejših zaposlenih. Vzporedno s staranjem populacije, to je povečanjem deleža prebivalstva starejšega od 65 let, prihaja do povečanja števila starejših zaposlenih. Demografske projekcije kažejo, da bo leta 2050 kar 60 odstotkov zaposlenih starejših od 55 let. Istočasno s populacijo sivijo tudi delovno aktivni, pri tem pa naraščajo problemi povezani s kognitivnimi in čustvenimi spremembami, ki so povezane s procesom staranja. V prispevku poročamo o rezultatih raziskave s SPIN analizo z namenom priprave strategij reševanja problematike starejših zaposlenih, njihovih delovnih kompetenc in odnosa delodajalcev do zaposlenih 45+ v podatkovno intenzivno obremenjenih podjetjih. Izbrali smo naključni namenski vzorec desetih starejših zaposlenih v banki, javni upravi in projektivnem biroju, izvedli intervjuje ter s kodiranjem oblikovali štiri matrične skupine vpliva notranjih in zunanjih dejavnikov izstopajočih pri starejših zaposlenih. Rezultati so pokazali, da imajo starejši zaposleni težave z manipulacijo množice koncentriranih podatkov, da jim to povzroča stres, frustracije, vpliva na zdravje in da so uspešne intervencije v veliki meri odvisne od okolja, v katerem delajo. SPIN analiza prednosti, slabosti, izzivov oziroma priložnosti in nevarnosti je kot izstopajočo pokazala potrebo po urjenju umskih sposobnosti. Kot najprimernejšo intervencijo za omilitev naštetih težav smo predstavili računalniški kognitivni trening (RKT) in študije o rabi le-tega pri starejših zaposlenih. Začetne študije kažejo, da je RKT možno izpeljati v okviru delovnega procesa, da ima pomemben vpliv na izboljšanje kognitivnih sposobnosti, da pa bo potrebno še veliko več raziskav, ki bodo prispevale k izboljššanemu načrtovanju, izvajanju ter evalvaciji učinkov RKT starejših zaposlenih, kakor tudi k izboljššanju vsebin samega treninga. Hkrati predlagamo paralelno izvajanje izobraževanj o vplivu RKT na delovni proces in dobičkonosnost podjetij za delodajalce.

Ključne besede: starejši zaposleni, SPIN analiza, računalniški kognitivni trening

ABSTRACT

Aging affects many societal segments among them also employment and management of older work force. Parallel with population aging, e.g., those of age 65 years and older, there will be an increased number of older employees. Demographic projections show that in 2050 there will be 60% of work force older than 55 years of age. Graying of work force is associated with several issues particularly with age-related cognitive decline and emotional changes. In the talk we will present the outcomes of our study using SWOT analysis with the goal to prepare strategies for resolution of older employees' problems related to their work competence, and employers' treatments of employees older than 45 years of age in the companies with high data processing demands. We interviewed random sample of 10 older employees from a bank, government office, and engineering firm. Then we coded the responses to four matrix groups for evaluation of the influence of internal and external factors highlighted by older employees. Results showed that older employees have problems with manipulation of increased amount of data that cause stress, frustration, affect their health, and that the possible interventions depend to great degree on working environment. SWOT analysis of strengths, weaknesses, opportunities and threats also showed as an outstanding need for exercising of cognitive abilities. As the best possible intervention to prevent age-related cognitive decline we will present computerized cognitive training (CCT) and the studies applying CCT on older employees. Few existing studies show that CCT can be applied within the working process, and that CCT can improve cognitive abilities. However additional research is needed to improve planning, implementation of the training content, and evaluation of effectiveness of the CRT with older employees. We also propose that in parallel with applying CCT to older employees there should be education of employers about the effectiveness of CCT on working process and company's profitability.

Keywords: *older employees, SWOT analysis, computerized cognitive training*



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SUPPORT FOR FAMILIES IN LONGTERM CARE FOR PERSONS WITH DISABILITIES

ABSTRACT

Introduction: Aging is a common process that engages all living beings and causes changes in functioning and abilities, followed by positive and negative feelings and attitudes. There are physical and mental health disorders in the population of long-term caregivers and parents of children with disabilities. Health issues are followed with symptoms of depression, problems in social interactions and daily functioning. This paper focuses on depicting the experiences of parents of people with disabilities and their burdens on the future and the consequences that aging brings to their lives and the lives of their disabled children.

Methods: An appropriate sample of parents were interviewed to examine their perception of stress, the evaluation of experienced and existing support, and the overload that would occur with their children in the future.

Results: It has been shown that parents of children with disabilities feel that they are experiencing more stress than other people, and that the future of their children depends on them and their decisions. Parents express the hope that their children will be cared for by family members, and at last to institutions for permanent accommodation and stay.

Keywords: Family, support, disability, long-term care



Mara Ovsenik, Nikolaj Lipič

DOLGOTRAJNA OSKRBA VS. KAKOVOST ŽIVLJENJA STARIH

POVZETEK

V državah OECD se je delež starejših v ustanovah (domovih za stare) zmanjšal zaradi dobro organizirane dolgotrajne oskrbe na domu. V Sloveniji beležimo obratne trende. Tema prispevka naslavlja problematiko dolgotrajne oskrbe v Sloveniji.

V razvitem svetu povpraševanje po institucionalni oskrbi upada zaradi pričakovanega povečanja števila starih z manj obsežnimi potrebami po pomoči - zadostuje jim oskrba na domu, pri nas pa učinka dolgotrajne oskrbe ni zaznati, še več, nenehno raste število čakajočih na institucionalno oskrbo. Pričakujemo, da bo neuskladenost med povpraševanjem in ponudbo tovrstne oskrbe še rasla. Zaradi kadrovske podhranjenosti pa je pričakovati tudi padec kakovosti življenja starih v institucijah. To dejstvo zahteva zagotovitev ustrezno izobraženih in usposobljenih strokovnjakov, med cilji Strategije dolgožive družbe pa tega ni zaznati.

Za zbiranje podatkov smo uporabili anketno metodo, študija je bila izvedena v 7 nastanitvenih ustanovah, študiji smo dodali polstrukturirani intervju z negovalnim osebjem v institucijah. Model multivariatnih mešanih učinkov z različnimi kovariancami je razkril, da se ocene kakovosti življenja starih tako v institucijah kot doma znižujejo.

Prispevek predstavi rezultate analize scenarijev za proučitev potencialnih vplivov nasprotujočih si trendov na povpraševanje po dolgotrajni oskrbi v Sloveniji – tako v institucijah kot doma. Četudi v svetu povpraševanje po namestitvah v institucije upada zaradi pričakovanega povečanja števila starih z manj obsežnimi potrebami, ki jim zadostuje oskrba na domu, pa pri nas tovrstnega učinka uvedbe dolgotrajne oskrbe ni zaznati. Z nadgradnjo dolgotrajne oskrbe na domu bi lahko institucije namenjali predvsem ljudem, ki potrebujejo večji obseg oskrbe z visokimi potrebami.

»Razumnost in srčnost sta med ljudmi redki vrline, najredkejša od vseh je pravičnost« je zapisal Plutarh. Postulata naslavljata delo s stanovalci institucij za stare. Toda Strategija dolgožive družbe naslavlja le tri cilje, med katerimi ne omenja, kako poskrbeti za ustrezno izobražene in usposobljene strokovnjake, ki bodo sposobni kompetentno izvajati dolgotrajno oskrbo, in bi s tem vplivali na boljšo kakovost življenja starih.

Ključne besede: institucionalno varstvo, dolgotrajna oskrba, kakovost življenja starih

ABSTRACT

In the OECD countries, the portion of elderly in institutional elderly care has declined due to well-organized long-term care at home. In Slovenia, we are observing reverse trends. The topic of the paper addresses the issue of long-term care in Slovenia.

In the developed world, the demand for institutional care is declining due to the expected increase in the number of elderly people with less extensive needs for assistance – for whom home care is sufficient. The effect of long-term care is not being perceived in Slovenia, and the number of applications for institutional care is constantly increasing. We can expect that the mismatch between the demand and availability of institutional care will increase. Due to staff shortage, the quality of life of the elderly in institutions is also expected to decline. This fact requires the provision of properly educated and trained professionals, which is not mentioned in the goals of the Strategy of long-lived society, published by IMAD (Institute of Macroeconomic Analysis and Development of the Republic of Slovenia) in 2017.

We used a survey method to collect the data. The study was conducted in 7 elderly care institutions. In addition, a semi-structured interview with nursing staff at these institutions was added to the study. The multivariate mixed effects model with different covariates revealed that the quality of life estimated of the elderly were decreasing both in institutions and at home.

The paper presents the results of a scenario analysis to examine the potential effects of conflicting trends on long-term care demand in Slovenia - both at institutions and at home. Although in OECD countries the demand for placement in institutions is declining due to the expected increase in the number of elderly with less extensive needs, for whom home care is sufficient, the effect of introducing long-term care is not noticeable in Slovenia. By upgrading long-term care at home, institutions could be dedicated primarily to people in need of more high-need care.

"Reasonableness and cordiality are rare virtues among men, the rarest of which is justice," Plutarch wrote. The postulate addresses work with residents of institutions for the elderly. However, the Strategy a of long-lived society addresses only three goals, one of which is not to mention how to provide properly educated and trained professionals who are able to competently deliver long-term care, thereby affecting the quality of life of the elderly.

Keywords: *institutional care, long-term care, quality of life for the elderly*



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VPLIV DELOVNO AKTIVNE STAROSTI NA ZDRAVJE STAREJŠIH LJUDI THE IMPACT OF WORKING IN OLD AGE TO THE HEALTH OF OLDER PEOPLE

POVZETEK

Uvod: Aktivno preživljanje starosti je pomembno za kakovostno življenje starejših ljudi in zagotavljanje koncepta uspešnega staranja. Delovna aktivnost v starosti, ki jo zaznavamo kot prostovoljno in plačano delo, pomembno vpliva na zdravje starejših ljudi. Prav tako pa je zdravje pomemben dejavnik, ki vpliva na sposobnost delovne aktivnosti starejših ljudi. Namen raziskave je bil raziskati prostovoljno in plačano delo, kot dejavnika delovne aktivnosti v starosti. Ugotavljali smo vpliv prostovoljnega in plačanega dela na zdravje starejših in povezanost zdravja z delovno aktivnostjo v starosti. V raziskavi smo teoretični konstrukt oblikovali na podlagi teoretičnih spoznanj o prostovoljnem in plačanem delu ter zdravju starejših ljudi.

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 v mesecu decembru 2019, s katerim smo pridobili podatke 253 starejših ljudi, ki bivajo v domačem okolju. V raziskavi smo uporabili metode opisne in sklepne statistike, pri čemer smo postavljene hipoteze preverjali z metodami korelacije in regresijske analize.

Rezultati: Rezultati empirične analize pojasnjujejo, da je subjektivno ocenjeno zdravje starejši ljudi dobro. Skoraj polovico jih zaznava dolgotrajno fizično ali psihično težavo, bolezen ali invalidnost. Ugotovili smo, da je visok delež starejših ljudi vključen v prostovoljno delo in so aktivni člani prostovoljnih organizacij. Prav tako jih pomemben delež opravlja plačano delo. Izpostavimo lahko, da delovna aktivnost v starosti, v obliki prostovoljskega in plačanega dela, vpliva na zdravje starejših ljudi v starosti.

Razprava in zaključek: Na podlagi rezultatov raziskave lahko ugotovimo, da delovna aktivnost v starosti pomembno vpliva na subjektivno zaznavanje zdravja starejših ljudi. Ugotovitve raziskave so pokazatelj stanja delovne aktivnosti v starosti in so osnova za oblikovanje politik na področju delovne aktivnosti starejših ljudi.

Ključne besede: starejši ljudje, delovna aktivnost, zdravje, prostovoljno delo, plačano delo

ABSTRACT

Introduction: Active living in older age is important for the quality of life of older people and the concept of successful aging. Working activity in old age, which is perceived as voluntary work and paid work, has a significant impact on the health of older people. Health is also an important factor affecting the ability to working activity of older people. The purpose of the research was to investigate voluntary and paid work as factors of working activity in old age. The impact of voluntary and paid work on the health of older people and the link between health and working activity in old age were determined. In the research, the theoretical construct was designed based on theoretical knowledge about voluntary and paid work and health of older people.

Methods: In research we used a quantitative research approach, using a survey method. The data were obtained with our own questionnaire, which was formulated on the base of a theoretical construct. We conducted a survey in December 2019 to obtain data from 253 old people living in their home environment. Methods of descriptive and inference statistic were used in the study, and hypotheses were tested using correlation and regression methods.

Results: The results of the empirical analysis explain that the subjectively perceived health of older people was good. Nearly half of them experience a chronic physical problems, illness or disability. We found that a high share of older people is involved in volunteering and they are active members of voluntary organizations. A significant share of them do paid work. It can be noted that working activity in old age, in the form of voluntary and paid work, affects to the health of older people.

Discussion and conclusions: Based on the results of the research, we can conclude that working activity in old age significantly affects to subjective perception of health of older people. The findings of the survey are an indicator of the status of working activity in old age and are the basis for policy making in the field of working activity of older people.

Keywords: older people, working activity, health, voluntary work, paid work



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POMEN PROSTOVOLJSTVA IN SOLIDARNOSTI STAREJŠIH LJUDI NA NJIHOVO DUŠEVNO DOBRO POČUTJE **THE IMPORTANCE OF OLDER PEOPLE'S VOLUNTEERING AND SOLIDARITY ON THEIR MENTAL WELL-BEING**

POVZETEK

Uvod: Koncept uspešnega staranja predpostavlja, da starejši ljudje obdobje starosti preživljajo aktivno, kar vpliva na njihovo kakovost življenja. S prostovoljstvom in solidarnostjo, kot dejavnikoma socialnega kapitala, starejši ljudje preživljajo svoj čas aktivnejše, kar vpliva na njihovo dobro počutje. Dobro počutje je stanje duševnega in psihološkega zadovoljstva posameznika. Namen raziskave je bil raziskati pomen prostovoljstva in solidarnosti, kot dejavnika socialnega kapitala za duševno dobro počutje starejših ljudi. V raziskavi smo teoretični konstrukt oblikovali na podlagi teoretičnih spoznanj o prostovoljstvu in solidarnosti ter dobrem počutju starejših ljudi.

Metode: V raziskavi 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 v decembru 2019, s katerim smo pridobili podatke 253 starejših ljudi, ki bivajo v domačem okolju. V raziskavi smo uporabili metode opisne in sklepne statistike, pri čemer smo postavljene hipoteze preverjali z metodami korelacije in regresijske analize.

Rezultati: Rezultati raziskave kažejo, da starejši ljudje v večini svoje duševno dobro počutje ocenjuje kot zadovoljivo. Starejšim ljudem je prostovoljstvo pomembno, saj jih petina opravlja prostovoljsko delo in je aktivna v prostovoljskih organizacijah. Starejši ljudje so pogosto solidarni v obliki nudenja pomoči drugim. Ugotavljamo, da je duševno dobro počutje ljudi zadovoljivo in da sta prostovoljstvo in solidarnost pozitivno povezana z duševnim dobrim počutjem starejših ljudi.

Razprava in zaključek: Na podlagi rezultatov raziskave lahko potrdimo, da sta prostovoljstvo in solidarnost starejših ljudi pomembna za njihovo subjektivno zaznavanje duševnega dobrega počutja. Ugotovitve raziskave so pomemben pokazatelj stanja prostovoljstva in solidarnosti med slovenskimi starejšimi ljudmi ter nivojem njihovega duševnega dobrega počutja.

Ključne besede: starejši ljudje, prostovoljstvo, solidarnost, duševno dobro počutje

ABSTRACT

Introduction: The concept of successful aging assumes that older people are active, which affect to their quality of life. Through volunteering and solidarity, as factors of social capital, older people spend their time more actively, which affect to their mental well-being. Well-being is a state of mental and psychological satisfaction of individual. The purpose of the study was to explore importance of volunteering and solidarity, as factors of social capital, for the mental and psychological well-being of older people. In the study, the theoretical construct was designed based on theoretical knowledge about volunteering and solidarity and the well-being of older people.

Methods: The survey used a quantitative research approach, using a survey method. The data were obtained with our own questionnaire, which was developed based on a theoretical construct. We conducted a survey in December 2019 to obtain data from 231 elderly people living in their home environment. Methods of descriptive and inference statistics were used in the study, and hypotheses were tested using correlation and regression analysis methods.

Results: The results of the survey show that majority of older people consider their mental well-being to be satisfactory. Volunteering is important to older people, as one of fifth of them are volunteer and are active member of voluntary organizations. Older people are often involved in solidarity in the form of helping others. We also find that active volunteering and solidarity are positively related to the mental well-being of older people.

Discussion and conclusions: Based on the results of the research, it can be concluded that volunteering and solidarity of older people are important for their subjective perception of mental well-being. The findings of the research are an important indicator of the state of volunteering and solidarity among Slovenian older people and the level of their mental well-being.

Keywords: *older people, volunteering, solidarity, mental well-being*



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VARNOST PRI DELU IN V PROMETU PRI STAREJŠIH OSEBAH SAFETY AT WORK AND IN THE TRAFFIC OF ELDERLY PERSONS

POVZETEK

Izhodišča: Delovna aktivnost in mobilnost predstavljata pomemben del aktivnega staranja, saj starejšim omogočata gradnjo in vzdrževanje socialnih mrež, neodvisnost in samostojnost ter ohranjanje tako telesnega kot tudi duševnega zdravja. Namen raziskave je bil ugotoviti, ali ob številnih prednostih delovne aktivnosti in mobilnosti starejših do čim bolj poznih let, slednje lahko ogroža tudi varnost na delovnih mestih in v prometu.

Metode: Metoda dela je bil študij literature, analiziranje in primerjanje dosedanjih znanstvenih spoznanj o raziskovalnem vprašanju. Temeljni inštrument zbiranja podatkov je bila strokovna in znanstvena literatura na izbrano temo v obdobju zadnjih 10 let ob upoštevanju temeljne literature.

Rezultati: Splošno razširjeno mnenje, da delovna sposobnost v poznih srednjih letih popušča, v literaturi ni dokazano. Predsodek, da so starejši delavci nagnjeni k poškodbam pri delu, številne obdelane raziskave negirajo. Ugotovljeno je, da starejši delavci utrpijo manj nesreč pri delu od mlajših vrstnikov, prav tako koristijo manj bolniškega staža in utrpijo tudi najmanj poškodb v prometnih nezgodah.

Razprava in zaključek: Starejši niso nosilci nevarnih situacij v prometu in ne predstavljajo grožnje za varnost na delovnih mestih, so pa ranljivi zaradi upada sposobnosti zaradi posledic staranja. Za varnost starejših oseb v prometu in na delovnih mestih je ključno izobraževanje in usposabljanje, katerega nosilec je lahko medgeneracijsko sodelovanje.

Ključne besede: delovna aktivnost, mobilnost, delovna sposobnost, vozniška sposobnost, varnost

ABSTRACT

Theoretical background: Work activity and mobility represent an important part of active aging, as they enable elderly the construction and maintenance of social networks, independence and autonomy, and the preservation of both physical and mental health. The research question was whether working activity and mobility of the elderly to the latest years, together with many benefits, could also jeopardize safety in workplaces and in traffic.

Methods: The method of work was the study of literature, the analysis and comparison of previous scientific findings on the research question. The basic instrument for collecting data was literature.

Results: A widely spread belief that the capacity for work in the late middle years is declining has not been proven in the literature. The prejudice that older workers are prone to injuries at work, many studies negate. Also, with regard to the participation of older people in traffic, the general belief is that older people in traffic are at risk due to their vulnerability, exposure, aging and weakening of sensory and motor abilities. The older drivers in our country, according to statistics, cause relatively little traffic accidents.

Discussion and conclusion: Elderly are not carriers of hazardous traffic situations and do not pose a threat to workplace safety. For the safety of older people in transport and in workplaces, education and training is crucial and the carrier of that could be intergenerational cooperation.

Keywords: work activity, mobility, working ability, driving ability, safety

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KAKO STAREJŠI ZAPOSLENI V ZDRAVSTVU VIDIJO MOŽNOST PODALJŠANJA ZAPOSLOTITVE HOW OLDER HEALTH CARE EMPLOYEES SEE THE POSSIBILITY OF LONGER EMPLOYMENT

POVZETEK

Slovenija prehaja v dolgoživo družbo. Pomeni, da so razmerja med starostnimi skupinami spremenjena, kar vpliva na celotno družbo. Kakovost življenja in delovna aktivnost starejših je postalo pomembno vprašanje. Raziskava je temeljila na kvantitativni metodi dela. Vzorec je sestavljalo 51 starejših zaposlenih starih od 50 do 60 let. Vzorec je bil opisan na podlagi frekvenčnih vrednosti in pripadajočih odstotkov. Hipoteze smo preverili na podlagi hi-kvadrat testa in t-testa za samostojne vzorce. Statistična analiza je bila izdelana s programom IBM SPSS 26.0. Vrednost $p < 0,05$ je določala mejo statistične značilnosti. 58,5 % zaposlenih v zdravstvu bi podaljšalo delovno dobo po dosegu izpolnjenih pogojev za upokožitev. Od tega bi 68,8 % anketiranih po upokožitvi želelo nadaljevati delo v svoji službi pogodbeno, medtem ko se 31,4 % anketiranih po upokožitvi ne želi pogodbeno zaposliti v svoji službi. 35,3 % anketiranih želi nadaljevati delo na istem delovnem mestu, 29,4 % zaposlenih ne želi nadaljevati dela na istem delovnem mestu. Zaposleni v zdravstvu imajo željo in interes po nadaljnjem sodelovanju po dosegu pogojev za upokožitev. Z raziskavo smo pri počutju zaposlenih v službi ugotovili, da se starejši zaposleni v službi pri svojem delu ne počutijo enakovredni mlajšim sodelavcem. Vodstvo jih pri njihovem delu ne podpira dovolj.

Ključne besede: upokojevanje, delo, starejši, zdravstvo, delovno aktivni

ABSTRACT

Slovenia is becoming a long-living society. The ratios between age groups has changed. The quality of life and working activity of the elderly have become an important question. The research was based on quantitative research method. The pattern was described based on frequency values and associated percentages. The hypotheses were tested using hi-square test and t-test for independent samples. Statistical analysis was made with IBM SPSS 26.0 program. The limit of statistical significance was determined by the value $p < 0,05$. 58.5% of surveyed would extend their years of service after reaching their retirement. Out of all of them, 68.8% of surveyed would like to continue working at their position after retirement, while 31.4% of surveyed wouldn't like to continue working contractually at their positions after retirement. 35.3% of surveyed would like to continue working at their current positions, 29.4% of surveyed would like to chance positions and 35.3% of surveyed would like to continue working, but on different positions. Medical employees are interested and want to continue working after reaching the retirement. With this research we concluded, the older employees at their jobs do not feel equivalent to the younger employees. The management does not support them enough at their jobs.

Keywords: retirement, work, elderly, health care, work - active

Mojca Trček

KAKOVOST ŽIVLJENJA STAREJŠIH GLUHIH IN NAGLUŠNIH LJUDI V DOMAČEM OKOLJU QUALITY OF LIFE FOR ELDERLY DEAF AND HARD OF HEARING PEOPLE IN THE HOME ENVIRONMENT

POVZETEK

Naglušnost in gluhotata se pojavljata v vseh življenjskih obdobjih. Staranje ljudi pogosto vodi v delovno, družabno in socialno neaktivnost, nesamostojnost, osamljenost in zdravstveno ogroženost. S staranjem družbe se vse pogosteje srečujemo tudi s težavami s sluhom. Usmerjanje pozornosti v dvigovanje kakovosti življenja starejših nas vodi v razmišljanje o problemih, s katerimi se soočijo gluhi in naglušni ljudje, ko želijo bivati v domačem okolju. V magistrskem delu je bil izpostavljen pomen slušnih pripomočkov, sprejemanje težav s sluhom, komuniciranje in socialno vključevanje gluhih in naglušnih ter vloga patronažne medicinske sestre pri delu z gluhih in naglušnim bolnikom. Cilj prispevka je raziskati kakovost življenja gluhih in naglušnih ljudi v domačem okolju. V raziskavi smo uporabili kvalitativni raziskovalni pristop. V vzorec smo vključili osem starejših gluhih in naglušnih oseb po upokojitvi, ki živijo v domačem okolju: štiri osebe, ki so gluhe pretežni del svojega življenja (starajoči se invalidi), in štiri, ki so postali gluhi in naglušni v obdobju po upokojitvi (starejših invalidi). Primerjali smo morebitne razlike med starajočimi se slušno oviranimi invalidi in starejšimi slušno oviranimi invalidi. Rezultati raziskave doprinesejo pomemben prispevek v stikih z gluhih in naglušnih ljudi v domačem okolju in nadaljnjim raziskavam na področju kvalitete življenja gluhih in naglušnih ljudi v domačem okolju.

Ključne besede: naglušni, kakovost življenja, starejši, domače okolje

ABSTRACT

Hearing-impairment and deafness can happen at any time in life. Aging often leads to non-involvement with friends and at work, loss of independence, loneliness, poorer health. In an aging society we discover increased hearing problems. When we put our minds to reusing older people's quality of life a prime factor is the troubles the deaf and hearing impaired have to face when living at home. This study highlights the importance of hearing aids, of recognizing one's limitations, of social intercom and inclusion, of the role of the nurse dealing with all this, and its aim was to focus on living with hearing loss in a home environment. We used a qualitative research approach. Our sample consisted of 8 elderly retired people living at home: 4 of them have been deaf for most of their lives, 4 had become so after retirement. We hope to instance differences between those more and those less, used to their infirmities, and we want to contribute to further work in this area through this project - quality of life for the deaf and hearing impaired at home.

Keywords: hearing-impaired, quality of life, elderly, domestic environment

Lucie Vidovičová

AGEIZEM, STAROSTNA DISKRIMINACIJA IN POLITIKE TRGA DELA - MEDNARODNA PERSPEKTIVA AGEISM, AGE DISCRIMINATION AND THE LABOUR MARKET POLICIES - INTERNATIONAL PERSPECTIVE

ABSTRACT

The paper will present some of the recent developments in the field of age discrimination on the labour market in international perspectives. Arguments on the embeddedness of age discrimination in the ageism and its distinction from this broader age-based ideology will be presented and discussed. Ageism is understood as the stereotyping, prejudice and discrimination against people based on their age. The evidence, based on the empirical studies, will be presented, illustrating how age is present on the labour market, both in terms of age-related HR practices and age-structuring of specific fields. In the next part, the policy brief on ageism in the field of work and its main arguments will be presented. Here, three main areas of action are required: • Removing ageist provisions in the legal and regulatory framework and enforcing implementation of equality acts while promoting awareness about employee rights and support available to victims of age discrimination. • Addressing prejudice and negative stereotypes about older workers through research on ageism and awareness-raising campaigns that dispel the myths about older workers, improve their image, highlight their positive contributions to the labour market and promote the benefits of age diversity and inclusiveness; promoting intergenerational contact through mentoring and job-sharing schemes; addressing internalized ageism by boosting confidence and self-esteem, and enhancing skills and employability of older workers. • Encouraging age-inclusive and age-diverse workplaces by providing financial incentives to employers, developing capacity for age management and fostering partnerships with relevant stakeholders to facilitate more far-reaching and long-lasting change. The need to open the area for methodological debates on the measurement of both ageism and age discrimination in the labour market will be suggested in the closing remarks.

Keywords: *age discrimination, ageism, labour market, international, policy*



Anton Zupan, Mitja Slapar, Zvone Balantič

DELOVNA AKTIVNOST IN MOBILNOST STAREJŠIH WORK ACTIVITY AND MOBILITY OF THE ELDERLY

POVZETEK

Izhodišča: Delovna aktivnost in mobilnost predstavljata pomemben del aktivnega staranja, saj starejšim omogočata gradnjo in vzdrževanje socialnih mrež, neodvisnost in samostojnost ter ohranjanje tako telesnega kot tudi duševnega zdravja. Namen študije je ugotoviti učinke delovne aktivnosti in mobilnosti starejših.

Metode: Metode dela so bili študij literature, analiziranje in primerjanje dosedanjih znanstvenih spoznanj o postavljenih raziskovalnih vprašanjih. Temeljni inštrument zbiranja podatkov je bila strokovna in znanstvena literatura na izbrano temo v zadnjem obdobju.

Rezultati: Večina študij navaja pozitivne učinke delovne aktivnosti in mobilnosti v pozna leta starosti. Digitalna dostopnost in nagel razvoj podpornih tehnologij za mobilnost starejših odpirata nove priložnosti za mobilnost in delovno aktivnost oziroma daljšo prisotnost starejših na trgu dela.

Razprava in zaključek: Delovna sposobnost in sposobnost gibanja je zaradi posledic staranja pri starejših v primerjavi z mlajšimi zmanjšana. Trajnostna politika na področju dela, v interesu družbe in posameznika, spodbuja delovno aktivnost do pozne starosti. S pomočjo digitalne dostopnosti in podpornih tehnologij je to uresničljivo.

Ključne besede: starejši, delovna aktivnost, mobilnost, digitalna dostopnost, podporne tehnologije

ABSTRACT

Theoretical background: Work activity and mobility are an important part of active aging, as they enable older people to build and maintain social networks, independence and autonomy, and maintain physical and mental health. The purpose of the study is to determine the effects of older people's work activity and mobility.

Methods: The method of work was the study of the literature, analyzing and comparing the scientific findings on the research questions. The basic instrument of data collection has been the professional and scientific literature on a selected topic in the recent period.

Results: Most studies mention the positive effects of work activity and mobility in the late years of age. The digital accessibility and rapid development of assistive technologies for the mobility of older people open new opportunities for mobility and work activity, or a longer presence of older people in the labor market.

Discussion and conclusion: Work capacity and mobility of the elderly are reduced compared to the younger ones because of aging. Sustainable labor policy, in the interest of society and the individual, encourages work activity until a late age. With digital accessibility and assistive technologies, this is feasible.

Keywords: Elderly, work activity, mobility, digital accessibility, assistive technologies.



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I.
RAZISKOVALNA PODROČJA,
VEZANA NA ŠTUDIJSKE PROGRAME

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HUMANISTIKA IN UMETNOST /
HUMANITIES AND ARTS

Ivo Ban

PRISPEVEK DR. JANKA BEZJAKA H KONCEPTUALIZACIJI MATERINŠČINE KOT UČNEGA JEZIKA THE CONTRIBUTION OF JANKO BEZJAK PHD TO THE CONCEPTUALIZATION OF THE MOTHER TONGUE AS TEACHING LANGUAGE

POVZETEK

V drugi polovici 19. stoletja in v prvih desetletjih 20. stoletja so se napredno misleči izobraženci, med katere nedvomno spada tudi večstranski pedagog - jezikoslovec dr. Janko Bezjak, vse bolj zavedali pomena in vloge materinščine kot bistvenega orodja, ne samo v smislu elementarne komunikacije, temveč kot učinkovitega sredstva za potrebe nujnega razvijanja različnih strokovnih področij in s tem za napredno delovanje ter obstoj takrat še dokaj krhke nacionalne entitete avstro-ogrškega slovenstva. V ta namen je dr. Janko Bezjak svoje dihonomno delovanje na pedagoškem področju (kot izvrsten teoretik in delujoči praktik) usmerjal k ustvarjanju, (tudi) na lastnih izkušnjah temelječega koncepta maternega jezika. Obsežna prizadevanja in aplikativno delovanje dr. Bezjaka je razumeti kot premišljeno in ciljno orientirano nadgradnjo idejne rdeče niti številnih predhodnikov, ki so že pred njim želeli tlakovati pot slovenščini kot slovstvenemu jeziku, in to ne zgolj na leposlovnem področju. Izjemno živahno, obenem pa tudi raznovrstno nastajanje, razvijanje, nadgrajevanje in pretakanje novih idej, hkrati podkrepljeno s številnimi pozitivnimi premiki na legislativnem področju, je v obsežni meri pripomoglo k vse večjemu rahljanju tisočletja trajajoče binarno orientirane intelektualne jezikovne sprege 'Aut Latinum, aut nihil'. Poleg tega pa je bila slovenščina v tistem času kot nastajajoča in v mnogočem notranje (še) ne povsem homogena tvorba (kranjska, štajersko-koroška in primorska varianta ob hkratni formalnopравни izključenosti prekmurskega konstitutivnega jezikovnega uda) še dodatno ukleščena v okostje dejansko obstoječega slovensko-nemškega jezikovnega binoma, obstoj katerega s praktično funkcionalnega zornega kota v osnovi ni bil problematičen.

Ključne besede: pedagog - jezikoslovec, slovstveni jezik, dihonomno delovanje, jezikovni binom

ABSTRACT

In the course of the second half of the 19th century and during the first decades of the 20th century the forward-looking intellectuals, undoubtedly including the multilateral educator - linguist Janko Bezjak PhD, became increasingly aware of the meaning and the role of the mother tongue as an essential tool, not only as regards the elementary communication, but also as an efficient means to satisfy the needs of urgent development of various areas of expertise, thus facilitating progressive action and existence of the then rather fragile national entity of the Austro-Hungarian Slovenedom. It was to this purpose that Janko Bezjak PhD (being an excellent theoretician and an active practitioner) directed his dichotomous activities in the field of education towards the creation of a concept of the mother tongue based (also) on his own experience. The vast endeavours and applicative activity of Mr Bezjak are to be considered as a sophisticated and targeted superstructure of the conceptual central theme by numerous predecessors, who even before his time wanted to pave the way for the Slovenian language as a literary language, not merely in the field of fiction. An extremely lively and simultaneously varied formation, development, improvement and the flow of new ideas, strengthened by numerous positive moves in the legislative field contributed significantly to the ever-greater loosening of the binary-oriented intellectual saying 'Aut Latinum, aut nihil' which had been valid for thousands of years. Furthermore, Slovenian was at the time - being an emerging and an internally hardly (yet) homogeneous formation (carniolan, styrian-carinthian and littoral variant and the Prekmurje constitutive language community being excluded at the time) - additionally clamped within the actually existing Slovenian-German binomial, the existence of which was from the practically functional perspective in its essence not problematic.

Keywords: educator - linguist, literary language, dichotomous activities, linguistic binomial

Nastja Baškovč

KONCEPTUALIZACIJA ŽENSKÉ IDENTITETE IN DUŠEVNEGA ZDRAVJA SKOZI EPISTEMOLOGIJO SPOLNIH BINARIZMOV CONCEPTUALIZING WOMEN'S IDENTITY AND MENTAL HEALTH THROUGH THE EPISTEMOLOGY OF KNOWLEDGE

POVZETEK

Prispevek razvija vprašanje razumevanja etiologije ključnih mehanizmov, ki človeka oslabijo na podlagi negativnega spolnega stereotipiziranja in s tem posledično vplivajo na njegovo/njeno duševno zdravje. Skozi razumevanje oblikovanja ženske identitete se bo v tem kontekstu obravnaval tudi potek človeškega razumevanja duševne bolezni od antike do postmoderne.

Duševne motnje postajajo vse večji zdravstveni problem razvitega zahodnega sveta. Incidenca duševnih motenj je med vsemi boleznimi v strmem vzponu in s tem ekonomsko breme, ki ga predstavlja izguba produktivnosti in naraščanje stroškov zdravstvenega in socialnega varstva, zaradi duševnih bolezni narašča. V postmodernej zahodni družbi je pojav specifičnih težav in izražanje stisk v duševnem zdravju človeka odvisen od mnogoterih dejavnikov, tudi spola in nanj pripete družbene vloge, moči in statusa. Danes človek deluje na temeljih realnosti kot posledici kulturnih zahtev, pričakovanj in predstav o moških in ženskah, ki se razlikujejo glede na različna okolja, čas in kulturo. Identiteto oblikujejo procesi v družbi, ki v zahodni kulturi izhajajo iz filozofije in krščanstva in se spreminjajo skupaj s kulturnimi praksami. Kot taka je vsekakor povezana z dihotomičnim razumevanjem sveta, ki ga predstavljajo dualizmi. Vpliv učinkov patriarhalnega in kapitalističnega sistema na oblikovanje ženske identitete kot družbenega konstrukta, pomembno vpliva na njeno duševno zdravje in izražanje duševnega trpljenja. Dejavniki tveganja za nastanek duševne motnje so tesno povezani z internim in eksternim okoljem človeka. Skozi zgodovino si je človek duševno bolezen razlagal z nadnaravnimi silami, s pojavom filozofije je pričel racionalno obravnavati duševne bolezni in je odgovore iskal v naravi in materiji. S tem se pojavijo tudi prvi zapisi duševnih stanj in pripisovanje duševnih bolezni vezanih na biološki spol.

Ključne besede: ženska identiteta, duševna bolezen, duševna motnja

ABSTRACT

The main focus of this presentation is to question the understandings of the etiology and key mechanisms that have a negative impact on a person, based on a negative gender stereotypes, which consequently affects his or her mental health. Understanding of female identity formation and the process of human understanding of mental illness, from antiquity to postmodern, will also be addressed in the context.

Mental disorders are becoming a growing burden of the developed western world. The incidence of mental disorders is on the highest rise among all diseases and with it, the economic burden posed by the loss of productivity. The rising costs of health and social care, is increasing due to mental illness. The emergence of specific problems in postmodern western society and the expression of distress of a person's mental health, depends on many factors, including gender within the social role, power and social status. Nowadays, man function on foundation of reality, as a consequence of cultural conditioning. Expectations and ideas about men and women, vary according to different environments, time and culture. The identity is shaped by processes in society, derived from philosophy and Christianity which changes along with cultural practices. As such, it is certainly linked to a dichotomous understanding of the world, which is derived from dualistic point of view. The impact of capitalism and patriarchal systems have a significant impact on formation of woman's identity, their social construct, mental health and expression of mental suffering. The risk factors for a development of a mental disorder are closely related to person's internal and external environment. Throughout history, people first interpreted mental illness with supernatural forces. With the emergence of philosophy people began rationally treat mental illness and sought answers in nature and matter. Consequently first records of mental state appears related to biological sex.

Keywords: female identity, mental illness, mental disorder

Aleš Čakalić

IDEOLOGIJA IN ESTETIKA NOVEJŠIH HRVAŠKIH IGRANIH NADALJEVANK (2016 – 2020) IDEOLOGY AND AESTHETICS OF RECENT CROATIAN FICTIONAL TV SERIES (2016 – 2020)

POVZETEK

V avdiovizualnih produkcijah socialistične Jugoslavije in njenih držav naslednic se je skozi desetletja izrisoval dualizem med instrumentalnimi izdelki, katerih namen je bilo posredovanje ideoloških sporočil (tja do ravni indoktrinacije), in avtonomno umetniško ustvarjalnostjo. Obdobje socialistične Jugoslavije so tako zaznamovali partizanske epopeje na eni in kljubovalni »črni val« na drugi strani; poplava instrumentalnih, politično »pravovernih« produkcij iz časa jugoslovanskih vojn v 90. letih 20. stoletja pa se je po padcu Miloševića in smrti Tuđmana v prihodnjih dveh desetletjih umaknila avtonomnim filmskim in televizijskim refleksijam postjugoslovanske stvarnosti. A v najnovejšem času se zdi, da regionalne avdiovizualne medijske politike ponovno resneje obujajo k življenju nacionalistične retorike, v marsičem že spominjajoče na duha medijskih posegov, ki so v 80. letih 20. stoletja tlakovali teoretsko pot poznejšim krvavim obračunavanjem.

V prispevku z metodama kritične diskurzivne analize in dekonstrukcije pregledam pet novejših hrvaških igranih televizijskih nadaljevank, *General* (2019) Antuna Vrdoljaka, *Pogrešane* (2020) Kristijana Milića, *Varuha dvorca* (2017) Lukasa Nole, *Časopis* (2016, 2018, 2020) Daliborja Matanića ter *Uspeh* (2019) Danisa Tanovića. Vprašam se, do katere mere so *General*, *Varuh dvorca* in *Pogrešani* instrumenti dominantnih hrvaških ideoloških paradigem, ali lahko doprinesejo h geopolitični nestabilnosti regije, in kako ta novi val hrvaške instrumentalne televizijske produkcije postavlja v novo luč uveljavljena spoznanja novejših filmskih in medijskih študij o postjugoslovanskem filmu. Po drugi strani ugotavljam, da *Časopis* in *Uspeh* predstavljata estetsko dovršeno, umetniško avtonomno in družbeno relevantno alternativo tem naraščajočim instrumentalnim tendencam novejših hrvaških igranih televizijskih produkcij. Zanimiv je tudi širši svetovni kontekst – medtem ko je *General* praktično neizvozljiv hrvaški medijski artikel, sta *Časopis* in *Uspeh* nadvse odmevna tudi po svetu.

Ključne besede: postjugoslovanski film, televizijske serije, medijska politika, instrumentalnost, avtonomnost

ABSTRACT

In audiovisual productions of the Socialist Yugoslavia and its successor states, one could, over the course of decades, detect a dualism between instrumental works that supplied ideological messages (all the way up to the indoctrination level), and autonomous artistic creativity. The Socialist period was thus marked by both Partisan epopees and the notorious, regime-defying »Black Wave«, whereas the overflow of instrumental, politically single-minded productions from the Yugoslav Wars era gave way, after the fall of Milošević and the death of Tuđman, to autonomous cinematical and televisional reflections of post-Yugoslav reality. Over the last few years, however, there have been signs of regional audiovisual media policies again more resolutely reviving nationalist rhetorics that bring to mind the spirit of media interventions which, in the 1980s, paved the theoretical path towards the upcoming confrontations and bloodbaths.

*By way of critical discourse analysis and deconstruction, five recent Croatian fictional TV series are examined: Antun Vrdoljak's *General* (2019), Kristijan Milić's *The Missing* (2020), Lukas Nola's *The Guardian of the Castle* (2017), Dalibor Matanić's *The Paper* (2016, 2018, 2020), and Danis Tanović's *Success* (2019). Inquiries are made over the following issues: to what extent are *General*, *The Guardian of the Castle* and *The Missing* instruments of dominant Croatian ideological paradigms, can they contribute to the geopolitical instability of the region, and in what way does this new wave of Croatian instrumental TV production shed a new light on the established findings of recent film and media studies on the subject of post-Yugoslav cinema? On the other hand, *The Paper* and *Success* represent an aesthetically consummate, artistically autonomous, and socially relevant alternative to these rising instrumental tendencies of the recent Croatian fictional TV production. Also of note is the wider global context – whilst *General* is a practically unexportable Croatian media item, both *The Paper* and *Success* grabbed exceptional international attention.*

Keywords: *post-Yugoslav cinema, TV series, media policy, instrumentality, autonomy*



Nežka Jovan

IGRA IN PROSTOR GAME AND SPACE

POVZETEK

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. Definicija prostora je v igri ključnega pomena, ne glede na to ali gre za dejansko realno zaznavno območje ali pa zgolj za imaginarno, domišljijско sceno. Igralcu nudi varno polje, kjer vse poteka pod določenimi pravili. Z izstopom igralca iz igralnega območja se igra zanj prekine oziroma konča. Vsaka igra poteka v okviru svojega igralnega prostora, prizorišča, ki je bodisi materialno bodisi le idejno, namenoma ali nekako samoumevno že vnaprej zakoličeno. Igralno polje v igri nemalokrat preseže materialni atribut lokacije dogajanja. Michael 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 značilnosti prostora v igri. Foucault se nekako nahaja 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 objektivno danost ali pogoj za dejanja, temveč opozarjajo, da prostori izhajajo iz procesov konstituiranja. V prispevku želimo premisliti o pomembnosti dojetanja prostora in izpostaviti posebnosti simbioznega odnosa med igro in prostorom.

Ključne besede: igra, prostor, heterotropije, Huizinga, Foucault

ABSTRACT

The basic characteristics of the game include its conciseness and boundedness, as it is played within certain time and space boundaries. A pioneer of game theory, which developed only in the 20th century, Johan Huizinga points out that, despite being limited in space and playing time, it is not typical for it to be part of real space or time itself, since it can possess an unreal space and time. The definition of space is crucial in the game, whether it is an actual real-world detectable area or merely an imaginary scene. It provides the player with a safe box where everything goes under certain rules. When a player leaves the playing area, the game is interrupted or ended. Each game takes place within its own playing space, a venue that is either material or conceptual, intentionally or somehow taken for granted in advance. The playing field in the game often exceeds the material attribute of the location of the action. In his lecture *Of Other Spaces*, Michael Foucault develops the notion of heterotopia. A very short and condensed scripture cannot convey the complete idea of other spaces, but its concept can be seen as an extremely fruitful foundation for thinking about the characteristics of space in play. Foucault is somehow at a turning point where it is not entirely clear whether heterotopias make sense as real spaces (localizable), or we must understand heterotopias metaphorically as something that is other than space. For Michel de Certeau, for example, place is an instantaneous positional arrangement, with space vectors of direction, velocity, and time variable coming into play. What is common to these different designs is that they do not merely assume space as an objective given or a condition for action, but point out that spaces arise from constitution processes. In this paper we want to reflect on the importance of perception of space and highlight the peculiarities of the symbiotic relationship between play and space.

Keywords: game, space, heterotropies, Huizinga, Foucault

Kleopatra Kodrič, Munira Pejić

HUMANISTIČNA PARADIGMA VSEŽIVLJENJSKEGA IZOBRAŽEVANJA IN NAPREDKA V POSTMODERNI DRUŽBI THE HUMANISTIC PARADIGM OF LIFELONG LEARNING AND PROGRESS IN POSTMODERN SOCIETY

POVZETEK

Prispevek temelji na obravnavi humanističnega modela vseživljenjskega izobraževanja, katerega osnova so tri prvine: državljanska vzgoja, izgradnja socialnega kapitala ter povečanje sposobnosti posameznikov. Glavna paradigma modela človeškega kapitala pri modelu vseživljenjskega izobraževanja je poudarek na razvoju kompetentnih in odgovornih državljanov, ki usmerjajo naložbo v izobraževanje (Kapil Dev Regmi, 2015). Zagovorniki teorije o človeškem kapitalu, kot sta Gery Becker (1962, 1975) ter Theodore Schultz (1960, 1961), obravnavajo izobraževanje kot naložbo v posameznika, posledice izobraževanja pa kot obliko kapitala. Rezultat te naložbe vidimo skozi rast števila znanstvenikov, tehnikov, menedžerjev ter strokovnjakov iz preostalih panog. V postmoderne družbi se srečujemo z izzivom, kako ostati konkurenčen na trgu dela, hkrati pa povečati produktivnost ter blaginjo družbe. V prispevku bomo na podlagi analize vsebine predstavili teorijo in model funkcioniranja človeškega kapitala, hkrati pa opredelili morebitne mehanizme (faktorje), ki so v postmoderne perspektivi zatajili v izobraževalnem sistemu in morda predstavljajo stagnacijo tudi na področju trga znanja. Posamezniki, tj. predvsem šolajoča se populacija, so gonilna sila vseživljenjskega izobraževanja. Biti kompetenten v stroki pomeni kakovostnejšo zaposlitev ter seveda z njo povezan višji dohodek. Model vseživljenjskega učenja ima kompleksen pomen, saj z znanjem lahko konkuriramo drugim državam, hkrati pa je motivacijsko sredstvo prenosa ter ohranjanja znanja skozi celostni razvoj posameznika v družbi.

Ključne besede: izobraževanje, kapital, trg dela, konkurenca, postmoderna družba

ABSTRACT

The article is based on an examination of the humanistic model of life education, which is based on three main presumptions: civil upbringing, building of social capital and increasing the capabilities of individuals. The main paradigm of the human capital model in the model of life education is the emphasis on development of competent, responsible citizens, which direct the investment in education (Kapil Dev Regmi 2015). Proponents of the theory of human capital as Gary Becker (1962, 1975) and Theodore Schultz (1960, 1961) examine education as an investment in an individual and the consequences of education as a shape of capital. The result of this investment is seen as a growth in the number of scientists, technicians, managers and professionals from other fields. In the postmodern society we are faced with the problem of staying competitive on the labour market whilst increasing productivity and well-being of the society. Based on the analysis of the content we will introduce the theory and the model of the functioning of the human capital, while determining possible factors, that have failed in the educational system and might even present a stagnation in the field of the education market in the postmodern society. Individuals, especially the school going population are the driving force of life education. Being competent in your field leads to a higher quality employment and the higher income that follows such. The model of life education has a complex meaning because we can compete with other countries with our knowledge and at the same time serves as a motivational tool of transferring and maintaining knowledge throughout the holistic development of an individual in society.

Keywords: education, capital, labour market, competition, postmodern society

Ignac Navernik

GILGAMEŠ IN ENGIDU: OD TENKI NEKEGA RAZMERJA GILGAMESH AND ENKIDU: SHADES OF A RELATIONSHIP

POVZETEK

Hermenevtična ponovna branja Epa o Gilgamešu omogočajo vpogled v več odtenkov in nivojev pripovedi o razmerju med dvema moškima s srede ali konca drugega tisočletja pred Kristusom na območju Mezopotamije. Kakor je v pripovedi mogoče razpoznati nekatere simbolne in metaforične linije, kozmološke in teološke razlage »resnic« civilizacijskega kroga (spopad med divjino in kulturo, življenjem in smrtjo), je hkrati mogoče kartirati nekatere faze in nivoje osebnega razmerja med dvema moškima. Plasti odnosa so podane skozi pripovedne elemente, a vendar je mogoče razpoznati lok, ki se razprostira od slutnje (sanj), ukrotitve in pokoritve, do prijateljske in agapične bližine, ki se v lamentacijah za pokojnim Engidujem približa sveto-pisemskemu žalovanju Davida za Jonatanom. Pripoved vsaj delno odstira vpogled v miselno in moralno mrežo družbe in sprejemanja/zavračanja istospolne erotike/ljubezni v določeni časovno-geografski enoti širšega mezopotamskega prostora. Posploševanje je zelo oteženo, saj različne variante pripovedi zelo različno opredeljujejo izhodiščni položaj obeh moških (egalitarnost je zaslediti v Standardni babilonski verziji). Odnos med Gilgamešem in Engidujem je zgolj eden od odnosov v katere vstopata ali bi lahko vstopila. Obenem ne smemo zanemariti vpliva žensk na razvoj razmerja med obema moškima. Razbiranje gest in nians v najzgodnejših pripovedih je v zgodovini »homoseksualnosti« pomembno tudi za razumevanje in analizo stališč treh velikih monoteističnih religijskih tradicij.

Ključne besede: homoseksualnost, Ep o Gilgamešu, LGBTIQ+, antika, Mezopotamija

ABSTRACT

The hermeneutical re-reading of the Epic of Gilgamesh provides insight into several nuances and levels concerning the narrative of the relationship between two men from the middle or the end of the second millennium BC in Mesopotamia. In the Epic some symbolical and metaphorical lines, cosmological and theological explanations of the "truths" (conflict between wilderness and culture, life and death) inside the specific civilization circle can be discerned. On the other hand, certain stages and levels of a personal relationship between two men are also recognizable. The strata of the relationship are depicted thru various narrative elements, but it is still possible to recognize the arc which extends from foreboding or intuition (Gilgamesh's dreams), taming and mutual submission, to the friendliness and agapic closeness that, in the lamentations after Enkidu's death, nears the biblical mourning of David over Jonathan. The narrative at least partially provides the insight into society's mental and moral network regarding the adoption/rejection of same-sex eroticism/love in a particular time-geographical unit of the wider Mesopotamian space. Generalization is very difficult because different variants of the narrative define the starting position between the two men differently (egalitarianism can be seen in the Standard Babylonian Version). The relationship between Gilgamesh and Enkidu is just one of the relationships they enter or could enter. Furthermore, we must not overlook the influence of women in the development of the relationship between the two men. To figure out the gestures and nuances of the earliest narratives is for the history of "homosexuality" also important under the facet of properly understanding and analyzing the positions of the three great monotheistic religious traditions.

Keywords: homosexuality, Epic of Gilgamesh, LGBTIQ +, antiquity, Mesopotamia

Jerica Pavšič

OZNAČITEV GENERALA RUDOLFA MAISTRA KOT JUNAKA NA PODLAGI TEORIJ O JUNAŠTVU CHARACTERIZATION OF GENERAL R. MAISTER AS A HERO ON THE BASIS OF HEROISM THEORIES

POVZETEK

General Rudolf Maister (1874–1934) se je zapisal v slovensko zgodovino kot vojaški poveljnik, ki je po koncu prve svetovne vojne ob razpadu Avstro-Ogrske, ko je bila usoda slovenskega naroda kot majhnega naroda zelo negotova, priboril velik del slovenskega ozemlja (območja do severne slovenske meje na Štajerskem) pod našo trajno oblast. 1. novembra 1918 je – takrat še major – kot poveljnik mariborskega okrožja črne vojske, v vojašnici 26. strelskega polka v Melju pred mestnim poveljnikom podpolkovnikom Antonom Holikom in zbranimi častniki izjavil: »Ne priznavam teh točk. Maribor razglašam za jugoslovansko posest in prevzemam v imenu svoje vlade vojaško poveljstvo nad mestom in vso Spodnjo Štajersko.« 23. novembra 1918 je razorožil nemško varnostno stražo, s čimer je mesto Maribor v celoti prišlo pod njegovo poveljstvo.

Sklepam, da je s tem hrabrim samoiniciativnim dejanjem, s katerim je dolgoročno vplival na slovensko državotvorno zgodovino, postal slovenski nacionalni junak, četudi se je odnos do njegovih zaslug za slovenski narod skozi čas spreminjal in bil različno intenziven.

Na podlagi teoretskih zapisov o junaštvu (Aristotel, L. Lowenthal, A. Trstenjak, P. Zimbardo, E. Hobsbawn, J. Campbell) in klasifikacij junaštev poskušam lik generala Rudolfa Maistra kot zgodovinski lik posameznika s posebnimi, nadpovprečnimi lastnostmi in izjemnimi dejanji umestiti v ustrezno podskupino junakov.

Ključne besede: Rudolf Maister, junaštvo, vojaško voditeljstvo, domoljubje, slovenska zgodovina

ABSTRACT

General Rudolf Maister (1874–1934) has come in Slovenian history as a military commander in the aftermath of World War I, following the collapse of the Austria-Hungary, when the fate of such a small nation as the Slovenian one was very insecure. On 1st November 1918, Rudolf Maister - then major - took over the military command of the city of Maribor and the Lower Styria. On 23rd November 1918 he, as general, disarmed the German Green Guard in Maribor and de facto established his command. So, he decisively intervened in determination of the border between the new states (the Austrian and »Yugoslavian«) in the Lower Styria and important influenced the preservation of this part of the Slovenian national territory in Slovenian possession.

Hereby I assume, general Rudolf Maister has by this courageous and patriotic act on his own initiative become a Slovenian national hero, though the attitude toward his merits for Slovenian nation has been changing during the time and has been of different intensity.

On the basis of different Heroism theories (Aristotel, L. Lowenthal, A. Trstenjak, P. Zimbardo, E. Hobsbawn, J. Campbell) and classifications of heroes I make an attempt to place the figure of General Rudolf Maister as a historical figure with special, above-average attributes with outstanding deeds in adequate subgroup of heroes.

Keywords: Rudolf Maister, Heroism, military leadership, patriotism, Slovenian history

Tanja Petrovič

PREMISLEK O EMPATIJI V PROCESU IZOBRAŽEVANJA V MEDICINI RECONSIDERING EMPATHY IN MEDICAL EDUCATION

POVZETEK

Empatija je kompleksna človekova sposobnost razumeti, (so)čutiti, se povezati in komunicirati z drugimi ljudmi. Predstavlja prosocialni fenomen, pri katerem je v ospredju njena pozitivna vloga in vrednost za medčloveški odnos. Empatija je obenem veščina, ki se jo lahko vzpodbuja ali pa zmanjšuje. Iz tega razloga je bila v nekatere izobraževalne sisteme vključena tako za otroke, od zgodnjega otroštva do študija na univerzitetni stopnji. Kot poudarjajo številne raziskave, lahko ima pozitivne učinke na vedenje, npr. zmanjšanje agresije, povečanje sodelovanja v skupinah, zavedanje o svetu in situaciji drugega, boljša medosebna komunikacija, inkluzija itd.

Izobraževanje o empatiji se je v nekaterih državah razširilo na različna področja, tudi na področje medicine. Zlasti po objavi raziskav, ki so pokazale na zmanjševanje stopnje empatije tekom procesa izobraževanja, kakor so jo zaznali z orodji za njeno merjenje, npr. pri študentih medicine na začetku študija in ob zaključku oz. po njem. Ker je empatija pomembna ključen odnos, tj. odnos zdravnik - pacient, so rezultati testiranja empatije vzpodbudili razprave in tudi aktivnosti z namenom njenega pospeševanja. Jodi Halpern govori celo o več vrstah empatije, saj jo omenja v pluralu. Med pomembnejšimi pričakovanimi pozitivnimi vidiki se v literaturi omenjajo zlasti: kvalitetnejša komunikacija med zdravnikom in pacientom, njuna uglašenost in poglobljeno razumevanje, ki prinaša boljše izide zdravljenja, bolj celovito zbiranje informacij o pacientovi »zgodbi« (anamneza), boljši diagnostiki in posledičnem zdravljenju ter o dejanskih vzrokih za pacientove reakcije, npr. pri odklanjanju zdravljenja ali delnem izvajanju navodil, jemanju zdravil itd. Na ta način zdravnik lažje in bolje razume resnične pacientove potrebe, skrbi in zmožnosti. Posledično se ugotavlja tudi manjše število pritožb in tožb. Za zdravnika pa je možna pozitivna plat večje zadovoljstvo pri delu in osebnem poslanstvu. Seveda pa ima lahko empatija tudi senčnejše plati.

Nasproten učinek lahko dosežemo, če empatijo uvedemo v izobraževalni proces premalo premišljeno, preveč tehnicistično, klišejsko, vsiljeno ali preveč idealizirano in odmaknjeno od konkretnih situacij, konteksta. Postavlja se vprašanje, ali empatijo sploh vključiti v izobraževanje za bodoče zdravstveno osebje in na kakšen način. Možnosti oz. tehnike so različne: kurikulum, različne delavnice, predavanja, tečaji, igra /zamenjava vlog, skozi umetnost, praktično izobraževanje študentov v zdravstvenih ustanovah itd. Ker empatijo povezujemo z »bolj humano« medicino, ki ima v skrbnem fokusu pacienta, je na prvi pogled nedvoumen odgovor njena vključitev in pospeševanje. Vendar pa je zaradi izrazito kompleksne narave empatije potrebno upoštevati njene različne plati in si zastaviti dodatna vprašanja, kot npr. kako, kdaj in kakšno vrsto empatije sploh potrebujemo v izobraževanju na področju medicine ter nadalje tudi, koliko empatije si kasneje, v kliničnem okolju pri vsakodnevnem delu z bolniki, sploh lahko privoščimo.

Ključne besede: empatija, izobraževanje, medicina, Jodi Halpern

ABSTRACT

Empathy is a complex human capacity of how to understand, feel, connect and communicate with others. As such, it is considered a prosocial phenomenon with predominantly positive valence on human relations, as well as a social skill which can be enhanced or diminished. Empathy has been, in many countries, introduced into learning systems for children spanning from early ages to their university studies. In terms of prosocial behavior enhancement, there are some positive effects which can be expected, for instance aggression reduction, increased collaboration, awareness of a view point and situation of others, better communication, inclusion etc.

Empathy trainings started to spread around, including medical education of some countries (UK, US) after surprising results of empathy testing among medical students which showed significantly reduced levels of empathy, i.e. in their preclinical years vs. in clinical years. In doctor - patient relationship, »empathies«, an empathy in plural as Jodi Halpern suggests, has/have important positive roles of facilitating communication and attunement between patient and a doctor, contributing to better health outcomes, gathering comprehensive information about patient's story and possible reasons for non-adherence, thus making better diagnosis and treatment, genuinely understanding patient and his/her needs, less patients complaints, increased job satisfaction and personal fulfillment for a doctor, etc.

However, insertion of empathy training in medical education while seeing empathy as an universal goal, detached from real-life situation or context and without being fully aware of its shadow side, or having done empathy training as a communication cliché or unskillfully, can have a detrimental opposite effect. The question is, should we introduce empathy into medical training, through different interpersonal learning techniques (curriculum, workshops, lectures, courses, role play, art, student hospitalization experiences etc.)? As empathy is viewed part and parcel of humanizing medical practice, the straightforward answer should be its inclusion into medical education.

However, there is a need for more precise answers, especially on how, when and what kind of empathy (or compassion) do we actually need and also how much empathy can we afford in later clinical practice.

Keywords: *empathy, medical education, Jodi Halpern*



Borut Petrović Jesenovec

OD KULTURNEGA DO REVOLUCIONARNEGA NIHILIZMA V RUSIJI 19. STOLETJA FROM CULTURAL TO REVOLUTIONARY NIHILISM IN THE 19TH CENTURY RUSSIA

POVZETEK

Ruska revolucija leta 1917 je pomenila začetek vzpostavitve vladavine komunističnega režima, a nihilistična filozofska podlaga za nasilno ukinitve starega režima je bila v Rusiji opazna že desetletja prej, najprej v literarnih tokovih (Turgenjev). Željo po uničenju starega sveta je mogoče zaslediti že v pisanju ruskih avtorjev 19. stoletja. Sredi 19. stoletja je Bakunin zapisal, da je strast do uničevanja v resnici ustvarjalna strast in da sta uničevanje in ustvarjanje tako rekoč eno in isto. Ideje kulturnega nihilizma (Tkačov, Nečajev) so se v Rusiji nekaj desetletij pozneje s Černyševskim še radikalizirale v slo po nasilni ukinitvi represivne države in pridobile politično-filozofsko marksistično utemeljitev. Njegov anarhistični ideal je bila ljudska skupnost brez avtokratske države. Namen prispevka je prikazati, kako se je ideja o nujnosti uničenja obstoječega sveta razvijala v Rusiji v drugi polovici 19. stoletja, od prvih kulturnih formulacij do političnih strategij in rojstva sodobnega terorizma. Posebej bom analiziral najpomembnejše predstavnike kulturnega in revolucionarnega ruskega nihilizma in prikazal značilne teme, s katerimi so se ukvarjali. Med drugim so to: populistično idealiziranje ljudskih množic kot rešitelja pred terorjem elit; marksistični nazor o razrednem boju in nujnosti uničenja »odsluženega« kapitalizma; prepričanje, da svetla ideja opravičuje nasilna sredstva; izoblikovanje lika brezkompromisnega asketskega revolucionarja, ki ga na poti do zmage revolucije ne ovirajo čustva; poveljevanje »moralnega« terorizma; sovraštvo do ustaljenega reda; slepa vera v svetlo prihodnost, ki se bo začela takoj po revoluciji; predvsem pa surova in latentno ali eksplicitno anarhistična želja po negaciji in uničenju krivičnega sistema. Ugotovitve analize bodo pomagale bolje razumeti rusko revolucijo in širjenje komunistične ideje po svetu.

Ključne besede: nihilizem, revolucija, komunizem, Rusija, anarhizem, nasilje

ABSTRACT

The Russian Revolution (1917) announced the beginning of a communist rule, but nihilistic philosophical justification for a violent overthrow of the old regime was recognisable in Russia already decades earlier, first in literary currents (Turgenev). Wanting to destroy the old world can be traced to Russian authors of the mid-19th century. Around 1850, Bakunin wrote that the passion for destruction is in essence a creative passion, and that destruction and creation are basically synonyms. The ideas of cultural nihilism (Tkatchev, Nechayev) were some decades later developed and radicalised by Tchernyshevsky to become a lust for violent abolishment of repressive state and gained political and philosophical Marxist foundations. His anarchic ideal was a people's community without autocratic state. The aim of this paper is to present the development of the idea of necessary destruction of the existing world in Russia in the second half of the 19th century, from its earliest cultural formulations to political strategies and the birth of modern terrorism. The most important representatives of cultural and revolutionary Russian nihilism will be analysed, and their most common topics presented. Some of them include: idealisation of the people as a saviour from the terror of the elites; Marxist belief in class war and in imminent destruction of »worn-out« capitalism; conviction that a magnificent idea justifies violent means; formation of an uncompromising ascetic revolutionary bound to fight for the victory of revolution; glorification of »moral« terrorism; hatred of the established order; blind faith in bright future; and, most importantly, a brutal and latently or explicitly anarchic wish to negate and destroy an unjust system. The findings will help better understand the Russian Revolution and the spread of Communism worldwide.

Keywords: nihilism, revolution, communism, Russia, anarchism, violence

Mojca Ramšak

FILM V MEDICINI FILM IN MEDICINE

POVZETEK

Medicinski filmi se delijo na dokumentarne in igrane z več hibridnimi podzvrstmi. Pri dokumentarnih medicinskih filmih sta v ospredju didaktično informiranje o boleznih in zdravju ter zgodovini medicine. Igrani medicinski filmi pa prikazujejo prizore iz bolnišnic in ambulant, delo in zasebno življenje zdravstvenega osebja ter ljudi, ki vstopajo v zdravstveni sistem. Igrani medicinski filmi so tudi informativni, še zlasti pa kažejo na priljubljenost medicinskih poklicev in na stereotipe o zdravstvenem osebju. Stanje pogosto prikazujejo ambivalentno: bodisi da kažejo na zdravnike kot premalo etične in profesionalne bodisi je filmska fikcija tako idealizirana, da sproži množično evforijo in nerealna pričakovanja v zvezi z zdravstvom. Slednje je povezano z naraščajočo vse manjšo dostopnostjo do sodobne medicine za vse večje število ljudi tudi ob sicer urejenem zdravstvenem zavarovanju. Igrani medicinski filmi so pomembni za dojetanje in oblikovanje podobe medicinskih poklicev. V več kot polstoletni zgodovini predvajanja tega popularnega žanra so se zdravniki preobrazili iz družbeno zaželenih likov z mnogo vrlinami v objekt posmeha in vir nekorektnosti ter neetičnosti.

Ključne besede: film, medicina, zdravstveno osebje, vrline, etika, stereotipi

ABSTRACT

Medical films are divided into documentaries and fictional films with several hybrid sub-genres. Documentary medical films focus on didactic information on diseases and health or history of medicine. Fictional medical films, however, depict scenes from hospitals and clinics, and the work and private lives of medical staff and people entering the healthcare system. Fictional medical films are also informative, especially showing the popularity of the medical profession and stereotypes about health care personnel. They often portray doctors ambivalently: either they point them as not enough ethical and professional, or they show such an idealized situation in healthcare that triggers mass euphoria and unrealistic expectations. The latter is connected with a growing number of people who have less access to modern medicine, even if they have health insurance. Fictional medical films are important for understanding and shaping the image of the medical profession. In the more than half a century of history of this film genre, doctors have transformed from socially desirable characters with many virtues into the object of ridicule and a source of impropriety and unethically.

Keywords: film, medicina, health care personnel, virtues, ethics, stereotypes

Mojca Sfiligoj

KANDIDATURE SLOVENSKIH MEST ZA EVROPSKO PRESTOLNICO KULTURE ZA LETO 2025 IN VKLJUČEVANJE STAVBNE DEDIŠČINE NA PODEŽELJU NOMINATIONS OF SLOVENIAN CITIES FOR THE EUROPEAN CAPITAL OF CULTURE FOR 2025 AND THE INTEGRATION OF ARCHITECTURAL HERITAGE IN RURAL AREAS

POVZETEK

Stavbna dediščina na podeželju sodi med najbolj ogrožene skupine dediščine; je nenaseljena, nezadržno propada in izginja. Mnogi lastniki brez finančne pomoči države ali lokalne skupnosti niso motivirani za obnovo in ohranitev, zato iščejo dodatne finančne vzpodbude. Javni razpisi za sofinanciranje obnov kulturne dediščine poleg kriterijev, ki vrednotijo dotrajanost objektov in kulturnovarstveni pomen, zahtevajo vključevanje razvojnih komponent ter programsko vpetost v širšo lokalno skupnost. Projekt Evropske prestolnice kulture je najpomembnejša kulturna pobuda Evropske unije, candidature mest pa priložnost za uresničevanje strateških razvojnih ciljev na področju kulture. Kandidaturo za Evropsko prestolnica kulture za leto 2025 je vložilo šest slovenskih mest: Kranj, Lendava, Ljubljana, Nova Gorica, Piran in Ptuj. Nekatera mesta v kandidaturo vključujejo tudi povezovanje z zalednimi občinami.

V prispevku analiziram podatke o etnološki stavbni dediščini iz registra kulturne dediščine in prijavne knjige mest kandidat, ki bodo candidature predstavile pred evropskim svetom neodvisnih strokovnjakov na sestanku za predizbor. Na podlagi opisov prijavnih knjig preučujem ali vključujejo tudi stavbno dediščino na podeželju. Ugotavljam, da nekatera mesta v sklopu candidature napovedujejo razvoj kulture izven mestnih središč, vendar iz opisov ni razvidnih znatnih prebojnih ukrepov, ki bi poskušali revitalizirati degradirano dediščino na podeželju.

Ključne besede: stavbna dediščina, podeželje, Evropska prestolnica kulture

ABSTRACT

Architectural heritage in rural areas is one of the most endangered heritage; it is uninhabited, collapses irrevocably and disappears. Many homeowners are not motivated to rebuild and preserve without the financial support of the state or local community and they are seeking additional financial incentives. Calls for proposals for co-financing cultural heritage restoration, in addition to the criteria that evaluate the deterioration of buildings and cultural significance, require the inclusion of development components and programmatic involvement in the wider local community. The European Capital of Culture project is the European Union's most important cultural initiative, and the candidatures of cities are an opportunity to pursue strategic development goals in the field of culture. Six Slovene cities have applied for the European Capital of Culture for 2025: Kranj, Lendava, Ljubljana, Nova Gorica, Piran and Ptuj. Some candidate cities in the candidacy also involve connecting with hinterland municipalities.

In this paper, I analyze data on ethnological building heritage from the Register of Cultural Heritage and the application books of candidate cities, which will submit their applications to the European Council of Independent Experts at the pre-selection meeting. Based on the descriptions of the application books, I am examining whether they also include architectural heritage in rural areas. I note that some cities in the nomination project the development of culture outside urban centers, but the descriptions do not show significant breakthroughs that would revitalize the degraded architectural heritage in rural areas.

Keywords: architectural heritage, rural areas, European Capital of Culture

Bor Sojar Voglar

MEDOSEBNI ODNOSI MED PLESALCI IN PLESALKAMI TEKMOVALNEGA PLESA INTERPERSONAL RELATIONS BETWEEN PARTNERS IN BALLROOM DANCING

POVZETEK

Tekmovalni ples je športna disciplina, ki je ena redkih, pri kateri je zastopanost spolov enakovredna, saj plesalci in plesalke tekmujejo v standardnih in latinskoameriških plesih v parih plesalec - plesalka. Poleg dobre kondicijske in tehnične pripravljenosti ter umetniške interpretacije igrajo pomembno vlogo pri oblikovanju vrhunškega plesnega para tudi ustrezni medosebni odnosi med plesnima partnerjema. Na vzorcu 55 slovenskih plesalk in plesalcev tekmovalnega plesa smo izvedli raziskavo z namenom ugotoviti najpogostejše razloge za slabe medosebne odnose med plesalci in plesalkami, njihovo pogostost ter razloge za menjavanje plesnih partnerjev in plesnih klubov. Zanimalo nas je tudi, kakšen naj bi bil najuspešnejši odnos med plesnima partnerjema za vrhunske rezultate. S pomočjo anonimne ankete z dvanajstimi vprašanji polodprtega tipa smo ugotovili, da je najpogostejši razlog za zamenjavo plesnega partnerja in tudi za prenehanje ukvarjanja s tekmovalnim plesom različnost ambicij obeh plesnih partnerjev. Plesne klube tekmovalni plesalci zamenjajo predvsem zaradi razloga možnosti hitrejšega napredovanja in kvalitete plesnih trenerjev. Razloge za slabe medosebne odnose ocenjujejo plesalke in plesalci različno. Plesalke pričakujejo od plesalca vodilno vlogo, plesalce pa pri plesalkah najpogosteje zmoti plesalkina maščevalnost. Kvaliteta odnosov med plesnima partnerjema je povezana tudi z vzdušjem v plesnem klubu. Tekmovalni uspehi se niso izkazali za pomemben dejavnik kvalitete medosebnih odnosov v paru. Plesni pari z boljšimi tekmovalnimi uspehi o svojem odnosu več razmišljajo in ga tudi na svoj način izrazijo, se pa je izkazalo, da je odnos v plesnem paru, ki je najbolj povezan s tekmovalnim uspehom, povezan s prevzemanjem vodilne in podrejene vloge, ne glede na spol plesnega partnerja.

Ključne besede: športni ples, standardni, latinskoameriški, psihologija, komunikacija

ABSTRACT

Competitive ballroom dancing is one of few sport disciplines with equal gender participation, because the dancers compete in ballroom and Latin-American dances in couples formed of a man and a lady. Sport fitness, technique perfection and artistic interpretation are all important in forming a top-level dance couple. But it is also important for a couple to have appropriate interpersonal relations. We have conducted a research on a sample of 55 Slovenian competitive ballroom dancers to discover reasons for bad interpersonal relations between dance-partners, how frequent they are, and reasons for changing dance-partners and dance schools. We also wanted to find out what could be the most appropriate dance-partner-relation to achieve highest competitive results. The results of our anonymous-survey study with 12 semi-open response questions indicate that the most frequent reason for couples to part and even for dancers to quit ballroom dancing is ambition difference. Dancers change dance schools mostly to gain access to better dance teachers and possibilities for faster improvement. Reasons for bad interpersonal relations are interpreted by man and ladies differently. Ladies expect men to take leading roles; men are mostly disturbed by their partners' reventfulness. The social climate in dance schools also influences the quality of couples' interpersonal relations, but not the competition results. Couples with better competition results take their relations more into consideration and interpret them in their own way, but taking the roles of a leader or a follower (disregarding gender) is suggested to be the description for relation of top-notch dance couples.

Keywords: dancesport, Standard, Latin, psychology, communication

Uroš Zavodnik

VELIKI PLAN V PLESNEM FILMU CLOSE UP IN DANCE FILM

POVZETEK

Ples je v svoji izrazni moči giba, ki ga oblikuje plesalec skozi koreografsko oblikovano predstavo, v veliki meri tudi pripoveden, emocionalen. S filmom, filmskim velikim planom, je zato pridobil dodatno izrazno moč, saj lahko z zelo natančnimi, minimalističnimi gibi, izpove veliko več, kot na plesnem odru in se približa izpovedni moči igralca na filmskem platnu. Ob tem ima na razpolago še različna filmska izrazna sredstva, kot so luč, maska, scenografija, barva, atmosfera in glasba, pri čemer lahko skozi montažo, uporabljeno specifično montažno tehniko, pride do vrhunca emocionalnega naboja že v zelo majhnem mimičnem gibu. Primerjava z igralčevim in plesalčevim filmskim velikim planom lahko zato plesalca, hkrati pa tudi režiserja in koreografa plesnega filma, nauči veliko o svojski izrazni moči filmske umetnosti, v katero že od vsega začetka kinematografije aktivno posegajo tudi plesalci. Emocionalna interakcija med plesalcem in gledalcem je skozi plesni film lahko veliko intenzivnejša kot med plesalcem in igralcem v plesnem gledališču.

Ključne besede: ples, plesni film, film, veliki plan

ABSTRACT

Dance is in its expression of movement, which the dancer creates through the choreographic designed dance show, also or even mostly narrative, emotional. With film, close up at film, dance became also an additional expression toll, because it can express a lot with the precise, minimalistic movement, in close up in comparison with the stage. It can come close to the power of expression an actor poses on the big screen. Nonetheless it can also use light, make up, set design, colour, atmosphere and music for that expression on film. In the post-production, by the use of specific technique of montage, it can reach an emotional climax even in a very tiny mimic movement. Thereby, through the comparison of the close up of a movie actor and that of a dancer, the dancer, as well as the director and choreograph of dance film can be taught a lot about an extraordinary expression of the film art. The dancer being its most active part from the beginning of the cinematography. Emotional interaction between dancer and spectator could be much more intense through dance film as it is in the dance theatre.

Keywords: dance, dance film, film, close up



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**I.
RAZISKOVALNA PODROČJA,
VEZANA NA ŠTUDIJSKE PROGRAME**

**4
MANAGEMENT IN VODITELJSTVO
– HUMANISTIČNI ASPEKTI /
MANAGEMENT AND LEADERSHIP
– HUMANISTIC ASPECTS**

Lidija Biber

NUDGE IN THE CROATIAN PRESIDENTIAL ELECTIONS 2019

ABSTRACT

During election campaigns the crucial goal of communication is to persuade voters to vote in favour of a particular candidate. Various methods are used with this goal in mind, „nudge“ included. The concept of “nudge” is defined as a technique used to change someone’s behaviour, preferably in a cost-effective way. The definition also implies an important condition: that the number of choices people have on the matter should not be reduced by the use of nudge, and that the purpose of using it in communication is to improve life and wellbeing of people and society. That is rather straight forward when it is used in breast cancer prevention, for example, hence, frequent use of nudge in health campaigns. In the political election campaigns, however, the problem with this „good cause“ is that candidates will always communicate their full devotion to the wellbeing of people and society, regardless of their real motive, and thus the line between manipulative persuasion and nudge, seems blurry. The research question here is: how did the candidates in the presidential election in Croatia use the technique of nudge? The research is inspired by the fact that Cameron’s campaign in the UK and Obama’s in US heavily rested on researching behaviours and decision-making process since the results can support national priorities in the election and beyond. Qualitative analysis of media appearances and debates of the candidates, slogans and scenography will be used.

Keywords: nudge, persuasion, elections, Croatia



Jasna Bojanić Dujmović

LITERATURE REVIEW OF ARTIFICIAL INTELLIGENCE (AI) - CONTRIBUTION TO PROJECT MANAGEMENT SUCCESS

ABSTRACT

This paper surveys Artificial Intelligence (AI) contributions to project management success throughout the project life cycle which is categorized into five Process Groups. A literature review of articles dating from 1994 up to 2018 has been used. In order to explore how AI technology and PM have been used in this period, keyword indexes are defined within the systematic literature review research. Based on a scope of 34 articles on AI technology used in the project life cycle, this paper surveys and classifies AI technology in seven subset groups. Findings are presented in this paper and indicating that more researchers have been interested in the area of project management process groups: planning and monitoring & controlling, applying AI algorithms and comparing results with traditional project management. Gaps have also been identified for future research.

Keywords: Artificial Intelligence (AI), Project management (PM), Portfolio, Programme



Vaibhavi Chavan, Mladen Radujkovic

PROJECT TEAM GROUP EMOTIONAL INTELLIGENCE (EI): AN ESSENTIAL CAPABILITY FOR PROJECT SUCCESS OF DIFFERENT PROJECT TYPES

ABSTRACT

About 88% of project managers spend more than half of their working time on managing, understanding and solving people side issues. Researchers found challenges and complexity in project primarily associated with emotions rather than technical ones. Emotions act as one of the critical factors in assessing project team capability while managing projects. It is required to analyze whether project team EI lead to better project performance. Therefore, to examine project team EI and project success link through a mediating role of motivation and relationship management a hypotheses and research model is formulated. It will test the project team's group EI impact on project success through project team motivation and project team relationship management as mediating variables. Research model will be tested empirically using an online survey consisting of questionnaires to gather response from the respondents. A statistical regression analysis will be appropriate for multiple mediators' variables and to examine relationship of mediating factors with project success. The results and findings will help project managers become aware of the importance of project team members motivation and relationship building which can boost performance in complex situations. This research will add on increasing body of literature on the emotional and behavioural implications of EI in project management organizations. Moreover, this study will cover a gap of mediating variables effect on project success.

Keywords: Emotional Intelligence, Motivation, Relationship Management, Project success



Mario Jade

PROJECTIFICATION & ITS IMPACT ON SOCIETIES: HOLD IT UP • MISS IT • AUTHORIZE

ABSTRACT

"Project governance" is a terminology that surrounds the project management environment where it projects the reason for the community to be aware of all details and procedure that accompanies the project to be accomplished, but in a transparent route.

"Project governance" should be built on a structure where the details are the most important constituents to finalize the mission on its highest/greatest standards. Nevertheless, it will not be a built-template to be customized accordingly to the project in question. The constituents will play an essential role of hegemonizing the governance framework on the project to ensure a neat vision of its perfect ending. According to the book A Guide to the Project Management Body of Knowledge: "Project governance framework provides the project manager and team with structure, processes, decision-making models and tools for managing the project, while supporting and controlling the project for successful delivery." Two crucial factors are to be considered in this statement: 1- "provides manager and team with structure, processes, decision-making models and tools for managing the project": The need to have in-hands a robust structure is a powerful engine for the people in charge [manager and team] to move forward and overpass every single obstacle to achieve their aim. This engine will guarantee (1) the trust of the community, (2) the self-confidence of the stakeholders [their leadership and authority are inclusive], (3) the commitment of the business parties [referring mainly to the shareholders form the stakeholders]. The above-mention engine is the primary pillar to start. 2- "supporting and controlling the project for successful delivery": These 2 actions are the beats of the process that make sure of the resistance of its biorhythm. The manager should consider, to get a satisfied outcome, (4) the face-to-face assembly, (5) details records, (6) hazard/expectations study. In brief, a well-structured control and guidance process.

This paper will emphasize the point over: a- The six characteristics mentioned during the explanation of the crucial factors b- Success-story of a project governance (pros and cons) c- Necessary resources needed to build a project governance and their interconnection d- Project governance estimation e- A successful project through project governance.

Introduction: In recent business environment, activities running great strategies are increasing to be kept updated, shaped as a powerful form that is snowballing to maintain the resistance of the success of the enterprise. This approach is to be keeping the attention awake for every single detail wrapping up the situation of the production and the state of the outcome. Many publications are being released for this field and domain, without pointing the interconnection between the disciplines themselves. For the various sides this projectification has, gaps and lack-points exist but to be defeated and overpassed.

The aim here is to set the seal on the keeping the decision where it should be by following various drivers which allow the outcome to be real, but to verify the decision will endorse to customize the policies and strategies [plan and actions] to be conform to the real performance. The robust part of being on the correct track, well-decided, surely lead the team to the comfort zone visualizing their final structure prior reaching the culminant point; thus, here where the discussion and experimentation will be part of the them in this document.

Keywords: *projectification and its impact on societies*

Laurence Hewick

THE RELEVANCE OF SCIENCE AND EDUCATION IN A PERIOD OF INNOVATION DISRUPTION

ABSTRACT

The first Industrial Revolution (1IR) occurred around the 1750s and lasted to the 1870s. It was facilitated by the use of steam power and allowed global economies to become mechanized where machines replaced manual labor. The second Industrial Revolution (2IR) took place between the 1870s to 1960s and brought forth automation as machines drove other machines and this was facilitated by the invention of electricity. The third Industrial Revolution (3IR) took place between the 1960s to early 2000 when computers were commercialized to manage the world's supply of data and the internet that was used to transmit information and communications (ICT). Our current Industrial Revolution (4IR) is upon us now and has been driven by velocity of the internet to process vast amounts of data and to connect the world as it has never been connected. But with each industrial revolution have come major global disruptions beginning with immigration, then environmental damage, then labor unrest and data fraud respectively. Each disruption compounding its effect on political, economic, social and technological aspects of people's lives. Innovation has been the "business buzz word" during the past 20 years. But what does it really mean? Some claim it is the new facilitator of economic growth following steam, electricity, computers, and the internet as we have progressed through the four stages of the industrial revolutions. Likar et al suggest that innovation is simply a new proven benefit of users. From a business practitioner's view this simple definition is sufficient as it captures the key element of innovation in that it must meet a need and be proven to add value.

A countries innovation, from a global perspective, is perhaps best measured by comparison to other regions of the world. The global innovation index (GII) established in 2007 by a consortium led by Cornell and INSEAD universities compare and contrast 126 countries of the world on an innovation index. This index ranks these countries from first to 126th based on 8 basic pillars. However, the GI measure only a country's capacity for and success in innovation. Maybe there be another measure that reflects the ability of a country to supply prosperity to its people?

Since 2004 the World Economic Forum has sampled 140 of the world's leading economies to determine their competitiveness that reflects prosperity and economic sustainability and they report this in the Global Competitive Index (GCI). The GCI is based on 12 pillars and has many measurements within each pillar that are based on enablers, human capital, markets and innovation. It is suggested that the GCI be used in collaboration with the GI to determine a better understanding of innovation as a tool to reduce societal problems and increase economic sustainability.

In summary this paper is a conceptual view of: the world's innovations in science and education and how leaders need to adjust to innovation's disruptions by adopting a new moral compass if we are to have a better society.

Keywords: *relevance of education and science leadership, innovation, disruptions*

Tena Popovic, Stjepan Petričević, Snježna Brući

HEALTH LITERACY AND PATIENT COMPLIANCE - NAFTALAN – SPECIAL HOSPITAL FOR MEDICAL REHABILITAION

ABSTRACT

Health literacy is the degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions. Individuals with low levels of health literacy have less health knowledge, worse self-management of chronic disease, lower use of preventive services, and worse health in cross-sectional studies. This study aims to prove the affect that health literacy has on patient compliance and its impact on treatment outcomes. The study was conducted on patients in Naftalan – special hospital for medical rehabilitation with Newest Vital Sign (NVS) test which is a valid and reliable screening tool that identifies patients at risk for low health literacy. The test is quick and easy to use, requiring just three minutes. The test allows providers to appropriately adapt their communication practices to the patient’s health literacy level. Several factors make health literacy a compelling and timely topic. Literacy and health literacy are fundamental components of pursuing health and well-being in modern society. As societies grow more complex and people are increasingly bombarded with health information and misinformation and confront complex health care systems, becoming a health-literate person has become a growing challenge. Importantly, we now understand that poor health literacy adversely affects people’s health. Literacy has been shown to be one of the strongest predictors of health status along with age, income, employment status, education level and race or ethnic group. Nevertheless, although understanding of literacy and health literacy as critically important determinants of health continues to grow, they remain neglected areas of research.

Keywords: health literacy, patient compliance, treatment outcomes



Uros Rozic

INTERRELATION BETWEEN CORPORATE AND PROJECT GOVERNANCE

ABSTRACT

This conference paper focuses on several aspects of corporate governance and project governance in temporary organisation. The literature suggests several interrelations between two phenomena. Project governance is on one hand seen as subset of corporate governance and with that summarizing the main determinants of corporate governance such as: the value system, responsibilities, accountabilities, ethical principles, trust, power and policies. On the other hand, the project governance is seen as a single process with different facets. In organizations (project-based organizations in particular) projects are a mean for achieving organizational (strategic) goals and in particular a mean for achieving value for the organization. The paper discusses several indicators on corporate and project governance correlation and dependency. Recently researched concept of governance paradigms e.g. cross combination of two main dimensions: shareholder versus stakeholder orientation and behavior versus outcome control, gives some important theoretical frameworks insights in the question at hand and also provides several empirical findings on applicability in relation to size of projects and/or organizations, geographical and industry distribution and similar. Findings in this paper support the top down influence of corporate governance on project governance. The paper also discusses the factors which influence the corporate governance any by that also a project governance and is establishing circumstances under which the project governance influences the corporate governance and by that indirectly also itself. According to conducted desk research there are several factors identified, like those, already researched among governance paradigms and additionally also inclination to change as one of the important parts of organization's corporate culture.

Keywords: project governance, corporate governance, project management



Mariela Sjekavica Klepo

GENDER DIVERSITY IN MANAGING CONSTRUCTION PROJECTS

ABSTRACT

Diversity is in the heart of nearly any project management attempt, which is not the case only with cultural diversity in multicultural project teams, but also age and gender diversity. The latest is stressed on the special way in the industries that are still predominantly traditional, such as construction industry. The aim of this article is to research the existence of practical implications of this type of diversity in the national context of Croatia.

Research design: *The aim of the research was to make a preliminary analysis of the range of possible problems emerging from the absence of gender diversity in managing projects in construction industry. In order to obtain this aim, a qualitative research approach is adopted. The sample of people working on construction projects is collected in order to answer on questions of different type connected with gender diversity, among which opportunities and challenges when working with the opposite gender, through the semi-structured interviews.*

Based on the research findings, main problems are addressed and possible solutions given, as well as recommendations for the future research on the area.

Relevance for practice and education: *In practical context, findings may be useful as a help in developing a working atmosphere of more understanding in situations where problems addressed to gender diversity occur. Also, they can be used in educational sense, to empower women to enroll technical studies and be open-minded towards careers in traditionally masculine industries.*

Main findings: *The main findings from the study are linked with the dominate perception of existence of differences in male and female approach to various project issues. These findings are relevant both for the further research of project management, as well as praxes.*

Keywords: *gender diversity, construction, project management*



Nikola Spicek

BUILDING REGULATION FOR 3D PRINTING IN CONSTRUCTION - CASE STUDY

ABSTRACT

Factors affecting 3D printing technology adoption in construction", 3D printing technology could offer multiple advantages over traditional techniques, including less material and energy usage, onsite production with fewer resource demands and lower related CO2 emissions over the entire product life cycle. It also induces changes in labor structures, including a safer working environment, and generates shifts towards more digital and localized supply chains. From an architect's point of view, 3D printing technology can shorten design and development cycles; allows customers to co-design products that can perfectly fit their demands and ambitions; enables the realization of the complex designs and quickly conducting design changes. Until very recently, the construction industry was one of the most unfamiliar R&D fields for the robotics and automation community, despite the fact that this industry is one of the oldest and represents the largest economic sectors. However, in recent years, the construction industry has become one of the most important research areas in the field of service robotics.

Nevertheless, building regulations do not follow the development of the need for 3D printing, and the legalization of 3D-printed buildings is still a fairly unknown term. This is supported by the fact that the first 3D house in America was only legalized in 2018. Due to my interest in 3D printing in construction, I decided to do a case study of comparing building regulations for 3D printed houses in Germany and Croatia. An interview will be conducted to collect the data and two experts will be interviewed, one from Germany and one from Croatia. For the purpose of this case study, it will be proposed to build a cottage of approx. 52 m², both in Zagreb (Croatia) and Augsburg (Germany). The focus will be on comparing the necessary requirements in comparison with traditional construction, obstacles, challenges and potential proposals for easier legalization of such facilities in the future.

Keywords: building regulation, 3D printing, construction, legalization

Zoran Totić

MERGER AND ACQUISITION TRENDS WITH AN EMPHASIS ON CROSS-BORDER MERGERS AND ACQUISITIONS IN THE SEE REGION

ABSTRACT

The topic of this research paper is merger and acquisition trends and the necessary strategies and activities for growth and development in this dynamic and fast-growing market. In the merger process, cooperation in the form of strategic alliances has many benefits. Despite the increasing number of mergers and acquisitions, both in volume and in value, many acquisitions nevertheless fail due to changing market conditions, wrong merger motives, but also because of the wrong strategy and merger approach. The aim of this research is to provide insight into the phenomenon of cross-border mergers and acquisitions, especially from the perspective of the dominant and desirable growth strategy in today's rapidly changing markets, but also of global geo-political and socio-economic shocks. The importance of cross-border mergers and acquisitions is expected to further increase in the coming years, further reinforcing the challenges posed by top management dealing with global integration. In this respect, particular attention should be paid to highly regulated industries such as medicine, pharmaceuticals and bio-medicine, transportation, financial services and technology. The idea is to provide deals that preserve shareholder value and deliver anticipated synergies in the post-acquisition period. On the other hand, given their greater level of complexity, cross-border offers also have a destructive potential, which is highlighted in the absence of a strong and comprehensive strategy and a thorough integration management process. It is imperative that M&A managers in the international context devote time to the early stages of integration and provide a thorough and thoughtful understanding of the unique integration problems that may arise in key economies, which can consequently help avoid costly mistakes later in the process. This scientific paper will look at merger and acquisition trends of recent years and highlight recent major mergers and acquisitions in the SEE region.

Keywords: mergers, cross-border mergers and acquisitions, trends, performance indicators



Reinhard Wagner

PROJECTIFICATION AND ITS IMPACT ON SOCIETAL DEVELOPMENT IN GERMANY

ABSTRACT

The number and importance of projects is growing in Germany. A study by the German Project Management Association (GPM) from 2015 shows a growth in the share of project work measured against total working time of approx. 40% in the period between 2013 and 2019. The share differs significantly from sector to sector, e.g. project work is more important in industry than in the public sector. Examples such as the still unfinished major airport in Berlin shows the potential professional project management still has in the public sector in Germany. In 2015, the large number of refugees has posed major challenges for German politics, society and above all for local communities. Using this example, the presentation will illustrate the role projects and project management can play for the societal development.

Keywords: projectification, society, Germany





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I.
RAZISKOVALNA PODROČJA,
VEZANA NA ŠTUDIJSKE PROGRAME

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ARHIVI V SLUŽBI ČLOVEKA – ČLOVEK
V SLUŽBI ARHIVOV: RELEVANCE V
RAZISKAVAH ARHIVSKE ZNANOSTI /
ARCHIVES IN THE SERVICE OF
PEOPLE: PEOPLE IN THE SERVICE
OF ARCHIVES – RELEVANCE IN THE
RESEARCH OF ARCHIVAL SCIENCES

Matjaž Aškerc

PRISPEVEK ANTONA AŠKERCA K SLOVENSKI ARHIVISTIKI CONTRIBUTION OF ANTON AŠKEREC TO SLOVENIAN ARCHIVAL SCIENCE

POVZETEK

Namen: V prispevku se bomo dotaknili tistega dela življenja Antona Aškerc, sicer teologa in pesnika, ki ga je v svojem zadnjem obdobju posvetil arhivistiki. Kot vemo, velja Anton Aškerc za utemeljitelja načel provenienca in fonda, ki ga je tudi uspešno vpeljal v delo in poslovanje Mestnega arhiva Ljubljana ter na splošno v slovensko arhivsko stroko. Žal to Aškerčevo obdobje ni najbolj znano širši slovenski javnosti. Prav tako kot je njegov prispevek k slovenski arhivistiki premalo poznan med tistimi, ki bi njegovo delo morali poznati že zaradi svojega strokovnega poslanstva.

Metoda/pristop: V naši raziskavi smo uporabili metodo anketiranja, ki se je prepletala z historično in metodo analize vsebine. Anketiranje smo izvedli med vodji Glavnih pisarn oziroma Oddelkov za upravno poslovanje v državni upravi.

Rezultati: S pomočjo rezultatov raziskave, bomo poizkušali dokazati naše trditve, da so bile predpostavke v Aškerčevem načrtu pravilne in pomembne za arhivsko teorijo in prakso. Posledično lahko Antona Aškerc upravičeno postavimo na piedestal slovenske arhivistike.

Sklepi/ugotovitve: »Načrt dela v arhivu«, ki ga je Aškerc predložil županu Hribarju, govori o tem, da se je zavedal, da bo arhiv uporaben in dostopen samo, če bo urejen in vzdrževan. Prvi pomemben korak je bila ločitev registrature od arhiva, torej ločitev tekoče od stalne zbirke. Nadalje je v programu izpostavil tri temeljne točke: urediti, hraniti in uporabljati, kar še danes velja za temelj arhivistike. Pri njegovem delu torej ni šlo za neko amatersko urejanje arhivskega gradiva, temveč že za tiste čase strokoven in sistematičen pristop k rešitvi problema in tako tudi za pomemben prispevek k zgodovini slovenske arhivistike in metodologije.

Ključne besede: Anton Aškerc, arhivistika, provenienca, fond, Načrt dela v arhivu

ABSTRACT

Purpose: The article touches on that last part of life of Anton Aškerc, otherwise a theologian and poet, that he devoted to archival science. As we know, Anton Aškerc is considered to be the founder of the principles of provenance and fonds in the Slovenian archival science. He successfully introduced those principles into the work and operations of the Ljubljana City Archive and, in general, into the Slovenian archival profession. Unfortunately, this period of Aškerc's life is not best known to wider Slovenian public. At the same time, his contribution to Slovenian archival studies is not well known even among those who should know his work best because of their profession.

Method/approach: In our research, we used a survey method that was intertwined with the historical and content analysis method. The survey was conducted among the Heads of Departments of Administrative Operations in the State Administration.

Results: With the help of research results we will try to prove our claims that the assumptions in his plan were correct and relevant for archival theory and practice. Consequently, Anton Aškerc can be rightly placed on the pedestal of Slovenian archival science.

Conclusions/findings: The "Work Plan in the Archive" that Aškerc submitted to Ivan Hribar, mayor of Ljubljana, unveils his conviction that the archive would be useful and accessible only if it was well organized and maintained. The first important step was the separation of the registry from the archive, i.e., the separation of the current and permanent collection. He further highlighted three fundamental points in the program: to organize, store and use, which is still considered the foundation of archival science today. His work, therefore, was not an amateur attempt to organize archival material, but already a professional and systematic approach to resolving a problem; it was an important contribution to the history of Slovenian archival study and methodology.

Key words: Anton Askerc, archival science, provenance, fonds, Work Plan in the Archive

Armin Bečić

ZASEBNI ARHIVI V REPUBLIKI SLOVENIJI PRIVATE ARCHIVES IN THE REPUBLIC OF SLOVENIA

POVZETEK

Namen: V zasebnih arhivih leži nemalo gradiva, ki je za slovenski narod in raziskovalce prav tako pomembno kot nekateri kosi, ki jih hranijo državne institucije in knjižnice. V javnih ustanovah je dostop do gradiva omogočen, mnogi zasebni arhivi pa državi niso niti znani. Na tej točki se torej poraja vprašanje, zakaj je temu tako in kje tiči problem, da se lastniki zasebnih arhivov ne odločajo za javno izpostavitve oziroma za vpis v register.

Metoda/pristop: V raziskavi sem se najprej osredotočil na prebiranje literature in Zakona o varstvu dokumentarnega in arhivskega gradiva ter arhivih (v nadaljevanju ZVDAGA), kasneje pa z intervjuji z ljudmi iz stroke skušal ugotoviti, kaj bi lastnike zasebnih arhivov sploh prepričalo v vpis.

Rezultati: Ker sem zasebni zbiralec starin in umetnin, sem na podlagi zbranih podatkov ugotovil, da se za vpis v register ne bi odločil. Razlogov je več, na prve sem naletel že pri prebiranju zakona, saj v ZVDAGA najdemo veliko več dolžnosti kot pravic, ki čakajo lastnike zasebnih arhivov v primeru vpisa v register. Ugotovitve kažejo, da jih najbolj odvrta posledice, kot so nadzor, souporaba in predkupna pravica države. Vse to je privedlo do stanja, da v Sloveniji še vedno ne obstaja register vseh zasebnih arhivov, kljub temu da že kar nekaj let ločujemo zasebne arhive od javnih.

Sklepi/ugotovitve: Zakaj torej država Republika Slovenija ne uredi ZVDAGA, da bi bil privlačnejši za lastnike zasebnih arhivov in jim omogočal več pravic oziroma ugodnosti, poskrbel za popoln nadzor nad zasebnimi fondi ter hkrati omogočil, da bodo tudi raziskovalci imeli dostop do dragocenih gradiv.

Ključne besede: zasebni arhiv, ZVDAGA, zasebni zbiratelj, arhivsko gradivo, register

ABSTRACT

Purpose: There is a lot of material to be found in private archives, which carry the same value for the Slovenian nation as some of the items, held by the national institutions and libraries. The access to the material in public facilities is easily accessible but the majority of private archives aren't even known to the government. It's sensible to raise a question at this point as to why this is the case and what is the reason behind private archives owners not choosing to be exposed to the public and be entered in the register.

Method/approach: In the research, I primarily focused on reading the literature and »The law on the protection of documentary and archival materials and archives« (hereinafter ZVDAGA), and later on tried to find out what would convince owners of private archives to sign in the register.

Results: Since being a private collector of antiques and works of art myself, based on the information gathered, I would have not decided to register. There are multiple reasons, first of them occurring already at reading the ZVDAGA, considering it contains more obligations than rights, which await any private archive owners in case of signing in the register. My findings show that among reasons most obtrusive are loss of control, shared usage and pre-emption right. All stated led to the current situation with Slovenia still not having a register containing all of the private archives even though it has been differing private and public archives for the past few years.

Findings/conclusion: What is the reason that Slovenia does not regulate ZVDAGA to make it more appealing for the private archive owners and by adding more rights and benefits for the owners to it and that way provide complete control over private funds and simultaneously enables access to valuable material for the researchers.

Keywords: private archive, ZVDAGA, private collector, archive material, register

Andreja Časar

UMETNIŠKA ZBIRKA ALI ZAKAJ JE ARHIVIRANJE UMETNIŠKIH DEL POMEMBNO ART COLLECTION OR WHY ARCHIVING ARTWORKS MATTERS

POVZETEK

Namen: V pričujočem članku bomo izpostavili praktične izzive, s katerimi se sooča umetnik na poti kreiranja digitalne umetniške zbirke.

Metoda/pristop: Z ekspanzijo digitalne tehnologije je naraslo zavedanje o katalogizaciji umetniških zbirk. Ne samo s strani institucij, ampak tudi s strani umetnikov samih. Posebno pozornost bomo namenili arhiviranju umetniškega aktivizma, predvsem etičnega umetniškega aktivizma. V raziskavi bomo uporabili metodo intervjuja (polstrukturiran intervju).

Rezultati: Poglavitne determinante pri kreiranju digitalne umetniške zbirke so pomanjkanje časa, denarja, strokovnjakov in primernega računalniškega orodja.

Sklepi/ugotovitve: Kako zaobiti te faktorje in poskrbeti za na začetku zadan cilj?

Ključne besede: arhivistika, muzeologija, muzej, muzejski depo

ABSTRACT

Purpose: In the article we are going to point out the practical challenges for the artist with regards to the creation of an online art collection catalogue.

Method/approach: The expansion of digital technology has brought with it an increased awareness in the cataloguing of art collection. This has occurred not only from the institutional side but also from the artists themselves. Special attention will be given to the archiving of artistic activism, especially ethical artistic activism. For the research we will choose an interviewing method (semi structured interview).

Results: The most important determinants during the creation of an online art collection catalogue are lack of time, money, experts and a suitable IT tool.

Conclusions/findings: How to circumvent these factors considering our primary goal?

Keywords: Art collection, digital archives, artistic activism

Boštjan Dornik

PREVZEM IN VREDNOTENJE TELEVIZIJSKEGA DOKUMENTARNEGA IN ARHIVSKEGA GRADIVA ACQUISITION AND APPRAISAL OF TELEVISION RECORDS AND ARCHIVES

POVZETEK

Namen: Nejasni kriteriji so povod za težave pri prevzemanju in vrednotenju dokumentarnega in arhivskega gradiva na Televiziji Slovenija. Z raziskavo želimo prikazati primerjavo med klasičnim in elektronskim prevzemom ter vrednotenjem televizijskega arhivskega gradiva v načinu in postopkih, ki bodo predstavljali izhodišče za pripravo navodil oz. smernic za učinkovitejše ter bolj sistematično prevzemanje in vrednotenje televizijskega arhivskega gradiva.

Metoda/pristop: Pri raziskavi smo z analizo pisnih primarnih in sekundarnih virov ugotavljali, ali je dosedanji sistem prevzema arhivskega gradiva v skladu z arhivskimi zakonitostmi in ali so obstoječi kriteriji ovrednotenja gradiva primerni. V raziskavo smo vključili ustvarjalce, zaposlene na Televiziji Slovenija, ki oddajajo arhivsko gradivo televizijskemu arhivu. Z neposrednim opazovanjem ustvarjalcev pri oddajanju arhivskega gradiva in anketnim vprašalnikom smo pridobili podatke o tem, kako so ustvarjalci ustrezno seznanjeni z arhivskimi postopki ter ali je elektronski sistem prevzema gradiva preglednejši in enostavnejši od klasičnega.

Rezultati: Prvi rezultati raziskave so prikazali obstoj določenih segmentov prevzema in vrednotenja televizijskega arhivskega gradiva, ki so v skladu z arhivskimi zakonitostmi. Odstopanja so opazna predvsem zaradi specifičnosti televizijskega dela. Ugotovljeno je bilo tudi, da je elektronski prevzem gradiva enostavnejši, vendar bolj nepregleden kot klasični prevzem. Poznavanje arhivskih postopkov s strani ustvarjalcev je pomanjkljivo oz. postopkov sploh ne poznajo in opravljajo svoje delo po inerciji.

Sklepi/ugotovitve: Na podlagi prvih ugotovitev lahko sklepamo, da so nejasni kriteriji vzrok za nepoznavanje arhivskih postopkov. Sistem prevzema in vrednotenja je potrebno urediti s pisnimi strokovnimi navodili oz. smernicami, ki bodo na podlagi kriterijev opredeljevale postopke za ustvarjalce.

Ključne besede: ustvarjalci, vrednotenje, klasični prevzem, elektronski prevzem, arhivski postopki

ABSTRACT

Purpose: Unclear criteria are the cause of problems for acquisition and appraisal of records and archives at Televizija Slovenija. The aim of the study is to present a comparison between the traditional and electronic methods of acquisition and appraisal of television archives, both in approaches and procedures, which will serve as the basis for the development of instructions or guidelines for a more efficient and systematic acquisition of television archives and a more transparent appraisal thereof.

Method/approach: With the analysis of written primary and secondary sources we wanted to find out whether the current system of archives acquisition is in accordance with the archival laws and regulations and whether the current criteria of archives appraisal are adequate. The study included employees of Slovenian Television (Televizija Slovenija), who file archive material with the television archives. We used the method of direct observation and a questionnaire to obtain the following information: firstly, whether and to what extent the creators are familiar with archival procedures, and secondly, whether the system of electronic acquisition of archives is more transparent and simpler than the traditional system.

Results: The initial results of the study show that there are certain segments of acquisition and appraisal of television archives that are in accordance with archival laws and regulations; the deviations are mainly due to the specifics of television work. Further, the study shows that the electronic system is simpler, albeit less transparent than the traditional system. The creators' knowledge of archival procedures is lacking or non-existent, so they just do it how they see fit.

Conclusion/findings: Based on initial findings we can conclude that unclear criteria are the cause for lack of familiarity with archival procedures. The system of acquisition and appraisal requires criteria-based written professional instructions or guidelines that will define procedures to creators.

Keywords: *creators of television archives, appraisal of television archives, traditional acquisition of archives, electronic acquisition of archives, knowledge of archival procedures*

Saša Đukić, Marijana Todorović Bilić

ARHIPEDIJA - ONLINE DATABASE FOR PEOPLE

ABSTRACT

With web based platform Arhipedija, The Archives of the Republic of Srpska now offers an online database that allows people to access rare documents from the comfort of their own homes. Arhipedija will be launched on april 2020, and contains descriptions of 583 fonds and historical records held by the Archives of the Republic of Srpska. It also contains over 10,000 digitized photographs and documents, allowing far greater access to these sources while also helping to preserve fragile originals.

The Archives of the Republic of Srpska contain the unique unpublished documents that history is written from. The launch of this new online web based platform is a big step forward to reach our goal of connecting as many people and institutions as possible to the Archives valuable collections, so that they can be used for research.

Keywords: Arhipedija, records, database, computerization, photographs, IT solutions



Nežika Erzetič Drnovšek

OPTIMIZACIJA PROCESA ARHIVIRANJA V CENTRALNEM ARHIVU SPLOŠNE BOLNIŠNICE NOVA GORICA OPTIMIZATION OF THE PROCESS OF ARCHIVING IN THE GENERAL HOSPITAL OF NOVA GORICA

POVZETEK

Dolžnost tako zdravstvenih zavodov kot tudi drugih izvajalcev zdravstvene dejavnosti je vodenje zdravstvene dokumentacije in drugih evidenc. Splošna bolnišnica Nova Gorica ima tako kot večina bolnišnic težave z arhiviranjem medicinske dokumentacije pacientov, ki tudi zaradi shranjevanja balasta zavzema veliko prostora. Namen te raziskave je razbremenitev prenatrpanega centralnega arhiva Splošne bolnišnice Nova Gorica ter zmanjšati uporabo tiskane dokumentacije s pomočjo usklajenega informacijskega sistema. Uporabila sem komparativno metodo, kjer sem primerjala urejenost centralnega arhiva Splošne bolnišnice Izola ter proučila veljavno zakonodajo v zvezi z arhiviranjem dokumentacije pacientov. Sestavljena so bila jasna navodila o arhiviranju zdravstvene dokumentacije pacientov in urejenost zdravstvene dokumentacije ob prihodu v centralni arhiv so pričeli dosledno kontrolirati. Že takoj po objavi navodil se je v centralnem arhivu bolnišnice pričela zmanjševati količina prispele dokumentacije, kar je prvi korak k vzorni ureditvi centralnega arhiva Splošne bolnišnice Nova Gorica. Z reorganizacijo dela kirurških ambulant pa se je vsakodnevno dvigovanje zdravstvene dokumentacije pacientov zmanjšalo ter ukinilo tiskanje nepotrebnih izvidov, kar je velika razbremenitev za arhivske delavce v centralnem arhivu.

Ključne besede: arhiviranje, Splošna bolnišnica Nova Gorica, medicinska dokumentacija

ABSTRACT

Administrating medical documentation and other patient's documentation is an obligation for medical services and other executant of health activities. The General hospital dr. Franca Derganca of Nova Gorica as well as the majority of hospitals in Slovenia, have difficulties with archiving medical documents of the patients because storing unnecessary documentation occupies lots of space in the hospital central archive. The main purpose of this research is to release overfilled central archive of the General hospital of Nova Gorica and to reduce the use of printed documents, with support of the informatics system.

I used comparative method to compare well organized central archive of the General hospital of Izola with central archive of the General hospital of Nova Gorica. I was also studying closely the current law of the archiving patient's medical documentation.

Clear instructions about how to handle the patient's medical documentation were given to General hospital of Nova Gorica as well as incoming documentation was strictly controlled. After the announcement of instructions about handling with medical documentation, incoming documentation was immediately reduced, which was the first step to ideal organizing of the central archive of General hospital of Nova Gorica. Daily searching by administrators for patient's medical documentation was reduced with the reorganizing the structure of surgeon's work, internal and otology dispensaries. To release the work of employees printing of unnecessary medical diagnosis was eliminated in central archive in General hospital of Nova Gorica.

Key words: medical documentation, paper operation, optimization of the process, lack of space, archiving

Barbara Granda

RAZISKAVE POTREBNE ZA POSTOPKE PRED MEDNARODNIMI SODIŠČI IN TRIBUNALI NECESSARY RESEARCH IN PROCEDURES BEFORE INTERNATIONAL COURTS AND TRIBUNALS

POVZETEK

Arhivi hranijo veliko gradiva, ki vsebujejo pomembne elemente, ki zadevajo državnost, suverenost in neodvisnost določene države. Pomembni so tako za primere, ki se dotikajo vprašanja mednarodnih meja, odgovornosti države in vprašanj oboroženih spopadov. Velikost, zapletena in dostikrat pomanjkljiva ureditev številnih javnih arhivov sta dva izmed vzrokov, da je iskanje ustreznega gradiva in zbiranje dokumentov, ki bi lahko ustvarili natančno sliko ključnih vprašanj, le redko preprosta naloga. Zavedanje o pomenu javnih arhivov in vlogi mednarodnega prava pri njihovi zaščiti se počasi krepi. Dejstvo pa je, da se pomena trajnega varovanja dokumentov, ki so ključni za sodne in podobne postopke pred mednarodnimi sodišči in tribunali, države zelo pogosto zavejo šele takrat, ko se tovrsten postopek že začne. Časovni roki v takih primerih seveda niso naklonjeni temu, da bi dovoljevali neurejenost, slabo organiziranost in težko dosegljivost arhivske dokumentacije. Nujno potrebna je jasna in logična sistematizacija dokumentov po nivojih državne uprave ter usposobljenost arhivskih delavcev, da s tovrstno dokumentacijo tudi učinkovito upravljajo. Arhivsko gradivo je vsekakor eden ključnih elementov, ko govorimo o dokaznem gradivu pred mednarodnimi sodišči in tribunali. Potrebno je oblikovati ter zagotoviti praktične smernice za določitev, hrambo in urejenost arhivskega gradiva, ki bo v največji meri omogočalo učinkovito, hitro in relevantno arhivsko raziskovanje v takih primerih.

Ključne besede: arhiv, državnost, suverenost, mednarodne meje, sodni postopki

ABSTRACT

Archives of any state hold a large volume of documentation related to statehood, sovereignty and independence of a specific country. Importance of archives is evident in cases regarding international borders, state responsibility, armed conflicts and others. The sheer volume of research material and poor organization of public archives are some of the reasons that the compilation of this material, which could provide relevant answers to key questions, is seldomly straightforward.

Awareness of the importance of public archives, its protection and its role in international legal procedures, is slowly but constantly increasing. Sadly, states often realize the significance of a permanent and efficient safekeeping of key documentation in international disputes after the procedure has already started. Poor organization and insufficient availability are further complicated by typically tight timelines. This shows that there is an urgency for clear and logical systematization of records throughout all levels of state administration and a need for properly qualified personnel, who are capable of efficient management.

Archives are most definitely a key element in providing relevant evidence in international legal procedures. Clear and well designed guidelines must be set for selection, processing and retention of archival records – all with the aim of making research in international disputes as relevant, speedy and efficient as possible.

Keywords: archives, statehood, sovereignty, international boundaries, legal procedures, international courts and tribunals, archival research, selection of archival material, competence and sufficient qualification of personnel in documentation management

Tatjana Hajtnik

SKLADNOST S STANDARDOM ISO 16363 - JE TO ODGOVOR NA NAŠO DIGITALNO PRIHODNOST? ISO 16363 COMPLIANCE - IS THIS THE ANSWER TO OUR DIGITAL FUTURE?

POVZETEK

E-zapisi igrajo vedno večjo vlogo v današnjem digitalnem svetu, zato je še kako pomembno, da jih bomo sposobni ohranjati danes in za prihodnost in to na način, da bodo ti zapisi zanesljivo dostopni ter ves čas verodostojni. To mora biti osnovno poslanstvo zaupanja vrednega e-repozitorija, zdaj in v prihodnosti. Da pa bo to mogoče, je treba uvesti stalen nadzor, načrtovanje in vzdrževanje ter uvedbo ukrepov in strategij za nenehno izboljševanje. Le na podlagi rednih, periodičnih pregledov bo poskrbljeno za transparentno delovanje e-repozitorija, s tem pa doseženo zaupanje javnosti vanj. Določeno stopnjo zaupanja javnosti v zanesljiv in zaupanja vreden e-repozitorij lahko ta izkaže tudi s pridobitvijo katerega od certifikatov na področju dolgoročnega ohranjanja e-zapisov. Avtorica v prispevku predstavi enega od njih, ISO 16363, ki poudarja, da se noben e-repozitorij ne more samooklicati za zaupanje vrednega, ampak je to mogoče doseči le s postopkom certificiranja, ki vključuje ustrezen nadzor in s tem vzpostavi vsesplošno klimo zaupanja v ohranjanje e-zapisov. Trenutno predstavlja najvišji uradni svetovni standard odličnosti za vrednotenje zanesljivih e-repozitorijev. Še posebej pa izpostavlja stališče, da vzpostavitev e-repozitorijev, ki dolgoročno ohranjajo e-zapise, ni samo tehnični, temveč tudi organizacijski problem.

Ključne besede: Projekt e-ARH.si, certificiranje, ISO 16363, e-repozitorij

ABSTRACT

E-records are playing an increasing role in today's digital world, so it is even more important that we are able to preserve them for today and for the future in a way that they are reliably accessible and authentic all the time. This must be the core mission of a trusted e-repository. However, to enable this, continuous monitoring, planning, maintenance, and the introduction of constant improvement measures and strategies should be introduced. Only through regular, periodic reviews, the e-repository will function in a transparent manner, thereby achieving public confidence. A certain level of public trust in a reliable and trusted e-repository may also be demonstrated by obtaining one of the certificates in the field of long-term preservation of e-records. The author introduces one of them in this paper, ISO 16363, which emphasizes that no e-repository can self-invoke as a trustworthy one; this can only be achieved through certification process, which includes appropriate controls to establish an overall climate of trust in preserved e-records. Standard ISO16363 is currently the highest official global standard of excellence for the evaluation of trusted e-repositories. In particular, it points out that the establishment of e-repositories that maintain e-records over the long term is not only a technical but also an organizational problem.

Key words: Project e-ARH.si, certification, ISO 16363, e-repository

Luka Hribar

POMEMBNOST NOSILCEV PODATKOV DIGITALNEGA GRADIVA V ARHIVISTIKI THE IMPORTANCE OF DIGITAL STORAGE MEDIA IN ARCHIVAL SCIENCE

POVZETEK

Namen: V prispevku razmišljam o nosilcih podatkov digitalnega gradiva: vrstah, primernosti, značilnostih in možnem razvoju. Vprašanje, ki ga poskušam nasloviti, je, ali je v dobi, ki jo zaznamuje prehod v oblačne storitve, področje poznavanja in raziskovanja fizičnih nosilcev, na katere shranjujemo gradivo v digitalni obliki, za arhivistiko (še) pomembno?

Metoda/pristop: Na podlagi analize strokovne literature sem napravil pregled nosilcev gradiva v digitalni obliki in njihovih značilnosti. Izvedel sem kratko anketo o pričakovanih javnosti v zvezi s poznavanjem nosilcev podatkov s strani arhivov in sorodnih ustanov. Pregledal sem obravnavo nosilcev podatkov v strokovnih prispevkih slovenskih arhivistov, muzealcev in bibliotekarjev v obdobju 2009–2019.

Rezultati: Računalniška literatura nosilce podatkov obširno obravnava, a o njihovi zanesljivosti obstaja malo verodostojnih podatkov. Značilen je prehod z magnetnih nosilcev na polprevodniške nosilce, ki žal niso brez slabosti. Javnost arhivistom (tudi muzealcem in bibliotekarjem) pripisuje dobro poznavanje klasičnih nosilcev (npr. papir), pri digitalnih pa to prepričanje blede. Spoznanja analitičnih hiš nakazujejo, da se bo rast obsega shranjevanja podatkov nadaljevala. Uporabniki zato iz praktičnih razlogov sprejemajo oblačno shrambo, a spoznavajo tudi njene slabosti in zdi se, da prav vseh podatkov zaradi več razlogov ne bomo nikoli hranili v oblaku.

Sklepi ugotovitve: Če bo arhivistika (v službi človeka) želela ohraniti ugledno mesto skrbnika dediščine, bo morda morala poznati tudi nosilce gradiva v digitalni obliki ter strokovno in znanstveno sodelovati pri njihovem razvoju. IT industrija bo raje ponujala e-hrambo kot storitev, kjer je prihodek stalen, kot pa npr. razvijala trajnejše nosilce podatkov. Bolj intenzivirati velja tudi sodelovanje arhivistike pri vzpostavljanju državnih in skupnostnih oblačnih storitev.

Ključne besede: nosilci podatkov, oblačna shramba

ABSTRACT

Purpose: In this article I consider digital storage media: types, suitability, characteristics and their possible future development. The question that I am trying to address is whether in an age marked by the transition to cloud services, research of data storage media and equipment is (still) a relevant topic for archival science.

Method/approach: Based on the analysis of relevant literature, I have made an overview of digital storage media and their characteristics. I conducted a short survey on the public's expectations regarding the knowledge of digital storage media by archives and related institutions. I reviewed recent findings regarding data storage media in the contributions of Slovenian archivists and museum and library professionals in the period from 2009 to 2019.

Results: There is an extensive discussion about storage media in the computer literature but there is, for instance, little credible data on storage media reliability. We are facing transition from magnetic based storage media to semiconductor-based storage media, which, unfortunately, is not without shortcomings. The public credits archival, museum and library professionals with a good knowledge of classical media (i.e. paper), but this trust fades when digital storage media is in question. Analytical findings indicate that the growth of data storage will continue. Therefore, for practical reasons, users accept cloud storage, but also recognise its weaknesses. It seems that for many reasons all the data that we collect will never be stored in the cloud.

Conclusions/findings: If the archivists (in the service of people) want to preserve the distinguished position of guardians of the heritage, they may also need to know data storage media and be willing to participate professionally and scientifically in their development. The IT industry will continue to prefer to offer storage as a service where revenue is constant than develop more durable media. The involvement of archivists in the formation of national and community cloud services should also be intensified.

Key words: data storage media, cloud storage



Rudi Jamnik

KAJ PA ČE JE V NEMŠČINI? WHAT IF IT IS IN GERMAN?

POVZETEK

V prispevku raziskujemo, kaj se zgodi, ko pri raziskovanju arhivskega gradiva v čitalnici v obdelavo dobimo gradivo v jeziku ali pisavi, ki ju ne poznamo. Zanima nas, ali in kako nam pri tem lahko pomagajo delavci v čitalnici. Ker nam zaradi kadrovskih omejitev zagotovo ne morejo pomagati pri obdelavi večjih količin gradiva, nas je zanimalo, kaj lahko s pomočjo sodobne informacijske tehnologije naredimo sami. Raziskava med delavci v čitalnicah slovenskih arhivov je pokazala, da težava z gradivom v tujih jezikih obstaja, vendar so delavci v čitalnicah pri pomoči uporabnikom na tem področju zelo omejeni. Najpogosteje se težava pojavi pri gradivu v gotici in pa pri rokopisih. Pri tem je zelo opazna razlika med profesionalnimi in ostalimi uporabniki, saj prvi običajno tovrstne pomoči ne potrebujejo. Mnenja med delavci v čitalnici o tem, ali je to težava, ki potrebuje rešitev, so zelo deljena, se pa vsi strinjajo, da bi bila kakršnakoli tehnološka rešitev, sploh če bi jo uporabniki lahko uporabljali sami, zelo dobrodošla. V zadnjem delu prispevka smo preverili, kaj nam sodobna informacijska tehnologija, sploh strojnega prevajanja, nudi za rešitev raziskovane teme. Po pričakovanjih smo ugotovili, da bo potrebno na področju optičnega prepoznavanja in prevajanja starejšega tiskanega gradiva, še bolj pa pri rokopisih potrebnega še veliko razvoja in izboljšav.

Ključne besede: arhivska čitalnica, arhivsko gradivo, informacijska tehnologija, strojno prevajanje

ABSTRACT

This article explores what happens when, during our research of archival material in a reading room, we obtain material in a language or alphabet that we do not understand. We are interested in whether, and how, reading room workers can help us. Because of the limitations of staff, they certainly cannot help us to process large quantities of material, so we were also interested in what can we do ourselves with the help of modern information technology.

A survey among workers in reading rooms of Slovenian archives has shown that there is a problem with foreign language material and that reading room workers may only be able to help users to a limited extent. Most often, the problem is with Gothic script and with manuscripts. The difference between professional and other users is very noticeable, since the former usually do not need much assistance. Opinions are widely shared among workers in the reading room as to whether this is a problem that needs a solution, but everyone agrees that any technological solution, especially if users could use it themselves, would be very welcome.

In the last part of the article, we examined what modern information technology, in particular machine translation, has to offer to solve the explored topic. As expected, we have found that in the field of optical recognition and translation of older printed material, and even more so in manuscripts, much further development and improvement will be required.

Keywords: Archival reading room, archival records, information technology, machine translation

Manja Konkolič

VARNOSTNI VIDIKI ZAKONA O VARSTVU DOKUMENTARNEGA IN ARHIVSKEGA GRADIVA TER ARHIVIH

SECURITY ASPECTS OF PROTECTION OF DOCUMENTS AND ARCHIVES AND ARCHIVAL INSTITUTIONS ACT

POVZETEK

Namen: V prispevku je opredeljen in analiziran Zakon o varstvu dokumentarnega in arhivskega gradiva ter arhivih (ZVDAGA). Na primeru Zgodovinskega arhiva v Ljubljani je prikazano, kako je v skladu z ZVDAGA in ostalimi zakoni ter predpisi poskrbljeno za varnost v arhivih - v primeru selitve celotnega arhiva iz lokacije A na lokacijo B.

Metoda/pristop: Uporabljen je sistematični pregled obstoječe literature. Analizirani so tisti člani v Zakonu o varstvu dokumentarnega in arhivskega gradiva ter arhivih, in drugi zakonski predpisi in standardi, ki se nanašajo neposredno na varnost v arhivih, na primeru selitve Zgodovinskega arhiva v Ljubljani.

Rezultati: Rezultati oziroma analiza kažejo, da Zgodovinski arhiv v Ljubljani deluje v skladu z veljavno zakonodajo ter ostalimi predpisi. V primeru selitve celotnega arhiva iz točke A na točko B pa predstavlja veliko varnostno tveganje za dokumentarno in arhivsko gradivo.

Sklepi/ugotovitve: Do sedaj v Sloveniji še ni bilo opravljenih veliko raziskav na to temo, ki bi v celoti zajele varnostno tveganje pri selitvah arhivov. Prispevek predstavlja razmislek o tem, kaj z varnostnega vidika pomeni selitev dokumentarnega in arhivskega gradiva iz točke A na točko B.

Ključne besede: ZVDAGA, varnost, tveganje, arhivsko gradivo

ABSTRACT

Purpose: This paper defines and analyzes the Protection of Documents and Archives and Archival Institutions Act (ZVDAGA). The example of the Ljubljana Historical Archives shows how, in accordance with ZVDAGA and other laws and regulations, security in the archives is provided - in case the entire archive is moved from location A to location B.

Method / Approach: A systematic review of existing literature was used. The articles in the Law on the Protection of Documentary and Archival Materials and Archives are analyzed, as well as other legal regulations and standards that relate directly to the security of archives, in the case of the relocation of the Historical Archive to Ljubljana.

Results: The results or analysis show that the Ljubljana Historical Archives operates in accordance with applicable legislation and other regulations. However, if the entire archive is moved from point A to point B, it poses a high security risk for documentary and archive material.

Conclusions: To date, there has not been much research in Slovenia to fully cover the security risk of moving archives. The paper presents a reflection on what, from a security perspective, means moving documentary and archival material from point A to point B.

Keywords: ZVDAGA, security, risk, archives

Matevž Košir

POMEN SPLOŠNE UREDBE O VARSTVU PODATKOV (GDPR) ZA ARHIVE

THE IMPORTANCE OF GENERAL DATA PROTECTION REGULATION FOR ARCHIVES

POVZETEK

Namen: Osvetlitev določil Splošne uredbe o varovanju podatkov, ki se nanašajo na arhiviranje. Ker splošna uredba aktualizira vprašanja varovanja osebnih podatkov, se ob njeni implementaciji kaže tudi primerljivost arhivskih praks po različnih državah EU.

Metoda/pristop: Analiza Splošne uredbe o varovanju podatkov, in osvetlitev njenega pomena s pomočjo Smernic Evropske arhivske skupine za njeno izvajanje, ter ob upoštevanju mednarodne in nacionalne prakse, ter arhivskih strokovnih načel.

Rezultati: Temelj Splošne uredbe je pravica vsake osebe do zaščite osebnih podatkov pri nadaljnji obdelavi. Ključno načelo Splošne uredbe pa je zmanjševanje podatkov, ki se ne smejo obdelovati na način, ki ni združljiv s prvotnimi nameni. Arhiviranje v javnem interesu pa ne velja za nezdružljivo s prvotnimi nameni. V Splošni uredbi je mogoče najti številne reference na arhive in zgodovinske raziskave. Več členov, ki določajo dolžnosti ali prepovedi upravljavca, dejansko dopuščajo izjeme, kadar je obdelava potrebna za arhiviranje v javno korist ali zgodovinske raziskave. Zakonodajalci EU ugotavljajo, da so za uveljavitev temeljnih pravic potrebni arhivi. Smernice pa posebej poudarjajo in podčrtujejo pomen celovite hrambe arhivov v primerih kršitev človekovih pravic. Splošna uredba pa ne spreminja obdobja nedostopnosti arhivskih dokumentov, ki vsebujejo osebne podatke, kot jih določa nacionalna arhivska zakonodaja. Splošna uredba prav tako ne spreminja zakonov o svobodi obveščanja in izražanja.

Sklepi/ugotovitve: Splošna uredba ima zelo pomembna določila glede arhiviranja, obenem pa je implementacija Splošne uredbe v slovenskih arhivih, v nekaterih delih gotovo tudi izziv. Izzivi slovenske arhivske prakse, ki jih ne manjka, pa so prilika za razmislek o potrebi za aktualizacijo določil o varovanju podatkov, še v Zakonu o varstvu dokumentarnega in arhivskega gradiva in arhivih, kateremu bi moral prisluhniti tudi zakonodajalec.

Ključne besede: Splošna uredba o varstvu podatkov, GDPR, arhivi, Smernice evropske arhivske skupine o uporabi GDPR v arhivih

ABSTRACT

Purpose: To highlight the provisions of the General Regulation on Data Protection relating to archiving. As the General Regulation updates the issues of personal data protection, its implementation also shows the comparability of archival practices across EU countries.

Method / Approach: Analysis of the General Data Protection Regulation and illumination of its importance by means of the Guidelines of the European Archival Group for its implementation, taking into account international and national practice and archival professional principles.

Results: The basis of the General Regulation is the right of every person to the protection of personal data during further processing. However, a key principle of the General Regulation is the reduction of data which must not be processed in a manner incompatible with the original purposes. However, archiving in the public interest is not considered incompatible with the original purposes. A number of references to archives and historical research can be found in the General Regulation. Several articles that set out the manager's duties or prohibitions actually allow exceptions when processing is required for archiving for public benefit or historical research. EU lawmakers recognize that archives are needed to assert fundamental rights. The guidelines, in particular, emphasize and underline the importance of comprehensive preservation of archives in cases of human rights violations. However, the General Regulation does not change the period of unavailability of archival documents containing personal data as required by national archival legislation. The general regulation also does not change the laws on Freedom of Information and expression.

Conclusions: The General Regulation has very important provisions on archiving, while the implementation of the General Regulation in Slovenian archives is certainly a challenge in some parts. The challenges of Slovene archival practice, which are not lacking, are an opportunity to reflect on the need to update data protection provisions, even in the Law on the Protection of Documentary and Archival Materials and Archives, which the legislature should also listen to.

Keywords: General Data Protection Regulation, GDPR, archives, European Archives Group Guidelines on the use of GDPR in archives



Azem KOŽAR

ARCHIVAL EDUCATION IN TRANSITION: HIGHER EDUCATION PROGRAMMES IN BOSNIA AND HERZEGOVINA

ABSTRACT

The paper discusses the status and character of archival knowledge and its representation in higher education programmes in the transition process of Bosnia and Herzegovina and the implementation of the Bologna process. The Bologna classification of knowledge undoubtedly confirmed the scientific character of archival knowledge, classified in the sphere of information sciences. In addition, the need for archival knowledge as a multidisciplinary one is evident in many other scientific fields, the research of which must inevitably rely on the archivist's knowledge and related studies (law, economics, history, etc.). All these and many other insights into the character and importance of archival knowledge are contained, directly or indirectly, in the provisions and spirit of the Bologna Declaration, which has been in use for about two decades.

However, the issues of understanding and application of the Bologna Declaration are understood differently in the field of professional understanding and especially in its practical application. This is manifested through the incompleteness of legal regulations, the creation of material and human resources to make the whole system credible, compatible and enforceable in the spirit of creating a single academic space in the wider European area. The situation also differs significantly within the framework of a single academic space - such as the transitional Bosnia and Herzegovina.

In this paper, the author deals with the analysis of the character of archival knowledge, which is not only expert but undoubtedly scientific, thereby confirming the definition of archival science as a separate scientific discipline in classifications on a general level of scientific knowledge. Research on the appearance of archival knowledge in the transitional programmes of higher education in Bosnia and Herzegovina confirms the assumption of an inadequate, very reduced presence of archival knowledge: there is no private study of archival science, and the representation in the programmes of other sciences (history, law, etc.) is very insufficient. However, there have been some positive developments at some universities. This situation is, in the author's opinion, not only the consequence of an inadequate status of archival studies and archival knowledge across society, but also the result of an inadequate relationship to the scientific figures within the archival profession. The author analyses the causes and points out the possible instruments that lead to the change of the current situation.

Keywords: archival science, archival knowledge, Bosnia and Herzegovina, transition, Bologna declaration, higher education, study programs

Erika Lampe

ELEKTRONSKI DOKUMENTNI SISTEM TER VZPOSTAVITEV ARHIVA OBČINE ANKARAN ELECTRONIC RECORDS MANAGEMENT SYSTEM AND ESTABLISHMENT OF THE ARCHIVES OF THE MUNICIPALITY OF ANKARAN

POVZETEK

Namen: V prispevku je z vidika ustvarjanja in ravnanja z arhivskim in dokumentarnim gradivom predstavljena najmlajša slovenska občina - Občina Ankaran, ki arhivsko in dokumentarno gradivo ustvarja od 1. 1. 2015. Poleg lastnega gradiva je občina ob ustanovitvi prevzela tudi gradivo prejšnje Krajevne skupnosti Ankaran. Ker so skrbno urejeni arhivi nujno potrebni za nemoteno delovanje organizacije, so se na občini odločili, da bodo raziskali obstoječe sisteme za organizacijo pisarniškega poslovanja in s tem poiskali najbolj optimalno rešitev ter posledično uredili svoj arhiv.

Metoda/pristop: V prispevku so z uporabo deskriptivne metode opisani trije različni sistemi, ki jih je Občina Ankaran preizkusila. Ker je avtorica tudi sama sodelovala pri uporabi vseh treh sistemov, so ugotovitve podane na podlagi metode opazovanja z udeležbo.

Rezultati: Po preučitvi različnih možnosti se je Občina Ankaran odločila za implementacijo informacijskega dokumentnega sistema za upravljanje dokumentov in procesov, implementacija tega sistema pa je posledično pripeljala tudi do bolj pregledne in sistematične ureditve arhiva.

Sklepi/ugotovitve: Pri preučevanju različnih sistemov organizacije pisarniškega poslovanja smo prišli do ugotovitve, da je na koncu še vedno najbolj pomemben človeški faktor. Čeprav je vsak sistem imel svoje prednosti in slabosti, se je na koncu z vidika doslednosti uporabe najbolj obnesel tisti, ki je bil med vsemi tremi najbolj prijeten za oko in zahteval najmanj truda. Tukaj se postavlja vprašanje, ali so ostali preučevani sistemi dejansko manj uporabni od izbranega, ali gre samo za človeško naravo?

Ključne besede: arhivsko gradivo, dokumentarno gradivo, urejanje, dokumentni sistem, hramba

ABSTRACT

Introduction: This article presents the youngest municipality in Slovenia – the municipality of Ankaran – from the perspective of creating and handling archives and records. The municipality of Ankaran creates archives and records since January 1, 2015. In addition to its own documents, the municipality has also assessed documents created by the previous local community before the official establishment of the Municipality. Well organized archives are very important for an uninterrupted functioning of the organization and for that reason the municipality decided to do the research on the existing systems for the organization of the administration in order to find the most optimal solution and to organize their archive.

Methods: With the use of the descriptive method author describes three different document systems tested by the Municipality of Ankaran. Since the author herself was involved in the use of all three systems, the findings are also based on the participant observation method.

Results: After examining various options, the Municipality of Ankaran decided to implement document system for managing documents and processes and the implementation of this system resulted in a more transparent and systematic arrangement of the archive.

Discussion: After examining the various document systems, we came to the conclusion that the most important factor is human itself. Although each document system had its advantages and disadvantages, the most successful one in terms of consistency of use was the one that was most pleasing to the eye and required least effort. The question here is whether the other systems studied are actually less useful than the chosen one, or is it just the human nature?

Keywords: Archives, records, arrangement of archives, ERMS, storage

Grigory Lanskoj

PUBLICATION OF ARCHIVAL DOCUMENTS IN CONTEMPORARY SOCIETY: TRADITIONAL APPROACHES AND NEW TECHNOLOGIES

ABSTRACT

The paper is devoted to analysis and evaluation of development of technologies in the sphere of publication of archival documents in contemporary society. This scientific problem, which has methodical and practical aspects, is examined within definition of terms of publication and edition of these documents, conditions of electronic sphere, organization of transition of their texts to digital or to electronic form in the work of archival services, museums and libraries that represent large number of documents and records created and preserved on paper, photographic, electronic or other material. In theoretical part of the paper, the main attention is paid to terminological interpretation of form and content of publication and edition according to conditions of electronic sphere and of contemporary conditions of social communication. It also analyses the process of transformation from publishing form in all types of texts to new visual information, all in the process of their transition to informational systems oriented towards public access. In this context, the paper presents the viewpoint on following original features of texts published in visual form that will be used in future scientific and cultural studies. The practical part of paper analyses concrete practical approaches to publication and to editions of archival documents. They are connected with the choice of visual format that will preserve the original external characteristics of published historical sources and at the same time illustrate communication possibilities of informational systems previewed for different types of text. The paper will propose more effective approaches to choice and to presentation of metadata descriptions to published documents for different social categories of users. The main problem is to find the most adequate and effective ways of social communication for adaptation of scientifically based traditional approaches to publication of archival documents to new technological conditions in which majority of users want to have access to documentary information. The paper presents specific features of publication of archival documents in electronic form. This is necessary to understand the conditions for development of methods and publication practices of archival documents in all countries and societies.

Keywords: archival documents, publication, archeography, informational systems, digital technologies, access to archives, edition, text, diplomatics



Mikhail Larin, Nataliya Surovtseva

ORGANIZATION OF STORAGE OF ELECTRONIC RECORDS IN ARCHIVES: THEORY AND PRACTICE

ABSTRACT

The study of the issue indicates the relevance of this topic and the common tendency for archives in different countries to find solutions to create reliable information systems that provide long-term storage of integral, authentic and usable electronic records. Most countries use the OAIS model to build such a system. When creating such a system, a number of countries use the creation of an intermediate repository in order to remove additional burden from the authorities to ensure the safety of electronic records. Based on this experience, a number of general approaches can be identified that are used to solve the problem of archival storage of electronic records, which are both technological and organizational in nature. In this report, the authors consider various options for organizing the storage of electronic records in Russia, both implemented in practice and planned in the near future. At the same time, attention is drawn to theoretical issues, the solution of which is necessary for the successful implementation of effectively working information systems for storing electronic records.

Key words: information system, electronic record, archive, storage of electronic records



Aleksander Lavrenčič

EFEMERNI POSNETKI KOT AVDIOVIZUALNO ARHIVSKO GRADIVO IN IZROČANJE ZASEBNIH VIDEOPOSNETKOV V ARHIV

EPHEMERAL RECORDS AS THE AUDIO-VISUAL ARCHIVES AND THE SUBMISSION OF AUDIO-VISUAL RECORDS TO THE ARCHIVES

POVZETEK

Namen: Namen prispevka je predstavitev pomena video posnetkov, ki so bili označeni kot efemerni, to je obrobni. Zanima nas, kakšen je v resnici pomen teh posnetkov za kulturno dediščino. Naš cilj je spremeniti odnos do amaterskih posnetkov. Zato hočemo dokazati, da so posamezni amaterski posnetki zelo pomembni za znanstvene raziskave.

Metoda/pristop: V raziskavi smo primerjali posamezne posnetke iz zgodovine filmskega in video ustvarjanja s sedanjimi posnetki. Preverili smo tudi, kako efemerne posnetke obravnavajo v različnih arhivih. Pri raziskavi smo se v praktičnem delu omejili na posnetke enega ustvarjalca.

Rezultati: Pregled dela v nekaterih arhivih in politika odbiranja ter hrambe prispevkov sta pokazala, da bomo morali v prihodnosti veliko več pozornosti in predvsem več prostora nameniti amaterskim zvočnim in video posnetkom v arhivih.

Sklepi/ugotovitve: Število avdiovizualnih posnetkov v digitalni dobi hitro narašča. Zato moramo arhivarji in arhivisti najti ustrezne rešitve za trajno arhiviranje posnetkov, drugače se bodo za vedno izgubili. Del praktičnega dela naše raziskave je bila tudi izročitev avdiovizualnih posnetkov Slovenskemu filmskemu arhivu pri Arhivu Republike Slovenije. Natančno opisani postopki sprejema gradiva bodo predstavljeni na mednarodni konferenci arhivarjev in arhivistov v Radencih in objavljeni v reviji Moderna arhivistika.

Ključne besede: arhivi, avdiovizualni arhivi, video, amaterski video posnetki

ABSTRACT

Purpose: The purpose of this paper is to present the significance of the video records that were labelled as ephemeral or marginal. We are curious about the significance of these records in terms of cultural heritage. Our goal is to change the attitude towards amateur footage. Therefore, we want to prove that individual amateur footage is very important for scientific researches.

Methods/approach: We compared individual video records from the history of movie and video art and creation with the current records. After that we checked how ephemeral imagery is handled in different archives. The practical part of the research was limited to the records of one creator.

Results: The review of the selection policy in some archives showed that the archivists should pay more attention to the preservation of amateur sound and video records in the future.

Conclusions/findings: The amount of audio-visual records in the digital age is growing rapidly. Therefore, archivists need to find the right solutions to permanently archive these records, otherwise they will be lost forever. Part of the practical part of our research was the submission of audio-visual records to the Slovenian Film Archives at the Archives of the Republic of Slovenia. Detailed procedure for receiving the materials will be presented at the international conference of archivists in Radenci and published in the journal Modern Archival Science.

Keywords: archives, audio-visual archives, video, amateur video records

Jelka Melik

ARHIVSKA IN PRAVNA ZNANOST ARCHIVAL SCIENCE AND LEGAL SCIENCE

POVZETEK

Med najpomembnejše raziskave arhivistične znanosti bi bilo treba v najkrajšem času uvesti pravno varstvo arhivskega gradiva. Tako kot materialno varstvo arhivskega gradiva pokrivajo naravoslovne znanosti, mora za pravno varstvo poskrbeti predvsem pravna znanost. Arhivska znanost je namreč izrazito multidisciplinarna oziroma interdisciplinarna znanost, v kateri je delovanje mogoče le z združevanjem spoznanj iz več različnih disciplin. Arhivsko pravo razvija posebna pravila o arhivih (organizacijo arhivov oziroma arhivsko mrežo, pristojnost arhivov, način delovanja, notranjo organizacijo), določa pravne oz. fizične osebe (ustanove oziroma posameznike), ki so dolžne z arhivi sodelovati in jim predajati arhivsko gradivo ter predpisuje njihove dolžnosti. Prav tako ureja razmerja med ustvarjalci arhivskega gradiva in uporabniki. Predvsem pa arhivsko pravo oblikuje strokovna vodila arhivistike, ki so pravno obvezna in predvideva sankcije za njihovo kršitev. Arhivsko pravo ima namreč prav to nalogo, zagotoviti izvrševanje najpomembnejših strokovnih vodil.

Arhivsko pravo je del pravnega reda neke države. Zato se od države do države razlikujejo opredelitve arhivskega gradiva, način organizacije arhivov, postopek določanja in prevzemanja oziroma izročitve arhivskega gradiva arhivom, način hrambe in pogoji uporabe oziroma dostopnost arhivskega gradiva. Naloga raziskav pravne zaščite arhivskega gradiva v bodoče je ugotavljanje tistih pravil, ki bi jih moralo vsebovati vsako pravo. Arhivska zakonodaja naj bi zagotavljala obstoj takih dokumentov oz. zapisov, ki bi omogočali uporabo arhivskega gradiva tako v pravne kot raziskovalne namene. Arhivsko gradivo je namreč nujno potrebno na raznovrstnih področjih mednarodnega prava kot dokaz določenih dejstev. Prav tako mora arhivsko gradivo omogočiti poenotenje pogleda v zgodovino (v EU in širše).

Ključne besede: arhivska znanost, arhivistika, pravna znanost, arhivsko gradivo

ABSTRACT

One of the most important research topics in archival science is the issue of legal protection of archival records. Just as the material protection of archival records is the responsibility of natural sciences, so is legal protection in the domain of legal science. Archival science is a highly multidisciplinary and interdisciplinary science in which performing activities are possible only by combining knowledge from several different disciplines.

Archival law develops special rules on archives (organization of archives or archival network, competence of archives, method of operation, internal organization), defines legal or natural subjects (institutions or individuals), who are obliged to cooperate with archives and submit them their archival records, and prescribes their duties. It also regulates relationships between creators and users of archival records. Above all, archival law forms the professional guidance of archival profession and practice, which is legally binding and provides sanctions for their violation. Archival law has actually exactly the role to ensure the enforcement of the most important professional principles.

Archival law is a part of the legal system of a country. Therefore, definitions of archival records, the method of organizing archives, the process of determining and retrieving or handing over archival records to archives, the method of storage and conditions of use, or the availability of archival records, differ from country to country.

The task of researching legal protection of archival records in the future is to identify the rules that every law should contain. Archival legislation is supposed to ensure the existence of such records that should secure the use of archives for both legal and research purposes. Archival records are extremely important in various areas of international law to prove certain facts. Archival records must also allow the unified insight into the history (in the EU and beyond).

Key words: archival science, legal science, law, archival records, archival profession

Matej Mertik

PREGLED IN SMERNICE TEHNOLOGIJE VERIŽENJA BLOKOV V ARHIVSKI ZNANOSTI AN OVERVIEW AND DIRECTIONS OF THE BLOCKCHAIN TECHNOLOGY IN ARCHIVAL SCIENCE

POVZETEK

Tehnologija veriženja blokov je nova tehnologija, ki lahko revolucionarno preoblikuje svetovni splet. Ponuja novo obliko, možnosti in lastnosti shranjevanja, uporabe, vzdrževanja in/ali nadzora podatkov/zapisov, katere ključna prednost je sledenje in originalnost zapisa. V tem prispevku bomo predstavili nekatere ključne značilnosti te tehnologije na področju arhivskih znanosti ter katere nove paradigme lahko povezujemo tudi s srednjeveškimi zakladnicami in njihovimi karakteristikami. Predstavili bomo nekaj primerov vzorcev uporabe tehnologije na področju hranjenja podatkov in izzive ter prikazali potencialne razvojne modele te tehnologije v prihodnosti.

Ključne besede: veriženje blokov, arhivska znanost, razvojni modeli

ABSTRACT

Blockchain is a new emerging technology that might transform the web. It seeks to capitalize - not on the value transfer only, but on the technology's recordkeeping capacity where it offers a new form of records storage, use, maintenance, and/or control of records. This paper will present some of the key characteristics of the blockchain technology and its surprising link to medieval treasuries as well as its potential impact on archival science. It will present some of the examples and challenges in the field of record keeping and show the potential development models of blockchain technology in the future.

Keywords: blockchain, archival science, development model



Spomenka Pelić

COMMUNICATING AND DOCUMENTING IN COMTEMPORARY MANNER: THE CASE OF ALMA MATER EUROPAEA

ABSTRACT

Purpose: Studying History in the 1980s at the Faculty of Arts in Sarajevo, I never imagined that one day I would take exams from my home and talk to a professor who was hundreds of miles away from me. But this happened to me when taking the "Introduction to records management" exam with prof. Miroslav Novak at Alma Mater Europaea University. For hundreds of years, classical university education has been based on the relation of communication - professor tests the student's knowledge while being physically together in time and space. With the advent of electronic records and the change of classical schooling in the 21st century, the possibility arose that schooling could be done in a completely different manner than in the past. Today, through advanced communication channels, distance education can be done, which Alma Mater Europaea - ECM seems to have been practicing for many years. In this paper I will present new ways of communication between the professor and the student using the example of an examination test, which was done through information technology. This process formed the records, that is, documents, which I will describe and analyze.

Method / Approach: Through the analysis and synthesis method, I will describe contemporary communication and documentation in the process of student proficiency testing by professors. Analyzing the literature, I will determine the importance of the means of communication, i.e., distance education. I will describe the IT preparation for one such procedure, all based on a concrete example of my passing the Introduction to records management exam. I will analyze how to create relevant records that arise on this occasion, which must have an official character. I will determine the importance of documents and their characteristics, and their need for safekeeping and adequate protection. I will use the interview method in my effort to describe the procedure as authentically as possible.

Results: Paper presents the significance of the new way of school communication, which emerged with new information technology infrastructure and the documentation of the records that are being produced. By analyzing the nature of the resulting documents, I will determine their authenticity, the management of those documents, and their protection.

Conclusion: By analyzing all the facts, I will reflect on all the advantages and disadvantages of communicating and documenting education in a modern way.

Keywords: *Communication, distance learning, Alma Mater Europaea-ECM, technical capabilities, information and communication support, knowledge assessment*

Anastasia Pettersson

SKB DIGITAL ARCHIVE – KEEP 100.000 YEARS DIGITALNI ARHIV SKB – HRANITI 100.000 LET

ABSTRACT

In the article the author presents the archive of the private Swedish Nuclear Fuel and Waste Management Co, Svensk Kärnbränslehantering AB. One of the tasks of SKB is to preserve information about the nuclear fuel storage facility after its closure. The knowledge and information about the permanent storage should be passed on to future generations in order to avoid inadvertent contact with its dangerous contents. Thus, this information should be stored for 100 thousand years. Archiving is carried out according to the principle of provenance (origin of documents). After the termination of the SKB activities, the archives - ordered and entered in the inventory - will be transferred to the National Archives of Sweden according to the current legislation.

Keywords: radioactive waste management company, SKB, digital archive, storage format, National Archive of Sweden



Tina Plevnik

ARHIVIRANJE DOKUMENTACIJE V FARMACEVTSKI INDUSTRIJI ARCHIVING OF DOCUMENTATION IN THE PHARMACEUTICAL INDUSTRY

POVZETEK

Namen: Na področju farmacevtske industrije nastaja v postopkih registracij, kliničnih preskušanj, proizvodnji in farmakovigilanci zdravil veliko dokumentarnega gradiva. Arhiviranje tega gradiva predstavlja za farmacevtska podjetja vedno večji izziv. V sklopu raziskave smo želeli pridobiti informacije glede načina, oblike in rokov hrambe gradiva, ki nastaja na vseh naštetih področjih. Zanimale so nas minimalne zakonske zahteve v zvezi s hrambo dokumentarnega gradiva, kot tudi priporočila in izkušnje strokovnjakov, ki se ukvarjajo z načrtovanjem in izvedbo procesov arhiviranja dokumentacije v farmacevtski industriji.

Metoda/pristop: Pregledali smo nacionalno zakonodajo in zakonodajo Evropske unije ter relevantne mednarodne smernice s področja kliničnih preskušanj, registracij, proizvodnje in farmakovigilance zdravil. Pregledali smo tudi dostopno strokovno literaturo, ki se ukvarja z arhiviranjem na teh področjih.

Rezultati: Zakonodaja in mednarodne smernice določajo zahteve in priporočila glede vrste in oblike ter rokov hrambe dokumentacije s področja kliničnih preskušanj, proizvodnje in farmakovigilance zdravil. Področje registracij zdravil zakonsko ni natančno opredeljeno z roki hrambe oz. arhiviranjem dokumentacije. Zelo malo je uporabne strokovne literature vezane na arhiviranje s področja farmacevtske industrije. S problematiko arhiviranja elektronskih dokumentov v GxP okolju se je delno spopadla IT delovna skupina APV-ja iz Nemčije.

Sklepi/Ugotovitve: Dokumentarno gradivo raziskanih področjih se hrani tudi več kot 30 let. Postavlja se vprašanje kako zagotoviti avtentičnost, celovitost, sledljivost in varnost dokumentacije v elektronski obliki v celotnem obdobju hrambe. Smiselno bi bilo raziskati tudi področje kontrole in distribucije zdravil ter medicinskih pripomočkov, ki jih v raziskavo nismo vključili ter arhiviranje dokumentacije pri pristojnih nacionalnih organih in javnih zavodih s področja farmacije.

Ključne besede: arhiviranje, dokumentacija, farmacija, farmacevtska industrija

ABSTRACT

Purpose: In the pharmaceutical industry large amount of documentation is produced in clinical trials, in the process of registration, manufacturing and pharmacovigilance of medicinal products. Archiving of this documentation is a growing challenge for the pharmaceutical companies. Within the research we wanted to obtain information on the format and retention periods of documentation that is generated in all the above areas. We were interested in the minimum legal requirements for the retention periods of documentation, as well as the recommendations and experience of professionals involved in the design and implementation of documentation archiving processes in the pharmaceutical industry.

Method/Approach: We reviewed national and European Union legislation as well as relevant international guidelines in the field of clinical trials, registration, manufacturing and pharmacovigilance of medicinal products. We also reviewed the available professional literature about archiving in these areas.

Results: The legislation and international guidelines establish requirements and recommendations regarding the type, format and retention periods of documentation in the field of clinical trials, manufacturing and pharmacovigilance of medicinal products. The field of registration of medicinal products is not legally defined in terms of retention periods or archiving of documentation. There is very little useful literature related to archiving in the pharmaceutical industry. The problem of archiving electronic documents in the GxP environment was partly addressed by the IT Working Group of APV from Germany.

Conclusions/Findings: Some documentation produced in the research areas above has to be kept for more than 30 years. The question is how to ensure the authenticity, integrity, traceability and security of electronic documentation throughout the retention period. Medical devices and the control and distribution of medicinal products that were not included in the research, and the archiving of documentation within the competent national authorities and public institutes in the field of pharmacy, should also be investigated.

Keywords: *archiving, documentation, pharmacy, pharmaceutical industry*



Silva Potrato

ELEKTRONSKA ZDRAVSTVENA DOKUMENTACIJA (KOMUNIKACIJA MED UPORABNIKI IN RAZVIJALCI OD NJENEGA NASTANKA DO ARHIVIRANJA) ELECTRONIC HEALTH DOCUMENTATION (COMMUNICATION BETWEEN USERS AND DEVELOPERS FROM ITS BEGINNING TO ARCHIVING)

POVZETEK

Namen: Elektronski zdravstveni karton ni modna muha enodnevnica, ampak potreba sodobnega človeka, da ohrani svoje zdravje in zaščiti svoje občutljive podatke. Zdravstveno stanje predstavi človeka po njegovi najbolj intimni plati ter vpliva na njegovo življenjsko pot. Dostop do zdravstvenih podatkov je v dobi elektronskih medijev tema številka ena. Papirnata oblika zdravstvene dokumentacije je v določenih procesih dela še vedno nujna, zato je potrebno vzpostaviti ravnovesje med obema oblikama zapisa. Ravnovesje pa lahko dosežemo le z dobro komunikacijo med pacienti, zdravstvenim osebjem in razvijalci informacijske tehnologije. Medsebojna komunikacija pa prinaša rezultate, ki so navodilo za nadaljnje uspešne projekte na področju elektronskih zdravstvenih kartonov.

Metodologija: Članek temelji na osnovi praktičnega dela z zdravstvenimi kartotekami v zdravstvu. Uporabljeno pa je tudi znanje iz treh ključnih strokovnih člankov na področju razvoja elektronskega zdravstvenega kartona in komuniciranja.

Rezultati: Povezovanje uporabnikov in razvijalcev elektronskega zdravstvenega kartona je obrodilo navodila in priporočila za implementacijo informacijske tehnologije v zdravstveno okolje. Sodelovanje med zdravstvenimi delavci in strokovnjaki s področja informacijske tehnologije je preseгло strahove pred novostmi in zagotovilo hitrejši razvoj.

Ključne besede: komunikacija, elektronski zdravstveni karton, zdravstveni karton

ABSTRACT

An electronic medical record is not a fashionable one-day fly, but rather the need of the modern man to preserve his health and protect his sensitive information. A medical condition presents a person at his or her most intimate side and influences his / her life path. Access to health data is the number one topic in the age of electronic media. The paper form of medical records is still necessary in certain work processes, and it is necessary to strike a balance between the two forms of record. However, balance can only be achieved through good communication between patients, healthcare professionals and information technology developers. Intercommunication, however, produces results that guide further successful projects in the field of electronic medical records.

Keywords: communication, electronic medical record, medical record

Anja Prša

IZ TEORIJE V PRAKSO, IZ PRAKSE V TEORIJU: ARHIVIRANJE GRADIVA PODJETIJ V STEČAJU FROM THEORY TO PRACTICE AND FROM PRACTICE TO THEORY: ARCHIVING RECORDS OF BANKRUPT COMPANIES

POVZETEK

Namen: V prispevku so predstavljeni problemi vrednotenja, urejanja, izločanja in materialnega varstva dokumentarnega gradiva gospodarskih družb v stečaju. Tekom poslovanja se večinoma vrednotenju lastnega dokumentarnega gradiva ni posvečalo dovolj pozornosti. Obsežna in neurejena stalna zbirka gradiva postane težava stečajnega upravitelja kot pravnega naslednika in imetnika, ki ima praviloma omejena finančna sredstva ter kratke roke za izvedbo projekta arhiviranja gradiva.

Metoda/pristop: V primerjavo in analizo so vključena tri večja podjetja v stečaju, katerih dokumentarno gradivo je pred začetimi urejevalnimi deli znašalo več kot 500 tekočih metrov. Gospodarske družbe, ki so bile v državni lasti v prejšnjem režimu, so bile ustvarjalci arhivskega gradiva s podobno organizacijsko strukturo. Pri vseh treh ustvarjalcih je bilo dokumentarno in arhivsko gradivo hranjeno v slabih materialnih pogojih, bilo je neurejeno in neovrednoteno.

Rezultati: Po zaključenih delih na gradivu so se pokazale določene vzporednice med podjetji, ki so sicer delovala v različnih industrijskih panogah. Analiza je pokazala, da se je odstotek arhivskega gradiva gibal okrog 10% glede na popisano gradivo. Večinski del stalne zbirke pravnega naslednika v stečaju tako predstavlja dokumentarno gradivo.

Sklep/ugotovitve: Ob koncu prispevka se odpira vprašanje, ali je moč najti splošen in učinkovit sistem urejanja gradiva imetnikov gradiva s stališča finančne in časovne učinkovitosti, katerega rezultat bi bil dovolj natančen popis gradiva za potrebe uporabnikov in stečajnih postopkov.

Ključne besede: vrednotenje, arhiviranje, stečaj, popis gradiva

ABSTRACT

Purpose: The author presents the problems of appraisal, arrangement, disposal and safe storage of current records of bankrupt and insolvent corporations. In the course of business most of the corporations have not paid attention to appraisal of their own records. A large amount of unorganized permanent collections became a main problem of liquidators as a legal successor and holder, who, as a rule, has limited financial resources and short deadlines for carrying out the project of archiving the records.

Method/approach: Three major bankrupt corporations whose records amounted to more than 500 running meters before the editorial work were analysed and included in the comparison. All corporations in question, state-owned under the previous regime, were the creators of records and had a similar organisational structure. At all three creators, current and archival records were stored in poor storage conditions, not properly arranged and not appraised.

Results: Many similarities between different industrial corporations in question can be noticed after concluded archiving projects. As the analysis had shown, archival material covers around 10% of all described records. Majority of processed material represents current records.

Conclusions/findings: The discussion opens the question whether it is possible to find general and effective system of arrangement of records from the point of view of financial and time efficiency which would result in an accurate description of records for users' needs and needs in insolvency proceeding.

Keywords: appraisal, archiving, insolvency proceeding, inventory of material

Dimitrij Reja

ARHIVSKA ZNANOST V SLUŽBI INŠPEKTORATA ZA INFRASTRUKTURO ARCHIVAL SCIENCE IN THE SERVICE OF THE INSPECTORATE OF INFRASTRUCTURE

POVZETEK

Namen raziskovalnega članka je predstaviti problematiko upravljanja z dokumentarnim in arhivskim gradivom ob združitvah in razdružitvah več organov. V članku se poleg konkretnih rešitev na področju informacijskih znanosti ukvarjamo tudi s pregledom ukrepov, ki so potrebni za uspešno izvedbo projekta prenove arhiva.

Metodologija: Uporabili smo raziskovalno metodologijo in tehniko zbiranja podatkov.

Rezultati: Na podlagi analize obstoječih informacijskih sistemov pripraviti najbolj optimalno rešitev za hitro iskanje podatkov. S pomočjo intervjuja ugotoviti dejansko stanje na področju pretoka dokumentarnega gradiva ter pripraviti ustrezne rešitve za morebitne izboljšave delovnih procesov.

Omejitve raziskave: Zaradi specifičnosti problema in časovne omejitve je raziskava podprta le na osnovi delovanja enega organa.

Izvirnost: Raziskava bi pripomogla k lažji izbiri informacijskih rešitev in lažji izbiri boljše ureditve delovnih procesov pri pretoku dokumentarnega gradiva.

Ključne besede: dokumentarno gradivo, informacijski sistem, arhivsko gradivo

ABSTRACT

Purpose: The purpose of the research article is to present the issues of managing documentary and archival material in the case of mergers and re-mergers of state authorities. In addition to concrete solutions in the field of information sciences, the article deals with the review of the measures necessary for the successful implementation of the archive renovation project.

Method / Approach: We used a research methodology and data collection technique.

Results: Based on the analysis of existing information systems, the most optional solution for fast data search needs to be performed. Using the interview method, we need to determine the actual situation in the field of documentary material flow and finding appropriate solution for possible improvements in work processes.

Limitation of Research: Due to the specific nature of the problem and the time limitation, the research is supported only on the basis of one state authority.

Conclusions: The research would help facilitate the selection of information solutions and facilitate the organization of workflows in the flow of documentary material.

Keywords: current records, information system, archival records

Urška Rok

PRIPRAVNIŠTVO V ZGODOVINSKEM ARHIVU EVROPSKE UNIJE: ARHIVSKI PREGLED FONDA CIFE-ITALIA TRAINEESHIP AT THE HISTORICAL ARCHIVES OF THE EUROPEAN UNION: AN ARCHIVAL OVERVIEW OF THE CIFE-ITALIA FONDS

POVZETEK

Predstavitev/Uvod: Zgodovinski arhiv hrani in omogoča dostopnost arhivskega gradiva tako različnih institucij Evropske Unije kot tudi gradivo posameznikov in drugih institucij, ki delujejo znotraj okvirja Evropske Unije. Eden izmed fondov, ki jih arhiv hrani, je fond CIFE-Italia, ki predstavlja oddelek večje organizacije imenovane Centre International de formation Européenne. Ta je bila ustanovljena leta 1954 v Nici in je zasebna institucija za visokošolsko izobraževanje in raziskovanje. Fond CIFE-Italia je bil predan HAEU iz Univerze v Rimu v skladu z dovoljenjem "Soprintendza archivistica" marca 2018. Vzrok za to odločitev je bil ta, da je Zgodovinski arhiv v Firencah pred tem že hranil gradivo CIFE-International in so želeli gradivo kot tako, da se ohrani kot celota.

Metode: Kot pripravnica arhiva trenutno pripravljam "finding aid" za fond CIFE-Italia. Delo vključuje pregled gradiva, izvajanje ustreznih postopkov za dolgoročno hrambo ter pripravo popisa gradiva.

Rezultati: Fond CIFE-Italia je sestavljen iz korespondence, finančne dokumentacije, poročil o konferencah in kongresih, govorov, podrobnosti o številnih dejavnostih organizacije in audio-vizualnega gradiva. Glavni cilj mojega dela je pripraviti pomagalo, ki bo omogočalo uporabnikom in raziskovalcem iskanje in uporabo zgoraj omenjenega gradiva.

Razprava: Do sedaj obdelano gradivo predstavlja manjši del celotnega gradiva. V prihodnje je načrtovano, da se strokovno obdela in popiše celoten fond CIFE-Italia.

Gljučne besede: arhiv, Zgodovinski arhiv, Firenze, CIFE-Italia, arhivsko delo

ABSTRACT

Introduction: The Historical Archives preserves and makes accessible in a central location the archival holdings of European Union Institutions as well as individuals and organisations with a European scope. One such fonds is CIFE-Italia, a branch of the much bigger institution named Centre International de Formation Européenne. The CIFE International was founded in 1954 in Nice, France and it is the private institution of higher education and research. This fonds was transferred to the HAEU from Sapienza University of Rome with the permission of the "Soprintendza archivistica" for the Lazio region in March 2018. The decision to send the material to Florence was based on the fact that the CIFE - International fonds is already preserved here.

Methods: As a trainee, I am currently treating and creating a finding aid for CIFE-Italia. This entails gathering an overview of the material, carrying out preservation work, and creating a description.

Results: The CIFE-Italia fonds is composed of correspondence, financial documents, conference and congress reports, speeches, details of the various activities of the organisation, and audio-visual material. My work on the funds resulted in a finding aid, which will allow users and researchers to find and make use of the collection.

Discussion: The files already treated represent a fraction of the total collection and future work will be carried out, expanding the description.

Keywords: archive, Historical Archives, Florence, CIFE-Italia, archival work

Elena Romanova

PERSONAL FONDS IN ARCHIVES: COPYRIGHT ISSUES

ABSTRACT

Personal fonds often contain creative works which are eligible for copyright protection. Therefore, certain rules and legal procedures need to be observed in the process of accession of these documents, their description and use. The modern copyright legislation imposes many difficulties onto the archivists as they need to look for the balance of private and public interests in their activity. Therefore, VNIIDAD (the All-Russian scientific and research institute for records and archives management) developed the guidelines aiming to apply legal requirements to practical needs of the state and municipal archives of the Russian Federation. Nevertheless, the experts note a number of problems in this area. In Russia, the development of copyright legislation was not a consistent process. Therefore, the organization of work with personal fonds in different periods of Russian history was based on different principles and approaches. The lack of continuity has a negative impact on the completeness of information about the authors of documents and copyright holders, and on the quality (or the existence) of agreements signed with the authors. One of the important problems is a large number of "orphan" works in archives, which cannot be used according to the copyright legislation. Thus, the issues and problems that arise in dealing with personal fonds are quite wide and complex and should become the subject of close attention and public discussion at international level.

Key words: *accession of personal material, copyright, personal fonds, VNIIDAD, use of personal archives*



Tijana Rupčić

WHEN RECORDS ARE MISSING: ROLE OF HISTORICAL ARCHIVES IN SEARCH FOR GENEALOGICAL RECORDS FOR JEWISH FAMILIES IN NORTHERN BANAT

ABSTRACT

What to do when essential records are missing? During the last few years in the Republic of Serbia, this was a hot topic question with regard to records of the former Jewish residents of Yugoslavia in northern Banat. During the Second World War, all records (birth, death, and marriage certificates) were destroyed and became a problem when restitution of Jewish property was on the agenda. Many descendants of former Jewish residents needed such records to prove their relations, and lack of records became a problem. The focus of this paper is on the solutions that were made and on the essential role of Historical Archive Kikinda in this process. The author will present the ways of creating databases similar to records needed to prove family heritage - not just in cases of restitution but in general.

Keywords: *archives, Jewish records, restitution, database*



Špela Sečnik, Nina Sotelšek

MUZEOLOGIJA IN ARHIVISTIKA V SIMBIOZI: UPORABNOST OBEH ZNANOSTI V MUZEJSKIH USTANOVAH MUSEUM AND ARCHIVAL SCIENCE WORKING IN SYMBIOSIS: THE USEFULNESS OF BOTH IN MUSEUMS

POVZETEK

Namen: V muzejskih ustanovah tesno sodelujeta muzeologija in arhivistika. Pri procesu urejanja muzejskih zbirk nastajajo razne evidence, odkupne in donatorske pogodbe, vhodna ter izhodna dokumentacija, reverzi, restavratska poročila in inventarne knjige v fizični in elektronski obliki, ki imajo značilnosti arhivskega gradiva. Prispevek s praktičnimi primeri potrjuje hipotezo, da morata obe vidi v muzeju delovati in živeti v simbiozi.

Metoda/pristop: Uporabili smo metodo študije primera, s katero smo praktično prikazali uporabnost arhivistike v muzejskih ustanovah. Pregledali smo že obstoječo muzejsko dokumentacijo (vhodne obrazce, popis predmetov ter dokumentacijo, ki nastaja ob muzejskih razstavah), muzejske predmete in način hrambe na primeru ene muzejske zbirke in iskali načine, kako lahko arhivistika pripomore k izboljšanju hrambe in organizacije dokumentov v muzejskih depojih.

Rezultati: Arhivski popisi so se izkazali za pomembne tudi v muzejskih depojih, saj omogočajo, da gradivo, ki ga muzej za tekoče delo ne potrebuje več (katalogi preteklih razstav, vabila) hitro najdemo, najpomembnejše informacije pa so zbrane na enem mestu. Popis muzejskih predmetov pa je uporaben tudi za arhiviste, saj kot nujen element navaja vsebino in historiat, kar lahko uporabijo tudi v arhivskih popisih.

Sklepi/ugotovitve: Arhivistika in muzeologija v muzejskih ustanovah tesno sodelujeta in potrebujeta ena drugo, enako velja za strokovnjaka arhivista in kustosa dokumentalista. Popis in hramba muzejskih predmetov imata skupne značilnosti s popisom in hrambo arhivskega gradiva, kar omogoča, da strokovnjak arhivist in kustos dokumentalist iščeta skupne rešitve pri vodenju dokumentacije in sami hrambi.

Ključne besede: arhivistika, muzeologija, muzej, muzejski depo

ABSTRACT

Purpose: Archival science and Museum science in museums are working in close cooperation. In the process of organizing museum collections many different documents are created – records, donor and buying agreements, acquisitions forms, loan agreements, restoration reports, inventory books etc. All of these documents are created in electronic or paper form and they have some characteristics of archival records. This paper confirms the hypothesis that both sciences should be working in symbiosis in museums.

Methode/approach: The method used in this paper is case study, with which we demonstrated the usefulness of archival science in museums in practice. We reviewed the existing museum documentation (different forms, inventory books and other documentation, which is established during exhibitions), museum art and storage methods of one of the collections and we tried to find ways, how archival science can contribute to better organization and storage of documentation in museum storage rooms.

Results: Description of archival records has an important role in museum archives and storage rooms, since it allows employees to quickly find archival documents, such as exhibition catalogues, invitations etc., and all the needed information is gathered in one document. On the other hand, museum documentation of art is very detailed and useful for archivists, since content and the history of the item is a mandatory element of description.

Conclusions/findings: Museum and Archival science work closely together in museums and they need each other. The same goes for archivist and curator documentarist. Description and storage of museum artefacts and items have a lot in common with description and storage of archival records. Due to this, it is possible for the archivist and curator documentarist to look for common solutions in the field of record/documentation management and storage.

Keywords: archival science, museum science, museum, museum storage room



Boris Smolič

OBRAVNAVA PREJETIH PRIJAV NA TRŽNEM INŠPEKTORATU REPUBLIKE SLOVENIJE DEALING WITH DIFFERENT TYPES OF COMPLAINTS AT MARKET INSPECTORATE OF REPUBLIC OF SLOVENIA

POVZETEK

Namen: Splošni javnosti je pri pogledu na opravljanje primarne naloge Tržnega inšpektorata Republike Slovenije vidna le definicija reševanja prijav. V delu želim prikazati razlike med vrstami prejetih prijav, s katerimi se pri svojem delu srečuje Tržni inšpektorat RS, ter na podlagi klasičnega načrta uvrščanje le-teh v zadeve, ki imajo različen pomen, ko gre za definicijo arhivskega gradiva.

Metoda/pristop: Pri delu sem uporabil kvalitativni metodi, in sicer analizo vsebine ter analizo dokumenta. Z analizo vsebine sem najprej dobil vzorec zadev, ki se nanašajo na reševanje prijav, analiza dokumenta pa mi je omogočila razvrstitev posameznih prijav v različno specifično skupino.

Rezultati: Ugotovil sem, da je od tipa prijave odvisno, kako jo bodo zaposleni na Tržnem inšpektoratu RS reševali in kdaj bo le-ta vključena med arhivsko gradivo ter po poteku rokov predana v hrambo pristojnemu arhivu. V primerih, ko gre za splošne prijave, ki za seboj nimajo konkretnih zahtevkov ali prijavitelji ne želijo razkriti svoje identitete, se glede na novo Splošno uredbo o varstvu osebnih podatkov prijava vodi v lastni zadevi, ki ima rok hrambe pet let in ne spada med arhivsko gradivo, prav tako ni del zadeve, ki se vodi kot upravni postopek in ima rok hrambe arhivsko. Na tak način domnevni kršitelj z vpogledom v upravno zadevo ne more pridobiti podatka o prijavitelju.

Sklepi/ugotovitve: Naloga za prihodnost je izobraževanje javnosti, da bi prijavitelji že v samem začetku oddaje prijave jasno opredelili, kaj je namen prijave ter, glede na novo Splošno uredbo o varstvu osebnih podatkov, ali se strinjajo, da se pri reševanju razkrije njihova identiteta.

Ključne besede: prijava, prijavitelj, kršitelj, arhivsko gradivo

ABSTRACT

Purpose: To the general public, the primary task of the Market Inspectorate of the Republic of Slovenia appears to be resolving of reported issues. In the paper I want to show the differences between the types of complaints received by the Market Inspectorate of the Republic of Slovenia, and the resolution of classification plan to classify them in matters that have different meanings when it comes to definition of archival records.

Method/approach: For this research I used qualitative methods, content analysis and document analysis. With content analysis, I first got a sample of the matters involved in resolving complaints; subsequent document analysis allowed me to classify individual complaint into a different specific group.

Results: I found out that it depends on the type of the complaint how the employees at the Market Inspectorate of the Republic of Slovenia will handle it, when will it be included in the archive material and after due date handed over to appropriate the archive for long term preservation. In cases where general complaints do not incur specific claims or where applicants do not wish to disclose their identity, according to the new General Data Protection Regulation, the complaint is kept in its own matter, which has a retention period of 5 years and does not belong to archival material; it is also not part of the case, which is conducted in line with administrative proceeding with its own archival retention period. In this way, the alleged infringer cannot obtain information about the applicant by looking into the administrative case.

Conclusions/findings: The task for the future is to educate the public that the applicants ought to make clear at the start of their complaint what their aim is, and, according of the new General Data Protection Regulation, if they agree to disclose their identity when solving their matter.

Key words: complaint, applicant, infringer, archival material



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**I.
RAZISKOVALNA PODROČJA,
VEZANA NA ŠTUDIJSKE PROGRAME**

**6
DIGITALNE TEHNOLOGIJE /
DIGITAL TECHNOLOGIES**

Krunoslav Antoliš

CROSS BORDER ACCESS TO THE ELECTRONIC EVIDENCE

ABSTRACT

The aim of this paper is to support decision makers in taking clear national positions regarding the legal norms in the area of access to the electronic evidence. Legal consequences and acceptability of certain methods of gathering digital evidence and possible violation of the privacy of legal and natural persons! Without a common legal framework which will be globally acceptable, it is not possible to speak of legitimate access to electronic evidence, especially on parts of the Internet infrastructure and the cloud, which are physically located outside national borders. One of the biggest challenges for the future is to explore what could be a strong enough and acceptable cause to reach a global consensus on a legal framework for the Internet.

Keywords: *privacy, cross border access, Internet infrastructure, cloud, legal framework*



Dušan Caf

DOSTOPNA PRIHODNOST ACCESSIBLE FUTURE

POVZETEK

Družba je vse bolj digitalizirana in omrežena. Naraščajoča odvisnost od digitalnih tehnologij prinaša številne izzive. Družbeno in gospodarsko okolje se spreminja in vse več ljudi se sooča z različnimi ovirami pri uporabi digitalnih tehnologij. Prebivalstvo se stara, zato se povečuje število ljudi s starostno pogojeno invalidnostjo. Hkrati so mladi izpostavljeni zdravstvenim tveganjem in okvaram sluha ali vida zaradi prekomerne uporabe digitalnih tehnologij. Za trajnosti razvoj in oblikovanje pametnih skupnosti je ključno, da digitalna preobrazba temelji na tehnologijah, dostopnih vsem. Pri tem ne mislimo le na slepe in gluhe, ampak širše na osebe s slušnimi, vidnimi, kognitivnimi, nevrološkiimi, telesnimi in govornimi oviranostmi, kakor tudi na osebe z učnimi težavami. Zagotavljanje digitalne dostopnosti predstavlja tehnološki izziv in zahteva nove pristope v celotnem procesu razvoja proizvodov in storitev. Prav tako zahteva spremembe na področju digitalnih politik, zakonodaje in javnih naročil. Za uveljavljanje novih pristopov je treba krepiti voditeljstvo na vseh ravneh. Povezati je treba vse deležnike in krepiti sodelovanje med njimi, da bi spodbudili zagotavljanje digitalne dostopnosti.

Ključne besede: digitalna dostopnost, digitalna tehnologija, invalidnost, trajnostni razvoj

ABSTRACT

Society is increasingly digitalised and connected. Bigger dependance on digital technology brings ever greater challenges. While societal and economic landscape is changing with technology advancements, more people than ever experience barriers in using digital technology. Population is steadily ageing and so the prevalence of age-related disabilities is increasing. At the same time, young people are at risk of health and visual or hearing loss due to increased use of digital technology. For sustainable development and smart communities, it is essential that digital transformations are based on technologies accessible to all – not only to the blind and deaf, but also to persons with hearing, visual, cognitive, neurological, physical and learning disabilities. Provision of digital accessibility is a technological challenge that requires rethinking of the entire process of product and service development. It also requires changes in digital policies, legislation and public procurement. Above all, however, strengthened leadership is required at all levels to foster cooperation among stakeholders and strengthen the provision of accessible digital technologies.

Keywords: digital accessibility, digital technology, disability, sustainable development

Toni Čabraja

PREGLED IN ANALIZA STANJA INFORMACIJSKIH IN KOMUNICIJSKIH MEDIJEV V SLOVENIJI REVIEW AND ANALYSIS OF THE STATE OF INFORMATION AND COMMUNICATION MEDIA IN SLOVENIA

POVZETEK

V letu 2018 so v Sloveniji izmerili bruto vrednost oglaševanja v višini nekaj več kot milijardo evrov. Od tega kar 82 % pripada televiziji. Toda kolikšno vrednost pravzaprav ustvarja informacijska in komunikacijska dejavnost v Sloveniji? Se je število zaposlenih povečalo ali zmanjšalo? Se je dodana vrednost in prihodek na zaposlenega povečal? So se plače zaposlenih povečale oziroma zmanjšale? Analiziral bom več kot 3.878 gospodarskih družb v informacijsko-komunikacijski dejavnosti. Poskušal bom odgovoriti na ta in podobna vprašanja. Prav tako bom s pomočjo pregleda in analize stanja informacijske-komunikacijske dejavnosti predvidel negativne oziroma pozitivne trende razvoja informacijsko-komunikacijskih medijev v Sloveniji. Število internetnih uporabnikov še kar raste. Uporaba računalnikov, tabličnih računalnikov in pametnih telefonov ter aplikacije so vplivale na korenito spremembo pri poslovanju podjetij, ob tem pa so bile uvedene tudi razne novosti v spletnem oglaševanju. Hitra rast internetne panoge, število objavljenih dokumentov in pri tem število uporabnikov so faktorji, ki so pritegnili podjetja. Njihov interes se je pokazal predvsem pri prodaji izdelkov, storitev in grajenju blagovne znamke preko spleta. Izredno velika moč sodobnega elektronskega medija se kaže zlasti pri neposrednem in dvosmernem komuniciranju. Potencialni kupec se tako preko spleta preoblikuje v aktivnega iskalca natančnih informacij o izdelku ali pa storitvi. Dokaz tega je vsakoletna rast povpraševanja po informacijah o izdelkih ali storitvah in povečana tovrstna prodaja preko spleta. Iz tega razloga bom med sabo primerjal štiri različne informacijske medije, in sicer radio, televizijo, časopis in spletni medij. S pomočjo uporabe pametnih podatkov bom ugotovil trende in jih razvil v uporabne rešitve. Prepričan sem, da v IKT panogi ni omejitev. Zato verjamem, da bodo odgovori napovedali trend razvoja IKT panoge.

Ključne besede: analiza IKT dejavnost, dvosmerno komuniciranje, elektronski medij

ABSTRACT

Slovenia's gross advertising value was estimated at just over one billion euros in 2018. Of these, 82% belong to television. But what is the value of information and communication activities in Slovenia? Has the number of employees increased or decreased? Has value added and revenue per employee increased? Have employee salaries increased or decreased? I will analyze more than 3,878 companies in the ICT sector. I will try to answer these and similar questions. Through the review and analysis of the state of information and communication activity, I will also anticipate the negative or positive trends in the development of information and communication media in Slovenia. The number of Internet users is growing. The use of computers, tablets and smartphones and applications have led to a profound change in business operations, with the introduction of various innovations in online advertising. The rapid growth of the Internet industry, the number of published documents and the number of users is what has attracted businesses. Their interest was mainly in selling products, services and branding online. The immense power of modern electronic media is reflected in direct and two-way communication. The potential customer is thus transformed online into an active seeker of accurate product or service information. Proof of this is the year-on-year growth in demand for information on products or services and increased online sales of this kind. That is why I will also compare 4 different information media, namely radio, tv, newspaper and online media. Using smart data, I will identify trends and develop them into workable solutions. I am sure there are no restrictions in the ICT industry. That is why I believe that the answers will predict the trend of the ICT industry.

Keywords: analysis of ICT activities, two-way communication, electronic media

Jernej Krenčan

DIGITALNI RAZVOJ V IZOBRAŽEVALNEM SISTEMU DIGITAL DEVELOPMENT IN THE EDUCATION SYSTEM

POVZETEK

Hitrost in trend razvoja modernih inovativnih tehnologij sta v zadnjih desetih letih v zelo močnem porastu na vseh področjih. Giganti, ki razvijajo aplikacije in pametne naprave za končne uporabnike, stremijo predvsem k temu, da bi bila lažja uporaba naprav in s tem lažje življenje končnih uporabnikov. V določenih segmentih pametnih tehnologij smo že prišli do točke, ko se vprašamo, ali to res potrebujemo in predvsem kako to vpliva na razvoj človeštva v prihodnosti? Kako razvoj moderne tehnologije vpliva na človekove sposobnosti, kognitivni, moralni razvoj, motoriko? Izobraževalni sistem je eno od področij, ki je v zadnjih letih doživel veliko sprememb. Bilo je kar nekaj poizkusov uvajanja novih pametnih tehnologij, kot so: pametne table, tablice, pametni telefoni, različne pametne aplikacije, ... Nekatere so se obdržale, druge se zaradi različnih razlogov niso. Namen raziskovalne naloge je narediti pregled uporabe različnih aplikacij in programov, ki naj bi omogočili delo učitelju in po drugi strani tudi lažje delo slušateljem v razredu. Ker so časi grafoskopa in prosojnic mimo, bom naredil tudi pregled uporabe novih pametnih naprav z vidika strojne opreme. Dilema nastaja predvsem pri uporabi pametnih aplikacij in naprav, glede količinske uporabe, koliko uporabiti moderne tehnologije na področju izobraževanja, saj obstaja potencialna možnost, da bomo s prekomerno uporabo zanemarili bistvo izobraževanja.

Ključne besede: izobraževanje, IKT, pametne tehnologije, pametni telefoni

ABSTRACT

In the last decade we have witnessed a trend of fast and strong development of modern innovative technologies in all areas. Large companies that develop applications and smart devices strive for their easy use which makes life easier for the end users. In certain segments of smart technology, we have already reached a point where questions arise whether something is really needed and what it means for the development of mankind in the future. How does the development of modern technology influence human abilities, cognitive and moral development, and motor skills?

The educational system is one of the areas that have experienced many changes in the last years. There were several experiments of introducing new smart technologies, e.g. smart boards, smart pads, smart phones, various smart applications. Some are still being used whereas others have not been so successful for different reasons.

The aim of my research is to examine the use of different applications and programs which are supposed to enable the teacher's work and make work easier for the students. Since the days of overhead projectors and transparencies are long gone, I will also survey the use of new smart devices from the hardware's point of view.

The main concern regarding the use of smart applications and devices is how much modern technology we should use in education. Namely, there is a possibility that due to technology overuse the true essence of education could be neglected.

Keywords: Education, ICT, smart technology, smart phones

Matej Mertik, Svebor Sečak

DIGITALNE VEŠČINE PRI PLESNIH UMETNOSTIH USTVARJANJA IN UPRIZARJANJA, IZRAZNOST UMETNIKA V SODOBNIH MEDIJAH DIGITAL SKILLS IN THE DANCE ARTS, ARTIST EXPRESSION IN CONTEMPORARY MEDIA

POVZETEK

Splet je v dobrih 25 letih popolnoma spremenil način, kako komuniciramo, funkcioniramo, kako se izobražujemo, organiziramo, delamo, poslušamo, sprašujemo, predstavljamo, ustvarjamo. Ponovno je opredelil več ali manj vse, kar vključuje človeka in življenje, prav tako pa je preoblikoval predstavo o tem, kje je naše mesto v Univerzumu. Danes, v času informacijske dobe, pred pragom in vstopom v tako imenovano četrto industrijsko revolucijo, se zdi, da je splet postal osrednja entiteta sodobnega razvoja. S tem prinaša tako priložnosti kot tudi slabosti. V ospredje tako stopajo teme varnosti osebnih podatkov ter pravica do zasebnosti. Po drugi strani danes mladim odpira popolnoma nove paradigme in razsežnosti, s tem pa prinaša potrebe po novih znanjih in digitalnih veščinah, ki so potrebne za njihovo ustvarjanje in delo. Posebej na področju umetniškega izražanja nove tehnologije prinašajo nove prednosti, ki so pomembne za izraznost in bivanje umetniškega dela v današnjem svetu. Ne gre namreč več zgolj za vsebine umetniškega dela in soustvarjanja, kot so na primer koraki, ples, umetniška izraznost, ki jih mladi umetniki vestno pridobijo z izobraževanjem in treningi, temveč tudi za veščine samopromocije in dela, ki jih omogočajo splet in mediji. Te so prav tako kot umetniško izražanje potrebne za kariero in delo plesalca pri njegovem umetniškem izražanju in predstavitvi. V prispevku osvetljujemo nekaj digitalnih veščin, ki so pomembne pri izobraževanju plesa kot ustvarjalnega procesa.

Ključne besede: digitalne veščine, nove potrebe, izrazna umetnost, ples

ABSTRACT

For over 25 years, the World Wide Web has completely changed the way we communicate, educate, organize, work, do business, ask, imagine, create. It redefined more or less everything that encompasses our life and also transformed how we imagine our place in the Universe. Today, in the age of the information age, before the threshold and the entry into the so-called fourth industrial revolution, the World Wide Web becomes a central entity of our modern development. As such brings new opportunities as also new threads. The ladder, the topics of personal data security and the right to privacy are in the focus today. On the other side, the World Wide Web has opened completely new paradigms and dimensions for young people, thus bringing also the need for new knowledge and digital skills necessary for work and art carrier. Especially in the field of artistic expression, new technologies bring new advantages that are important for the expression and existence of artwork in today's world. The education in art is no longer just about the content of artwork and creativity, such as for example steps, dance and artistic expression that young artists skillfully acquire through education and training, but also about self-promotion and work skills made possible by the web and the media. These, as well as artistic expression, are necessary for the career and the work of the modern dancer today. This article highlights some of the digital skills that are important in educating dance as a creative process.

Keywords: digital skills, new needs, expressive arts, dance

Matej Mertik, Bojan Zalar

UPORABA GLOBOKIH NEVRONSKIH MREŽ NA PODROČJU PSIHIATRIJE USE OF DEEP LEARNING METHODS IN THE DOMAIN OF PSYCHIATRY

POVZETEK

V zadnjih nekaj letih je področje algoritmov, ki temeljijo na globokem učenju (Deep learning - DL) zelo napredovalo pri ekstrahiranju lastnosti in učenju na podlagi vzorcev iz kompleksnih podatkov. Uporaba teh tehnik je tako deležna velike pozornosti. Arhitekture in algoritmi DL so dosegli velik napredek na področjih, kot sta prepoznavanje slik in obdelava govora, čemur so sledili pomembni prispevki z najsodobnejšimi rezultati pri nekaterih nalogah obdelave jezika (Natural Language Processing - NLP). Omenjene tehnike se uporabljajo pri prepoznavanju obrazov iz fotografij ter aplikacijah za prepoznavanje govora. Pokazale so se kot uporabne na veliko področjih, od področja visokoenergetske fizike, astronomije, agrikulture do medicine. Zaradi obetavnih rezultatov na različnih področjih se DL vključujoč medicinske aplikacije hitro širi v industrijo. Kljub temu pa te tehnike še vedno gravitirajo na področju računalniškega vida in jezikovne obdelave, medtem ko analiza časovnih vrst v medicini večinoma še vključuje klasične verjetnostne pristope in pristope strojnega učenja. V psihiatriji in nevroznanosti opazimo podoben trend. Dominirajo klasični statistični pristopi ter tehnike strojnega učenja za klasifikacijo in nelinearno regresijo (na primer podporni vektorji SVM ali plitve nevronske mreže). Obenem se globoke nevronske mreže ob upoštevanju velikega števila medicinskih slik že najdejo v medicinskih aplikacijah. V tem prispevku bomo pregledali uporabo globokih nevronske mreže in globokega učenja pri analizi časovnih vrst v domeni podatkov in študij na področju psihiatrije.

Ključne besede: globoke nevronske mreže, strojno učenje, pregled, psihiatrija

ABSTRACT

Over the past few years, the field of Deep Learning (DL) based algorithms showed a great promise in extracting features and learning patterns from complex data. The use of these techniques especially in the spatial-temporal domain is gaining a lot of attention. DL architectures and algorithms have made impressive advances in fields such as image recognition and speech processing, followed by significant contributions with state-of-the-art results for some common Natural Language Processing (NLP) tasks. These techniques, widely used in face recognition and other images - and speech-recognition applications, has shown promise in many areas from farming towards high energy physics, astronomy and medicine. Due to the promising results of DL in various fields as also in medical applications, DL is spreading into the industry. However, these techniques still gravitate in the area of Computer Vision and Natural and Language Processing, while time series analysis still mostly integrates classical probabilistic approaches. Similar classical statistical approaches and machine learning (ML) techniques for classification and nonlinear regression, like support vector machines (SVM) or shallow neural networks have been placed in psychiatry and neuroscience. While classification and prediction tasks with Deep Neural Networks DNN with vast amount of medical images already finds their way in medical applications, processing of signals is not addressed in such density yet. In this paper we will address the use of DL in the domain of psychiatry.

Keywords: deep learning, machine learning, review, psychiatry

Marko Mikša, Nika Đuho

SOCIO – DEMOGRAPHIC CHARACTERISTICS AS DETERMINANTS OF ICT USE IN EDUCATION

ABSTRACT

Information and communication technology (ICT) has changed the way we live and most importantly it has changed the way we learn and think. Because of the growing importance of new technologies, there is a need for changing the traditional educational paradigm. Changing the educational paradigm implies the application and use of information communication technologies in the learning processes. Learning based on new technologies in the literature is more commonly known as e-learning. E-learning implies the use of different electronic devices, multimedia and the Internet in education. Because of the growing importance of ICT, it is important to examine the factors that contribute more or less to the successful use and implementation of ICT in the context of education. Although the existing technologies are being used in education, there are still a lot of innovations to be expected, allowing e-treatment to be popularized. By studying the literature, many authors claim that there is a significant contribution of socio-demographic characteristics to the individual use of information and communication technology. Some research has shown that characteristics such as the level of education, previous education, gender and income affect attitudes and use of new technologies. Regarding socio – demographic differences, it is obvious that there is a problem of motivation and effectiveness of learning through the use of new technologies. For these reasons, this study focused on researching the socio-demographic characteristics of students and their influence on students' preferences towards the use of ICT in the process of education and learning. In order to examine the extent to which the socio-demographic determinants affect the use of ICT of students, a face – to face survey was used. The survey was conducted among students. Descriptive statistics were used for research purposes as well as other analyses such as regression analysis. In addition to analyzing the impact of socio-demographic characteristics of students and their preferences towards the use of ICT, this work can contribute to greater sensitivity and rational application of e-learning systems in universities and schools. Such research can contribute to a greater understanding of student attitudes towards new technologies and through this understanding to strengthen inclusiveness and reduce the digital gap in the education processes.

Keywords: e-learning, ICT, socio – demographic factors, student's attitudes



Dora Pestotnik Stres

DIGITALNE VEŠČINE ZA OPAZOVANJE V ANALIZNI KEMIJI KOT POVEZOVALEC ZNANOSTI IN ŠOLSTVA DIGITAL OBSERVATION SKILLS IN ANALYTICAL CHEMISTRY AS A LINK BETWEEN SCIENCE AND EDUCATION

POVZETEK

V sodobnem svetu je poznavanje digitalnih prijemov vedno bolj ključno. Po drugi strani je odnos med različnimi vejami znanosti - kemijo, fiziko, računalništvom -, tudi v izobraževalnem sistemu samem, še vedno v povojih. Interdisciplinarnost in medpredmetno povezovanje je odvisno od pobud posameznikov. Še posebej je pomembno povezovanje med informacijskimi tehnologijami in izobraževanjem na področju naravoslovnih znanosti, da bi mlade motivirali za STEM vsebine. Pri tem so prav digitalne vsebine ključne za vzpostavljanje tesnejših povezav med znanostjo in šolstvom. Eno od možnosti smo predstavili v našem prispevku.

Digitalne veščine so pomembne pri vzpostavitvi možnosti za avtomatizirano oz. digitalno analizo pri opazovanju kemijskih reakcij. Trditev je mogoče dokazati na primeru oscilirajočih reakcij. Posneli smo več zaporednih reakcij ob različnih začetnih pogojih in jih poskusili primerjati med sabo glede na potek - trajanje in aktivnost. S pomočjo posnetkov reakcij in samostojno izdelane avtomatizirane programske RGB-analize le-teh smo pokazali soodvisnost med spremenljivkami v reakcijah. Poudarek je na vzpostavitvi digitalnega okolja za analizo kemijo.

Ključne besede: digitalne veščine, analiza kemija, kemijske reakcije, opazovanje

ABSTRACT

In today's world, knowing digital approaches is increasingly crucial. On the other hand, the relationship between the various branches of science - chemistry, physics, computer science - even in the education system itself, is still in its infancy. Interdisciplinarity and cross-curricular integration depend on individual initiatives. Particularly noteworthy is the link between information technology and science education to motivate young people to STEM content. In this context, digital skills are crucial for establishing closer links between science and education. We presented one of the options in our paper.

Digital skills are essential in establishing the potential for automated or digital analysis in the observation of chemical reactions. We have proven that the claim is valid in the case of oscillating reactions. We recorded several sequential reactions under different initial conditions and tried to compare them with each other in terms of duration and activity. With the help of reaction snapshots and independently created automated software the RGB analysis of them, we showed the interdependence between the variables in the reactions. The focus is on establishing a digital environment for analytical chemistry.

Keywords: digital skills, analytical chemistry, chemical reactions, observation

Sabrina Simonovich, Slobodan Slović

DIGITALNA TEHNOLOGIJA V ZDRAVSTVU IN OSKRBI STAREJŠIH DIGITAL TECHNOLOGY IN HEALTHCARE AND ELDERLY CARE

POVZETEK

Uvod: Digitalna tehnologija omogoča komunikacijo, daljinsko spremljanje in zbiranje zdravstvenih podatkov. Zadnji trendi vedno starejše družbe pomenijo velik demografski in tehnološki premik - blaginja starejših ljudi bo vedno bolj odvisna od tehnologije. Specifična okolja, ki temeljijo na tehnologiji, vključujejo spletna mesta, diskusijske platforme, spletna mesta v družabnih omrežjih, bloge, spletne platforme za izmenjavo videov in mobilne/nosljive naprave.

Metode: Podatki so bili zbrani iz virov v angleškem jeziku, kot so globalna strategija SZO za digitalno zdravstveno poročanje in nedavni članki, povezani z uporabo digitalne tehnologije v zdravstvu. Recenzenti so delili delo: abstrahiranje informacij o članku; preverjanje informacij za točnost; odločanje o splošni ustreznosti in sintezi.

Rezultati: Teoretični modeli ponujajo okvir za razlago, zakaj so ljudje izbrali določene medije, povezane z zdravjem pred drugimi, verjetnost, da bodo posamezniki uporabili novo tehnologijo za zdravljenje zdravstvenih težav, vpliv prekomernega časa, porabljenega s tehnologijo, na zdravje in spremembe zdravstvenega vedenja.

Sklep: Uporaba digitalnega zdravja mora biti osredotočena na ljudi, temelji na zaupanju in na dokazih, je učinkovita, učinkovita, trajnostna, vključujoča, pravična in kontekstualizirana. Potrebno je tudi ustrezno obvladovati rastoči svetovni izziv digitalnih odpadkov za zdravje in okolje.

Ključne besede: digitalna tehnologija v zdravstvu, starejši ljudje in tehnologija

ABSTRACT

Background: Digital technology enables communication, remote monitoring and collection of health data. Recent trends toward an ever-aging society underscores a major demographic and technological shift - the well-being of many of aging people will increasingly depend upon technology. Specific technology-based environments include websites, discussion boards, social networking sites, blogs, online video-sharing platforms, and mobile/wearable devices.

Methods: Data was collected from English-language sources like WHO global strategy on digital health report and recent articles related to application of digital technology in health care. The reviewers shared the work: abstracting article information; checking information for accuracy; deciding on overall appropriateness and synthesis.

Results: Theoretical models provide a framework for explaining why people chose certain health-related media over others, the likelihood that individuals will adopt a new technology for treating health issues, the impact of excessive time spent using technology on health and health behavior change.

Conclusion: Use of digital health should be people-centred, trust-based, evidence-based, effective, efficient, sustainable, inclusive, equitable, and contextualized. The growing global challenge of digital waste on health and the environment must also be appropriately managed.

Keywords: digital technology in healthcare, elderly people and technology

Franc Solina

NAČRTOVANJE UPORABNIŠKIH VMESNIKOV ZA UPORABNIKE Z MOTNJAMI V DUŠEVNEM RAZVOJU DESIGN OF COMPUTER USER INTERFACES FOR USERS WITH SEVERE LEARNING DIFFICULTIES

POVZETEK

Ljudje z motnjami v duševnem razvoju so bodisi otroci ali odrasli, ki potrebujejo posebno skrb. Ne smemo jih izolirati v posebne institucije, ampak bi jih morali vključiti kolikor se le da v širšo družbo, upoštevajoč pri tem njihove omejitve. V sodobni družbi in času to pomeni, da jih moramo naučiti tudi uporabljati računalniške tehnologije, saj to postaja nuja tudi za tovrstne uporabnike. To jim lahko dvigne občutek samozaupanja in okrepi samostojnost in avtonomnost. Oblikovanje uporabniških vmesnikov za uporabnike z motnjami v duševnem razvoju zahteva upoštevanje njihovih kognitivnih omejitev. Hitrost dogajanja na zaslonu naj bo povsem pod njihovo kontrolo. Zmanjšati moramo navlako na zaslonu in uporabiti ustrezne ikone, da bi premagali omejitve pri branju in pisanju. Delo je potrebno oblikovati v obliki igre, da bi omogočili in vzdrževali zanos pri tej izkušnji. Kot primer takega uporabniškega vmesnika bo predstavljena umetniška inštalacija, ki vključuje ilustracije, ki jih je naredila oseba z motnjami v duševnem razvoju. Inštalacija ima obliko posebej narejene mize, kjer je v ploščo vgrajen zaslon na dotik. Zaslon prikazuje dele sestavljanke, ki jih je možno sestavljati z dotikanjem in premikanjem s prsti.

Ključne besede: uporabniški vmesniki, uporabniki z motnjami v duševnem razvoju

ABSTRACT

People with severe learning difficulties are children and grownups, who require special treatment. They should not be isolated in some special institutions but should participate in the broader society as much as possible, taking into consideration their difficulties at the same time. Relevant to present time and society, this means also exposure and learning of new computer-based technology, which is becoming a necessity even for these people. Computer use by individuals with severe learning difficulties can raise their self-confidence and increase their independence and autonomy. User interface design for individuals with severe learning difficulties requires special attention due to the cognitive barriers. The pace of screen action should be completely under their control. It is important to reduce the screen clutter and to use appropriate icons to overcome reading and writing difficulties. A game approach to tasks should be used to facilitate and sustain the flow experience. As a case study of such a design, an art installation involving illustrations made by a person with severe learning difficulties will be presented. The installation has the physical form of a specially made table with a touch screen in the tabletop. The screen displays visual puzzles, based on these illustrations, that can be directly manipulated by touching and moving with fingers.

Keywords: user interfaces, users with severe learning difficulties



Lucie Vidovičová, Michal Vavrečka

HUMANOIDNI ROBOTI V AKTIVNEM STARANJU: IZBRANE TEŽAVE IN NEKATERE REŠITVE

THE HUMANOID ROBOTS IN ACTIVE AGEING: SELECTED PROBLEMS & SOME SOLUTIONS

ABSTRACT

The paper will present the first results of the applied science project "HUMR - The Use of Humanoid Robot in Promoting Active Ageing in Older Men and Women" (Technological Agency of the Czech Republic grant No. TL02000362). Pepper, a humanoid robot has been equipped with state-of-the-art conversational artificial intelligence system modification and several interactive quiz applications. The applications were co-produced by older female users, visitors of the local community centre for older active adults. With this, we achieved the edutainment goals in the realm of both active ageing and technological literacy enhancement. However, the results we have obtained so far also opened several new questions about both technological and social features of the humanoid robots and their use for the support of active ageing in older women and men. These will influence the human-robot interactions in both personal care contexts and in public and community spaces. As the majority of the user's testing is excluding the older age groups there should be an increased effort to align the ageing of the societies with the expected technological expansion. This paper is making this effort in its final discussion part.

Keywords: humanoid robot; Pepper; social skills; older users; gender



Szymon Wiecek, Jerzy Dabrowki, Maciej Tobiasz, Maciej Wielgosz, Matej Mertik

DIABETIC RETINOPATHY DETECTION WITH DEEP LEARNING

ABSTRACT

Number of people suffering from diabetic retinopathy is growing. Developing effective methods for automated diagnosis of diabetic retinopathy would increase chances for early detection and stopping the disease. Deep learning techniques, in particular convolutional neural networks, gained success in field of classification tasks such as described above. The developed system is used to detect the symptoms of diabetic retinopathy using image analysis methods using deep neural networks. The task was to prepare the architecture of the deep neural network model as well as to create with the entire environment allowing for the selection of appropriate network parameters and determining the effectiveness of its operation. In particular, we worked towards understanding publicly available datasets as well as to prepare them for performing experiments to develop deep neural network architecture. Resnet-based model way employed along with a series of modifications which allowed to achieved approx. 80% accuracy. However, there results depend on a severity of the condition.

Keywords: *diabetic retinopathy, Deep Learning*



Branko Žličar

INTIMNOST V DOBI HIPERREALNEGA INTIMACY IN THE AGE OF HIPERREAL

POVZETEK

Refleksija o intimnosti se vselej dogaja v dvojni perspektivi. Prvič, intimnost se nanaša na posameznika in zadeva tisto, kar ga v njegovi subjektivnosti ontološko opredeljuje. V tem kontekstu lahko razumemo starogrški imperativ »Spoznaj samega sebe«. Človek je postavljen pred težko nalogo spuščanja v globine lastne subjektivnosti, odkrivanja, razumevanja in definiranja samega sebe. Drugič, intimnost označuje odnos z drugimi ljudmi. Intimnost se vzpostavlja pri subjektu, ki vstopa v interakcijo z drugim. Pod predpostavko, da se intimnost nanaša predvsem na zasebnost, si lahko zastavimo vprašanje, kaj se dogaja z zasebnostjo v okviru današnje tehnološko in informacijsko razvite družbe. Zdi se, da se kot uporabniki informacijske mreže svetovnega spleta vedemo paradokсно. Vsi vemo, da so naši podatki zlahka dostopni multinacionalkam in varnostnim agencijam, pa to kaj dosti ne vpliva na naše uporabniške navade. Skrbi nas izguba zasebnosti, hkrati pa se ji prostovoljno in zavestno odpovedujemo: kaj se torej dogaja? Smo se pripravljene odpovedati zasebnosti (s tem pa intimnosti) ali jo hočemo ohraniti nekje pri sebi, na varnem? Hočemo biti vidni ali skriti? V skladu z zgornjimi izvajanja bi se odgovor lahko glasil: lastno intimnost vsekakor hočemo ohraniti kot nekaj intrinzično svojega, vendar si je več ne moremo zamisliti brez konteksta virtualne realnosti, v katerem ločitev med javnim in zasebnim ne obstaja več. Ali drugače: virtualna realnost je že naša intimnost.

Gljučne besede: intimnost, hiperrealno, realno, zasebnost, javnost

ABSTRACT

Any reflection about intimacy is always unfolding in a double perspective. First, intimacy refers to the individual, it concerns him ontologically as a subject. It is in this context we understand the ancient Greek imperative "Know thyself". The human being finds himself confronted with a difficult task of diving deep into his own subjectivity, understanding and self-exploration. Secondly, intimacy corresponds to relations with other people. Intimacy happens through interaction with the Other. Assuming that intimacy implies privacy, we can pose the question what is happening with privacy in the context of our technologically and informationally developed society. It seems that, as users of the world web, we are acting paradoxically. It is evident that our data is easily accessible to multi-national firms and security agencies, and this fact doesn't have a large effect on our consumer behaviors. We are worried about losing our privacy, while at the same time we are willfully letting it go: what is going on? Are we ready to lose our privacy (and intimacy), or do we want to keep it somewhere safe? Do we want to be seen or hidden? The answer could be: we want our intimacy as something intrinsically ours, but at the same time we cannot imagine it any longer outside of the context of virtual reality, in which the very distinction between public and personal no longer exists. In other words: virtual reality already is our intimacy.

Keywords: intimacy, hiperreal, real, privacy, public



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**II.
OSTALA RAZISKOVALNA PODROČJA**

**1
HOLISTIČNI VZGOJNO-IZOBRAŽEVALNI
PROCES IN KREPITEV DUŠEVNEGA
ZDRAVJA / HOLISTIC EDUCATIONAL
PROCESS AND STRENGTHENING OF
MENTAL HEALTH**

Pika Polona Bižal

TERAPEVTSKA IGRA IN PREDNOSTI NJENE UPORABE PRI OTROCIH S ČUSTVENIMI IN VEDENJSKIMI TEŽAVAMI THERAPEUTIC PLAY AND THE BENEFITS OF ITS USE IN CHILDREN WITH BEHAVIORAL AND EMOTIONAL PROBLEMS

POVZETEK

Otroci s čustvenimi in vedenjskimi motnjami predstavljajo pedagoškim delavcem posebni izziv. Z razumevanjem dejavnikov, ki vplivajo na nastanek težav, razumevanjem otrokovih potreb in širšega konteksta v katerem deluje otrok, postavimo temelje za razreševanje otrokovih težav. Eden od pristopov reševanja otrokovih težav na področju čustvovanja in vedenja je terapevtska igra. Uporabna je v vseh okoljih, tako v primarnem, družinskem okolju kot tudi v širšem socialnem, šolskem okolju. Njena kvaliteta je v razumevanju pomena odnosa, skozi katerega otrokov partner v igri, ustvarjanju, pomaga otroku skozi empatično poslušanje, reflektiranje, strukturiranje in postavljanje meja razrešiti njegove težave. V primeru, ki ga podrobneje predstavljam v svojem prispevku, je deček, ki je pred uporabo terapevtske igre izkazoval visoko stopnjo anksioznosti, postal samozavestnejši, lažje je prepoznal in razumel svoja občutja ter jih ubesedil.

Ključne besede: otroci s čustvenimi in vedenjskimi motnjami, terapevtska igra

ABSTRACT

Children with emotional and behavioral problems are especially challenging for teachers. With understanding the issue that encourage problems, understanding child's needs and child's environment, we set the base that guide the child in solving his own problems. One of the important approaches is therapeutic play. Therapeutic Play is useful in many different environments (family life, social environment, school environment). The quality of therapeutic play is in understanding the valid of relationship, through which child's partner can help the child to solve his own problems. He helps the child with emphatic listening, reflecting his feelings, structuring and setting boundaries. In my case the boy who was very anxious solve his problems with therapeutic play. He became more self-confident, more relaxed. After the therapeutic play sessions, he communicated more open, he expressed more feelings and he openly spoke about them.

Keywords: children with emotional and behavioral problems, therapeutic play



Stanko Gerjolj

HOLISTIČNA VZGOJA V SLUŽBI (DUŠEVNEGA) ZDRAVJA HOLISTIC EDUCATION IN THE SERVICE OF (MENTAL) HEALTH

POVZETEK

Številne in pogoste duševne, pa tudi druge težave z zdravjem že v otroških in mladih letih postavljajo tako vzgojo kot zdravstvo pred nove izzive. Zadnja desetletja obe disciplini iščeta najbolj pogosto rešitev pri specializiranih strokovnjakih, kar pa neredko ne prispeva zadovoljivih rezultatov. Številne psihične in druge zdravstvene težave so povezane z nezdravimi odnosi. To velja tako za otroke in mlade kot tudi za odrasle v bolj ali manj vseh življenjskih obdobjih. V tem kontekstu skušata holistična vzgoja in pedagoško svetovanje delati na oblikovanju zdravega življenjskega prostora. Zlasti v primerih porušenih družinskih odnosov je trajni in zaupanja vredni odnos neredko boljša rešitev, kot jo lahko prispevajo številni strokovnjaki. Učitelj, vzgojitelj, trener, katehet, ki mu otrok lahko zaupa, zagotovo lahko veliko prispeva k bolj zdravemu življenju. Res da se postavlja vprašanje strokovnosti, a se mi v tem kontekstu zdi smiselno, da se navedene vzgojitelje opremi z »abecedo« duševnega zdravja prav pod holističnim pristopom. Tako opremljen pedagog ne bo niti zdravnik, niti psihoterapevt, bo pa obvladal temeljne (svetovalne) vidike zdravega življenjskega prostora in zdravih odnosov. Ker je lahko tako za otroka kot starše »zaupna oseba«, bo njegova preprosta beseda veljala več, kot besede in nasveti strokovnjakov, do katerih otroku (ali odraslemu človeku) ni uspelo zgraditi trajnejšega in zaupnega odnosa.

Ključne besede: holistična vzgoja, svetovanje, duševno zdravje, otrok, odrasli, učitelj - vzgojitelj

ABSTRACT

Numerous and frequent mental as well as other health problems already in childhood and young age put both education and healthcare before new challenges. During the last decades both disciplines seek solutions most commonly in specialised professionals, who often do not contribute to pleasing results. Many mental and other health problems are associated with unhealthy relationships. This applies to children and young people as well as to adults in all stages of life. In this context seek holistic education and counselling to work on the creation of a healthy living space. Especially in the case of broken family relationships, a stable and trusting relationship is often a better solution than various professionals can bring. A teacher, an educator, a coach, a catechist that a child can trust can certainly contribute a lot to a healthier life. It is true that the question of professionalism is relevant, but in this context, it seems to me reasonable to equip educators with an "alphabet" of mental health, connected with the holistic approach. Such an educated teacher will be neither a doctor nor a psychotherapist but will master the basic (counselling) aspects of a healthy living space and healthy relationships. Such a teacher can become a "trusted person" for both the child and the parents; his simple words will be more valid than the words and advice of professionals to whom the child (or adult) is not able to build a more lasting and intimate relationship.

Keywords: holistic education, counselling, mental health, child, adult, teacher - educator

Lucija Hrovat

ALI SE NE-VARNA NAVEZANOST POVEZUJE S SLABŠO EMPATIČNO SKRBJO IN OSEBNO BOLEČINO DOES NON-SAFE ATTACHMENT ASSOCIATE WITH POORER EMPATHIC CARE AND PERSONAL PAIN

POVZETEK

Navezanost je tista temeljna dinamika družine, ki daje obliko čustveni vezi, ki vsebuje celoten sklop misli, čutenj, prepričanj, iskanje stika in varnosti. Kar pomeni, da otroci čez čas ponotranjijo izkušnje s primarnimi skrbniki na tak način, da zgodnji vzorci navezanosti služijo kot prototip za kasnejše odnose zunaj družine. Če bodo otrokove potrebe stalno zanemarjene, spregledane, ne bo premogel prave empatije ali sočutja do drugih. Postavili smo hipotezo, da se nevarna navezanost povezuje s slabšo empatično skrbjo in slabšim zaznavanjem osebne bolečine. Dosedanje raziskave dajejo nekaj vpogleda v to dinamiko, a ne konkretne povezave. V raziskavi je sodelovalo 147 udeležencev skupine za predzakonce – 72 moških (49 %) in 75 žensk (51 %). Uporabili smo vprašalnika medosebnih odnosov RQ in medosebne odzivnosti IRI. Za preverjanje smo uporabili Kolmogorov-Smirnov test in Spearmanov korelacijski koeficient rho (ρ). Rezultati so hipotezo delno potrdili. Prav tako so dali uvid v to, kateri tip ne-varne navezanosti se najbolje povezuje z empatično skrbjo in osebno bolečino. V razpravi ugotavljamo, da ta ugotovitev lahko pripomore tako pri terapevtski obravnavi kot tudi na vzgojno-izobraževalnem področju. V terapevtski obravnavi, ko se obravnava interpersonalni nivo in intrapsihični nivo posameznika, kjer je zaznavanje lastne bolečine in občutka zase zelo pomembno pri gradnji zdravega jedra osebnosti. Na vzgojno-izobraževalnem področju pa, da osmišljamo celosten pristop k razvoju otroka in pripomoremo k razvijanju empatije.

Ključne besede: navezanost, psihoterapija, vzgoja, empatija, celostni pristop

ABSTRACT

Attachment is that fundamental dynamic of a family that gives it a form of emotional bond that contains a whole set of thoughts, feelings, beliefs, seeking contact and security. Which means that over time, children internalize experiences with primary caregivers in such a way that early attachment patterns serve as a prototype for later out-of-family relationships. If the child's needs are constantly neglected, overlooked, he or she will not gain genuine empathy or compassion for others. We hypothesized that non-safe attachment is associated with poorer empathic concern and poorer perception of personal pain. The research so far provides some insight into this dynamic but not the concrete connection. The study included 147 participants in the pre-marital group - 72 men (49%) and 75 women (51%). We used the Interpersonal RQ Questionnaire and the Interpersonal Responsiveness IRI. The Kolmogorov-Smirnov test and Spearman's rho correlation coefficient were used for verification. The results partially confirmed the hypothesis. They also gave an insight into which type of unsafe attachment is best associated with empathetic care and personal pain. In the discussion, we find that this finding can help both in therapeutic treatment and in the field of education. In therapeutic treatment, when considering the interpersonal level and the intrapsychic level of an individual, where the perception of one's own pain and feeling for oneself is very important in building a healthy core of personality. In the educational field to devise a holistic approach to the development of the child and to help develop empathy.

Keywords: attachment, psychotherapy, education, empathy, holistic approach

Drago Jerebic

KRŠČANSKA SKUPNOST SKOZI PRIZMO TEORIJE NAVEZANOSTI THE CHRISTIAN COMMUNITY THROUGH THE PRISM OF ATTACHMENT THEORY

POVZETEK

V prispevku bomo pokazali in razložili, kdaj lahko krščansko občestvo oz. skupnost služi posamezniku kot varno zavetje in varna baza, kar sta temeljni značilnosti varne navezanosti. S tem želimo predstaviti pomembno vlogo, ki jo lahko imajo krščanske skupnosti pri zaščiti posameznika pred socialno izolacijo in pri ohranjanju ter krepitvi duševnega zdravja. To hipotezo smo preverili s pol-strukturiranimi intervjuji z osebami v krščanski skupnosti. Pri tem bomo uporabili koncepte teorije navezanosti in relacijske družinske terapije, ki ju bomo aplicirali na odnos med vernikom in skupnostjo. S pomočjo kompenzacijske in korespondenčne hipoteze bomo skušali razložiti korespondenčno oz. nadaljevalno in kompenzacijsko ali nadomestno vlogo skupnosti pri oblikovanju varne navezanosti. Glede na dosedanje raziskave, ki potrjujejo povezanost in podobnost med odnosoma otroka z mamo in vernika z Bogom, bomo pokazali, da lahko krščanska skupnost verniku predstavlja nadomestno figuro navezanosti. Postavili smo hipotezo, da se preko pravila nekritiziranja, tedenskih srečanj v hišnih skupnostih, mesečnih srečanj ter osebnega spremstva lahko vzpostavi doživljanje skupnosti kot varnega zavetja in varne baze. S to raziskavo želimo predstaviti psihološki, socialni in zdravstveni pomen kvalitetnih krščanskih skupnosti za posameznika ter predstaviti, katere so karakteristike take skupnosti.

Ključne besede: skupnost, navezanost, vernik, zdravje, relacijska družinska terapija

ABSTRACT

The article will show and explain, how a Christian congregation or community can serve an individual as a safe haven and a safe base, which are the two fundamental traits of secure attachment. In doing so, we want to outline the significant role that Christian communities can play in protecting their members from social exclusion and in maintaining and promoting mental health. We tested this hypothesis through semi-structured interviews with the members of a Christian community. In doing so we will use the concepts of attachment theory and Relational Family Therapy that will be applied to the relationship between the congregant and the community. Using the compensatory and correspondence hypothesis, we will try to explain the correspondence or continuity role and the compensatory or substitute role of the community in forming secure attachment. According to research to date, which confirms the connection and similarity between the child-mother relationship and the believer-God relationship, we will show that the Christian community can represent a substitute attachment figure for the congregant. We put forward the hypothesis that through the rule of non-criticism, weekly meetings in house communities, monthly meetings and personal attendants, the experience of the community as a safe haven and a safe base could be established. The purpose of this research is to present the psychological, social and health impact of quality Christian communities on the individual and to outline the characteristics of such communities.

Keywords: community, attachment, congregant, health, Relational Family Therapy

Sara Jerebic

DRUŽINSKO OKOLJE KOT DEJAVNIK TVEGANJA ZA SPOLNO ZLORABO V OTROŠTVU

FAMILY ENVIRONMENT AS A RISK FACTOR FOR CHILDHOOD SEXUAL ABUSE

POVZETEK

Osnovni namen družine je omogočiti otrokom zdrav razvoj, občutek za sebe, avtonomijo in intimnost. Da bi bilo le-to otroku omogočeno, potrebuje stik z empatičnimi, zreli in čustveno odzivnimi starši oz. skrbniki, ki nudijo otroku pozitivni zgled. Kadar so starši v svojih interakcijah ljubeči, odzivni in prijazni, se bo otrok počutil ljubljenega in sprejetega, razvil bo zdravo samopodobo, nasprotno pa, kadar so starši neodzivni ali celo kruti, se bodo otroci naučili pričakovati zavrnitev in kazen. Otroci, ki v družini doživljajo negativne izkušnje, kot so nasilje in zlorabe, čustveno prikrajšanost in zavrnitve oz. živijo v toksičnem okolju, v katerem je npr. prisotna zasvojenost, razvijejo obrambe, ki jim omogočajo preživetje. Razvijejo namišljeno vez, svoj lažni jaz, ki jih odreže od čutenj, zato da ne čutijo bolečine. Raziskave so pokazale, da odraščanje v disfunkcionalni družini, v kateri je prisotno fizično nasilje, zasvojenost ali duševna bolezen in posledično povezan stres, predpostavljajo večjo verjetnost spolne zlorabe oziroma kažejo, da prihajajo posamezniki, ki so doživeli spolno zlorabo v otroštvu, v primerjavi s posamezniki, ki spolne zlorabe niso doživeli, iz bolj disfunkcionalnega družinskega okolja. V prispevku bomo predstavili empirično raziskavo, v kateri so udeleženci doživeli spolno zlorabo v otroštvu in se je tekom procesa relacijske zakonske terapije ugotovilo, da prihajajo iz disfunkcionalnega družinskega okolja. Rezultati so pokazali podkategorije, ki se nanašajo na boleče odnose v primarnem družinskem okolju. S prispevkom želimo spodbuditi nadaljnjo raziskovanje ki je v Slovenskem prostoru več kot potrebno in opozoriti na pomembnost preventive spolne zlorabe. Le-ta bi za svojo učinkovitost, morala poseči v samo jedro družbe, primarno družino v kateri otrok odrašča in se razvija.

Ključne besede: spolna zloraba, družinsko okolje, relacijska zakonska terapija

ABSTRACT

The basic purpose of the family is to provide healthy development, a sense of self, autonomy, and intimacy for children. The child needs connection with empathetic, mature and emotionally responsive parents or caregivers who set a positive example. When parents are loving, responsive and kind in their interactions, the child will feel loved and accepted, developing a healthy self-image; when, however, parents are unresponsive or even cruel, children will learn to expect rejection and punishment. Children whose experience in the family is negative, such as violence and abuse, emotional deprivation and rejection, or live in a toxic environment with e.g. addiction, develop defenses that enable survival. They develop an imaginary bond, their false self, which cuts them off from their affects so that they do not feel pain. Research has shown that growing up in a dysfunctional family with physical violence, addiction, or mental illness and the associated stress suggests a higher probability of sexual abuse; it has shown that individuals who have experienced childhood sexual abuse come from more dysfunctional families in comparison to those who have not experienced sexual abuse. This paper will present an empirical study the participants of which experienced childhood sexual abuse and were, during the process of Relational Marital Therapy, identified as coming from dysfunctional families. The results showed subcategories relating to painful relationships in primary families. The aim of this paper is to encourage further research that is sorely needed in Slovenia, and to highlight the importance of sexual abuse prevention. For its effectiveness, research should reach the very core of the society, i.e. the primary family in which the child grows and develops.

Keywords: sexual abuse, family environment, Relational Marital Therapy

Marija Minka Jerebič

RAČUNALNIŠKA ODVISNOST - BOLEZEN? COMPUTER ADDICTION - A DISEASE?

POVZETEK

Nagel razvoj informacijsko-komunikacijske tehnologije in novi izzivi, ki jih je tehnologija prinesla, so marsikaterega posameznika tako prevzeli, da je izgubil stik z resničnim svetom. Računalnik ni več le pripomoček za delo pač pa tudi posrednik pri iskanju novih prijateljev, komuniciranju z njimi, ali z drugimi besedami rečeno naš »posrednik« z virtualnim svetom.

»Revolucijo« na področju računalništva pa vsekakor predstavlja internet. V splošnem računalniškem jeziku predstavlja to omrežje, ki povezuje več omrežij, in tako dostopa do informacij in uslug za uporabnike, ki so mednarodno razpoložljive. Sistem uporablja način paketno preklapljivih komunikacijskih protokolov TCP/IP.

Ljudje, ki so v preteklosti komunicirali s svojimi sosedi, najbližjimi prijatelji oziroma s prijatelji, s katerimi so se družili večino svojega prostega časa, so zamenjali prijatelje s prijatelji »iz računalnika«.

Preko svetovnega medmrežja si tako iščemo nove prijatelje, z njimi v klepetalnicah klepetamo, preko računalnika opravljamo bančne storitve, igramo igre, si iščemo partnerje ...

Marsikateri človek, ki bi »želel« v svojem resničnem svetu biti uspešen, vizualno lep, urejen, komunikativen ... lahko vse to v nekaj sekundah postane za računalnikom, saj njegov sogovornik ne ve, kakšna je oseba na drugi strani računalnika. Takšni ljudje začnejo živeti novo življenje – virtualno življenje.

Ogromno ljudi - tako v svetu kot tudi v Sloveniji - je računalniških odvisnikov. Kje je meja, ko govorimo, da je nekdo računalniško odvisen, je težko formulirati. Vsekakor pa je to pojav, s katerim se v razvitem svetu ukvarjajo že vrsto let, v Sloveniji pa postaja iz dneva v dan bolj pereč.

Ključne besede: računalnik, pojnost, odvisnost, zasvojenost, zdravljenje zasvojenosti

ABSTRACT

The rapid development of information and communication technologies and their fast absorption into day-to-day life meant new challenges, such as escapism into virtual reality and more introverted individuals. The technology is no longer just a tool for work but also a mediator in the search for new friends, it facilitates instant and unimpeded communication with the world and serves as a gateway to different (better) reality.

The advent of internet has truly revolutionized the computer science. In general, the internet is a computer language that "powers" a network which in turn connects to other numerous networks and makes access to information and services possible. The system uses a batch mode switchable communication protocols TCP / IP.

The communication nowadays is less personal, i.e. there is no longer a physical presence required to communicate fast and efficient. The society has hence uprooted its way of life and moved it into virtual realm.

On one hand the world wide web has become a battle field for super powers, on the other it is the global facilitator of commerce and finance, but it is also a place where we find our partners, where we seek medical advice, and where we vent our frustrations.

When internet becomes a place to cure underlying psychological ailments such as low self-esteem, body image issues, depression etc. such "virtual escapism" can lead to addiction - the computer addiction. When too much is too much, it is difficult to determine. Nonetheless, this more and more pressing phenomenon, has at least spark a debate to curb our virtual dependency.

Keywords: computer, intoxication, dependence, addiction, addiction treatment

Jasmina Kristovič

(NE)ZDRAVA »MLADA« EVROPA – DUŠEVNO ZDRAVJE OTROK IN MLADOSTNIKOV (UN)HEALTHY »YOUNG« EUROPE – MENTAL HEALTH OF CHILD AND ADOLESCENT

POVZETEK

Svetovna zdravstvena organizacija (WHO) razlaga duševno zdravje kot stanje dobrega počutja, ki posamezniku omogoča razvijanje različnih sposobnosti, zmožnost spoprijemanja s stresom v danih okoliščinah in sposobnost za delo. Duševno zdravje je pomemben pogoj za psihosocialni in kognitivni razvoj otroka ter mladostnika. Zaradi resolucije Mental health action plan 2013–2020 se daje vse večja pozornost duševnemu in socialnemu zdravju s poudarkom na pozitivnem vidiku zdravja. Poročila iz zadnjih let razkrivajo, da je samomorilno vedenje drugi največji vzrok smrti med 15. in 29. letom starosti. V Sloveniji je v letu 2018 osebnega zdravnika obiskalo več kot 10.000 otrok zaradi duševnih stisk, 500 jih je bilo hospitaliziranih (do 18. leta starosti). Različne raziskave v Evropi ugotavljajo, da se je v zadnjih 25 letih porast duševnih bolezni zvišala za 64 odstotkov (do 18. leta starosti). Prispevek problematiko duševnega zdravja obravnava z vidika analize stanja, priporočil evropske politike, podatkov Svetovne zdravstvene organizacije in Evropske unije ter podatkov pridobljenih od posameznih državnih sektorjev. V komparativno analizo je bilo vključenih 15 evropskih držav. V raziskavi nas je zanimalo stanje duševnega zdravja pri otrocih in mladostnikih, storitve duševnega zdravja, socialne storitve, izobraževalni sistem in medsektorsko sodelovanje. V prispevku so prikazane najpogostejše težave otrok in mladostnikov, glavni dejavniki tveganja in področje preventivnega ter kurativnega pristopa pri reševanju problematike. Šele dobro poznavanje razmer na področju duševnega zdravja in medsektorskega (so)delovanja odpira možnosti za ukrepanje in dolgoročne spremembe.

Ključne besede: duševno zdravje, duševne težave, otroci, mladostniki, Evropa.

ABSTRACT

World Health Organization (WHO) describes mental health as a state of well-being that enables the individual to develop different skills, ability to cope the stress in specific circumstance and the ability to work. Mental health is an important condition for psychosociological and cognitive development of the child and adolescent. Based on the resolution of Mental Health Action Plan 2013–2020 an increasing attention is given to the mental and social health, with an emphasis on the positive aspects of health. Reports from recent years have shown that suicidal behaviour represents the second biggest cause of death among 15- to 29-year-olds. Over ten thousand children in Slovenia visited a physician in 2018 due to mental distress, 500 of them (up to 18 years of age) were hospitalized. Various research around Europe have shown that the mental health illnesses increased by 64% (up to 18 years of age) in past 25 years. This paper deals with mental health issues from the point of view of situation analysis, European policy recommendations, World Health Organization's and European union's data and other data obtained from individual government sectors. 15 European countries participated in this comparative analysis. In this research we were interested in the mental health state of children and adolescent, mental health services, social services, educational system and cross-sectoral cooperation. This paper presents the most common problems of children and adolescents, main risk factors, and the field of preventive and curative approach for solving the issue. Only a good knowledge of situation in the area of mental health and cross-sectoral (co)operation opens new possibilities for action and long-term changes.

Keywords: mental health, mental problems, children, adolescents, Europe

Sebastjan Kristovič

PSIHOLOŠKI (ŠKODLJIVI) VIDIKI PERMISSIVNE VZGOJE – SAMOPODOBA IN SAMOZAVEST PSYCHOLOGICAL (HARMFUL) ASPECTS OF PERMISSIVE EDUCATION – SELF-IMAGE AND SELF-ESTEEM

POVZETEK

Permisivna paradigma, ki še vedno prevladuje v slovenskem vzgojno-izobraževalnem prostoru, se v največji meri osredotoča na otrokove želje in potrebe. Osnovno geslo permisivnosti je: »Vse za, in po meri, otroka«. Svet odraslih je tako prevzel vlogo nenehnega izpolnjevalca otrokovih želja in potreb. Posledično pa je izgubil izpred oči otroka kot celovito osebnost, njegove razvojne značilnosti, krepitev in razvoj otrokove osebnosti ter številne druge ključne vzgojne vidike.

V prvih letih in v zgodnjem obdobju odraščanja se v največji meri izoblikujejo možgani, psihološka struktura, doživljanje in odnos do življenja, sveta, ljudi in sebe, strukturira se identiteta ter osebnost. To obdobje je tudi ključnega pomena za oblikovanje zdrave samopodobe, samozavesti in samospoštovanja. Gre za konstitutivne elemente človekove osebnosti, ki določajo vso kasnejšo posameznikovo delovanje, vedenje, odnose, kakovost in smisel življenja. Prav zaradi tega je tako zelo pomembno, kako se samopodoba in samozavest razvijeta/oblikujeta.

V prispevku je preko fenomenološke, induktivno-deduktivne in analitično-sintezne metode predstavljena tesna povezava med permisivno vzgojo in negativnim oblikovanjem samopodobe ter samozavesti.

Ključne besede: logopedagogika, logoterapija, permisivna vzgoja, samopodoba, samozavest

ABSTRACT

The permissive paradigm, which still prevails in the Slovenian educational sphere, focuses largely on the child's wishes and needs. The basic motto of permissiveness is: "All for child, and costumed for the child." The adult world has thus assumed the role of a constant fulfiller of the child's wishes and needs. As a result, adults lost the perception of the child being a whole personality, with its developmental characteristics, of strengthening and development of the child's personality, and of many other key educational aspects.

The brain structure, psychological structure, experiencing and attitudes towards life, world, people and ourselves are mostly shaped in childhood and early adulthood, in addition identity and personality are being structured throughout this period. Latter is also crucial in building up the healthy self-image, self-esteem and self-respect. These are the constituent elements of the human personality that determine future functioning of individual, behaviour, relationships, quality and the meaning/sense of life. This is why it is of big importance how self-image and self-esteem develop/form.

In this paper, a close link between permissive education and the negative formation of self-image and self-esteem is presented through the phenomenological, inductive-deductive and analytic-synthesis method.

Keywords: logopedagogy, logotherapy, permissive education, self-image, self-esteem

Polonca Pangrčič

HOLISTIČNI PRISTOP V TUJIH IN DOMAČIH ŠOLSKIH SISTEMIH

A HOLISTIC APPROACH IN FOREIGN AND DOMESTIC SCHOOL SYSTEMS

POVZETEK

V prispevku bomo predstavili smernice UNESCO-a, ki težijo k holističnemu pristopu v vzgoji in izobraževanju. Izhajali bomo iz elementov holističnega pristopa, ki jih je zastavil Miller, začetnik in eden izmed utemeljiteljev holističnega pristopa. Ti elementi so: sposobnost biti svoboden, sposobnost odkrivati in izpolnjevati vrednote, sposobnost dobre presoje, meta učenje in socialne (družbene) sposobnosti. Ron Miller navaja, da holistično izobraževanje podpira dve načeli: prvič, učenje, ki človeka povezuje s svetom, se mora začeti s človekom in drugič, na učenca moramo odgovoriti z odprtim, radovednim umom in občutljivim razumevanjem sveta, v katerega raste. Predstavili bomo nekatere ugotovitve, ki smo jih zasledili pri pregledu tuje in domače literature, in sicer, kakšen odnos imajo v nekaterih tujih državah do vzgoje, izobraževanja, odgovornosti ter do holističnega pristopa. Pri pregledu predšolskih, osnovnošolskih in srednješolskih obdobj sledenjih držav: Avstrija, Finska, Danska, Estonija, Nizozemska, Norveška, Slovenija, Združeno kraljestvo – Anglija, Nemčija, Irska in Francija, smo dokumente za vsako državo posebej pregledali z vidika holistične vzgoje in izobraževanja, kjer smo zasledovali tudi pomembna načela logopedagogike (avtonomija, vrednote, odgovornost, svoboda, duhovni razvoj otrok, celostni pristop). Na koncu bomo v primerjavo vključili tudi nekatere druge alternativne pristope v vzgoji in izobraževanju: Montessori pedagogiko, Waldorfsko pedagogiko, nekatere katoliške šole.

Ključne besede: vzgoja, izobraževanje, holistični pristop, edukacijski sistemi

ABSTRACT

This paper will outline UNESCO's guidelines for a holistic approach to education. We will start from the elements of a holistic approach, put forward by Miller, the beginner and one of the founders of the holistic approach. These elements are: the ability to be free, the ability to discover and fulfill values, the ability to make good judgments, meta-learning and social abilities. Ron Miller states that holistic education supports two principles: learning that connects man to the world must begin with man, and second, we must respond to the student with an open, curious mind and a sensitive understanding of the world into which he grows. We will present some of the findings we have made in reviewing foreign and domestic literature, namely, how they relate to education, responsibility, and holistic freedom in some foreign countries. In reviewing the pre-school, primary and secondary school years of the following countries: Austria, Finland, Denmark, Estonia, Netherlands, Norway, Slovenia, United Kingdom - England, Germany, Ireland and France, we examined the country-by-country documents individually, where we also pursued important principles of logopedagogy (autonomy, values, responsibility, freedom, spiritual development of children, holistic approach). Finally, some other alternative approaches to education will be included in the comparison: Montessori pedagogy, Waldorf pedagogy, some Catholic schools.

Keywords: education, holistic approach, educational systems

Munira Pejič, Kleopatra Kodrič

VPLIV ASERTIVNOSTI NA ODGOVORNO VEDENJE V TERAPEVTSKEM PROCESU MED PACIENTOM IN TERAPEVTOM THE INFLUENCE OF ASSERTIVITY ON RESPONSIBLE BEHAVIOR IN THE THERAPY PROCESS BETWEEN PATIENT AND THERAPIST

POVZETEK

Intervencije, ki omogočajo pomoč, podporo in zdravljenje ljudi v stiskah in težavah, so zahtevne, strokovne in odgovorne narave. V profesionalnem odnosu terapevt - pacient je kar nekaj pomembnih komponent, ki jih pogosto spregledamo in jim ne namenimo dovolj pozornosti. Ena od teh je asertivnost, ki ima pomembno vlogo v koheziji odnosov med ljudmi. Kot navaja veliko avtorjev, se asertivnosti ne da vedno definirati, saj koncept zajema široko področje uporabnosti. Gre za več kategorij, ki vključujejo izražanje emocij, stališč vedenja in mišljenja. Asertivnost kot forma vedenja vključuje spoštovanje sebe in drugih. Odgovorna asertivnost implicira na razumevanju osebne vloge in pozitivne naravnosti do drugih. Asertivnost je sposobnost ali veščina, izražanja čustev, misli, prepričanja in mnenja na odprt način, ki ne krši pravic drugih. V našem primeru gre za odnos terapevta kot strokovnjaka in pacienta, ki potrebuje pomoč. Obstaja več tehnik asertivnosti, ki jih lahko uporabljamo v različnih situacijah, odvisno od zahtevnosti primera obravnave. Pri tem ne smemo pozabiti, da je naše asertivno vedenje odvisno ne samo od besed ampak tudi od neverbalnih sporočil. Delo in odnos s pacientom je kompleksen in dinamičen proces dveh oseb, ki temelji na interpersonalni in profesionalni relaciji med njima. Za odgovorno vedenje je potrebno, da terapevt ima izoblikovano zavest, osebne norme in vrednote, ki mu omogočajo ustrezno ravnanje v terapevtskem procesu. Odgovorno vedenje v tem članku ima za izhodišče osebno odgovornost spoštovanje socialnih in družbenih norm in spoštovanje človeka kot individue. V prispevku bomo pozornost namenili vplivu asertivnosti na odgovorno vedenje v odnosu med pacientom in terapevtom. Predpostavljamo, da imata asertivno vedenje in avtentičnost terapevta pozitiven vpliv na rezultate dela v terapevtskem procesu.

Ključne besede: terapevt, pacient, asertivnost, odgovorno vedenje

ABSTRACT

Interventions that help, support and heal people in need and difficulty are challenging, professional and responsible. In the occupational therapist - patient relationship, there are quite a few important components that are often overlooked and not given sufficient attention. One of these is assertiveness, which plays an important role in the cohesion of human relations. As many authors have stated, assertiveness cannot always be defined, since the concept covers a wide field of applicability. These are several categories, which include the expression of emotions, attitudes and behaviors. Assertiveness as a form of behavior involves respect for oneself and others. Responsible assertiveness implies understanding of one's personal role and positive attitude towards others. Assertiveness is the ability or skill to express emotions, thoughts, beliefs and opinions in an open manner that does not violate the rights of others. In our case, it is the attitude of the therapist as a specialist and patient in need of assistance. There are several assertive techniques that can be used in different situations, depending on the complexity of the case. We must remember that our assertive behavior depends not only on words but also on non-verbal messages. Work and relationship with the patient are a complex and dynamic two-person process based on the interpersonal and professional relationship between them. Responsible behavior requires that the therapist has an educated awareness, personal norms and values that enable him or her to act appropriately in the therapeutic process. Responsible behavior in this article as a starting point has a personal responsibility to respect social and social norms and to respect man as an individual. In the paper, we will focus on the influence of assertiveness on responsible behavior in the patient-therapist relationship. The assertive behavior and authenticity of the therapist are assumed to have a positive effect on the results of work in the therapeutic process.

Keywords: therapist, patient, assertiveness, responsible behavior

Estelle Polič

LOGOTERAPEVTSKI POGLEDI NA POSLANSTVO UČITELJA LOGOTHERAPEUTICAL VIEWS ON THE TEACHER'S MISSION

POVZETEK

Učitelji svoje poslanstvo prvenstveno razumejo kot prenašanje znanja, učenje pa zgolj kot proces pridobivanja tega znanja. V vzgojno-izobraževalnem sistemu bi bilo potrebno holistično definirati otrokov razvoj, dodati in opredeliti pa tudi duhovno dimenzijo. V prispevku se bomo ukvarjali s tem, kako lahko za celostno razumevanje učiteljevega poklica, uporabimo znanja Franklove teorije. Temeljna vprašanja, ki smo si jih zastavili so: Kaj lahko, kot učitelj, dam učencu? A je to res le učna snov? Kaj je cilj učiteljevega dela? Je cilj le zaključiti oceno? Kaj dejansko je namen učiteljevega poslanstva? Skozi pregled logoterapevtske teorije in praktičnih primerov, Frankla in Lukasove, bomo ugotovili, da je namen učiteljevega poslanstva več kot le podajanje snovi in ocenjevanje. Ključne ugotovitve najdemo ravno v kontekstu duhovnega, ki je značilen za logoterapevtsko dojemanje človeka. Frankl odkriva različne koncepte, s katerimi pojasnjuje temeljne dimenzije vzgoje in izobraževanja. Učitelj lahko spodbudi otrokov razvoj kritičnega in abstraktnega mišljenja in ga nauči odgovornega odločanja. Namen prispevka je torej, z logoterapevtskega vidika, utemeljiti, kako lahko učitelj preda več kot zgolj učno snov, ki je predpisana v učnem načrtu. Elisabeth Lukas govori o tem, kako otroci začutijo naše spoštovanje. Kadar ne upoštevamo otroka, takšnega kot je, se zgodi, da od njega pričakujemo tisto, česar ne zmore. Otroka lahko naučimo in spodbudimo, da začne odgovorno uporabljati svoje sposobnosti. Eno četrtnino tega, kar lahko otroku predamo, predstavlja to, kar govorimo. Tri četrtnine pa predajamo s svojim zgledom, s tem, kako se obnašamo, kaj čutimo. S tem, kar smo.

Ključne besede: učitelj, logoterapija, kritično mišljenje, odgovorno odločanje

ABSTRACT

Teachers understand their mission as a mere transfer of knowledge, and learning as a process of acquiring knowledge. In the educational system, the development of a child should be holistically defined. Moreover, a spiritual dimension should be added and defined. The article deals with applying Frankl's knowledge to understand the teacher's profession. One of the basic questions we ask ourselves is: What can a teacher give to a student? Is this really just a teaching material? What is the goal of a teacher's work? Is the goal only to complete the assessment? What is the purpose of a teacher's mission? With Frankl's and Lukas' approach to logotherapy theory and practical examples, we realise that the purpose of a teacher's mission is more than just curriculum and assessment. Key findings are exactly in the context of the spiritual, which is the characteristic of logotherapeutic perception of a man. Frankl discovers different concepts in order to explain the basic dimensions of education. A teacher can encourage child's development of critical and abstract thinking and teach him/her to make responsible decisions. The purpose of the article, therefore, from a logotherapeutic point of view, is to justify how a teacher can give to his/her students more than just teaching material based on the syllabus curriculum. Elisabeth Lukas explains how children feel when they are respected. If we do not take a child as he is, we might expect him to achieve goals he is not capable of. We can teach and encourage a child to rely on his skills and use them responsibly. One quarter of what we can hand over to a child is what we say. However, three quarters of a teacher's impact on a child depend on our own representation, behaviour and feelings, on who we are.

Keywords: teacher, logotherapy, critical thinking, responsible decision making

Saša Poljak Lukek, Tanja Pate

FIZIČNO NASILJE, AGRESIJA IN SAMOKONTROLA – POVEZAVE IN APLIKACIJE ZA PSIHOTERAPEVTSKO PRAKSO **PHYSICAL VIOLENCE, AGGRESSION, AND SELF-CONTROL - CONNECTIONS AND APPLICATIONS FOR PSYCHOTHERAPY PRACTICE**

POVZETEK

Uvod: Fizično nasilje kot namerno uporabo fizične moči povezujemo z agresivnim vedenjem, ki je bodisi izraz nekontroliranih impulzov oziroma afektov bodisi izraz preišljenega namenskega nasilnega vedenja. Z raziskavo želimo osvetliti dinamiko nasilja in agresije preko razumevanja pomena samokontrole. Samokontrola predstavlja sposobnost in moč, da oseba ustavi ali spremeni vedenje. V primeru nasilja naj bi samokontrola omogočila omejevanje agresivne impulze oziroma zaščito pred nasiljem. Razumevanje povezanosti nasilja, agresije in samokontrole pa je ključno za vodenje psihoterapevtskega procesa s simptomatiko nasilja, kjer nasilje prepoznavamo kot zasvojitveno vedenje s specifično regulacijo afekta.

Metode: Podatke smo zbrali s priložnostnim anketiranjem. Vzorec je sestavljajo 601 udeležencev, od tega je bilo 478 (79,5 odstotkov) žensk in 123 (20,5 odstotkov) moških. Povprečna starost udeležencev je bila 37,5 let ($\pm 10,9$). V analizi so uporabljeni trije merski instrumenti in sicer vprašalnik o travmi v otroštvu (CTQ), lestvica samokontrole in vprašalnik agresije (BP-AQ).

Rezultati: Osebe, ki so v otroštvu doživele fizično zlorabo, imajo nižjo toleranco in izražajo več agresivnosti v primerjavi z osebami, ki o fizični zlorabi niso poročale. Rezultati pa so tudi pokazali na trend, da je pri fizično zlorabljenih močnejša povezava med pogostejšim izražanjem fizične agresije in slabšo toleranco do frustracije, kot tudi večjo stopnjo agresivnosti in večjo impulzivnostjo.

Sklepi: Rezultati potrjujejo pogostejše izražanje agresije pri udeležencih z izkušnjo fizične zlorabe v otroštvu. Povezava med nasiljem, agresivnostjo in slabšo samokontrolo potrjuje izhodišče, da nasilno vedenje lahko razumemo tudi kot izraz nekontroliranega vedenja. Rezultati raziskave dajejo dodaten vpogled v dinamiko nasilja, pri čemer je pomembno, da v terapevtskem odnosu omogočamo izkušnje drugačne, bolj učinkovite regulacije afekta.

Ključne besede: fizično nasilje, agresija, samokontrola, psihoterapija

ABSTRACT

Introduction: Physical violence as a deliberate use of physical power is associated with aggressive behaviour, which is either an expression of uncontrolled impulses (or affects) or deliberate, intentionally violent behaviour. The research aims to shed light on the dynamics of violence and aggression through understanding the meaning of self-control. Self-control is one's ability and power to stop or change their behaviour. In the case of violence, self-control should allow the restriction of aggressive impulses and/or protection against violence. Understanding the connection between violence, aggression and self-control is crucial to conducting a psychotherapy process with the symptomatology of violence, where violence is recognized as addictive behaviour with specific affect regulation.

Methods: Data were collected through a casual survey. The sample consisted of 601 participants, of which 478 (79.5 percent) were women and 123 (20.5 percent) were men, while in 7 participants, gender was not stated. The average age of the participants was 37.5 (± 10.9) years. In the analysis we used three measurement instruments: the Childhood Trauma Questionnaire (CTQ), the Self-control Scale and the Buss-Perry Aggression Questionnaire (BP-AQ).

Results: Persons who experienced physical abuse in childhood have a lower tolerance and are more aggressive than those who did not report physical abuse. The results also showed a trend of stronger correlation between a more frequent expression of physical aggression and a lower tolerance for frustration, as well as a higher degree of aggression and impulsiveness.

Conclusions: The results confirm a more frequent expression of aggression in participants with the experience of childhood physical abuse. The correlation between violence, aggression and impaired self-control confirms the premise that violent behaviour can also be understood as an expression of uncontrolled behaviour. The results of the research provide additional insight into the dynamics of violence, and it is important to allow for a different, more effective regulation of affect in the therapeutic relationship.

Keywords: physical violence, aggression, self-control, psychotherapy

Gregor Rojc

PAJDEJA DOSTOJANSTVA KOT ODGOVOR NA PANDEMIJO KULTURE ŽRTVENIŠTVA PAIDEIA OF DIGNITY AS THE ANSWER TO THE VICTIMHOOD CULTURE PANDEMIC

POVZETEK

Kulture lahko razdelimo v tri kategorije – kulturo časti, kulturo dostojanstva in kulturo žrtvenišva. Naloga učiteljev in staršev je, da otroke na temelju kulture dostojanstva pripravimo za življenje in jih tako obvarujemo pred nasiljem, ki ga prinašata kultura časti oziroma žrtvenišva. S pajdejo, ki temelji na dostojanstvu, se lahko zoperstavimo pandemiji kulture žrtvenišva, ki prinaša nasilje in ovira otrokov razvoj. Otrok, ujet v kulturo žrtvenišva, se ne razvije v samostojno osebnost. Včasih smo živeli v kulturah, ki so temeljile na časti, nato smo počasi napredovali v družbo, temelječo na dostojanstvu. V kulturi časti je najpomembnejše ohranjanje časti, ki sem jo vedno pripravljen nasilno braniti. Pri tem se ne zanašam na nekoga tretjega. V kulturi dostojanstva se užaljena stran ne odzove z agresijo, ampak išče druge možnosti reševanja situacije. Ena možnost je, da žalitev preprosto presliši in razvije »debelo kožo«, ki je prepoznana kot nekaj pozitivnega, ali pa zadeve rešuje skrito pred javnostjo. V družbi dostojanstva se pričakuje, da je iskanje zadoščenja na sodiščih redko in skrito pred javnostjo, jemanje pravice v lastne roke pa je nekaj zavržnega in nesprejemljivega. Kultura žrtvenišva je nekakšen toksičen in sprijen amalgam kulture časti in kulture dostojanstva. V kulturi žrtvenišva se, tako kot v kulturi časti, odreagira že na najmanjše žalitve, pri tem pa se aktivira še tretjo stran. Dostojanstvo je temelj, ki mi omogoča, da odpuščam, ali, če je potrebno, ukrepam. Čast in žrtvenišvo pa mi dejansko ne dajeta druge možnosti kot nasilje, zato je pajdeja dostojanstva tista, ki otrokom omogoča, da se razvijejo v samostojne ljudi.

Ključne besede: dostojanstvo, čast, žrtvenišvo, kultura, otroci

ABSTRACT

Cultures can be divided into three categories: honour culture, dignity culture and victimhood culture. The paramount task of teachers and parents is to prepare the children for life and to do so based on the principles of dignity culture, thus protect them from the violence that is an inseparable part of honour culture and victimhood culture. The paideia that is founded on dignity can help us resist the victimhood culture pandemic, which carries with it violence and obstacles to children's development. A child caught in the victimhood culture does not develop into an independent personality. In the past we used to live in cultures that were based on honour, then we slowly progressed towards cultures that were based on dignity. In the honour culture, it is of primary importance to preserve one's honour. To preserve and defend honour one is always willing to use force, but is never dependent on the third party when honour is to be defended. In dignity culture, the insulted party does not respond with aggression, but tries to solve the situation through other means. One commonly used tactic is to simply ignore the insult and develop the so-called thick skin. This approach to problem solving is recognised as very positive. However, when things cannot simply be ignored but need to be dealt with, they are dealt with away from the public eye. In dignity culture, it is expected that people only rarely employ the courts of law and that they never take justice into their own hands, as such an act would be recognised as unacceptable and utterly shameful. Victimhood culture is a sort of toxic and twisted amalgam of honour culture and dignity culture. Within victimhood culture, just as in honour culture, people react to the smallest of insults. However, when they do so, they always employ a third party. Dignity is the foundation that enables me to forgive or, if necessary, take action. Honour and victimhood give me no other option but violence and that is why paideia of dignity is what enables the children to develop into independent persons.

Keywords: dignity, honour, victimhood, culture, children

Barbara Simonič

ODRASLA FUNKCIONALNOST V POVEZAVI S ČUSTVENIM PROCESIRANJEM V LUČI FIZIČNEGA NASILJA V OTROŠTVU ADULT FUNCTIONALITY IN RELATION TO EMOTIONAL PROCESSING IN THE LIGHT OF CHILDHOOD PHYSICAL ABUSE

POVZETEK

Izkušnja fizičnega nasilja v otroštvu, tudi večkratna fizična zloraba, ki se največkrat dogaja v družinskem okolju, pušča sledi v psihičnem funkcioniranju posameznika. Še posebej prizadene zorenje nevrobioloških mehanizmov, ki so pomembni za regulacijo čustev skozi celotno življenjsko obdobje. V primeru težav v čustveni regulaciji se pri posameznikih pojavljajo zapleti v vedenju in mišljenju, ki se odražajo na različnih področjih. V prispevku bodo predstavljene temeljne povezave med omenjenimi vidiki, ki jih bomo potrdili tudi z izsledki empirične raziskave, ki je bila izvedena na vzorcu 610 udeležencev. Rezultati, ki so bili pridobljeni s tremi vprašalniki (vprašalnik o otroški travmi, instrument čustvenega procesiranja in lestvica individualni problemi in moči) potrjujejo, da imajo osebe, ki so v otroštvu doživele višjo stopnjo fizične zlorabe, več težav na področju čustvenega procesiranja ter na področju osebnega delovanja doživljajo in zaznavajo več težav. Na osnovi rezultatov bomo podali tudi nekatere smernice za psihoterapevtsko obravnavo oseb z izkušnjo fizične zlorabe v otroštvu.

Ključne besede: fizično nasilje, otroštvo, čustveno procesiranje, psihološka dobrobit

ABSTRACT

The experience of physical violence in childhood, including repeated physical abuse, which most often occurs in a family setting, leaves consequences in the psychical functioning of the individual. It is especially devastating for maturation of neurobiological mechanisms that are important for emotional regulation throughout the life span. In case of difficulties in emotional regulation, individuals develop complex behavioral and mental problems on different areas. The presentation will outline the fundamental relations between these aspects, which have also been confirmed by the results of empirical research on 610 participants. The results, gathered with three different instruments (Childhood Trauma Questionnaire, Emotional processing inventory and Systemic Therapy Inventory of Change – the Individual Problems and Strengths Scale) confirm that persons, who have experienced a higher level of physical abuse in childhood, are more prone to have more difficulties in emotional processing and more individual problems. Based on these results, we will provide some guidelines for the psychotherapy treatment of individuals with experience of childhood physical abuse.

Keywords: physical violence, childhood, emotional processing, psychological well-being

Ana Vogrin

POSLEDICE RABE ZASLONSKIH MEDIJEV NA DUHOVNO RAZSEŽNOST OTROK IN MLADOSTNIKOV THE CONSEQUENCES OF USING SCREEN MEDIA ON THE SPIRITUAL DIMENSION OF CHILDREN AND ADOLESCENTS

POVZETEK

Porast uporabe zaslonских medijev med otroki in mladostniki v zadnjem desetletju strmo narašča in odpira nova raziskovalna vprašanja, med drugim tudi v zvezi s problematično ali škodljivo (upo)rabo le-teh. Strokovnjaki iz različnih področij opažajo in opozarjajo na negativne posledice, kot so motnje v koncentraciji, pomanjkanje pozornosti, govorne in učne motnje, stres, anksiozna in depresivna stanja, upad zmožnosti empatije, pomanjkanje smisla in vse večjo nagnjenost k nasilju, izolaciji in osamljenosti v družabnih stikih ter nekemične zasvojenosti, ki jih lahko povzroči prekomerna raba zaslonских tehnologij pri generacijah, ki odraščajo ob računalnikih, tablicah in pametnih telefonih. Namen pričujočega prispevka je na podlagi sistematičnega pregleda primarnih in sekundarnih virov domače in tuje literature in raziskav preučiti posledice škodljive rabe zaslonских medijev na duhovno razsežnost odraščajočih otrok in mladostnikov. Ko govorimo o duhovni razsežnosti nimamo v mislih religiozne, mistične ali filozofske razlage duhovnosti, pač pa izhajamo iz osnovne logoterapevtske predstave o človeku, ki človeka opredeli kot celoto telesne, duševne in duhovne razsežnosti oz. dimenzije. Duhovna razsežnost je polje notranje moči oz. prostor, v katerem se udejanjajo svoboda, ustvarjalnost, odgovornost, ideali, intuicija in volja do smisla, ki je človekova ključna motivacija. Iz analize lahko povzamemo, da digitalni mediji in virtualno okolje spreminjajo dožemanje sveta in interpretacijo resničnosti, kar pri otrocih in mladostnikih vodi k izgubi stika z lastnim notranjim svetom in doživljanjem ter posledično k izgubi navdušenja, volje in življenjskega smisla ter k težavam s trdnostjo moralne orientacije in vključenostjo v žive medčloveške odnose.

Ključne besede: zaslonски mediji, virtualni svet, kriza smisla, logoterapija, mladostniki

ABSTRACT

The increased use of screen media among children and adolescents over the last decade has opened up new research questions, including issues related to problematic or harmful use of screen technology. Experts from various fields are noticing and pointing out the negative consequences of harmful use of screen media, such as concentration disorders, lack of attention, speech and learning disorders, stress, anxiety and depression, decline in empathy, lack of meaning and increased tendency to violence, loneliness and isolation in social contacts, and also non-chemical addictions, which can be a result of overuse of screen technologies among generations growing up with computers, tablets and smartphones. The purpose of this paper is based on a systematic review of previous research to examine the consequences of harmful use of screen media on spiritual dimension of children and adolescents. When we talk about spiritual dimension, we do not mean religious, mystical or philosophical explanation of spirituality, but we proceed from the basic logotherapeutic conception of human being. According to V. Frankl's dimensional ontology human beings exist in three dimensions – physical (somatic), mental (psychic), and spiritual (noetic). Spiritual dimension is a place of inner power, a space where freedom, creativity, responsibility, ideals, intuition, freedom of will and meaning of life – a human key motivation, comes to act. We can summarize that screen media and the virtual environment influences and changes the perception of the world and the interpretation of reality, which in children and adolescents may lead to the loss of touch with their inner world and experience and consequently to the loss of enthusiasm, freedom of will and crisis of meaning and may also affect moral orientation and involvement in live of interpersonal relationships.

Keywords: screen media, virtual world, crisis of meaning, logotherapy

**II.
OSTALA RAZISKOVALNA PODROČJA**

**2
INKLUZIVNA PARADIGMA V
DRUŽBENEM KONTEKSTU /
INCLUSIVE PARADIGM
IN A SOCIAL CONTEXT**

Katarina Bučar

DELO Z NADARJENO NAJSTNICO S ČUSTVENIMI IN Z VEDENJSKIMI TEŽAVAMI *WORKING WITH A GIFTED TEENAGER WITH EMOTIONAL AND BEHAVIOURAL PROBLEMS*

POVZETEK

Avtorica v prispevku razglablja, kako čim boljše uravnesiti nadarjenost s čustveno-vedenjskimi težavami. Najprej opredeli pojem nadarjenosti in smernice za delo z nadarjenimi učenci. Nato se usmeri na delo z zahtevno najstnico, ki jo je v šoli spremljala od 4. do 9. razreda. Bila je identificirana kot nadarjena učenka na več področjih, hkrati pa je tudi hiperaktivna ter ima precejšnje čustvene in vedenjske težave, ki so bile najverjetneje posledica hudih travm iz zgodnjega otroštva; z vstopom v puberteto so se težave seveda stopnjevale. Nadalje podrobno opiše njeno obnašanje v šoli, odnos s starši, aktivnosti, v katere je bila vključena, in dosežke, ki jih je dosegla v okviru programa za delo z nadarjenimi. Razloži tudi, na kakšne načine so v šoli urejali njene čustvene in vedenjske težave, da bi nadarjenost in socializiranost čim manj trpeli. Zaključni pregledom stanja ob koncu osnovnošolskega izobraževanja, ki se je za učenko končalo uspešno.

Ključne besede: nadarjenost, nadarjena učenka, čustvene težave, vedenjske težave, socializiranost

ABSTRACT

In her article the author discusses how to balance giftedness with emotional and behavioural problems. Firstly, she defines giftedness and the guidelines for working with gifted students. Then she focuses on the work with a demanding teenaged girl, whom she observed from the fourth to the ninth class. She was identified as a gifted student in various fields, but at the same time acted hyperactively and had serious emotional and behavioural problems, which were most probably the consequence of a complex early childhood trauma. Once the girl entered adolescence, they were on the increase, of course. The author furthermore detailedly describes her behaviour at school, the relationship with her parents, activities in which she participated, and her achievements within the gifted students programme. She also explains how her emotional and behavioural problems were tackled at school in order to diminish their impact on giftedness and socialization. Finally, she makes an overview of the situation at the end of the primary school education, which the girl finished successfully.

Keywords: giftedness, gifted student, emotional problems, behavioural problems, socialization

Željko Darmanović

INCLUSIVE EDUCATION IN MONTENEGRO

ABSTRACT

In 1997 the beginning of inclusive process in Montenegro started at level of pre-school education with the implementation of the project „Kindergarten and school tailored to the child“, which was implemented in partnership by Save the Children, UNICEF and Pedagogical Center.

Inclusive Education Strategy 2008–2013

Amended by the Law on education of children with special educational needs. The order on the methods, conditions and procedures for targeting children with special educational needs is based on the social model rather than the medical model.

Special schools (Center for education and training „1.jun“, Institute for children and youth and Institute for children with hearing and speech impairments) are transformed into resource centers with much larger range of activities through assistance and support for children, educators, teachers in regular kindergartens and schools.

Inclusive education strategy in Montenegro 2014–2018

It promotes inclusive activities and increases support services for children with special educational needs. Schools with separate departments (7) continue to perform “partial inclusion”. They became branches for resource centers. A student with educational needs may be provided with an assistant as technical support in terms of providing access to education and educational attainment based on the decision of the commission for guidance to the appropriate educational program. (18) commissions have been set up at the local community level to guide children with special educational needs into the educational system.

Keywords: *inclusive education, resource centers*



Natalija Ekart Misleta

NEKATERI PROBLEMI TRANZICIJE OD SEGREGACIJE K INKLUZIJ OTROK S POSEBNIMI POTREBAMI SOME OF THE PROBLEMS OF TRANSITION FROM SEGREGATION TO INCLUSION FOR CHILDREN WITH SPECIAL NEEDS

POVZETEK

Vzgoja in izobraževanje sta izjemnega pomena za vsak narod, prav tako načini, metode in pristopi, ki se jih poslužujemo vsi tisti, ki smo v odnosu učitelj - učenec. Antika je na teh dveh področjih snovala temelje pedagoških idej, ki so se ohranile vse do današnji dni, nešteto krat prilagojene času in potrebam. Danes pa jih zasledimo v Beli knjigi (2011), kjer je zapisano, da se oblikovanje samostojnega, razmišljajočega in odgovornega posameznika opira na kakovostno pridobljeno znanje in socialne ter druge spretnosti. A vendarle nismo pri tem vsi enaki. Drugačnost se v najrazličnejših oblikah pojavlja že skozi vso zgodovino človeštva ter na vseh področjih človekovega delovanja. Vsi ljudje smo po svoje drugačni, pa vendar večina ne odstopa preveč od meril in norm, ki jih družba postavlja za vključevanje vanjo. Skozi čas je družba ljudem s posebnimi potrebami določala njihov socialni položaj in krojila njihove družbene vloge. Vzgoja in izobraževanje otrok in mladostnikov s posebnimi potrebami postajata vse zahtevnejša in kompleksnejša. Spreminja se odnos do oseb s posebnimi potrebami, s tem pa tudi koncept dela in doktrina. Opara pravi, da nam zdajšnja znanja pomagajo razumeti to, kar do nedavnega nismo mogli. Isti avtor navaja, da je bila v konceptu segregacije pozornost ves čas usmerjena le v hibe oziroma motnje. Slednje smo želeli natančno prepoznati, kajti to je bil ključ za ločitev razvojno motenih od njihovih vrstnikov. Osebe smo opredelili s hibo in jih poimenovali po vrsti motnje. Danes pa je za nas ključnega pomena to, kar oseba zmore, torej celovit potencial posameznika. Številni avtorji so menja, da je inkluzija preoblikovanje celotnega vzgojno-izobraževalnega sistema, kjer se upoštevajo potrebe vseh učencev ne glede na njihovo vrsto in stopnjo. Medtem ko Patafta opredeljuje inkluzijo kot vrsto strategij in načinov praktičnega uveljavljanja razumnih prilagoditev v okolju, obenem pa tudi kot odnos do sveta, saj daje občutek pripadnosti, kar si želi imeti vsak človek. Pravi, da v kolikor želimo izvajati inkluzijo in vključevati mladostnike s posebnimi potrebami v običajna šolska okolja, moramo pripraviti in zagotoviti vse, kar tako vključevanje zahteva, saj so spremembe pri prehodu iz osnovne v srednjo šolo zahteven proces za vsakega, še bolj pa za vse, ki imajo kakršne koli posebne potrebe. Silno pomembno je tudi, na kakšen način se izpelje prehod med vzgojno-izobraževalnima institucijama, in kako je pripravljena tista, ki jih sprejme. Rezultati pa so odvisni zgolj od uspešnega sodelovanja vseh zajetih v procesu inkluzije. Pri delu pa je potrebno tudi veliko strpnosti, ljubezni in znanja. Problemi, o katerih želimo spregovoriti v članku, in s katerimi se dnevno srečujemo v vzgoji in izobraževanju ob uresničevanju inkluzivnega procesa, je v prvi vrsti pedagoški kader, brez katerega uspešna implementacija inkluzije ni možna. Pogostokrat nam dodaten problem predstavljajo tudi vzgojno-izobraževalne ustanove, ki ob sprejemu otrok/mladostnikov ne zagotovijo nujno potrebnih prilagoditev za celostni pristop le-teh. In sedaj se sprašujemo sledeče: Ali je v našem šolskem prostoru dovolj ustreznega kadra in ali so hrami učenosti pripravljene za uspešno uresničevanje inkluzije? Prav tako želimo izvedeti, kolikšen vpliv ima današnja kapitalistična oziroma postmoderna družba na šolski sistem, njene posledice ali prednosti. S pomočjo polstrukturiranega intervjuja bomo rezultate obdelali in analizirali.

Ključne besede: drugačnost, VIZ, otroci s PP, segregacija, inkluzija

ABSTRACT

Upbringing and education are of vital importance for every nation as well as the ways, methods and approaches that are used by the ones that are in relationship teacher – pupil. The foundations of pedagogics were laid already in antiquity. These foundations have preserved until today, adapted countless times to the then needs. Today one can find them in the so called »White book« (2011), where it is written that the formation of independent, reflective and responsible individual rests on quality-acquired knowledge, social and other skills. But all persons are not equal at acquiring knowledge. The differences at this are presented throughout entire history of education of human kind. All people are different in their own way; however, majority does not deviate to much from measures and norms that are set by society to integrate in it. Throughout the time the society has determined the social status and the social role of the persons with special needs. The upbringing and education of children and juveniles with special needs are becoming more and more complex and demanding. The approach towards the persons with special needs changes and so does the doctrine and concept of work. Opara states that the present knowledge is helping us understand what we could not until lately. The same author states that in the concept of segregation, the attention was focused only on defects or disturbances. One wanted to thoroughly recognize the latter because that played a vital part in distinguishing the persons with special needs from their peers. One has defined the persons by defect and named them after the defect or disturbance. But today the key factor is what a person can do, that means the complete potential of an individual. Numerous author state that inclusion is a transformation of entire educational system, where the needs of all pupils are taken into account regardless of their kind and level. While Patafta defines inclusion as a number of strategies and ways of practical assertion of reasonable adaptations in the environment as well as relation towards the world, because it provides a feeling of belonging, which every human being wants to feel. He also states that if we want to perform the inclusion and include the juveniles with special needs into the usual school environment we have to prepare and provide everything what such inclusion demands, because the changes at transition from elementary to middle school is a difficult process for everyone, especially for the juveniles with special needs. Also, the way of the transition from elementary to middle school and the preparation of the receiving school is very important. The results depend merely on successful cooperation of all parties involved in the process of inclusion. A lot of tolerance, love and knowledge are need at such work. The problems which we want to address in the article and with which we are encountering daily at realizing the inclusion process, is principally the pedagogic staff which is needed for successful realization of inclusion process. Frequent problem are also the educational institutions because they do not provide the necessary adaptations for successful inclusion of juveniles with special needs. And now the question arises: Is there in our educational institutions enough suitable staff and are the same institutions prepared for the successful realizing of inclusion? Also, we want to know to what extent the current capitalist or postmodern society has on the educational system, it advantages and disadvantages. With the help of the half-structured interview we will analyse the results.

Keywords: upbringing, education, children with special needs, segregation, inclusion

Anja Ferlin

URESNIČEVANJE INKLUZIVNE PARADIGME NA PODROČJU REJNIŠTVA IMPLEMENTING AN INCLUSIVE PARADIGM IN FOSTER CARE

POVZETEK

Ob rojstvu nujno potrebujemo nekoga, ki nam bo pomagal preživeti in se socializirati v družbi. Po navadi je to »mama« ali pa neka druga oseba, ki zadovoljuje naše biološke in psihološke potrebe. Seveda so ob tej osebi dobrodošli še drugi člani družine, ki pripomorejo k večjemu občutku zavetja in večji možnosti socializacije. Potreba otroka je torej živeti v družini, potreba odraslega pa ustvariti si družino. Otrok potrebuje starše, odrasli človek pa otroke. Na tak način posameznik živi v družini večino svojega življenja. Čas odraščanja je vmesno obdobje, ko vsak posameznik išče svoj prostor pod soncem. Izoblikuje svojo identiteto, odloča o svoji poklicni poti, izpostavljen je pastem današnje družbe. Ali bo izbral zase najprimernejšo pot ni odvisno samo od njega, ampak tudi od okolja, v katerem odrašča. Zaradi najrazličnejših dejavnikov se lahko zgodi, da je otrok prikrajšan za odraščanje v biološki družini. Ena izmed oblik varstva takega otroka je rejniška družina. In tak otrok je drugačen. Tak otrok ima dve mami, dva očeta, več bratov in sestra, z nekaterimi izmed njih živi, z nekaterimi se srečuje, z drugimi mogoče nima stikov. Rejniška družina kot nadomestna družina zagotavlja otroku pomoč in podporo na poti v odraslost. Otroku, rejnikom in biološkim staršem pa morajo biti ves čas na voljo strokovne, svetovalne službe, specializirane za pomoč družini. Pa vendar se sprašujemo, ali imajo otroci, ki so izkusili sistem rejništva, enake možnosti in naklonjenost družbe. So ti otroci sprejeti, taki kot so, s svojimi posebnostmi, kot to narekuje inkluzija? V prispevku bomo predstavili zgodbo mladega odraslega, ki je izkusil sistem rejništva in skozi načela inkluzivne paradigme opozorili na pomanjkljivosti le-te v praksi.

Ključne besede: inkluzivna paradigma, rejništvo, stigma, družina

ABSTRACT

At birth, we urgently need someone to help us survive and socialize in society. Usually this is "mom" or some other person who takes care of our biological and psychological needs. Of course, other members of the family are also welcome to this person, contributing to a greater sense of shelter and greater socialization. The need for a child is therefore to live in a family, and the need for an adult to start a family. A child needs parents and an adult needs children. In this way, the individual lives in the family for most of his life. Growing up time is an intermediate period when each individual searches for his space under the sun. He shapes his identity, decides his career and is exposed to the pitfalls of today's society. Whether or not he chooses the right path depends not only on him, but also on the environment in which he grows up. Due to a variety of factors, it may be that a child is deprived of growing up in a biological family. One form of care for such a child is a foster family, and such a child is different. Such a child has two mothers, two fathers, several siblings, lives with some of them, meets with some and may have no contact with others. The foster family as a surrogate family provides the child with help and support on the way to adulthood. However, the child, foster parents and biological parents should always be provided with professional, counseling services specialized in helping the family. Yet we wonder if children who have experienced a foster care system have the same opportunities and affection for society. Do we accept these children, as they are, with their specialties, as dictated by inclusion? In this article, we will present the story of a young adult who has experienced the foster care system and through the principles of an inclusive paradigm, we will point out the shortcomings of this in practice.

Keywords: inclusive paradigm, foster care, stigma, family

Manja Gospodarič

JAZ, TI, MI V IZRAŽANJU MEDKULTURNOSTI ME, YOU, WE EXPRESSING OURSELVES INTERCULTURALLY

POVZETEK

Uvod: Prioriteta na naši šoli je zavzemanje za ohranitev prvega tujega jezika, nemščine. Staršem smo poskušali interpretirati in poudariti, zakaj je pomemben nemški jezik pri nas – zaradi bližine Avstrije in vedno večjega števila vpisa v avstrijske srednje šole in zaposlitve v Avstriji. Z vključitvijo učencev v mednarodni projekt Erasmus + si pridobijo nove izkušnje za življenje in izboljšajo pozitivno samopodobo ter vsekakor razvijajo komunikacijske veščine v tujem jeziku. V projektu so zavzeti vsi učenci, tudi učenci s posebnimi potrebami.

Metode: V projektu začenjajo in nadaljujejo jezikovne spretnosti in spoznavajo bližnje in daljne tuje kulture. Projekt omogoča vključevanje tudi tistih učencev, za katere obstaja velika verjetnost, da ne bodo nikoli imeli možnosti obiskati tujih dežel, predvsem zaradi finančne in socialne zapostavljenosti.

Rezultati: Evalvacije ob vrnitvah z mednarodne izmenjave, evalvacije ob zaključku mednarodne izmenjave v domačem okolju ter ob sprotnih analizah dela med samim šolskim letom.

Sklepi: Ugotovitve kažejo, da se učenci z mednarodne izmenjave vrnejo z veliko optimizma, pozitivne energije, volje do ponovne aktivne vključitve v tovrsten projekt. So motivirani in pripravljeni biti gostitelj tujim učencem, saj so željni uporabljati tuji jezik čim pogosteje. Ugotovljeno velja tudi za učence, ki se težje učijo, si težje zapomnijo nove besede in imajo strah pred izražanjem v tujem jeziku.

Ključne besede: socialna šibkost, posebne potrebe, medkulturnost

ABSTRACT

Introduction: One of our school's primary goals is to keep teaching German as first foreign language. The school tries to present, interpret and emphasize the importance of the German language in our region to the parents – because of the bordering neighbour country Austria, the ever increasing number of pupils who later matriculate in Austria's Secondary Schools and the later possibility of seeking work in this country. By including our pupils into International Erasmus + Projects, they can gain new experiences, enhance their positive self-esteem and develop their communicational skills in a foreign language. All pupils, including special needs children, are integrated in the project.

Methods: Students start learning and/or improve their foreign language skills, learn about foreign cultures. The project allows the inclusion of pupils who will later in life, due to financial or social reasons, probably not have an opportunity to visit a foreign country.

Results: Evaluations after the return from the international exchange, evaluations at the end of the international exchange in home environment and intermediate work analysis throughout the school year.

Conclusion: Results show that students return from these exchanges filled with optimism, positive energy and the willingness to participate in such projects again. They are motivated and willing to host foreign pupils; they want to use the target language in various occasions. The findings also apply for students with learning difficulties and for students who fear using foreign languages.

Keywords: social weakness, special needs, interculturalism

Brigita Hojnik, Jasna Špindler

URESNIČEVANJE INKLUZIJE V OSNOVNI ŠOLI IN V VRTCU IMPLEMENTATION OF INCLUSION IN PRIMARY SCHOOL AND KINDERGARTEN

POVZETEK

V svojem prispevku z naslovom *Uresničevanje inkluzije v osnovni šoli in vrtcu* izpostavlja uresničevanja inkluzije, predvsem skozi izobražen in usposobljen kader, ki je ključni dejavnik za uspešno vzgojno-izobraževalno delo in primere implementacije, ki jih zasledimo v samem vzgojno-izobraževalnem procesu. Dejavniki, ki zagotavljajo uspešno inkluzijo na nivoju šole so tudi organizacija izvajanja individualiziranega programa, upoštevanje prilagoditev, ocenjevanje, spremljanje. Ob učiteljevih/vzgojiteljevih stališčih in odnosih so pomembna še stališča drugih učiteljev (predmetni, vzgojitelji, rehabilitacijski pedagog, strokovnjaki, starši, učenci). Potrebno je več časa za komunikacijo, sodelovanje, timsko delo. Negativna stališča in odnosi blokirajo in onemogočajo vzpostavljanje človeških odnosov, onemogočajo vsakršno akcijo, dejavnosti, ki so v inkluziji.

S svojim prispevkom želiva poudariti, da sta pozitivno gledanje učiteljev/vzgojiteljev ter njihova strokovnost ključni za izvajanje inkluzije.

Ključne besede: inkluzija, uresničevanje, usposobljenost kadra, organizacija, vzgojno-izobraževalno delo

ABSTRACT

In the article 'Implementation of inclusion in primary school and kindergarten' we emphasize the implementation of inclusion, especially with the help of educated and competent staff. This is the main key for a successful educational work and shows examples of implementation, which we can observe in an educational process. Factors, which provide a successful inclusion on a school level, are also how the organisation implements an individualized program, how the adjustments for students are being considered, the grading and the monitoring. It is important to consider the opinion and relations of primary school teachers/kindergarten teachers as well as the opinion of other teachers (subject teachers, kindergarten teachers, rehabilitation educator, experts, parents, students). It is important to take more time for communication, collaboration and teamwork. Negative opinion and relations can block and unable the establishment of relations between people. They can also unable every action or activity within the process of inclusion.

In our article we would like to emphasize that a positive attitude of primary school and kindergarten teachers and their professional competence are fundamental for the implementation of inclusion.

Keywords: inclusion, implementation, staff competence, organisation, educational work

Marija Kavkler

OTROCI S POSEBNIMI POTREBAMI - DVAJSET LET KASNEJE CHILDREN WITH DISABILITIES - TWENTY YEARS LATER

POVZETEK

Letos bo minilo 20 let od sprejetja Zakona o usmerjanju otrok s posebnimi potrebami (2000), ki je uzakonil osnovne pogoje za vključevanje otrok s posebnimi potrebami (OPP) v redne vzgojno-izobraževalne ustanove, in od začetka uvajanja Bolonjskega procesa izobraževanja šolskih strokovnih delavcev, v okviru katerega le-ti pridobijo osnovna znanja in strategije za obravnavo OPP. Kljub spremembam zakonodaje povezane z OPP, zavezam Slovenije v mednarodnih dokumentih in opozorilu OZN Komisije za otrokove pravice (2004) o neuresničevanju vseh programov za OPP, v Sloveniji velikemu deležu OPP še vedno ni omogočena inkluzivna vzgoja in izobraževanje. Razloge najdemo v negativnih stališčih do potrebnih sprememb ter v različnih kontekstih, kot so neustrezne politične vizije, pomanjkanje podzakonskih aktov, ki onemogoča izvajanje zakonjenega kontinuuma izobraževalnih programov za OPP v različnih izobraževalnih ustanovah, in neizvedba potrebnih sprememb v praksi. Šolski strokovni delavci na osnovi svojih stališč, znanj in izkušenj interpretirajo uzakonjene pravice OPP, a jih v praksi prepogosto nezadostno izvajajo. OPP, katerih starši želijo uresničiti pravico do njihovega inkluzivnega šolanja, so lahko usmerjeni le v izobraževalni program prilagojeno izvajanje z dodatno strokovno pomočjo, ki številnim OPP ne omogoča ustreznih strokovnih in materialnih virov za optimalni razvoj potencialov.

Ker v svetu ni več vprašanje uresničevanja inkluzivnega šolanja OPP, ampak je vprašljiva le pot po kateri se le-to razvija v praksi, je skrajni čas, da začnemo tudi v Sloveniji iskati rešitve za številne omenjene izzive. Spremembe lahko dosežemo z jasno vizijo za razvoj inkluzije in s sistematičnim uvajanjem inkluzivne vzgoje in izobraževanja v prakso, kar v veliki meri omogoča hierarhični model Odziv na obravnavo z visoko kakovostnim poučevanjem ter kontinuumom različno intenzivne pomoči in podpore OPP. Ker je učitelj ključna oseba za razvoj inkluzivne prakse, potrebuje znanje in strategije za poučevanje raznolike populacije učencev, ki jih pridobi v formalnih in neformalnih oblikah usposabljanja. Potrebuje pa tudi timsko podporo, pomoč in svetovanje vseh drugih šolskih strokovnih delavcev, vodstva šole in strokovnih delavcev zunanjih ustanov.

Ključne besede: otroci s posebnimi potrebami, inkluzija, inkluzija otrok s posebnimi potrebami, inkluzivno izobraževanje, izobraževalne ustanove, učitelji

ABSTRACT

This year will mark 20 years since the adoption of the Law on the Guidance of Children with Disabilities (2000), which enacted the basic conditions for inclusion of children with special needs (RLP) in regular educational institutions, and from the beginning of the introduction of the Bologna Process for the education of school professionals, through which they gain basic knowledge and strategies for dealing with the CWD. Despite changes in legislation related to the CWD, Slovenia's commitments in international documents and the UN Commission on Children's Rights (2004) warning on the non-implementation of all CWD programs, a large proportion of CWD still does not allow inclusive education in Slovenia. The reasons are found in the negative attitudes towards the necessary changes and in different contexts such as inadequate political visions, lack of by-laws which impede the implementation of the legal continuum of educational programs for the RIP in different educational institutions, and failure to implement the necessary changes in practice. Based on their views, knowledge and experience, school professionals interpret the statutory rights of the CWD, but too often do not exercise it sufficiently in practice. CWD whose parents wish to exercise their right to inclusive education can only be sent to the Customized Implementation training program with additional professional assistance, which does not provide many CWD with adequate professional and material resources for optimal potential development.

Since in the world it is no longer a question of realizing inclusive schooling for CWD, but only the way in which it is being developed in practice is questionable, it is high time to start looking for solutions to many of these challenges in Slovenia as well. Changes can be achieved through a clear vision for the development of inclusion and the systematic introduction of inclusive education into practice, which is largely facilitated by the hierarchical response model with high quality teaching and a continuum of differently intensive support for CWD. As the teacher is key to developing inclusive practice, he needs the knowledge and strategies to teach the diverse population of learners, he or she acquires in both formal and informal training. The teacher also needs team support, assistance and advice of all other school professionals, school management and external staff.

Key words: *children with disabilities, inclusion, inclusion of children with special needs, inclusive education, educational institutions, teacher*

Sanja Kovačič

KO BOM VELIK, BOM ... WHEN I GROW UP I WILL BE ...

POVZETEK

»Kaj bom, ko odrastem?« Vprašanje, ki se nam poraja že v otroških letih, še preden zares vstopimo v šolo. Odgovor na to vprašanje oblikujemo počasi in postopoma – v času odraščanja, ko iščemo odgovore o sebi in pridobivamo ter odkrivamo pomembne informacije o svojih spretnostih in sposobnostih. Odločitev o izbiri poklica je zagotovo ena izmed najpomembnejših odločitev v življenju, zato si je zanjo potrebno vzeti čas in si o njej poiskati dodatne vire informacij. Le-te pogosto dobimo od staršev, vrstnikov, sorodnikov in strokovnjakov, ki so pomemben del našega življenja. S pomembnim vprašanjem, »Kam naprej?«, se srečujejo tudi učenci s posebnimi potrebami, ki obiskujejo osnovno šolo s prilagojenim programom in nižjim izobrazbenim standardom. V Sloveniji so bili sprejeti pomembni zakoni, ki opredeljujejo otroke s posebnimi potrebami in urejajo področje usmerjanja otrok s posebnimi potrebami na vseh ravneh izobraževanja ter obenem predpisujejo načine in oblike izvajanja vzgoje in izobraževanja. Ob tem velja izpostaviti predvsem Zakon o organizaciji in financiranju vzgoje in izobraževanja (1996), Zakon o osnovni šoli (1996) in Zakon o usmerjanju otrok s posebnimi potrebami, ki je bil sprejet leta 2000. Kljub temu pa imajo prav učenci, ki obiskujejo osnovno šolo s prilagojenim programom in nižjim izobrazbenim standardom, manj možnosti izbire nadaljnega šolanja. Pomanjkanje izkušenj, pogosto nerealno ocenjevanje svojih spretnosti in sposobnosti ter slabše poznavanje nadaljnega srednješolskega izobraževanja, vplivajo na oblikovanje nerealnih želja pri izbiri nadaljnega izobraževanja. Prav zaradi tega je potrebno nameniti še posebno veliko pozornosti nudenju strokovne pomoči mladim s posebnimi potrebami pri prehodu na srednješolsko stopnjo izobraževanja in pri prehodu na trg dela. S tem dolgoročno pomembno vplivamo na posameznikovo socialno vključenost in kvaliteto življenja. S prispevkom želim predstaviti primere dobre prakse poklicne orientacije za učence s posebnimi potrebami, ki jih izvajamo na naši podružnični osnovni šoli Cvetka Golarja Ljutomer. Tako učencem omogočamo lažji prehod v svet samostojnosti in odraslosti ter hkrati lažji prehod na trg dela.

Ključne besede: poklicna orientacija, poklicna odločitev, učenci s posebnimi potrebami

ABSTRACT

"What will I do when I grow up?" wanders every child throughout childhood, even before entering school. We form the answer slowly and gradually; when we seek answers about ourselves, discover and develop our skills and abilities. Deciding for a vocation is one of the most important life decisions. It requires time and exploring additional information sources. Those are often found in parents, peers, relatives, and experts, who play important roles in a person's life. Students with special needs visiting primary schools with adapted programs and educational standards also have to decide about their future career. Important legislation has been passed in Slovenia, which defines children with special needs and regulates the guidance of children with special needs on all educational levels. It also prescribes the means and forms of their education. Most notable are the 1996 Organisation and Financing of Education Act and the 2000 Placement of Children with Special Needs Act. In spite of that, there are fewer options of enrolling secondary education for students being educated in a special need primary school with a lowered educational standard. The lack of experience, frequent misestimating of their skills and abilities, and poorer understanding of secondary education all influence the forming of unrealistic wishes in choosing further education. This is why special attention should be paid to their career orientation by providing professional assistance to young people with special needs in the transition to secondary education as well as in the transition to the labor market. In this way, we ensure a long-term impact on the individual's social inclusion and quality of life. This article presents examples of good vocational guidance practices for special needs students, which have been carried out at Primary school Cvetko Golar Ljutomer. This guidance enables students to transit into their independence and adulthood and facilitates their transition to the labor market.

Keywords: vocational orientation, vocational decision, pupils with special needs



Mateja Štefanec Vaupotič

**KVALITETA ŽIVLJENJA UČENCEV OSNOVNE ŠOLE
S PRILAGOJENIM PROGRAMOM Z NIŽJIM IZOBRAZBENIM
STANDARDOM (TUDI JAZ IMAM ŽELJE IN MNENJA -
VPRAŠAJ ME, PRISLUHNI MI)
QUALITY OF LIFE OF PUPILS OF PRIMARY SCHOOL WITH
ADJUSTED PROGRAM WITH LOWER EDUCATIONAL STANDARD
(I ALSO HAVE WISHES AND OPINIONS - ASK ME, LISTEN TO ME)**

POVZETEK

Kvaliteta življenja že dolgo ne velja več za pojem, s katerim bi označevali zgolj ekonomsko stanje in bivalno ugodje posameznika. Gre za mnogo širši, večdimenzionalni koncept, ki pa je kot tak dokaj neoprijemljiv in težko merljiv; še najzanesljiveje in najobjektivneje ga opredelimo kot razpon med željami ter dejanskimi možnostmi posameznika. Schalock kvaliteto življenja razčleni na osem področij: čustveno področje, medsebojni odnosi, materialna blaginja, osebostni razvoj, fizično počutje, samoodločanje, socialna vključenost in pravice.

Vsa navedena področja smo opazovali pri učencih osnovne šole s prilagojenim programom z nižjim izobrazbenim standardom in njihovih vrstnikih z značilnim razvojem; vzorca smo izenačili po starostni in spolni strukturi.

V vprašalniku za učence s petstopenjsko lestvico Likertovega tipa so učenci ocenjevali svoje želje in potrebe; možnosti v okolju so s prav tako petstopenjsko lestvico za ista področja ocenjevali še njihovi starši in razredniki. Starši so z vprašalnikom za starše ocenjevali domače okolje, razredniki pa z vprašalnikom za razrednike šolsko okolje. Vsi trije vprašalniki so bili oblikovani za namene raziskave, njihovo zanesljivost pa smo preverili s Cronbachovim alfa koeficientom. Za preučevanje odnosov med spremenljivkami smo uporabili deskriptivno statistiko, t-test, faktor-sko in diskriminantno analizo.

Izkazalo se je, da so želje obeh opazovanih skupin učencev dokaj podobne. Ker pa imajo učenci osnovne šole s prilagojenim programom z nižjim izobrazbenim standardom v svojem okolju nekoliko slabše možnosti, ta razlika rezultira v posledično slabši kvaliteti življenja omenjene skupine. Statistično pomembne razlike obstajajo na področjih socialne vključenosti, samoodločanja, medsebojnih odnosov in osebostnega razvoja.

Takšni rezultati zelo jasno nakazujejo potrebne spremembe v praksi in tudi potrebo po nadaljnem raziskovanju ter spremljanju področja.

Ključne besede: kvaliteta življenja, osnovna šola s prilagojenim programom

ABSTRACT

For a long time, quality of life has ceased to be a term used to refer only to an individual's economic condition and well-being. It is a much broader, multidimensional concept, but as such it is quite intangible and difficult to measure; most certainly and most objectively, it is defined as a range between wishes and possibilities of the individual. Schalock breaks down the quality of life into eight areas: emotional well-being, interpersonal relations, material well-being, personal development, physical well-being, self-determination, social inclusion and rights.

All these areas were observed in primary school pupils with adjusted program with lower educational standard and their peers with significant development; we matched the samples according to age and gender structure.

In the questionnaire for pupils they were evaluating their wishes and needs by Likert's five-point scale. Their parents and class teachers also evaluated options in the environment on the five-point scale for the same areas. Parents evaluated the home environment and the class teachers evaluated the school environment. All three questionnaires were designed for the purpose of research. Their reliability was tested by Cronbach's alpha coefficient. To study the relationship between variables, we used descriptive statistics, t-test, factorial and discriminant analysis.

It turned out, that the desires of the two groups of pupils observed were quite similar. However, since primary school students with adjusted program with a lower educational standard are slightly worse off in their environment, this difference results in a consequently poorer quality of life for the mentioned group. There are statistically significant differences in the areas of social inclusion, self-determination, interpersonal relations and personal development.

Such results very clearly indicate the necessary changes in practice and also the need for further research and monitoring of the field.

Keywords: *quality of life, primary school with adjusted program*



Damijan Šumak

V NARAVO PO ZDRAVJE IN ZNANJE GAINING HEALTH AND KNOWLEDGE WITH OUTDOOR ACTIVITIES

POVZETEK

Uvod: Moderni način življenja je dosegel tudi otroke s posebnimi potrebam - sedenje za računalnikom, gledanje televizije, življenje v risankah, igrich in pravljičah, starši prezaposleni z delom.

Metode: Zaradi različnosti učencev s posebnimi potrebami je težka primerjava le-teh iz leta v leto in med sabo. Življenje in učenje v odprtem učnem okolju ponuja spoznavanje narave - gozda, voda, travnikov in posega v vzgojo in celostni razvoj otrok. Ponuja zdrav, umirjen in optimalen razvoj, oblikujejo se vrednote v ustreznem doživljanju samega sebe in v pozitivnem odnosu do narave. V naravi z lahkoto pridobimo notranjo umirjenost, okrepi se razpoloženje in vzbudi se občutek zadovoljstva in hkrati se zavemo, da je svet okoli nas živ, lep in zanimiv.

Rezultati: Odražanje na samem funkcioniranju otrok, individualizaciji ter upoštevanju in uresničevanju individualnih načrtov. Ob tem, da hodimo v naravo uporabljamo različne potke, trim steze in dodajamo in urejamo ovire iz naravnih materialov, prav tako ustvarjamo, saj damo prosto pot za ustvarjanje različnih izdelkov in malih, otroških projektov, interpretiramo pravljice.

Sklepi: Ker imam opravka z vedno več avtisti, ugotavljam, da nekaterim prija umirjanje, dejavnosti v naravi, tišina, barve, zvoki, vonji na prostem.

Ključne besede: posebne potrebe, avtizem, rekreacija, individualizacija

ABSTRACT

Introduction: The contemporary way of life has started taking its toll on special needs children as well - they spend more and more time in front of computers, watch too much television, live lives in the imaginary world of videogames, cartoons and fairy tales, their parents lack quality time because they are preoccupied with work.

Methods: It is difficult to compare special needs children with each other or in a certain period, because their needs vary considerably. Experiencing life and learning outside the classroom offers children to get in touch with the natural environment - the woods, rivers, meadows and positively interferes with their education and overall development. It offers healthy, calm and optimal skill development as well as it shapes their values of self-recognition in a positive attitude towards the natural world. It is easy to achieve inner peace, a better mood can be developed easily and the awareness that the world surrounding us is alive, beautiful and interesting is shaped.

Results: Reflection on child's functioning, personalisation and consideration of personalised lesson plans. While spending time outside and experiencing paths, adding and arranging obstacles from natural materials children create and develop their own creativity in small projects and interpret fairy tales.

Conclusion: Since I have more and more contact with autistics children, I came to the conclusion, that for some of them calming down, outdoor activities, the quiet, colours, sound and smells of nature are beneficial.

Keywords: special needs, autism, recreation, individualization

Maja Zovko Stele, Mojca Arh, Tatjana Dolnišek, Karl Destovnik

UČINKOVITŌ VSTOPANJE NA TRG DELA POVEČUJE KAKOVOST ŽIVLJENJA MLADIH S POSEBNIMI POTREBAMI EFFECTIVE ENTRY INTO THE LABOUR MARKET ENHANCES THE QUALITY OF LIFE OF YOUNG PEOPLE WITH SPECIAL NEEDS

POVZETEK

Ljudje smo vključeni v družbo preko različnih sistemov, ki jih zagotavljajo različne institucije na področju izobraževanja, zaposlovanja, stanovanjske problematike, socialnih storitev, zdravstvenega varstva in podobno. Nepovezано delovanje ali zgolj delno sodelovanje različnih institucij je zlasti za ranljive skupine lahko usodno, saj v skrajnem primeru lahko privede do socialne izključenosti posameznika, kar zelo močno vpliva na kakovost življenja. Delo oziroma zaposlitev je najboljše varovalo pred socialno izključenostjo in tudi eden ključnih dejavnikov, ki vpliva na kakovost življenja. Raziskave kažejo, da je prav dejstvo, da je med invalidi več nezaposlenih kot v preostali populaciji, glavni razlog za njihovo nižjo kakovost življenja. Reševanje problema brezposelnosti med mladimi s posebnimi potrebami uspešno rešuje projekt Prehod mladih. Ciljna skupina so mladi s posebnimi potrebami, ki zaradi svojih težav praviloma težje vstopajo na trg dela kot ostala mlada populacija. To so mladi z motnjami v duševnem razvoju, slepi in slabovidni, gluhi in naglušni, mladi z govorno-jezikovnimi motnjami, gibalno ovirani, dolgotrajno bolni, mladi z avtističnimi motnjami in mladi s čustvenimi in vedenjskimi motnjami, za katere se ugotavlja, da bodo imeli večje težave in ovire pri prehodu na trg dela in zaposlovanju. Pri njih je tveganje za dolgotrajno brezposelnost, posledično pojavljanje številnih sekundarnih težav in negativen vpliv na kakovost življenja še posebej veliko. Mladi s posebnimi potrebami so zato s tega vidika izjemno ogrožena družbena skupina. V prispevku bomo predstavili metode, ki jih strokovni delavci uporabljamo pri delu z mladimi s posebnimi potrebami in s katerimi bistveno zvišujemo kakovost njihovega življenja. Predstavljeni primeri dobre prakse kažejo, da vključitev v projekt dejansko vpliva na približevanje mladih s posebnimi potrebami na trg dela in posledično tudi v izboljševanje kakovosti njihovega življenja.

Ključne besede: posebne potrebe, kakovost življenja, trg dela

ABSTRACT

People are tied to society through various systems provided by various institutions in the fields of education, employment, housing, social services, health care, etc. When these institutions function in an uncoordinated fashion or collaborate only partially, it can be fatal, especially as regards vulnerable groups of people. In some extreme cases it may lead to social exclusion of the individual, having a significant impact on their quality of life. Work, i.e. employment, seems to be the best safeguard against social exclusion and one of the key factors affecting the quality of life. Research shows that the main reason for the disabled having a lower quality of life compared to the general population lies in the fact that, in general, they suffer a greater rate of unemployment than the rest of the population. The significant unemployment problem among young people with special needs is successfully tackled by the project "Young people making a transition to the labour market." The target group is young people with special needs who, due to their problems, usually experience more difficulties in entering the labour market than their non-disabled peers. These are young people with intellectual disabilities, blind or visually impaired, deaf or hearing impaired, young people with speech impairment, physically disabled, chronically ill, young people with autistic spectrum disorders, and young people with emotional or behavioural deficit/disorders for whom major problems are anticipated during their transition to the labour market and during their employment. They are at a very high risk of suffering long-term unemployment, which can result in numerous secondary problems, all of which have a negative impact on their quality of life. Therefore, in these terms, young people with special needs are an extremely vulnerable social group. In this paper, the methods used by professionals working with young people with special needs will be presented. Case studies illustrate how young people with special needs included in the project have been successfully integrated into the labour market and have consequently improved the quality of their lives.

Keywords: special needs, quality of life, labour market



Karla Žagi, Maja Odorjan

IDENTITY AND TRAUMA IN MIGRATION: THE CHALLENGES AND OPPORTUNITIES OF PSYCHOSOCIAL SUPPORT AND INTEGRATION OF PERSONS UNDER THE INTERNATIONAL PROTECTION IN CROATIA

ABSTRACT

The question of identity is important for almost all social sciences who have tried to explain, clearly categorize and study it over the years. The field of identity has attracted the attention of social scientists throughout history, however, the issue of identity in migration and related research has become popular in the past ten years. The concept of identity is already complex enough, but when we add to the research the variable of forced migration (especially to a society of another culture, religious affiliation, value system and language), it can have serious consequences for the individual. In the context of identity analysis in forced migration and refugeedom, trauma is an inevitable category, since it is the most common result of experiencing specific migration situations and all that they carry. The trauma most often affects the identity (or the process of identity formation) and the stable life of an individual. In that context, it is important to analyse the opportunities for mental health preservation for those individuals who experienced traumatic events before or during the migration and have difficulties with integration into Croatian society as well as preserving the stable identity in the new culture. Therefore, in this article we intend to highlight the difficulties that an individual meets in preserving their stable identity in migration and critically examine the challenges and opportunities of the new concept of community psychiatry in Croatia for the persons under the international protection. The main idea behind such a concept is to assist the individuals with mental difficulties outside the institution with the aim of a more successful and thorough recovery. Thus, such assistance is provided in collaboration with experts from different fields, such as psychiatrists, psychologists, social workers as well as persons who have had the experience in psychiatry clinics, with a purpose of looking at problems from different contexts. Although there are many measures and campaigns in Croatia that try to destigmatize mentally ill, refugees or both, there is still room for improvement. Therefore, by the critical theory, basic research and existing databases we will examine and present the importance of the trauma for a stable identity during migration and existing mental health and integration opportunities for people under the international protection in the Croatian society.

Keywords: *identity in migration, trauma, integration, community psychiatry*



Janja Žnidarčič

AKTIVNA VLOGA UČENCEV ZA USPEŠNEJŠE VKLJUČEVANJE V DELO IN ŽIVLJENJE

ACTIVE ROLE OF STUDENTS FOR MORE SUCCESSFUL INTEGRATION INTO WORK AND LIFE

POVZETEK

Poslanstvo naše šole je vzgoja in izobraževanje otrok in mladostnikov s posebnimi potrebami. S specialnimi oblikami in metodami dela, individualiziranim pristopom do učencev spodbujamo uravnoteženo telesno, duševno in socialno rast posameznika v skladu z njegovimi potrebami.

V prispevku je prikazano delo z učenci z zmerno motnjo v duševnem razvoju, ki so vključeni v posebni program vzgoje in izobraževanja, in sicer v nadaljevalni program (od 18. do 26. leta). V tem programu poučujem že vrsto let, zato je pričujoči prispevek primer dobre prakse.

V raziskavi sem izhajala iz načela, da je učenec subjekt vzgojno-izobraževalnega procesa, ki ima aktivno vlogo in pravico do sooblikovanja, soodločanja in samouresničevanja svojih potencialov. Doseganje tega cilja ni lahka naloga, saj učenci z motnjo v duševnem razvoju pogosto zavzemajo pasivno vlogo, zato potrebujejo mnogo različnih, čim bolj nazornih spodbud za doseganje optimalnega razvoja.

Prispevek predstavlja, kako naši učenci ob pomoči in vodenju učiteljev aktivno sodelujejo pri načrtovanju in izvajanju dejavnosti v okviru obveznega, razširjenega programa, projektov na šoli in v povezavi s širšim družbenim okoljem. Spodbujamo jih, da izražajo svoja mnenja, stališča, želje, pobude, se o določenih stvareh tudi samostojno odločajo, usklajujejo ideje v skupini in vstopajo v socialno interakcijo s širšim okoljem.

Na osnovi opazovanja učencev in intervjujev z njimi sem prišla do spoznanja, da so učenci pri aktivnostih, kjer imajo dejavno vlogo, bolj motivirani za delo in izražajo zadovoljstvo po opravljenih dejavnostih.

Pozitivne izkušnje, predvsem pa napredek učencev, nam dajejo dodaten zagon, da s takšnim načinom dela nadaljujemo in iščemo vedno nove možnosti, da bi učenci preživeli čas v šoli čim bolj aktivno in zadovoljno. Predvsem pa si zanje želimo čim večje samostojnosti, neodvisnosti ter posledično uspešnejše vključevanje v delo in življenje.

Ključne besede: posebni program vzgoje in izobraževanja, aktivna vloga učenca

ABSTRACT

Our school's mission is to educate children and adolescents with special needs. When working with students we use special forms and methods of work, individualized approach to students, we ensure balanced physical, mental and social growth of the individual in accordance with their needs.

The article presents work with students with moderate intellectual disabilities who are enrolled in a special education program (continuing program for students, age 18 to 26 years). I have been teaching in this program for many years, so this paper is an example of our good practice.

In my research, I started from the principle that the student is the subject of the educational process, which has an active role and the right to co-form, co-decide and self-realize its potentials. Achieving this goal is not an easy task, as students with intellectual disabilities often take a passive role, so they need many different and clear stimulations to achieve optimal development.

The paper presents how our students, with the help and guidance of teachers, actively participate in the planning and implementation of activities in a compulsory and extended program, school projects in relation to the wider social environment. We encourage them to express their opinions, positions, wishes, initiatives, and decide on certain things independently, coordinate ideas in a group and by entering into social interaction with the wider environment.

Based on interviews with students and observation of their behavior, I realized that in the activities where they have an active role, the students are more motivated to work and express satisfaction with the performed activities.

Positive experiences and student's progress encourage us, teachers, to continue with this way of work and look for new opportunities for our students to spend their time in school as active and satisfied as possible. Most of all, we encourage them to be as independent as possible and that they are successfully integrated into fields of work and life.

Keywords: *special education program, active role of student*





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II.
OSTALA RAZISKOVALNA PODROČJA

3
AVTIZEM / AUTISM

Ana Bezenšek, Marta Macedoni – Lukšič, Mojca Juriševič

POMEN SUPERVIZIJE V PROCESU VEDENJSKEGA PRISTOPA DO OTROK Z MOTNJAMI AVTISTIČNEGA SPEKTRA THE ROLE OF SUPERVISION IN THE BEHAVIOURAL INTERVENTION OF CHILDREN WITH AUTISM SPECTRUM DISORDERS

POVZETEK

Pri obravnavi otrok z motnjami avtističnega spektra (MAS) je zelo učinkovit vedenjski pristop (VP) po načelih uporabne vedenjske analize (angl. "Applied Behavior Analysis" ali krajše ABA). Ob učinkovitem izobraževanju strokovnjakov je podpora v obliki supervizije ključnega pomena za proces implementacije VP do otrok z MAS. Raziskave s področja pomena vloge supervizije za strokovnjake v procesu obravnave otrok z MAS so omejene. Nekatere študije poudarjajo pomen povezave osvojenih učnih ciljev z urami supervizije, verodostojnost dela supervizorja in dolgoterne izkušnje s področja obravnave otrok z MAS. V okviru raziskave je bil oblikovan nov slovenski model izobraževanja (model SI-VP) specialnih in rehabilitacijskih pedagogov (SRP) o VP po načelih ABA za delo z otroki z MAS. Kvalitativna raziskava je temeljila na evalvacijskem pristopu raziskovanja posameznih proučevanih primerov (implementacija modela SI-VP z vidika proučevane ciljne skupine: SRP – otrok z MAS – starši otroka z MAS). Učinkovitost podane supervizije v sklopu novega modela SI-VP je bila proučena pri skupini SRP-jev. Uporabljeno metodo kvalitativnega raziskovanja je predstavljala intervju, ki je bil izveden znotraj posameznih proučevanih primerov skupine SRP. Rezultati so pokazali, da redna podpora, ustrezno podana navodila in možnost povratne informacije izboljšajo učinkovitost SRP-jev pri implementaciji VP do otrok z MAS in pripomorejo k razvoju njihovih strokovnih veščin. SRP-ji so pozitivno ocenili različne vidike supervizije: dolgoročnost supervizije, kombinacijo teorije in prakse, prednosti skupinske oblike supervizije in strokovno relevantnost vsebin.

Ključne besede: supervizija, vedenjski pristop, specialni pedagogi, avtizem

ABSTRACT

When treating children with autism spectrum disorders (ASD), behavioural intervention (BI) according to the principles of Applied Behaviour Analysis (ABA) proved to be very efficient. Not just effective training for professionals, but also their supervision presents critical importance in the delivery of BI to children with ASD. Research investigates the role of treatment supervision is limited. Some studies present the importance of relationship between mastery of learning objectives and supervision hours, supervisor credentials and years of experience in the treatment of ASD. A new Slovenian model for educating special education teachers (SET) for applying BI while working with children with ASD (model SI-VP) was developed as part of the research. Research was based on the evaluation approach of the multiple case study (implementation of the SI-VP model from the perspective of the target group: SET - child with ASD - parents of a child with ASD). The efficiency of the supervision in new SI-VP model was examined in SET group. Qualitative methods used included interviews with SET. Results show that regular support, instructions and feedback to SET as a part of their supervision improved their efficiency and development of professional skills in the BI of children with ASD. SET positively evaluated different aspects of supervision: the long-term nature of the supervision, the combination of theory and practice, the benefit of group form of supervision and the professional relevance of the content.

Keywords: supervision, behavioural intervention, special education teachers, autism

Momir Dunjic, Olja Njaradi

SIGN LANGUAGE FOR BABIES

ABSTRACT

The aim of this paper is to present the original sign language program for babies developed by Dr. Acredolo and Dr. Goodwyn in the 1980s in America. This program is based on simple movements and gestures that children between the ages of 9 and 24 months spontaneously begin to use to bridge a period in which their mind has sufficient experience and understanding of the world around them, but not the verbal ability to express it. Therefore, it is designed for children without hearing impairment in order to stimulate their speech and language development, and expanded by introducing some of the signs of American Sign Language. In addition to facilitating speech development, many years of research have shown that it contributes to strengthening the parent - child relationship, positive emotional development and reducing the child's frustration because of misunderstanding with the environment, as well as encouraging intellectual development. Also, isolated and simplified signs from this program can serve as an alternative way of communication for children with disabilities. Every child has the right to communicate. It is a resource by which we open ourselves to the world, influence our environment and develop our independence, but also a resource by which others shape us, thus learning and developing our emotional and social capacities. Using signs with babies reveals to us their entire inner world, which confirms not only how much children know, but also how motivated they are to communicate, which is one of the basic needs of every human being.

Keywords: sign language, children, communication, alternative communication



Sabina Korošec Zavšek

STARŠI OTROK Z AVTIZMOM POTREBUJEJO POMOČ, NE SODB PARENTS OF CHILDREN WITH AUTISM NEED HELP, NOT JUDGMENT

POVZETEK

V prispevku bo predstavljen vidik podpore staršem otrok z avtizmom. Starši otrok z avtizmom pogosto izražajo svojo stisko, ki jo doživljajo kot starši otroka z drugačnim vedenjem. Z vprašalnikom bomo preverili, od koga starši pričakujejo podporo in pomoč, koliko te pomoči in podpore dejansko dobijo ter kje jo dobijo. Iskali bomo tudi odgovore na vprašanja, ali so bili kdaj deležni negativnih sodb glede njihovih starševskih kompetenc in od koga so jih prejeli ter kakšen vpliv na njih so le-te imele. V prispevku bomo predstavili oblike pomoči otrokom, mladostnikom in staršem, ki jih ponujajo javni zdravstveni, socialni in izobraževalni sistem ter nevladne organizacije.

Ključne besede: avtizem, starši, pomoč, sodbe

ABSTRACT

The paper will present the aspect of supporting parents of children with autism. Parents of children with autism often express their distress, which they experience as parents of a child with different behaviour. The questionnaire will look from whom parents expect support and help from, and how much of that help and support they can get and where they can get it. We will also seek answers to the questions of whether they have ever received negative judgments about their parenting competencies, who they received them from, and what impact they have had on them. In this paper, we will present the forms of assistance to children, adolescents, and parents offered by the public health, social and educational systems and NGOs.

Keywords: autism; parents, help, judgment



Nuša Piber

URJENJE GLASBENEGA UŠESA – TEMELJNO IZHODIŠČE USPEŠNEGA GLASBENEGA IZOBRAŽEVANJA OTROK Z MAS MUSICAL EAR TRAINING – THE CORNERSTONE OF SUCCESSFUL MUSIC EDUCATION FOR CHILDREN WITH ASD

POVZETEK

V zgodnji obravnavi otrok z MAS je v svetu znanih več pedagoških strategij. Adam Ockelford je pri svojem delu prišel do spoznanja, da so vse strategije ali intervencije, kot jih v Sloveniji poimenuje Jurišičeva in so se v svetu razvile v zvezi z otroci z MAS, pretežno vizualne narave.

Za otroke z MAS, ki imajo posebno zanimanje za zvok in poleg tega absolutni posluš, velja, da se jim bomo najlažje približali preko slušnega kanala. Adam Ockelford v svojih člankih opisuje, kako obsedenost s čistim zvokom vodi do močnega procesiranja zaznavne vsebine in absolutnega poslušha. Znano je, da za nevrotipično populacijo v večini zahodnih kultur velja, da ima 1 od 10.000 ljudi AP. V populaciji oseb z MAS je razmerje 1 od 20, kar je enako kot pri zahodnih profesionalnih glasbenikih. Za nekatere otroke z MAS je značilno »drugačno slišanje sveta«, kar je v svoji strokovni literaturi natančno opisal Adam Ockelford.

Glasbena vzgoja po načelih Edgarja Willemsa nam ponuja natančno definirane postopke in materiale, s katerimi razvijamo »glasbeno uho«. Glasbeno uho je osrednji pojem Willemsove pedagoške in znanstvene misli in vodilo učnega procesa v glasbeni šoli DO RE MI.

Nal Frankovič je učenec glasbene šole DO RE MI od leta 2011. Njegova diagnoza je avtizem, zmer-na motnja in cerebralna paraliza. Vendar ga to v življenju ne določa. Nal je izjemen mladenič, ki zelo lepo igra klavir, in ker mu glasba veliko pomeni, je z njeno pomočjo postal uglajen mladenič, ki se lahko brez prilagoditev vključuje v običajna okolja. Nal ima razvito glasbeno uho, s pomočjo katerega se dobro povezuje z okolico.

Ključne besede: avtizem, glasba, glasbeno uho, inkluzija

ABSTRACT

Globally, several pedagogical theories discuss early involvement of children with ASD. In the course of his work, Adam Ockelford came to a conclusion that all the strategies, or interventions (as referred to by Slovenian author Jurišič), which have developed in the world with regard to children with ASD, are primarily visual in nature.

The easiest way to connect with children with ASD who demonstrate a special interest in sound and have absolute pitch is through their auditory channel. In his writings, Adam Ockelford describes how obsession with pure sound leads to strong processing of the absolute perceptual content. It is common knowledge that in most Western cultures, 1 in 10,000 people of the neuro-typical population has absolute pitch, whereas in the autistic population, the ratio is 1 in 20, the same as for Western professional musicians. Ockelford also points out that some children with ASD have a 'different' way of hearing the world.

Music education based on Edgar Willems' methods offers specifically defined procedures and materials aimed at developing the 'musical ear'. The musical ear is the core concept of Willems' teaching and scientific theories and the guiding principle of the learning process at the DO RE MI Music School.

Nal Frankovič has been a student at the DO RE MI Music School since 2011. He is diagnosed with moderate autism and cerebral palsy but his diagnosis does not define him. Nal is an extraordinary young man who plays the piano beautifully. His passion for music has helped him grow into a well-mannered young man who has no trouble adapting to any ordinary environment. Nal has a highly developed musical ear, which helps him connect with the environment.

Keywords: autism, music, musical ear, inclusion

Vladimir Trajkovski

AUTISM SPECTRUM DISORDERS AND THE SCIENCE OF SOCIAL WORK

ABSTRACT

Introduction: Autism spectrum disorders (ASD) is a lifelong neurodevelopmental disability that presents within a range of developmental disorders that are characterized by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors. Social workers need to be educated on the importance of the process of assessment, the need for proper diagnosis, and the link between assessment and treatment. The aim of this article is to show the role of social work science in the assessment of ASD.

Findings: Social work profession has not yet taken a leadership role in addressing the myriad of challenges that individuals on the autism spectrum encounter across the lifespan. Social workers can play a broad role in supporting children and youth with ASD and their families. Parents and other family members can benefit from talking to a social worker to address the various emotions and stress of having a child with ASD in the family. Social workers should be equipped to engage in research and practice aimed at promoting full and meaningful inclusion in society, as well as social and economic justice, for individuals on the autism spectrum. They can work with the child or youth in processing friendship and relationships concerns, difficulties with social skills, mood and anxiety, and provide help in various life transitions and tasks. Social work researchers have a key role in investigating the diverse experiences of people with ASD, with an eye towards developing and testing a continuum of multisystemic interventions.

Conclusions: Value of social workers in the healthcare system may be enhanced by increasing social worker knowledge and skills relevant to autism and emphasizing the benefits and value of the role of social work and may result in improved quality of patient and family-centered care and a higher satisfaction with healthcare services for children with autism and their families.

Keywords: autism, social work science, social workers, disability





**II.
OSTALA RAZISKOVALNA PODROČJA**

**4
OSTALE TEME: ARHEOLOGIJA,
EKOREMEDIACIJE, IZOBRAŽEVANJE /
OTHER FIELDS: ARCHEOLOGY,
ECOREMEDIATION, EDUCATION**

Boris Cizelj

EDUCATION AND TRAINING – KEY TO 21ST CENTURY KNOWLEDGE ECONOMY UNIVERSITY AUTHONOMY OR »SPLENDID ISOLATION«?

ABSTRACT

Human capital is key to knowledge-based competitiveness, and education is the primary component of the innovation ecosystem. It is urgent to address these issues, including insufficient attention being paid to advanced professional training (not the case in Germany, Switzerland and Austria – all very competitive economies). It is difficult to explain why nowadays education – particularly at the post-secondary level – is adjusting so slowly to the needs of 21st century economy and technology. Majority of European universities still evaluate their quality through academic quality of their teaching staff (measured primarily through publications, employer's and student's satisfaction taken into account only symbolically), and for researchers also through applied research and registered patents. Perhaps the following 3 paradoxes offer some clues to understand the problem: (1) The increasing mobility at the labour market and rapid changes in technology tends to be interpreted as the need to focus curricula even more on basic knowledge, while skills and soft skills are strongly underestimated. This makes employers from business dissatisfied, and graduates frustrated as they need to learn much longer the relevant knowledge and skills »on the job«. Due to quickly changing jobs and even professions, this is making LLL by force and not in anticipation of changes at current and future jobs. Often it is ignored that students are today much quicker in accessing information and data from Internet, than their professors, who should therefore focus on developing students' cognitive capabilities, independent-critical reasoning, and mechanisms of applying theoretical knowledge onto practical »here-and-now« problems. This is didactically much more demanding, and university professors are still having very limited insight into modern didactics (except in Scandinavia and lately in German-speaking European countries). (2) The second paradox: many professors at European universities look at skills, let alone soft skills as »non-academic« subjects, therefore intentionally keeping them outside their curriculum. Instead of intensifying collaboration with business and other stakeholders (future employers) universities insist on their autonomy. As a result, public funding tends to diminish, and governments justify that by the need of modern university to earn some resources from their clients for research and consultancy services. The time of »Ivory Towers« has gone, and autonomy should be interpreted as operational independence (which is fully justified) – but leaving room for external influences in terms of curricula and relevance of content of teaching. (3) The third paradox: professors object to their legal status as government employees, or public servants (feeling constrained to develop some business initiatives), but in reality very few of them actually demonstrate serious interest to address »practical problems« from their social environment through contractual relationships with business and other stakeholders (where client is king). Being an important and rather large social subsystem, education seems to be resilient to pressures from the labour market – often with justification that business tends to look at the skill requirements from a short-term perspective, while science remains responsible for recognising future trends. Unfortunately, this seems to be increasingly an unrealistic, false assumption, and consequently many universities find themselves socially isolated – by their own fault. There are fortunately honorable exceptions – not as many in Europe, as in the US (where the top universities are private, and have no problems of funding). Tentative conclusion: it seems that problems of many European universities are basically the result of three attitudinal features: (1) governments underestimate the importance of education and training for achieving higher economic growth and more knowledge-based competitive economies; and (2) the education sector, in particular universities, are adjusting way too slowly to the requirements of the contemporary labour markets and rapidly changing technologies; and (3) most European societies have not

recognised yet that the traditional, linear innovation model has been replaced by the complex, circular model – introducing many stakeholders as innovation actors and requiring a highly efficient innovation ecosystem – with an important role of universities.

The only way to accelerate the process of changing these old-fashioned attitudes is to support all kinds of shock-therapies by comparing our behavior and performance with most advanced societies, and present to politicians, leaders in academia and in business, and the general public the huge benefits we can expect with needed reforms and behaviours in terms of better society and competitive economy – which is in the interest of each and every citizen.

Keywords: education, university, 21st century, autonomy



Maruša Hauptman Komotar

MED NADNACIONALNIM, NACIONALNIM IN INSTITUCIONALNIM RAZVOJEM POLITIK IN PRAKS ZAGOTAVLJANJA KAKOVOSTI V EVROPSKEM VISOKOŠOLSKEM PROSTORU: PRIMER SLOVENIJE BETWEEN SUPRANATIONAL, NATIONAL AND INSTITUTIONAL DEVELOPMENT OF QUALITY ASSURANCE POLICIES AND PRACTICES IN THE EUROPEAN HIGHER EDUCATION AREA (1999–2019): THE CASE OF SLOVENIA

POVZETEK

V letu 2019 praznujemo 20. obletnico bolonjskega procesa, največje reforme visokega šolstva v Evropi, ki je postavil vprašanje zagotavljanja kakovosti visoko na dnevni red nadnacionalnih, nacionalnih in institucionalnih politik visokega šolstva v vseh državah članicah Evropskega visokošolskega prostora (EVP). S podpisom Bolonjske deklaracije (1999) se je tudi Slovenija zavezala k pospeševanju evropskega sodelovanja pri zagotavljanju kakovosti na temelju razvoja primerljivih meril in metodologije. Po drugi strani se je država kot mlajša članica EU v zadnjih dveh desetletjih soočila tudi z nekaterimi razvojnimi izzivi, ki so v določenih primerih onemogočili učinkovit prenos sprejetih nadnacionalnih zavez na področju zagotavljanja kakovosti v njen visokošolski sistem. Na tej podlagi si prispevek zastavlja vprašanje, kako so se v zadnjih dveh desetletjih (1999–2019) v Evropskem visokošolskem prostoru nasploh in v Sloveniji posebej razvijali procesi zagotavljanja kakovosti visokega šolstva ter katere podobnosti in razlike je mogoče identificirati med nadnacionalnim razvojem tega področja ter nacionalnimi in institucionalnimi odzivi slovenskega visokošolskega sistema na ta razvoj. V ta namen se prispevek najprej posveča analizi razvoja nadnacionalnih politik na tem področju (bolonjski proces, Evropska komisija itn.) v izbranem časovnem obdobju, kar služi kot ustrezna iztočnica za nadaljnjo obravnavo razvoja nacionalnih in institucionalnih politik in praks zagotavljanja kakovosti v slovenskem visokošolskem prostoru. Nadnacionalni, nacionalni in institucionalni razvoj tega področja je prav tako mogoče umestiti v kontekst teorij konvergence in raznolikosti, s pomočjo katerih je mogoče nasloviti vprašanje o podobnostih in razlikah v 20-letnem razvoju politik in praks v zagotavljanju kakovosti v širšem EVP in ožje, v okviru slovenskega visokošolskega sistema. Rezultate raziskave lahko razumemo kot pripomoček za oceno stanja in presojo učinkovitosti politik in praks v zagotavljanju kakovosti visokega šolstva v času 20. obletnice bolonjskega procesa, kot takšni pa lahko koristijo različnim interesnim skupinam na področju visokega šolstva, npr. oblikovalcem visokošolskih politik, nacionalnim in institucionalnim organom za zagotavljanje kakovosti, vodstvu in zaposlenim na visokošolskih zavodih, študentom in ne nazadnje tudi sami raziskovalni skupnosti.

Ključne besede: visoko šolstvo, zagotavljanje kakovosti, bolonjski proces, Slovenija

ABSTRACT

In 2019, we are celebrating the 20th anniversary of the Bologna Process, the largest reform of higher education in Europe, which raised the issue of quality assurance high on the agenda of supranational, national and institutional higher education policies in all Member States of the European Higher Education Area (EHEA). By signing the Bologna Declaration (1999), Slovenia also committed itself to promoting European cooperation in quality assurance, based on the development of comparable criteria and methodology. On the other hand, the country, as a younger EU member state, has also faced some development challenges over the past two decades, which have, in some cases, prevented the effective transfer of supranational commitments in the field quality assurance into its higher education system. On this basis, the contribution raises the question of how did quality assurance processes develop in the European Higher Education Area more generally and in Slovenia more specifically in the last two decades (1999–2019) and what similarities and differences can we identify between the supranational development of this field and national and the institutional responses of the Slovenian higher education system to this development. To this end, this contribution first analyses the development of supranational policies in this field (the Bologna Process, the European Commission etc.) over a selected period of time (1999–2019), which serves as an appropriate starting point for further exploration of the development of national and institutional quality assurance policies and practices in Slovenian higher education. The supranational, national and institutional developments in this field can also be placed in the context of convergence and diversity theories, which can help to address the existing similarities and differences in the 20-year development of quality assurance policies and practices across the wider EHEA and within the Slovenian higher education system. The research results may be perceived as a tool for assessing the current state and the effectiveness of quality assurance policies and practices in higher education in the time of the 20th anniversary of the Bologna Process; as such, they can be of benefit to different stakeholders in the field of higher education, e.g. higher education policy makers, national and institutional quality assurance bodies, institutional leadership and employees, students, and, last but not least, the research community itself.

Keywords: higher education, quality assurance, Bologna Process, Slovenia



Maruša Hauptman Komotar

RAZISKOVANJE KULTURE NA PODROČJU VISOKEGA ŠOLSTVA: KULTURNA PRIPRAVLJENOST SLOVENSkih VISOKOŠOLSKIH ZAVODOV NA INTERNACIONALIZACIJO VISOKEGA ŠOLSTVA RESEARCH ON CULTURE IN THE FIELD OF HIGHER EDUCATION: THE CULTURAL READINESS OF SLOVENIAN HIGHER EDUCATION INSTITUTIONS TO THE INTERNATIONALISATION OF HIGHER EDUCATION

POVZETEK

Prispevek postavlja koncept kulture v kontekst (internacionalizacije) visokega šolstva, in sicer v okviru treh vsebinsko zaokroženih in dopolnjujočih se raziskovalnih enot. V prvem delu se najprej osredinja na konceptualno razsežnost pojma 'kultura' kot niza obstoječih vrednot, stališč in načinov vedenja, ki je izoblikovan in okrepljen s ponavljajočimi se praksami skupine posameznikov v določenem kontekstu. Na ta način prispevek zagotavlja ustrezno iztočnico nadaljnje razprave o razmerju med kulturo in visokim šolstvom, ki ga analizira z vidika disciplinarne in institucionalne tradicije kulturnih študij na področju visokega šolstva. V drugem vsebinskem delu je pozornost posvečena konceptu organizacijske kulture, ki velja za enega pomembnejših dejavnikov, ki bodisi spodbujajo bodisi zavirajo proces visokošolske internacionalizacije. Koncept organizacijske kulture prispevek naslovi z gledišča najvplivnejših tipologij, modelov in okvirov organizacijskih kultur kot pomembnih orodij za preučevanje vplivov organizacijske kulture na visokošolski razvoj in s tem na razvoj in izvajanje strategij internacionalizacije. S tem se zagotavlja tudi ustrezno izhodišče razprave tretjega dela, ki postavlja organizacijsko kulturo v kontekst internacionalizacije slovenskih visokošolskih institucij. S pomočjo poglobljene analize različnih dokumentarnih virov in še posebej institucionalnih strategij internacionalizacije (s poudarkom na preučitvi poslanstva, vizije, glavnih strateških ciljev in usmeritev) prispevek izbrane slovenske visokošolske ustanove na tej osnovi najprej umesti v Daviesov konceptualni okvir oziroma matrico štirih glavnih pristopov k internacionalizaciji visokega šolstva, v nadaljevanju pa s pomočjo modela kulturne pripravljenosti za internacionalizacijo identificira in ovrednoti specifične vplive, ki podpirajo ali zavirajo kulturno pripravljenost izbranih slovenskih visokošolskih zavodov na internacionalizacijo na mikro-, mezo- in makroravni visokega šolstva.

Ključne besede: kultura, visoko šolstvo, strategije internacionalizacije, slovenski visokošolski zavodi

ABSTRACT

The contribution places the concept of culture in the context of (internationalisation of) higher education within three substantially rounded and complementary units of research. In the first part, it focuses on the conceptual dimension of the term 'culture' as a set of existing values, attitudes and modes of behaviour that is shaped and reinforced by the repeated practices of groups of individuals in a particular context. In this way, the presentation provides an appropriate starting point for further discussion on the relationship between culture and higher education which is analysed from the perspective of the disciplinary and institutional tradition of cultural studies in higher education. In the second part, attention is paid to the concept of organizational culture which is considered one of the most important factors that either stimulate or inhibit the process of internationalisation of higher education. The concept of organisational culture is explored from the standpoint of influential typologies, models, and frameworks as important tools for investigating the impact of organisational culture on higher education and hence, on the development and implementation of internationalisation strategies. On this basis, the presentation also provides an appropriate starting point for the third part discussion which places organizational culture in the framework of the internationalisation of Slovenian higher education institutions. Through an in-depth analysis of various documentary sources and, in particular, institutional strategies for internationalisation (where the focus is on their mission, vision, main strategic objectives and orientations), the contribution firstly places on this basis the selected Slovenian higher education institutions into Davies' conceptual framework or matrix of the four main internationalisation approaches, whilst in the following, it identifies and evaluates with the model of cultural readiness for internationalisation specific influences that support or inhibit the cultural readiness of selected Slovenian higher education institutions for the internationalisation at the micro, meso and macro levels of higher education.

Keywords: culture, higher education, internationalisation strategies, Slovenian HEIs



Anja Hellmuth Kramberger, Marko Mele

ARCHAEOLOGY FOR THE PEOPLE IN THE FRAMEWORK OF THE EUROPEAN "STRATEGY 21" - CASE STUDY "IRON-AGE-DANUBE" PROJECT

ABSTRACT

Archaeologists try to gather information about early social and economic forms of organization as well as artistic, symbolic and spiritual manifestations. Researches contribute crucially to our understanding of the roots of the civilizations of the modern world. In many ways, archeology is increasingly leaving the "ivory tower of science". This is e.g. illustrated by the development of strategies which address the importance of cultural heritage beyond its historical-scientific significance. In April 2017, the Council of Europe launched the "European Heritage Strategy for the 21st Century" ("Strategy 21"). It redefines the position and importance of cultural heritage in Europe and provides guidelines on the fostering and management of cultural heritage in the form of recommendations and challenges. These address three fundamental components: a social (S), an economic (D) and a knowledge component (K). As part of the Interreg DTP project "Iron-Age-Danube", archaeologists from five countries have devoted their work on the research of the precious archaeological heritage of the Danube region and developed with respect to the "Strategy 21" new strategies for its protection and sustainable tourist use. The activities and results of the project can be seen as "best practice" example of interaction between scientists and general public, the people.

Keywords: *archaeology, Strategy 21, Council of Europe, Iron-Age-Danube project*



Petra Koprivnik

KONCEPT AVTONOMIJE V SODOBNI PSIHIATRIČNI ETIKI THE CONCEPT OF AUTONOMY IN CONTEMPORARY PSYCHIATRIC ETHICS

POVZETEK

Uvod: V medicini nimamo globalne etike, tudi v psihiatriji nimamo enotnega etičnega pristopa. Navedeno je posebej težavno v primeru neprostoVOLJNIH intervenc. Nekateri avtorji izpostavljajo človekove pravice kot najbližje temu, da bi postale »globalna etika«. Človekove pravice so v izhodišču zakonodaj za področje duševnega zdravja. Pravne rešitve so lahko v nasprotju s kliničnimi in etičnimi principi.

Metode: Z uporabo metod hermenevtičnega branja in primerjave bom primerjala koncepta avtonomije v dveh predominantnih sodobnih etičnih pristopih v psihiatriji – etiki štirih načel in relacijski etiki skrbi.

Rezultati: Zgoraj navedena etična pristopa uporabljata različna koncepta avtonomije – individualno in relacijsko. To generira napetosti, še posebej, kadar sprejemamo odločitve o neprostoVOLJNEM psihiatričnem zdravljenju. Bolniki s hudo duševno motnjo so ranljivi tako zaradi bolezenskega vpliva kot tudi zaradi potencialnega travmatizacije med neprostoVOLJNIMI intervencami.

Zaključki: Obstaja velika potreba po interdisciplinarnem raziskovanju in diskurzu v iskanju najboljšega modela prakse za zdravljenje ranljive populacije psihiatričnih bolnikov, ki ne morejo sami odločati o zdravljenju v svojo največjo korist. Zakonodaje, ki predstavljajo pogodbo med družbo in psihiatrijo, bi morali redno revidirati, da bi bile klinično, etično in pravno kar se da posodobljene.

Ključne besede: psihiatrija, avtonomija, etika načel, etika skrbi, ranljivost

ABSTRACT

Introduction: There is no global ethical approach in medicine neither is there any agreement on psychiatric ethics and that is especially problematic when it comes to involuntary psychiatric treatment. According to some authors, human rights is the closest concept to »global ethics« and they form the background of legislations in the field of mental health. However, legislative solutions can contradict clinical and ethical principles.

Methods: Using the methods of hermeneutical reading and comparison we will compare the concepts of autonomy in two predominant contemporary ethical approaches in psychiatry, namely the four-principle ethics and the relational ethics of care.

Results: The above-mentioned ethical approaches use different concepts of autonomy – individual versus relational autonomy. This generates tensions, especially when taking decisions for or against involuntary psychiatric treatment. Patients with severe mental disorders are vulnerable due to disease deficits as well as due to potential traumatisation caused by involuntary treatment interventions.

Conclusions: There is great need for interdisciplinary research and discourse in the quest for the best model approaches to treatment of the vulnerable psychiatric patients when they cannot decide about treatment in their best interest. Legislations that reflect the contract between society and psychiatry need to be reviewed on a regular basis to be clinically, ethically and legally updated as much as possible.

Keywords: psychiatry, autonomy, principle ethics, ethics of care, vulnerability

Julija Kotnik

IZBERE FILM GLEDALCA ALI GLEDALEC FILM? DOES THE FILM CHOOSE THE VIEWER OR THE VIEWER CHOOSE THE FILM?

POVZETEK

Jedro razmišljanja v prispevku izhaja iz pozicije sodobnega individuuma, ki je izpostavljen nenehnemu prepihu informacij in vsebin, ki vplivajo na njegova mnenja, stališča in vrednotne sisteme. V digitalnih sferah, spletnih omrežjih in vzporednih socialnih svetovih se razgalja in samega sebe postavlja v pozicijo plena ekonomskim, medijskim in korporacijskim strujam. Njegova pozicija je osrediščena v smislu, da ga želijo oblikovati mnoge silnice, ki prek vzpostavljenih razmerij sinhrono ustvarjajo idealne potrošnike. V tej vlogi je posameznik postavljen v nezavidljiv položaj, v kolikor ni opolnomočen v tolikšni meri, da lahko mnogotere vplive upravlja s kritično distanco. V tej konstelaciji se posamezniki počutijo izjemno avtonomni in neodvisni, vendar so z izpopolnjenimi digitalnimi oblikami targetiranja v vzporednem digitalnem svetu in socialnih omrežjih, ki nadomeščajo realno življenje, dejansko pomembna tarča, ki ji ideale, odnos do družbe in samega sebe in vezano na obravnavano tematiko tudi filmski okus izgrajujejo nosilci kapitala. Kot oblikovan konzument kulturne industrije posameznik zapade v izgrajen ustroj, v okviru katerega izbira tiste filmske vsebine, ki jih v tem usklajenem sistemu prejme ponujene in mu v povezavi s popkulturo predstavljajo ideale, h katerim je vredno stremeti. Postavi se torej vprašanje, v kolikšni meri je posameznik tisti, ki si sam izbira filmske vsebine, ki jih želi konzimirati. Preko preiščeno vzpostavljene distribucijske mreže, ki jo upravljajo najmočnejše produkcijske hiše, je nabor filmov, ki dosegajo množice, omejen in vezan na prevladujočo produkcijo. Posameznik tako potrebuje lastno iniciativnost, angažiranost in iskanje kanalov, preko katerih lahko pristopi do vsebin izven dominantne mreže. Pred to fazo pa potrebuje inpute, preko katerih pridobi vedenje o filmskih vsebinah, ki so izven uveljavljenega sistema na voljo. Za to pa potrebuje čas, intelektualni vložek in osebni interes. Film ima preko vpliva na čutne zaznave in socialno percepcijo gledalca moč, ki se ne konča z ogledom filma, ampak takrat dejansko začne učinkovati. Kaže, da je vprašanje, ki se zastavlja v imenu prispevka, izjemno relevantno, saj je razkorak med vsebinami, ki so nam v prvi liniji na razpolago in vsebinami, ki predstavljajo antipol, ogromen in pot, ki jo je potrebno prehoditi do alternativnih filmskih vsebin, ni instantna. Kakšno bo izbral posameznik, je torej odvisno od njegovega pedigreja, osebne naravnosti in zmožnosti kritičnega razmišljanja in v tem kontekstu se pokaže tudi vloga filmske vzgoje, ki ni relevantna samo za otroke in mladostnike, temveč v vse večji meri tudi za odrasle.

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

ABSTRACT

The core of the thinking in the paper comes from the position of the modern individual, who is exposed to the constant flow of information and content that affects his opinions, attitudes and value systems. The individual is revealing himself in the digital spheres, online networks and parallel social worlds and that way becomes a prey to the economic, media and corporate currents. Its position is central in the sense that it is designed to be shaped by many forces that synchronously create ideal consumers through established relationships. In this role, the individual is placed in an unenviable position unless he is empowered to the extent that he can manage many influences with critical distance. In this constellation, individual feels extremely autonomous and independent, but with sophisticated digital forms of targeting in the parallel digital world and social networks that are replacing real life, he or she is actually an important target whose ideals, attitudes towards society and itself and also cinematic taste, are built by the holders of capital. As a formed consort of the cultural industry, the individual becomes the part of a built structure, within which he or she chooses those cinematic contents that are served in this harmonized system and, in connection with pop culture, represent ideals worth pursuing. The question that we have to ask, is to what extent the individual is the one who chooses the film content that he or she wants to consume. Through a deliberately established distribution network run by the most powerful production companies, the set of films that reach the masses is limited and tied to dominant production. The individual therefore needs its own initiative, engagement and channel search through which he or she can access content from outside the dominant network. Prior to this phase, however, it requires from the individual to find inputs through which it acquires knowledge of film content that is available outside the established system. But it takes time, intellectual input and self-interest to do that. Through the influence on the sensory perception and social perception of the viewer, the film has a power that does not end with the viewing of the film, but then actually becomes effective. The question posed in the name of the paper seems to be extremely relevant, since the gap between the content available to us in the first place and the content that constitutes an antipole is huge and the path to be taken to alternative film content is not instant. The choice of the individual therefore depends on his or her pedigree, personality and critical thinking ability, and in this context the role of film education, which is not only relevant for children and adolescents, but increasingly for adults, is also demonstrated.

Keywords: film influence, social perception, spectator, film education, values



Nina Markuš

**PROJEKTNI POUK PRI PREDMETU SPOZNAVANJE
OKOLJA V KOMBINIRANEM ODDELKU 1. IN 2. RAZREDA
„ANALIZA PROMETNE VARNOSTI UČENCEV V OKOLICI
PODRUŽNIČNE ŠOLE IVANA CANKARJA KOŠAKI“
PROJECT WORK WITHIN THE SUBJECT LEARNING ABOUT
THE ENVIRONMENT IN THE COMBINED CLASSES OF
1ST AND 2ND GRADES "ANALYSIS OF PUPIL TRAFFIC SAFETY
IN THE VICINITY OF THE ELEMENTARY SCHOOL PODRUŽNICA
IVANA CANKARJA KOSAKI"**

POVZETEK

Za večjo varnost učencev v prometu poskrbimo z učenjem o prometu, osveščanjem ostalih udeležencev v prometu in z zagotavljanjem varnega šolskega okolja. Strokovnjaki opozarjajo, da so najmlajši udeleženci v prometu najbolj ranljivi. Za prometno varnost se lahko naredi še zmeraj več. Hitrost je tisti razlog, zaradi katerega prihaja do najhujših prometnih nesreč. V tem članku avtorica v uvodu opredeli enega izmed sodobnih pristopov, projektni pouk, in pomen tega pri poučevanju predmeta spoznavanje okolja v osnovni šoli. V drugem delu prispevka pa je poudarek na prikazu aplikacije teorije v praksi, v okviru razrednega projekta "Analiza prometne varnosti učencev v okolici Podružnične šole Ivana Cankarja Košaki." Prikazan je primer projektnega dela iz tematskega sklopa Promet, ki ga je avtorica realizirala v kombiniranem oddelku 1. in 2. razreda na OŠ Franca Rozmana Staneta Maribor, Podružnica Ivana Cankarja Košaki. Ugotovila je, da tovrstni pristop z izkustvom omogoča učencem gradnjo lastnega znanja o problemih, ki se tičejo varnosti učencev v prometu, kar pa poveča kakovost ter trajnost njihovega znanja in spodbudi konvergentno razmišljanje učencev. Z elementi sodobne pedagoške prakse, kot je projektni pouk, so učenci zaznali in dojeli problem njihove varnosti v prometu na mestni vpadnici, na Šentiljski cesti in na Krčevinski ulici, ki sta dotični cesti v njihovi šolski okolici. Učenci so s projektnim delom prišli do zaključka, da bi bilo potrebno še vnesti določeno prometno signalizacijo, napise, ipd. na Šentiljski cesti in Krčevinski ulici, saj bi bilo tako bolj poskrbljeno za njihovo varnost in tudi vozniki bi bili bolj informirani o prisotnosti šole na tem območju, sploh iz smeri Pesnica-Maribor. Namen tega prispevka je ozavestiti ter spodbuditi učitelje za pogostejše načrtovanje in izvajanje vsebin, ki se tičejo varnosti učencev v prometu s sodobnim pristopom. Projektno delo in analiza prometne varnosti učencev v šolski okolici sta v našem primeru pridobila potrebno osnovo za svoje nadaljnje uveljavljanje v pedagoški praksi, nadaljnje raziskovanje prisotnega problema ter izboljšave tega področja.

Ključne besede: prometna varnost učencev, projektno delo, spoznavanje okolja.

ABSTRACT

We provide better traffic safety for pupils by learning about traffic, raising awareness of other traffic participants and ensuring a safe school environment. Experts identify that the youngest traffic participants are the most vulnerable and, therefore, more can be done to provide better traffic safety. The worst traffic accidents happen because of high speed. In the introduction of this article, the author defines one of the modern approaches, project-based learning, and the importance of this in teaching the subject Learning about the Environment in elementary school. In the second part of the article, the emphasis is on demonstrating the application of theory in practice, as part of the classroom project "Analysis of pupil traffic safety in the vicinity of the elementary school Podružnica Ivana Cankarja Košaki". An example of project work within the theme Transport is shown, which the author realized in the combined classes of 1st and 2nd grades at the elementary school OŠ Franca Rozmana Staneta Maribor, Podružnica Ivana Cankarja Košaki. She established that the approach of involving self-experience had enabled the pupils to construct their own knowledge of the issues relating pupil traffic safety, which in turn increases the quality and sustainability of their knowledge and promotes convergent thinking. With elements of modern pedagogical practice, such as project-based learning, pupils detected and perceived the problem of their traffic safety on the radial road, road Šentiljska cesta and street Krčevinska ulica, which are both found in their school district. Throughout the project work pupils concluded that it would be necessary to implement certain traffic signs, inscriptions, etc. on the road Šentiljska cesta and street Krčevinska ulica, since their safety would be more taken care of and drivers would also be more informed about the presence of a school area, especially those coming from the direction Pesnica - Maribor. The purpose of this article is to raise awareness and encourage teachers to plan and implement content related to pupil safety with modern approaches more frequently. In our case, the project work and the analysis of pupil traffic safety in the school district have provided the necessary basis for their future implementation in pedagogical practice, for additional research of the present problem and improvements in this field.

Keywords: traffic awareness, pupil traffic safety, Šentiljska cesta, Krčevinska ulica, modern approach, elementary school, project work, learning about the environment

Marko Turk

"ABANDONED TO OURSELVES": CHALLENGES AND EXPERIENCES OF PROFESSIONAL SOCIALIZATION OF JUNIOR RESEARCHERS INTO TEACHING AT UNIVERSITIES IN CROATIA

ABSTRACT

The research results indicate a strong resistance of academic community in Croatia to education in the field of teaching, as well as the perception of teaching at universities as "less important and prominent".

The aim of this paper is to present the research results on the experiences of junior researchers regarding teaching at public universities in Croatia.

For the purpose of the research, 7 focus groups were conducted consisting of 65 junior researchers from Croatia. The analysis focused on: 1) the challenges of teaching that junior researchers encounter at the beginning of their career; 2) personal feeling of readiness for teaching and 3) teaching-related support.

The results indicate that the process of professional socialization of junior researchers into teaching at universities is mostly marked by the insecurity, fear and stress. Junior researchers generally feel unprepared for teaching, mostly due to the lack of adequate education and of necessary teaching competencies. Particularly alarming are the results indicating an insufficient or inadequate teaching-related support. In relation to that, it was emphasized that junior researchers at the beginning of their career are mostly "abandoned to themselves" and "thrown into the fire".

Keywords: higher education teaching, professional socialization, junior researchers, Croatia



Silvija Zeman, Melita Srpak

NADZOR VODE ZA PITJE NA PODROČJU VARAŽDINSKE ŽUPANIJE CONTROL OF DRINKING WATER IN THE AREA OF VARAŽDIN COUNTYAVTORJI:

POVZETEK

Voda je pomembna surovina Zemlje, vsako živo bitje jo potrebuje, saj preko nje vnašamo hranjive snovi v organizem in te blagodejno vplivajo na naše zdravje. Je osnovni pogoj za preživetje na našem planetu, saj je neizogibna za odvijanje vseh vitalnih procesov v biosferi. Pomembna je tudi za vzdrževanje osebne in splošne higijene, proizvodnje hrane in v industriji.

Pridobivanje, razdelitev ter nadzor kakovosti vode so del kmetijskega sektorja in so pod posebnim nadzorom kakovosti in zdravstvene neoporečnosti. V tem članku bomo govorili o vodi za pitje, karakteristikah, načinu pridobivanja ter membranskem procesu kot načinu obdelave vode za pitje. Pojasnjena bo tudi analiza vode, pokazatelji kakovosti vode za pitje, delo na terenu in vzorčenje. Na področju mesta Varaždina in okolice (Republika Hrvaška) se prebivalstvo oskrbuje z vodo iz treh glavnih črpališč: Varaždin, Bartolovec, Vinkovščak. Z vodo za pitje se oskrbuje okoli 151.000 prebivalcev kar je 82 % županije. Na temelju analiz, narejenih v obdobju 2010-2016, so obdelani parametri vode za pitje. Namen tega dela je analizirati laboratorijske podatke vode za pitje na črpališču Bartolovec, Vinkovščak in na naravnem izvoru Bela. Zdravstvena neoporečnost vode za pitje je regulirana s Pravilnikom o zdravstveni ispravnosti vode za pitje. Tako bomo v prispevku govorili tudi o zakonski regulativi, vezani na področje vode za pitje in o navedenem Pravilniku.

Ključne besede: pitna voda, kontrola, kvaliteta, studenec, vzorčenje

ABSTRACT

Water is an essential resource of Earth. Water is necessary for any human being because it brings nutrients in our body and that improves our health. It is one of the basic conditions on our planet because it's necessary for the performance of all the vital processes in the biosphere. Also, water is important for personal and general hygiene, food production and for the needs of people in agriculture and industry. Production, distribution, monitoring and control of water are part of the agricultural activity. They are under special conditions and regime of quality assurance and health and safety. In this final work, will be processed drinking water, characteristics, method of preparation, purification and membrane processes as a form of drinking water treatment. Further, water analysis, drinking water quality indicators, sampling, field work and sampling frequency will be explained. In the area of the city of Varaždin and the surrounding population is supplied with water from three main water wells. These water wells are Varaždin, Bartolovec and Vinkovščak. Drinking water is supplied around 151,000 inhabitants, which makes about 82% of the county. Based on the tests carried out in the period from 2010 to 2016, the parameters of drinking water were processed. The aim of this final work was to analyse the values of drinking water on water wells Bartolovec and Vinokovščak and the natural source of Bela. The health of drinking water is regulated by the Ordinance on drinking water health. Therefore, this final work will deal with the legal regulations related to the drinking water area and the above-mentioned Ordinance.

Keywords: drinking water, treatment, control, quality, water wells, sampling, Ordinance on the health of drinking water

ŠTUDIJSKI PROGRAMI AKREDITIRANI NA AMEU

DODIPLOMSKI ŠTUDIJ	MAGISTRSKI ŠTUDIJ	DOKTORSKI ŠTUDIJ
SOCIALNA GERONTOLOGIJA	SOCIALNA GERONTOLOGIJA	SOCIALNA GERONTOLOGIJA
HUMANISTIČNI ŠTUDIJI	HUMANISTIČNE ZNANOSTI	HUMANISTIČNE ZNANOSTI
DIGITALNA HUMANISTIKA [‡]	DIGITALNA HUMANISTIKA [‡]	
MANAGEMENT POSLOVNIH SISTEMOV	MANAGEMENT POSLOVNIH SISTEMOV	STRATEŠKI KOMUNIKACIJSKI MANAGEMENT
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	INOVATIVNI MANAGEMENT V TURIZMU [‡]	
FIZIOTERAPIJA	ZDRAVSTVENE VEDE Zdravstvena nega, Javno zdravje, Fizioterapija, Integrativne zdravstvene vede, Avtizem, Logopedija	FIZIOTERAPIJA
ZDRAVSTVENA NEGA		
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SPLETNE IN INFORMACIJSKE TEHNOLOGIJE	SPLETNE ZNANOSTI [‡] Kibernetska varnost, Umetna inteligenca	SPLETNE ZNANOSTI [‡] Kibernetska varnost, Umetna inteligenca

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