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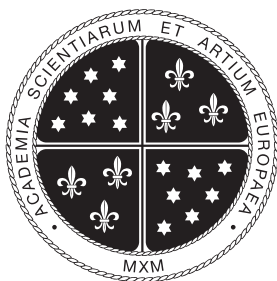
**6. ZNANSTVENA KONFERENCA Z MEDNARODNO UDELEŽBO
ZA ČLOVEKA GRE: IZZIVI ZA ZNANOST
IN IZOBRAŽEVANJE**

**6th SCIENTIFIC CONFERENCE WITH INTERNATIONAL PARTICIPATION
ALL ABOUT PEOPLE: CHALLENGES FOR
SCIENCE AND EDUCATION**

Maribor, 9.-10. 3. 2018

Dogodek poteka pod častnim pokroviteljstvom predsednika Republike Slovenije Boruta Pahorja. /
The event is taking place under the Honorary patronage of the President of Republic of Slovenia Borut Pahor

ZBORNIK POVZETKOV / BOOK OF ABSTRACTS



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6. znanstvena konferenca z mednarodno udeležbo:

Za človeka gre: Izzivi za znanost in izobraževanje / Zbornik povzetkov z recenzijo

6th Scientific Conference with International Participation:

All About People: Challenges for Science and Education / Book of Abstracts

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Uredil / Editor: dr. Bojan Macuh

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

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

Tisk / Printing: Design Studio

Izdaja / Edition: 1st edition

Kraj / Place: Maribor

Založba / Publisher: AMEU – ECM, Alma Mater Press

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

Naklada: 50 izvodov / 50 copies printed

Leto izdaje / Year of publishing: 2018

CIP - Kataložni zapis o publikaciji
Narodna in univerzitetna knjižnica, Ljubljana

001(082)

ZNANSTVENA konferenca z mednarodno udeležbo Za človeka gre: izzivi za znanost in izobraževanje (6 ; 2017 ; Maribor)

Zbornik povzetkov = Book of abstracts / 6. znanstvena konferenca z mednarodno udeležbo Za človeka gre: izzivi za znanost in izobraževanje = 6th Scientific Conference with International Participation All About People: Challenges for Science and Education, Maribor, 9.-10. 3. 2018 ; [uredil Bojan Macuh]. – 1. natis. – Maribor : AMEU – ECM, Alma Mater Press, 2018

ISBN 978-961-6966-29-0

1. Dodat. nasl. 2. Macuh, Bojan
293889024

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**ARHIVI V SLUŽBI ČLOVEKA –
ČLOVEK V SLUŽBI ARHIVOV
(SIMPOZIJ) /
ARCHIVES AT THE SERVICE
OF MAN – MAN IN THE
SERVICE OF ARCHIVES
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VIRTUALNE ČITALNICE VIRTUAL READING ROOMS

IZVLEČEK

S prispevkom želimo predstaviti pogled na virtualno čitalnico z bolj poljudnega, ne toliko s tehničnega vidika. Na podlagi izkušenj s področja poslovanja z dokumentarnim in arhivskim gradivom, poznavanja teoretičnih osnov elektronske hrambe in e-arhivov, strokovne literature in primerov dobre prakse bomo predstavili poglede potencialnih uporabnikov storitev ter stanje na področju virtualnih čitalnic v svetu in pri nas. Želimo prikazati spremembe, ki bi se dogodile ob prehodu s klasičnega na virtualno čitalništvo. Virtualni svet je vse, kar uporabnik zaznava, narejeno in oblikovano z računalniki, ki se odzivajo na uporabnikove ukaze. Virtualnost je resničnost, prenesena v računalniški svet. Klasična definicija arhivov in knjižnic: so organizirana zbirka dokumentov različnih oblik, zapisanih na različnih nosilcih, ki so z ustreznimi servisi dostopni uporabnikom. Definicija digitalnih arhivov in knjižnic: so organizirane zbirke digitaliziranih in izvorno nastalih dokumentov, tako digitaliziranih kot tudi izvorno nastalih v digitalni obliki, ki so v spletnem okolju na preprost način dostopne uporabnikom.

Ključne besede: knjižnica, arhiv, e-arhiv, virtualnost, čitalnica.

ABSTRACT

With the article, we want to take a look at the virtual reading room from a more popular rather than technical point of view. Based on experiences in the field of managing current and archival records, on the knowledge of theoretical basics of electronic preservation and e-archives, as well as on professional literature and examples of good practice, we will present the views of potential users of services as well as the situation in the field of virtual reading rooms in the world and in our country. We want to show the changes that would occur when switching from classical to virtual reading rooms. The virtual world is everything the user perceives, it is made and designed with the help of computers that respond to the user's commands. Virtuality is reality transferred to a computer world. According to their classical definition, archives and libraries are organized collections of documents of various shapes, written on different media and accessible to users through the appropriate services. Digital archives and libraries, on the other hand, are defined as organized collections of digitalised documents and those originally created in digital form that are easily accessible to users in a web environment.

Key words: library, archive, virtuality, reading room, e-archives

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STROJNO VREDNOTENJE IN ODBIRANJE ELEKTRONSKIH ZAPISOV AUTOMATED APPRAISAL AND SELECTION OF ELECTRONIC RECORDS

IZVLEČEK

Danes velika večina zapisov, ki jih ustvarjalci izdelajo ali sprejemajo pri svojem delu, nastaja v elektronski obliki. Napredne tehnologije uporabnikom omogočajo, da shranijo vsako e-sporočilo in praktično katero koli drugo vrsto e-zapisov, ki jih ustvarijo, in mnogi to tudi storijo – in to že vrsto let. Zapisi, prvotno nastali v e-obliki, lahko imajo več kopij v več različicah, shranjeni so lahko na več različnih lokacijah, po možnosti pod različnimi imeni in v različnih formatih. Vse to povzroča vedno večje skrbi pristojnim javnim arhivom, ki bodo morali ponovno preučiti postopke vrednotenja in odbiranja arhivskih e-zapisov pri svojih ustvarjalcih. Avtorici v prispevku iščeta odgovore na vprašanje, ali lahko arhivistom pri teh postopkih pomaga tehnologija oz. ali jih je mogoče vsaj delno izvesti na osnovi tehnologije. V prispevku analizirata dosedanje prakse na tem področju z namenom postavitve mogočega okvira za strojno vrednotenje in odbiranje e-zapisov na osnovi sinteze tradicionalne metodologije in možnosti, ki jih ponuja tehnologija.

Ključne besede: vrednotenje, arhivsko gradivo, strojno vrednotenje, arhivi, elektronsko gradivo.

ABSTRACT

Today, the majority of records created or received by creators in their work is in electronic form. Advanced technologies allow users to store every email and other type of e-record they create, and many do so for many years. Records originally created in the e-form can have multiple copies in multiple versions, they can be stored in several different locations, preferably under different names and in different formats. All this causes growing concern for the competent public archives, who will need to re-examine the procedures for selecting archival e-records of their creators. In the article, the authors are looking for answers to the question whether the archivists can use the technology for appraisal of e-records or whether at least partial automated appraisal of e-records is possible. In this paper, past practices in this field are analysed with the aim of establishing a possible framework for automated appraisal of e-records using a synthesis of the traditional methodology of archival evaluation and the possibilities offered by technology.

Key words: appraisal, archival records, automated appraisal, archives, electronic records

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UPRAVLJANJE DOKUMENTARNEGA IN ARHIVSKEGA GRADIVA NA JAVNI AGENCIJI ZA ŽELEZNIŠKI PROMET REPUBLIKE SLOVENIJE

MANAGEMENT OF CURRENT AND ARCHIVAL RECORDS AT THE PUBLIC AGENCY OF THE REPUBLIC OF SLOVENIA FOR RAILWAY TRANSPORT

IZVLEČEK

Prispevek vsebuje predstavitev ustvarjalca dokumentarnega in arhivskega gradiva. Avtorica v prispevku predstavlja zakonske podlage, ki so osnova za pravilno upravljanje dokumentarnega in arhivskega gradiva, in analizira skladnost upravljanja dokumentarnega in arhivskega gradiva na Javni agenciji za železniški promet Republike Slovenije s predpisi s tega področja. Upravljanje dokumentarnega in arhivskega gradiva lahko pojmuje tudi kot življenjski cikel dokumenta. Z nastankom oziroma prejemo dokumenta se začne postopek upravljanja. Za vzpostavitev popolne evidence dokumentarnega gradiva je pomemben vsak korak, ki spremlja dokument skozi njegov življenjski cikel od nastanka do hrambe oziroma ustreznega arhiviranja. Pogostost elektronskega gradiva v poslovni komunikaciji pogojuje posebne zahteve za ustvarjalce dokumentarnega gradiva, ki morajo izpolnjevati zahteve, ki zagotavljajo strokovno, učinkovito in pravno veljavno upravljanje elektronskega gradiva. Te zahteve določa Zakon o varstvu dokumentarnega in arhivskega gradiva ter arhivih (2006) in Uredba o varstvu dokumentarnega in arhivskega gradiva (2017). V prispevku obravnavamo oblike poslovanja z dokumentarnim gradivom in jih razlagamo ter primerjamo s procesi poslovanja z dokumentarnim gradivom na Javni agenciji za železniški promet Republike Slovenije. Poudarjamo pomen uporabe akreditirane informacijske tehnologije za zagotavljanje verodostojnosti dokumentarnega in arhivskega gradiva pri njegovi obdelavi in hrambi.

Ključne besede: dokumentarno gradivo, evidentiranje, elektronski dokument, arhiviranje.

ABSTRACT

This paper includes a presentation of the creator of current and archival records. The author of this paper presents the legal basis for the proper management of current and archival records and analyses the compliance of the record management of the Public Agency of the Republic of Slovenia for Railway Transport with the regulations in this field. Management of current and archival records can also be considered as a record life-cycle. The process of management begins with the creation or receipt of a document. In order to establish a complete register of current records, each step is important in accompanying the record through its life-cycle from creation to storage or proper archiving. The frequency of electronic material in business communication conditions special requirements for record creators who must meet the requirements that ensure professional, effective and legally valid management of electronic material. These requirements are laid down in the Act on the Protection of Documentary and Archival Materials and Archives (2006) and the Decree on the Protection of Documentary and Archival Material (2017). The paper discusses the forms of business records handling and is interpreted and compared with the processes of dealing with records at the Public Railway Agency of the Republic of Slovenia. The importance of using accredited information technology to ensure the credibility of documentary and archival material in its processing and storage is emphasised.

Key words: records, registering, electronic record, archiving

ARHIVSKI POPISI DIGITALIZIRANEGA ARHIVSKEGA GRADIVA OZ. DIGITALIZATOV

ARCHIVAL INVENTORIES OF DIGITALISED ARCHIVAL MATERIAL

IZVLEČEK

Prispevek prikazuje problematiko arhivskega popisovanja digitaliziranega arhivskega gradiva oz. digitalizatorov. Omenjena digitalizacija na eni strani omogoča večjo dostopnost arhivskega gradiva, na drugi strani pa ščiti samo arhivsko gradivo pred pretirano uporabo in posledično večjo izrabo gradiva. Ne glede na prednosti, ki jih predstavlja digitalizacija, se arhivi pri njej soočajo s številnimi izzivi. Eden izmed teh izzivov je tudi popisovanje digitalizatorov. Popisovanje mora slediti standardom popisovanja, ki veljajo za analogno arhivsko gradivo. Pogostokrat pa pride do pomanjkljivega oz. napačnega popisovanja. Prispevek analizira, kje in zakaj se te pomanjkljivosti največkrat pojavijo ter na kakšen način jih je mogoče odpraviti.

Ključne besede: digitalizacija, digitalizat, popis, arhiv.

ABSTRACT

This article will attempt to demonstrate the problematics of archival inventorying of digitized archival material. The digitalisation of archival material on one hand provides for a higher level of access for the user, and on the other hand, it protects the original archival material from overuse and consequently earlier deterioration. Regardless of the advantages of digitalisation, archives are faced with many challenges in the process. One of them is the inventorying of digitized archival material. The inventory descriptions must comply with the same standards that are in use for inventorying analogue archival material. Often, the descriptions are incomplete or imperfect. This article will analyse where and why these imperfections are most likely to occur and how they can be resolved.

Key words: digitization, digitized archival material, description, archives

STROJNO PREVAJANJE IN KAKO NAM LAHKO POMAGA PRI ISKANJU ARHIVSKEGA GRADIVA PREK SPLETA MACHINE TRANSLATION AND HOW IT CAN HELP US IN THE ONLINE SEARCH FOR ARCHIVAL RECORDS

IZVLEČEK

Zaradi zgodovinskih okoliščin je veliko arhivskega gradiva, ki se nanaša na Slovenijo in Slovence, v arhivih sosednjih držav. Nekaj tega arhivskega gradiva je dostopnega tudi prek spleta. Ko želimo brskati med tem gradivom, hitro naletimo na težavo zaradi nepoznavanja jezika države, v kateri je arhivsko gradivo. Za nekatere je to že italijanski ali nemški jezik, za večino pa je to zagotovo npr. madžarski jezik. Zato v pričujočem prispevku preverjamo, kako nam lahko pri tem pomaga tehnologija strojnega prevajanja. Najprej je predstavljena tehnologija strojnega prevajanja spletnih strani in njeno delovanje. V nadaljevanju sledi prikaz uporabe te tehnologije pri brskanju po arhivskem gradivu. Na koncu je narejena primerjava med predhodno prevedenimi spletnimi stranmi in sprotnim prevajanjem s pomočjo te tehnologije s poudarkom na ustreznosti in razumljivosti prevodov.

Ključne besede: strojno prevajanje, spletni dostop, arhivsko gradivo.

ABSTRACT

Due to historical circumstances, a lot of archival records relating to Slovenia and Slovenes are located in the archives of neighbouring countries. Some of these archival materials are also accessible online. When we want to browse through these records, we quickly encounter the problem of ignorance of the language of the country in which those records are located. For some, it is Italian or German, but for most it is certainly the Hungarian language. That is why this paper examines how machine translation technology can help us in such cases. The paper initially introduces the technology of machine translation of web pages and its operation, followed by the presentation of using this technology for browsing archival records. In conclusion, a comparison is made between pre-translated web pages and on-line translation using this technology, with an emphasis on the relevance and comprehensibility of translations.

Key words: machine translation, web access, archival materials

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TEMPERATURA IN RELATIVNA VLAGA V ARHIVSKIH SKLADIŠČIH ARHIVA REPUBLIKE SLOVENIJE

TEMPERATURE AND RELATIVE HUMIDITY IN THE REPOSITORIES OF THE ARCHIVES OF THE REPUBLIC OF SLOVENIJA

IZVLEČEK

Podnebje, v katerem živimo, je vremensko zelo raznoliko. Izmenjujejo se štirje letni časi, ki prinašajo vplive, pred katerimi moramo zaščititi arhivsko gradivo, zato ga hranimo v arhivskih skladiščih. S hranjenjem arhivskega gradiva v depojih zelo omejimo zunanje vplive okolja. Meritve kažejo, da lahko relativna vlaga le v nekaj urah zaniha za 30 % ali več, temperatura pa na letni ravni zlahka doseže od -10 do 32 °C. Klimatske razmere so zato v skladiščih še vedno daleč od ugodnih oziroma predpisanih vrednosti. Na razmere v skladiščih poleg vremena vpliva tudi človek, ki prostore ogreva ali kako drugače manipulira z vlago in temperaturo. Prispevek obravnava razmere za hrambo arhivskega gradiva v treh skladiščih Arhiva Republike Slovenije.

Ključne besede: temperatura, relativna vlaga, razmere v skladiščih, arhivski depoji.

ABSTRACT

The climate in which we live is very diverse. The four seasons of the year present us with influences, against which we need to protect archival material, so we store it in archival repositories. By storing archival material in repositories, we greatly limit the external influences of the environment. Measurements show that relative humidity can fluctuate by 30% or more within only a few hours, and the air temperature can easily reach from -10 to 32 °C on an annual level. Therefore, the climate conditions in repositories are still far from favourable and/or the prescribed values. In addition to the weather, people also have a significant impact on the climate conditions in storage spaces by heating the space or otherwise manipulating the humidity and temperature. The article discusses the conditions for the preservation of archives in the three repositories of the Archives of the Republic of Slovenia.

Key words: temperature, relative humidity, conditions in repositories, archival repositories

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KONCEPT VIRTUALNE ARHIVSKE ČITALNICE: E-ARH.SI: VAČ THE CONCEPT OF A VIRTUAL ARCHIVAL READING ROOM: E-ARH.SI: VARR

IZVLEČEK

S hitrim razvojem informacijsko-komunikacijskih tehnologij in s tem vedno temeljitejšo digitalizacijo družbe se napredku na področju virtualizacije domala vseh delovnih postopkov ne morejo izogniti niti arhivi. Virtualizacija poslovanja slovenske javne arhivske službe s tem od institucij in njihovih zaposlenih zahteva številne nove razmisleke in »digitalne« prilagoditve. Strategija in izvedbeni načrt razvoja slovenskega elektronskega arhiva 2016–2020, na podlagi katere je bil vzpostavljen projekt e-ARH.si, na enega izmed ključnih izzivov zagotavljanja oddaljenega dostopanja do elektronskega arhivskega gradiva odgovarja s konceptom virtualne arhivske čitalnice, predstavljenim v prispevku, ki je bil zasnovan kot modularno in tehnološko dovršen, stalno razvijajoč se, nadgradljiv ter varen informacijsko-komunikacijski sistem.

Ključne besede: informacijsko-komunikacijski sistem, informacijska rešitev, projekt e-ARH.si, virtualna arhivska čitalnica.

ABSTRACT

With the rapid development of information and communication technologies and the complete digitalisation of societies, archives too cannot avoid the processes of modernising their working procedures. The virtualization of services of the Slovenian public archives requires from the institutions and their employees a great amount of new considerations and »digital« adjustments. The Strategy and implementation plan of the development of the Slovenian electronic archive 2016-2020 and on its foundations established project e-ARH.si responds on one of the key challenges of providing remote access to the contents of electronic archives with the concept of virtual archives reading room, as presented in this paper. The VARR is designed as a modular and technologically superior, constantly evolving, upgradable and secure information and communication system.

Key words: information communication system, information system, project e-ARH.si, virtual archival reading room

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DOBRE PRAKSE PRILAGODITEV IN DOSTOPNOSTI ARHIVSKEGA GRADIVA RANLJIVIM SKUPINAM Z UPORABO TEHNOLOGIJ

GOOD PRACTICES OF ADAPTATION AND ACCESSIBILITY OF ARCHIVAL MATERIAL TO VULNERABLE GROUPS THROUGH MODERN TECHNOLOGIES

IZVLEČEK

Eden od ciljev pri razvoju slovenskega elektronskega arhiva pri projektu e-ARH.si je omogočanje dostopnosti arhivskega gradiva tudi ranljivim skupinam. Smernice za omogočanje dostopnosti različnih tipov gradiva ranljivim skupinam so bile upoštevane pri zasnovi virtualne arhivske čitalnice, kar pa samo po sebi še ne omogoča dostopa do gradiva ranljivim skupinam, če arhivsko gradivo ni predhodno ustrezno pripravljeno oziroma prilagojeno za uporabo. V slovenski arhivski stroki nismo zasledili primerov dobrih praks prilagoditve arhivskega gradiva, da bi bilo dostopno ciljnim ranljivim skupinam (slepe, slabovidne, gluhe in naglušne osebe), zato smo raziskali tuje primere dobrih praks na tem področju.

Cilj raziskave je bil, poiskati dobre prakse na področju prilagoditve različnih tipov gradiv tako, da bo čim preprosteje dostopno ciljnim ranljivim skupinam. Glavne omejitve raziskave so bile pomanjkljive informacije oziroma popolna odsotnost informacij na spletu o omenjenih prilagoditvah (elektronskega) arhivskega gradiva ranljivim skupinam (metode, postopki), kot tudi jezikovne ovire (pri spletnih straneh, ki niso v nemškem ali angleškem jeziku).

Pregledali smo na spletu dostopne informacije o prilagoditvah arhivskega gradiva ranljivim skupinam več arhivov. Primere dobrih praks smo raziskali tudi pri sorodnih institucijah s področja kulture v Sloveniji (muzeji, umetnostne galerije, knjižnice, gledališča). Ugotovili smo, da noben primer dobre prakse ne ponuja rešitev za dostopnost vseh vrst arhivskega gradiva za vse ciljne ranljive skupine. Zato bomo pri nadaljnjem izvajanju projekta upoštevali različne rešitve za različne vrste gradiva, ki jih bomo morali v veliki meri razvijati, testirati in nadgraditi sami. Vse z namenom, da bodo naše rešitve in izkušnje lahko uporabne kot primer dobre prakse drugim arhivom in sorodnim institucijam v svetovnem merilu.

Ključne besede: dostopnost, ranljive skupine, javni elektronski arhiv (e-ARH.si).

ABSTRACT

One of the goals in the development of the Slovenian electronic archive within the e-ARH.si project is to enable access to archives for vulnerable groups through modern technologies. The guidelines for making archival material available to vulnerable groups were taken into account when designing a virtual archival reading room itself, which is not sufficient, as archival records must be prepared or adjusted for use by vulnerable groups beforehand. In Slovenia, there are no good practices of adjusting archival records for all target vulnerable groups (the blind, visually impaired, deaf and hard of hearing), so the authors researched good practices outside Slovenia.

The aim of the research was to find good practices in the adjusting of different types of records to be easily accessible to target vulnerable groups. The main limitations of the survey were the lack of information or the complete absence of information on the web about the above-mentioned adjustments of (electronic) archives to vulnerable groups (methods, procedures), as well as language barriers (in cases of non-German or non-English web pages).

The authors reviewed online-accessible information on the adaptation of archival records to vulnerable groups in more archives. Examples of good practices have also been explored in related institutions in the field of culture in Slovenia (museums, art galleries, libraries, theatres). The conclusion is that no examples of good practice offer solutions for the availability of all types of archival records for all target vulnerable groups. Therefore, in the further implementation of the project, different solutions must be taken into account for different types of records, which will have to get developed, tested and upgraded to a great extent. All with the aim that final solutions and experiences can serve as an example of good practice to other archives and related institutions on a global scale.

Key words: accessibility, vulnerable groups, public electronic archive (e-ARH.si)

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USTVARJANJE SKUPNIH FUNKCIONALNIH KLASIFIKACIJ: IZKUŠNJE FINSKEGA JAVNEGA SEKTORJA Z UPRAVLJANJEM ZAPISOV CREATING COMMON FUNCTIONAL CLASSIFICATIONS. EXPERIENCES OF THE FINNISH PUBLIC-SECTOR RECORDS MANAGEMENT

IZVLEČEK

Prispevek obravnava izkušnje, pridobljene pri ustvarjanju funkcionalnih klasifikacijskih shem razvrščanja za finske organizacije javnega sektorja. Funkcionalne klasifikacije imajo na Finskem dolgo zgodovino. Navodila za upravljanje zapisov so v finskem javnem sektorju od začetka devetdesetih let prejšnjega stoletja naklonjena funkcionalnemu pristopu k organizaciji znanja. Skupne funkcionalne sheme razvrščanja so novejši pojav. Ustvarjanje skupne sheme se je izkazalo za težje, kot bi se morda domnevalo. Obstaja veliko težav: teoretična osnova shem je šibka; različni pravni in upravni konteksti določajo nasprotujoče si zahteve za njihovo vsebino; pogajanje o shemi je družbeni proces, v katerem imajo nekatere stranke večjo moč kot druge; in nazadnje, pomanjkanje virov določa omejitve glede tega, kaj je mogoče doseči v razumnem času. Članek temelji na literaturi o projektih.

Ključne besede: funkcijske klasifikacijske sheme, arhivi, Finska, arhivsko gradivo.

ABSTRACT

The paper examines experiences gained from creating functional classification schemes for Finnish public-sector organizations. Functional classifications have a long history in Finland. Instructions for Finnish public-sector records management have favored the functional approach to knowledge organization since the beginning of the 1990's. Common functional classification schemes are more recent phenomena. Creating a common scheme has proven to be more difficult than it perhaps was assumed. There are many problems: the theoretical basis of schemes is weak; varying juridical and administrative contexts set conflicting requirements for their content; negotiating about the scheme is a social process in which some parties have more power than others; and, finally, a lack of resources sets limits to what can be achieved in a reasonable time. The paper is based on literature about the projects.

Key words: functional classification schemes, archives, Finland, archival records

UREDITEV DOKUMENTARNEGA GRADIVA PRI USTVARJALCU – PRLEŠKA RAZVOJNA AGENCIJA, GIZ THE ARRANGEMENT OF RECORDS AT THE RECORD CREATORS – PRLEŠKA RAZVOJNA AGENCIJA, GIZ

IZVLEČEK

Pravilna in strokovna hramba in urejenost dokumentov sta nujno potrebni pri delovanju različnih tako javnih kot zasebnih družb. Dokumentarno gradivo, ki se zdaj hrani pri ustvarjalcu, ni dovolj urejeno in je s tem posledično manj zanesljivo hranjeno in obenem težje sledljivo. Skozi članek se bralec tako najprej seznanil z zakonodajo, ki ureja hrambo dokumentarnega gradiva, zatem pa se članek osredotoči na urejanje dokumentarnega gradiva pri ustvarjalcu.

Ključne besede: dokumentarno gradivo, ustvarjalec, zakonodaja, Prleška razvojna agencija.

ABSTRACT

The regular and professional arrangement of records has a special meaning for the normal operation in both private and public institutions. The records that are being stored by the creator are insufficiently organised and consequently not reliably stored and traceable. The article acquaints the reader with the current legislation pertaining to the storage of records and furthermore focuses on the management of records by the creator.

Key words: records, record creator, legislation, Prlekija Development Agency

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DOLGOROČNO OHRANJANJE E-POŠTE LONG-TERM PRESERVATION OF EMAIL

IZVLEČEK

Prispevek povzema začetne rezultate projekta e-ARH.si: ESS 2016–2020 na področju dolgoročne hrambe e-pošte kot nove vrste arhivskega gradiva, ki nastaja, se ohranja in predaja v pristojne arhive v e-obliki. Pregledno so predstavljeni ključni tehnični vidiki arhiviranja. Poudarek je na izboru formatov dolgoročne hrambe, zlasti je izpostavljen izziv arhiviranja priložnic e-pošte, ki so lahko v poljubnem formatu. V svetu in pri nas smo kot primeren format za hrambo e-sporočil izbrali format PDF/A. Glede na izsledke ankete smo se osredotočili na iskanje rešitve za dolgoročno hrambo e-pošte najpogosteje uporabljenih poštnih odjemalcev pri naših ustvarjalcih, IBM Lotus Notes in Microsoft Outlook. Na podlagi pregleda dobrih praks v svetu smo se usmerili v iskanje in testiranje različnih pretvornikov e-pošte iz izvornih formatov v formate, primerne za dolgoročno hrambo. Na področju validacije formata PDF/A smo uporabili programsko orodje veraPDF, odprtokodni PDF-validator, ki ustreza potrebam e-hrambe. Na podlagi ugotovitev smo zasnovali scenarije izvoza in pretvorbe e-pošte, ki predstavljajo izhodišča za sprejemanje nadaljnjih odločitev pri izbiri ustreznih tehničnih rešitev, namenjenih dolgoročnemu ohranjanju e-pošte pri ustvarjalcih in v arhivskih institucijah. Sledi izvedba delavnic, na katerih bomo glede na ključna merila preizkusili najdena programska orodja za e-pošto in izbrali najprimernejša z vidika pričakovanih funkcionalnosti in širše dostopnosti. Oblikovali bomo navodila ustvarjalcem, ki bodo omogočila dolgoročno hrambo e-pošte in njeno ustrezno pripravo za poznejši prevzem v sistem e-ARH.si, in jih s pilotskimi prevzemi preverili z izbranimi ustvarjalci.

Ključne besede: slovenski javni elektronski arhiv, e-ARH.si, ohranjanje e-pošte, arhivski formati e-pošte, pretvorba e-pošte.

ABSTRACT

The article summarizes the initial results of the e-ARH.si project ESS 2016 - 2020 in the field of long-term email preservation. Email as a new type of archival material is created, maintained and submitted to competent archives in digital form. The key technical aspects of archiving are presented. We focused on the long-term formats and we particularly exposed attachment challenges, which can be in any possible format. PDF/A is an appropriate format for email preservation in the world and for us. In relation to our survey, we focused on finding an email solution for the most frequently used email applications of our creators, IBM Lotus Notes and Microsoft Outlook. We focused on searching and testing various email converters from source formats to formats suitable for long-term storage. For PDF/A validation, we used the veraPDF software tool that is an open source PDF validator and meets the needs of digital storage. Possible scenarios of exports and conversions were designed for the purpose of further decisions in the selection of appropriate technical solutions for the long-term preserving of emails for the creators and archival institutions. We will organize workshops to choose the most appropriate software tools that supports expected functionality and are wide available. We will create instructions for creators to enable long-term email preservation and its proper preparation for later takeover into the e-ARH.si system, and we checked them with pilot tests with selected creators.

Key words: Slovenian public electronic archives, e-ARH.si, email preservation, email formats for long-term preservation, email conversion

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THE REALIZATION OF INTELLECTUAL RIGHTS IN THE SPHERE OF COMMUNICATION WITH ARCHIVES: EXPERIENCE OF RUSSIA AND OF EUROPEAN-UNION COUNTRIES **URESNIČEVANJE INTELEKTUALNIH PRAVIC NA PODROČJU KOMUNIKACIJE Z ARHIVI: IZKUŠNJE RUSIJE IN DRŽAV EVROPSKE UNIJE**

IZVLEČEK

Prispevek obravnava osnovne vidike oblikovanja in uresničevanja pravic na arhivskih dokumentih kot rezultatih intelektualne dejavnosti. Ta znanstveni in praktični problem se preučuje na področju zbiranja in uporabe gradiva na stopnji njegove nespremenljive ohranitve. V teoretičnem delu študije se v prispevku preučujejo zakonodajne prakse urejanja intelektualnih pravic, ki se oblikujejo v anglosaških in romansko-nemških sistemih na področju informacijskih pravic ter od začetka devetdesetih let prejšnjega stoletja v Ruski federaciji. Te prakse so v pričujočem prispevku predmet primerjave. V praktičnem delu se obravnavajo dejanske možnosti in praktični problemi uresničevanja intelektualnih pravic na arhivskih dokumentih na stopnjah določanja pravnega režima njihovega ohranjanja v arhivskih službah, dostopa do njih ter njihove izdaje v elektronski in avdiovizualni obliki. Namen prispevka je, pokazati cilje učinkovite povezave med razvojem zakonodajne osnove za podporo intelektualne lastnine na arhivskih dokumentih in uporabo arhivskih tehnologij v ta namen.

Ključne besede: intelektualne pravice, arhivsko gradivo, komunikacija v arhivih, dostop do gradiva, Rusija, Evropska unija.

ABSTRACT

The paper is devoted to basic aspects of forming and realizing the rights on archival documents as results of intellectual activity. This scientific and practical problem is examined in the fields of collecting and using of documents on the level of their invariable conservation. In the theoretical part of paper, the legislative practices of regulation of intellectual rights, formed in Anglo-Saxon and Romano-German systems of informational right and, from the beginning of the 1990, in the Russian Federation. These practices are determined in paper as the object of comparison. In the practical part, the actual possibilities and practical problems of the realization of intellectual rights on archival documents on the level of determining the juridical regime of their conservation in archival services, of access to them and of their edition in electronic and audio-visual forms are determined. The aim of the paper is to show the objectives of effectively compounding the development of the legislative base of support of intellectual property on archival documents and the application of archival technologies to this base.

Key words: intellectual rights, archival documents, communication in archives, access to records, Russia, European Union

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OBLIKOVANJE PODATKOVNE INFRASTRUKTURE ARHIVA MODELLING OF THE INFORMATION INFRASTRUCTURE OF THE ARCHIVE

IZVLEČEK

V prispevku so razvidni mehanizmi za izboljšanje učinkovitosti upravljanja arhivov v procesu izvajanja njihovih glavnih funkcij in zagotavljanja storitev uporabnikom na podlagi koncepta upravljanja informacij o arhivu, predvsem z uporabo informacijskih tehnologij, in sicer na primeru državnih arhivov Rusije. V ta namen se vzpostavi strukturno-funkcionalni model informacijskega sistema za upravljanje arhiva, ocenita se nujnost in možnost prenove z metodami organizacijskega oblikovanja. Upošteva se način izbiranja optimalnega nabora programskih izdelkov in rešitev, potrebnih za izvedbo kompleksne informatizacije sistema vodenja arhivov.

Ključne besede: oblikovanje, arhivsko upravljanje, arhivi, struktura in funkcije arhiva, informacijske tehnologije, informacijski sistem.

ABSTRACT

The paper reveals the mechanisms for the improvement of management efficiency of the archives in the process of performing their main functions and providing services for the users, based on the concept of information management of the archive, primarily through the use of information technologies, by the example of the state archives of Russia. For this purpose, the structural-functional model of the information system for the management of archives is created, an assessment of the necessity and possibility of reengineering using the methods of organizational design is carried out. The method of selecting the optimal set of software products and solutions needed for the implementation of complex informatization of the management system of the archives is considered.

Key words: modelling, archive management, archives, structure and functions of the archive, information technologies, information system

PORTAL EUSCREEN IN SPLETNI ČASOPIS VIEW JOURNAL – PREPOZNAVNOST IN OBISKANOST THE EUSCREEN PORTAL AND THE VIEW JOURNAL – RECOGNISABILITY AND VISIT FREQUENCY

IZVLEČEK

Namen raziskave je preverjanje prepoznavnosti in obiskanosti portala EUscreen in spletnega časopisa View Journal na portalu EUscreen. View Journal je multimedijska e-revija o preteklosti, sedanjosti in prihodnosti evropske televizije. Revija zagotavlja hiter in prost dostop do vsebin, omogoča raziskovanje širši javnosti in podpira globalno izmenjavo znanja ter predstavlja mednarodno platformo za akademske raziskave televizije kot pomembnega dela evropske kulturne dediščine. Interdisciplinarna revija prinaša strokovne članke o zgodovini televizije, medijskih študijah, medijski sociologiji, kulturnih študijah in televizijskih študijah. Avtorji prispevkov raziskujejo in odkrivajo glavne teme televizijske preteklosti, sedanjosti in prihodnosti: Evropa na zaslону in za njim, spomini na evropski televiziji, skrite police televizije, televizijske zgodbe (post)socialistične Evrope, konvergentna televizija, arheologija tele-vizij in realnosti, arhivska produkcija, TV-formati in formati raziskav, zgodovina zasebne in komercialne televizije v Evropi. View Journal izdaja nizozemski avdiovizualni inštitut Beeld en Geluid v sodelovanju z Univerzo v Utrechtu, Univerzo v Luksemburgu in Univerzo Royal Holloway iz Londona. Članki so avtorsko zaščiteni, avtorji pa morajo ob objavi potrditi, da se strinjajo z licenco Creative Commons Nizozemske. S spletnim orodjem »En klik anketa« izvedena raziskava je pokazala, da je spletni portal EUscreen dobro poznan, spletni časopis pa zelo slabo. Po opravljeni analizi rezultatov ankete je avtor raziskave sklenil, da bo z elementi informacijskega marketinga analiziral možnosti povečanja branosti spletnega časopisa. Spodbudno je, da je analiza pokazala zelo dobre rezultate in prikazala ugodno ekonomsko okolje (aktivno, zaposleni), ugodno socialno kulturno okolje (demografska slika in stopnja izobrazbe) in ugodno tehnološko okolje (splošna stopnja tehnološkega stanja, dostopnost do spleta in mobilnih tehnologij, odnos do informacijske tehnologije). Večina anketirancev pridobiva novosti na področju avdiovizualnega arhiviranja na konferencah, spletu ali od poklicnih kolegov.

Ključne besede: arhivi, avdiovizualni arhivi, medijski arhivi, EUscreen, View Journal.

ABSTRACT

The purpose of the research is to examine the recognisability of and visits to the EUscreen website portal and the online VIEW Journal on the EUscreen portal. VIEW Journal is a multimedia e-journal about the past, present and future of European television. The journal provides quick and free access to content and enables the general public to research, it supports global knowledge sharing and presents an international platform for academic research on television as an important part of European cultural heritage. The interdisciplinary journal brings professional articles on the history of television, media studies, media sociology, cultural studies and television studies. The authors of the papers explore and discover the main themes of television history, present and future: making sense of digital sources, Europe on and behind the screen, European television memories, hidden professions of television, television histories in (post)socialist Europe, convergent television, media and television archaeology, archive-based production, TV formats and format research, non-fiction transmedia, the history of private and commercial television in Europe. The VIEW Journal is published by the Dutch Beeld en Geluid Institute of Audio and Visual Education in collaboration with the University of Utrecht, the University of Luxembourg and the Royal Holloway University in London. Articles are copyrighted, and the authors must confirm upon publication that they agree to the Creative Commons license of the Netherlands. With the help of the One Click Survey online tool, a survey was conducted that showed that the EUscreen website is well-known, but the recognisability of the online magazine VIEW Journal is very low. After analysing the results of the survey, the author decided to use elements of information marketing to analyse of the possibilities of increasing the readership of the online journal. It is encouraging that the analysis produced very good results and showed a favourable economic environment (active, employed), a favourable social and cultural environment (demographic picture and education level) and a favourable technological environment (the general level of technological condition, access to the Internet and mobile technologies and attitude to information technology). Most of the respondents are receiving information on innovations in the field of audio-visual archiving at conferences, on the Internet or from professional colleagues.

Key words: archives, audio-visual archives, media archives, EUscreen, VIEW Journal

O RELACIJAH MED FIZIČNIM, DIGITALNIM IN DIGITALIZIRANIM ARHIVSKIM GRADIVOM

ABOUT THE RELATIONS BETWEEN PHYSICAL, DIGITAL AND DIGITIZED ARCHIVE MATERIAL

IZVLEČEK

Sodobno arhivsko gradivo se pojavlja vsaj v dveh vzporednih okoljih: fizičnem in digitalnem. To dejstvo neposredno vpliva na arhivske strokovne rešitve upravljanja celote arhivskega gradiva.

Arhivski strokovni delavci se v tem kontekstu srečujejo z mnogimi dilemami in implementirajo rešitve, ki temeljijo na različnih zaporedjih ali načelih delitve in povezanih metodologij razvrščanja arhivskih vsebin in kontekstov. Ta sistemska nekonsistenca, predvsem pa nedoslednost, vpliva na stopnjo entropije arhivskih informacijskih sistemov in s tem neposredno na njihovo uporabno vrednost ter na upravljanje arhivskega gradiva v najširšem pomenu besede.

V prispevku so predstavljeni teoretični modeli upravljanja odnosov med elektronskimi in fizičnimi oblikami arhivskih vsebin. Posebna pozornost pa je namenjena metodologiji sistemskega obravnavanja zaključenih celot arhivskega gradiva v arhivskih ustanovah.

ABSTRACT

Modern archival material appears in at least two parallel environments: the physical and the digital. This directly affects various archival professional solutions as well as the management of the entire archival cultural heritage.

The implemented solutions are based on different principles of division and used sequences. All this is also related to the methodology for classification of archival content and context. This inconsistency and the level of entropy of archival information systems directly affect their value for users, and the management of archival material in the widest sense of the word.

The paper presents some theoretical models for managing relationships between electronic and physical forms of archival contents. Special attention is paid to the methodology of systemic treatment of completed archival material in archival institutions.

V ISKANJU ARHIVSKEGA GRADIVA – PRIMER RIMSKIH NAPISOV NA CELJSKIH SPOMENIKIH IN SEARCH OF ARCHIVAL MATERIAL ON UNUSUAL ARCHIVAL DATA CARRIERS – INSCRIPTIONS ON CELEIAN MONUMENTS FROM ROMAN TIMES

IZVLEČEK

Po trenutnem zakonu o varstvu dokumentarnega in arhivskega gradiva ter arhivih (ZVDAGA) in še danes aktualni Žontarjevi (1984, 2003) definiciji je arhivsko gradivo izvorno in reproducirano pisano, risano, tiskano, fotografirano, filmano, optično ali magnetno oziroma kakor koli zapisano dokumentarno gradivo, nastalo pri delu pravnih ali fizičnih oseb, ki ima trajen pomen za znanost in kulturo ali trajen pomen za pravni interes pravnih in fizičnih oseb. Vsaka država sama določa definicijo arhivskega gradiva in ga opredeljuje s svojo lastno zakonodajo – nekaj smernic ponujajo splošni mednarodne standardi za arhivsko popisovanje (ISAD(G)). Napisi na celjskih spomenikih iz časov rimskega imperija ponujajo vpogled v življenje tistega časa – v hierarhični ustroj družbe, pravno in socialno življenje itn. Napisi, čeprav vklesani v kamen, ponujajo informacije, ki imajo trajen in bogat pomen za nadaljnje humanistične raziskave in razumevanje današnjega sveta. Zapisana beseda, ki ponuja arhivsko gradivo, nima časovne omejitve. Prve zapise pisave najdemo vklesane, vrezane v materiale, ki so bili takrat na voljo – kamen, les, glina itn. Njihov izredni pomen pa odražajo posamezne (pomožne zgodovinske) vede o napisih – tistih, vklesanih v kamen, epigrafika. Ta zagotavlja svoje podatkovne baze popisa najdenih napisov.

Ključne besede: arhivsko gradivo, definicija, arhivski nosilci, celjski spomeniki, epigrafika.

ABSTRACT

According to the current law on the protection of current and archival records and archives (ZVDAGA) and Žontar's (2003) still current definition, the archive material is original and reproduced written, drawn, printed, photographed, filmed, optical or magnetic or in any other way recorded documentary material formed during the work of a legal or physical person, having a lasting significance for science and culture or a permanent importance for the legal interest of legal and physical persons. Each country itself defines archival records with its own legislation – though the General International Standards for Archival Descriptions (ISAD (G)) offer some guidelines for defining archival records and other terminology. The Roman inscriptions on Celeian monuments give an insight into the life of that time - hierarchical structure of the society, legal and social life, etc. Writings, though carved in stone, offer information that has a lasting and rich significance for further humanistic research and understanding of the modern world. A written word that offers archival material has no time limit. The first records of font text can be found carved or engraved in the materials that were then offered - stone, wood, clay, etc. Their significance reflects in individual, auxiliary historical doctrines of studying the inscriptions. Writings carved in the stone are the subject of epigraphy and epigraphic science provides its own databases of found and described inscriptions.

Key words: archival material, definition, archival data carriers, Celeian monuments, epigraphy

KAKO SE LOTITI UREJANJA ARHIVSKEGA GRADIVA V DRUŠTVIH?

HOW TO APPROACH THE ARRANGING OF ARCHIVAL RECORDS IN SOCIETIES?

IZVLEČEK

Danes društva soustvarjajo našo družbo. Posamezniku omogočajo, da se udejstvuje, uči in razvija na različnih področjih. Možnosti vključitve v društva so raznolike – od telovadnih, literarnih, umetniških do kulturnih društev, društva, ki združujejo različne starostne skupine posameznikov, npr. društvo upokojencev, ali pa združujejo ljudi z neko specifično lastnostjo. Tu mislimo predvsem na društva zdravstvenega kova, npr. koronarna društva, društva diabetičnih bolnikov, strokovna društva – arhivsko društvo itd. Skupna lastnost vseh oblik in razsežnosti društev pa je združevanje in druženje, najsi gre za podporno ali ustvarjalno društvo. Vsa društva pa pri svojem delovanju ustvarijo veliko količino gradiva, veliko tega pa ima lastnosti arhivskega gradiva. Tu pa se pojavi problem, saj mnoga društva v svojih vrstah nimajo strokovnjaka, ki bi znal urediti, odbrati in pravilno odložiti arhivsko gradivo – arhivista. Tovrstno gradivo se čez leta nalaga na kupih, v škatlah, fasciklih, brez pravega redosledja, kar pa se za ogromno težavo izkaže čez leta, ko društva pišejo kronike in iščejo gradivo starejšega izvora. Kako naj se torej člani društva lotijo ureditve arhivskega gradiva, da brskanje po gradivu čez leta ne postane nočna mora?

Ključne besede: društva, arhivsko gradivo, arhiv, ureditev.

ABSTRACT

Nowadays, societies (cultural, firefighting, theatre etc.) co-create our society. They allow individuals to engage, learn and develop in different areas. The possibilities of participating in societies are diverse – from fitness, book clubs, art to cultural societies, societies that bring together individuals of specific age group, such as a retirement society, or they combine individuals with a specific feature, such as health clubs (coronary society, diabetics club), or they bring together people with the same profession (archival society) etc. The common feature of all forms of societies is bringing people together and making it possible for those individuals to socialize and engage in their field of interest, whether we talk about support groups or creative groups. All of these societies create a lot of documents and most of these documents have characteristics of archival records. This creates a problem, since most societies do not have a specialist among them, who knows how to arrange these documents – an archivist. This leads to disorganisation of archival records. Most of the documents land on piles, in boxes or in folders, without any order. The disorder becomes a problem years later, when societies attempt to create chronicles. How therefore should the members of a society organize archival records, so that browsing through them will not become a nightmare years later?

Key words: societies, archival records, archive, order

PLAKATI KOT ARHIVSKO GRADIVO POSTERS AS ARCHIVAL MATERIAL

IZVLEČEK

Arhivi po slovenski zakonodaji in mednarodnih standardih izvajajo svojo arhivsko dejavnost. Ta se začne že pri ustvarjalcu. Ustvarjalec mora v roku 30 let po nastanku dokumenta gradivo predati pristojnemu arhivu. V ta namen mora pristojni arhiv izdelati strokovno navodilo za odbiranje arhivskega gradiva iz dokumentarnega. Odbiranje izvaja sam ustvarjalec s pomočjo predstavnika pristojnega arhiva. Ustvarjalec mora gradivo primerno tehnično opremiti in ga popisati v skladu s strokovnim navodilom. Nato sledi prevzem gradiva. Arhiv ga mora nato ustrezno urediti in popisati v skladu z nacionalno zakonodajo, ki ureja arhivsko dejavnost, in mednarodnimi standardi, kot so ISAD(g)2 in ISAAR(CPF). Prispevek temelji na zbirki SI AS 1890, ki jo hrani Arhiv Republike Slovenije, enota Kongresni trg. Gre za zbirko vojnih plakatov, ki so bili objavljeni v obdobju druge svetovne vojne. Predstavljeni so elementi popisa na nivoju zbirke, serije in dokumenta. Zgoraj navedena zbirka je objavljena v podatkovni zbirki ScopeArchiv, vendar ne v celoti, saj je njen popis še v izdelavi. Tako sta predstavljeni zgolj prvi dve seriji te zbirke. Ugotovitve so nato primerjane s podatkovno zbirko SIRAnet, v kateri popise arhivskega gradiva objavljajo regionalni arhivi Slovenije. Na podlagi primerjave sem ugotovila, da se elementi popisa razlikujejo. Pri analizi posameznih podatkovnih zbirk pa je znotraj le-teh mogoče opaziti neenoten način popisovanja, za kar je vzrok večje število različnih popisovalcev.

Ključne besede: arhivi, SIRAnet, ScopeArchiv, ISAD(g)2, ZVDAGA, elementi popisa.

ABSTRACT

Slovenian archives perform their activity according to Slovenian legislation and international standards. Archival activity starts with the author of the material, who is obligated to hand over the material to the authorised archive within thirty years of its creation. The archive must provide technical instructions for the selection of archival material. The author must select the material themselves, with the help of the archivist. They are obligated to provide technical details about the material and create its inventory. When the material is ready, the archive takes possession of the material. It is then inventoried and stored in accordance to the national legislation on archives and international standards, such as ISAD(g)2 and ISAAR(CPF). This article is based on the collection SI AS 1890, which is stored in the Archive of the Republic of Slovenia, unit Kongresni trg. This collection contains war posters that were published during the Second World War. The article will try to represent the elements of description on the level of fonds or collection, series and document. Most of the SI AS 1890 collection is published in the data collection ScopeArchiv. Some parts are still in the making. For that reason, this article will present only two series of the collection. The obtained results were then compared to the data collection SIRAnet in which regional archives publish their inventories. Based on the comparison, it was determined that the description of the archival material differs. By analysing data collections separately, it was determined that the descriptions of the archival material differ within the data collection. The reason for that lies in a large number of different archivists.

Key words: archives, SIRAnet, ScopeArchiv, ISAD(g)2, ZVDAGA, elements of description

STANDARD ISO 15489-1:2016 IN VREDNOTENJE: KAJ PRINAŠA NOVI STANDARD STANDARD ISO 15489-1: 2016 AND APPRAISAL: WHAT IS NEW

IZVLEČEK

Vrednotenje je ena najpomembnejših nalog vsakega arhivista. Postopek določanja arhivske vrednosti dokumentarnega gradiva vpliva na vse druge postopke, kot tudi na družbeni spomin v celoti. Ker je to eno izmed najpomembnejših opravil arhivistov, morajo le-ti natančno poznati postopek vrednotenja.

Avtorica v prispevku predstavlja vrednotenje, kot ga pojmuje standard ISO 15489-1:2016, in osnutek nove tehnične specifikacije, ki bo podrobneje opredeljevala vrednotenje.

Ključne besede: vrednotenje, ISO 15489-1:2016, upravljanje zapisov, dokumentarno gradivo.

ABSTRACT

Appraisal is one of the most important tasks of every archivist. The process of determining the archival value of records affects all other archival processes as well as the memory of the society as a whole. Since this is one of the most important tasks of archivists, they need to know the appraisal process precisely.

In the article, the author presents appraisal as understood by ISO 15489-1: 2016 and the draft of a new technical specification Appraisal for managing records that will define appraisal more detailed.

Key words: appraisal, ISO 15489-1: 2016, records management, records

PROBLEM FUNKCIONALNE KOMPATIBILNOSTI SISTEMOV VODENJA ELEKTRONSKIH ZAPISOV IN SISTEMOV SHRANJEVANJA ELEKTRONSKIH ZAPISOV THE PROBLEM OF FUNCTIONAL COMPATIBILITY OF ELECTRONIC RECORDS MANAGEMENT SYSTEMS AND ELECTRONIC RECORDS STORAGE SYSTEMS

IZVLEČEK

Problem je, zagotoviti dolgoročno shranjevanje pravno pomembnih elektronskih zapisov (brez predhodnega dokumentiranja na papirju), podpisanih z elektronskim podpisom. Za reševanje te naloge je treba razviti tipične funkcionalne zahteve za sisteme vodenja elektronskih zapisov in sisteme shranjevanja elektronskih zapisov v arhivih organizacij, za zagotavljanje združljivosti teh sistemov, možnost prenosa elektronskih zapisov v hrambo ob zagotavljanju stalne podpore življenjskemu ciklu elektronskih zapisov. Da bi dosegli cilj (prenos), je treba zagotoviti kontinuiteto glavnih značilnosti elektronskega zapisa – njegovo verodostojnost, integriteto in uporabnost. Nabor metapodatkov je določen v tipičnih funkcionalnih zahtevah.

ABSTRACT

Providing long-term storage of legally relevant electronic records (without prior documenting on paper), signed with electronic signature, is problematic. For solving this task, it is necessary to develop the typical functional requirements for electronic records management systems and electronic records storage systems in archives of organizations, ensuring compatibility of these systems, a possibility of transferring electronic records for storage with permanent support of the electronic records' life cycle. To achieve this goal of transferability, provisions must be made for the continuity of the support of the main characteristics of electronic record - its authenticity, integrity and usability. The compound of metadata is determined in the Typical functional requirements.

KAKŠNA NAJ BO NOVA ARHIVSKA ZAKONODAJA NOVE EVROPE? WHICH ARCHIVAL LEGISLATION FOR A NEW EUROPE?

IZVLEČEK

V prispevku je izpostavljena potreba po standardizaciji arhivske zakonodaje vsaj na evropski ravni, da bi državljanom Evropske unije omogočili raziskovanje pod podobnimi pogoji na območju celotne Unije. Kritične točke, obravnavane v prispevku, so: prevzem zgodovinskega arhivskega gradiva v pristojne institucije za hrambo, posvetovanje in dostop. Prispevek obravnava tudi vprašanje, zakaj se zgodovinarji, uradniki in politiki »bojijo« arhivov in tako tudi arhivistov, ki so varuhi dediščine. Razlogi so vsekakor različni.

Ključne besede: Evropa, nova arhivska zakonodaja, standardizacija zakonodaje.

ABSTRACT

The article stresses the need to standardize archival legislation, at least at the European level, so as to enable the citizens of the Union to find similar terms in performing searches in the entire EU space. Some critical points that require reflection are: the timing of transferring the historical archives to institutes of preservation, consultation and accessibility. The question is raised, why historians, officials and politicians »fear« the archives and by proxy also archivists, who are custodians of this heritage. The reasons are obviously different: historians fear that archives could uncover uncomfortable truths or they do not want to commit to the research which is always complex, lengthy and challenging, finding it more »comfortable« to simply recycle the texts of others or announce theories that have not been proved with documents; administrators fear them because of the clutter, the cost, the dust, the necessary care and attention; some politicians because they would not deliver the story and his judgment choices and decisions that were sourced from motives of personal interest or worse.

Key words: Europe, archival legislation, standardisation of legislation

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**ASPECTS OF COMPATIBILITY OF RUSSIAN
AND INTERNATIONAL STANDARDIZED TERMINOLOGY
USED IN RECORDS MANAGEMENT AND ARCHIVES****ABSTRACT**

The paper deals with the problems of compatibility of the Russian and international records management and archival standardized terminology systems. A special attention is paid to the aspects of conveying the meaning of the English term when it is translated into Russian, as well as to the polysemy of some English terms. A new English-Russian annotated dictionary of records management standardized terminology created by the author in collaboration with L.Bayun and K.Bastrikova is introduced.

Key words: records management, archives, terms, terminology standardization, terminological system, dictionary of standardized terminology

STANJE DOKUMENTOV PO 120 LETIH – ŠTUDIJA PRIMERA **THE CONDITION OF DOCUMENTS AFTER 120 YEARS – CASE STUDY**

IZVLEČEK

Bakreno skrinjico z dokumenti, fotografijo, tiskovinami in novci so, v nišo za sklepnim kamnom v stari avli Gimnazije Kranj, zazidali 18. septembra 1897 ob odprtju novega gimnazijskega poslopja. Med gradbenimi deli v pritličnih prostorih osrednje gimnazijske stavbe so jo naključno odkrili 28. februarja 2017. Glede na pregled stanja ugotavljamo, da sta šatulja in njena vsebina zelo dobro ohranjeni. Tiskovine so v odličnem stanju, razen na nekaj mestih, kjer so bile v stiku s kovinskimi sponkami. V nekoliko slabšem stanju je fotografija, pri kateri je kondenzna vlaga povzročila madeže na slikotvorni plasti, sicer pa je stanje fotografije stabilno. V najmanj stabilnem stanju je spomenica, saj je bila zapisana na transparentni papir z železotaninskim črnilom. V prispevku je podrobno predstavljeno stanje dokumentov, priporočila za razstavljanje in nadaljnjo hrambo.

Ključne besede: dokumenti, časovna kapsula, gimnazija, Kranj, 1897, stanje, hramba.

ABSTRACT

The copper box containing documents, a photo, some printed materials and coins was built into a wall niche behind the capstone of the Kranj Grammar School's old hall on September 18, 1897, when a new school facility was opened. On February 28, 2017, the box was discovered by chance during some renovation work that was being carried out on the mezzanine floor of the main school building. Examination proved the box and its content to be well-preserved. The printed materials are in excellent condition, apart from where they came into contact with metal clips. The photo is somewhat less well-preserved as there are stains on the image layer caused by condensed humidity, but the picture is otherwise stable. The hand-written memorandum is in the poorest condition since it was written on transparent paper with iron-gall ink. The paper presents the condition of the newly found documents and recommendations for their exhibition and further preservation.

Key words: documents, time capsule, grammar school, Kranj, 1897, condition, storage

BLOCKCHAIN TECHNOLOGIES / CROWDFUNDING

UPORABA TEHNOLOGIJE BLOCKCHAIN NA RAZLIČNIH PODROČJIH POSLOVANJA IN DELOVANJA USING BLOCKCHAIN TECHNOLOGY IN DIFFERENT AREAS OF BUSINESS OPERATIONS

IZVLEČEK

Tehnologija blockchain oziroma tehnologija verig podatkovnih blokov predstavlja novost in začetek distribuirane ekonomije. Blockchain je inovativna tehnologija, ki bo pomembno spremenila določene procese, tako v zasebnem kot tudi javnem sektorju.

Na primeru blockchaine se vidi, kako se tehnologije in disruptivni poslovni modeli v industriji 4.0 med seboj povezujejo. Internet stvari, umetna inteligenca, delitvena ekonomija, krožno gospodarstvo ... Blockchain je velika sila znotraj te industrijske revolucije, ki nastopa kot vezni člen med disruptivnimi poslovnimi modeli in najnovejšimi tehnologijami. Blockchain je tehnologija, na kateri deluje najbolj prepoznavna kriptovaluta bitcoin. Primarno blockchain omogoča izmenjavo vrednosti, ki poteka »peer-to-peer«, tj. brez posrednikov. Tehnologija deluje popolnoma decentralizirano, še več, deluje distribuirano. V članku bomo predstavili 20 različnih področij poslovanja in delovanja te nove tehnologije.

Ključne besede: blockchain, veriga podatkovnih blokov, decentralizirani podatki, kriptovalute, bitcoin.

ABSTRACT

The blockchain technology, or the technology of data blockchains, represents a novelty and the beginning of a distributed economy. Blockchain is an innovative technology that will significantly change certain processes, both in the private and public sector.

In the blockchain case, we can see how technologies and disruptive business models in the industry 4.0 are interconnected. Internet stuff, artificial intelligence, the dividing economy, the circular economy ... Blockchain is a great power within this industrial revolution, which is a link between disruptive business models and the latest technologies. Blockchain is the technology based on which the most recognizable bitcoin cryptocurrency is functioning. A primary blockchain allows you to exchange a value that is »peer-to-peer«, i.e. without intermediaries. The technology works in a completely decentralized and, moreover, distributed manner. In the article, we will present 20 different areas of business operations of this new technology.

Key words: blockchain, data block chain, decentralized data, cryptocurrency, bitcoin

PAMETNE POGODBE V DELITVENI EKONOMIJI S PRAVNEGA ZORNEGA KOTA SMART CONTRACTS IN SHARING ECONOMY FROM A LEGAL PERSPECTIVE

IZVLEČEK

Ob izpostavljenem pojemanju pomena delitvene ekonomije lahko uporaba tehnologije veriženja blokov v konceptu delitvene ekonomije ustvari revolucijo, ki bo spremenila naše gospodarstvo. Tehnologija veriženja odpravlja pomembno slabost delitvene ekonomije, saj pospeši in poceni delitveno ekonomijo kot tako. Bistvo in ključna tehnološka značilnost tehnologije veriženja blokov je njena decentralizacija, ki iz transakcij izključuje vsakršno centralno oblast oz. avtoriteto. Koncept pametnih pogodb izvira iz leta 1994, ko je Nick Szabo razvil idejo o obligacijah, ki bi temeljile na samostojno izvajajoči se programski kodi, in opredelil pametne pogodbe kot »računalniški transakcijski protokol, ki izvrši pogoje dogovora«. Integracija Szabove izvirne ideje v nov tehnološki koncept tehnologije veriženja blokov je bolj težavna, kot se je sprva zdelo. V svetu tehnologije razpršenega veriženja blokov predstavljajo pametne pogodbe računalniški protokol, ki samodejno opravlja vnaprej določene tehnološke procese znotraj transakcij, brez sodelovanja tretjih oseb, pri čemer se pogodbeni razmerja prevedejo v programski jezik oz. algoritem. Pametne pogodbe postajajo torej eden pomembnejših samodejnih orodij, ki omogočajo delovanje tehnologije veriženja blokov, pri čemer se izpostavljajo vprašanja, kot so: ali so pametne pogodbe sploh pogodbe v smislu zakonodaje; kako avtomatizem in samoizpolnitev pametne pogodbe posegata v načelo prostega urejanja pogodbenih razmerij; kako urejati situacije, ko zaradi napake programskega algoritma (ali zlorabe) ne pride do izvršitve tistega, kar sta se pogodbeni stranki sporazumeli. Tehnologija veriženja blokov postavlja zakonodajalca pred številne izzive, saj obstoječa tradicionalna pravna ureditev ni prilagojena pojavom (kriptovalute, pametne pogodbe), ki jih ta omogoča. Prepričanju nekaterih, da bodo pametne pogodbe nekoč nadomestile pravnike, težko sledimo, vsekakor pa se bo pravo (in pravniki) moralo hitro prilagoditi novostim, ki jih prinaša tehnološki razvoj.

Ključne besede: pametna pogodba, pogodbeno pravo, tehnologija veriženja blokov, delitvena ekonomija, kriptožeton.

ABSTRACT

The Sharing Economy seems a bit past its prime, but the fusion of blockchain and sharing economy may create a revolution that will transform our economy. Blockchain can help and unlock the sharing economy by making it cheaper to create and operate. The real credo and fundamental technological belief behind blockchain is decentralization, which excludes central authority and central power from operation. The concept of smart contracts was invented as early as 1994, when Nick Szabo first coined the term, using it to refer "a computerized transaction protocol that executes the terms of a contract". Integrating Szabo's original idea into the new technological age of blockchain, however, has proved more difficult than, perhaps, initially anticipated. In the world of distributed ledger technology, a smart contract is "a computer protocol – an algorithm – that can self-execute, self-enforce, self-verify and self-constrain the performance of" its instructions. Smart contracts are becoming one of the most important automated tools which enable the operation and execution of blockchain. From the legal standpoint, certain prominent issues have been raised, such as: how are smart contracts defined in the legislation; how do the automatisations and self-execution of smart contracts affect the principle of freedom of arranging contractual relations; how can we deal with mistakes in computer algorithms (also in case of fraud) under which a smart contract is not executed as programmed, etc. Blockchain places several issues on the legislator's task list, since current regulation does not correspond to the phenomena (cryptocurrency, smart contract) which are enabled by blockchain. There is a wide belief that smart contracts will eventually replace lawyers, which is hard to accept. Nevertheless, law (and lawyers) will have to adjust to technological development and recognize the importance of smart contracts in the near future.

Key words: smart contract, contractual law, blockchain, sharing economy, crypto token

ČLOVEKOVE PRAVICE / HUMAN RIGHTS

PUBLIC HEALTH FOR THE 21st CENTURY: 21 REASONS TO RECOGNIZE THE RIGHT TO DIE?

ABSTRACT

Are there persuasive reasons to once again rethink our position on the right to die and justify its recognition as a fundamental human right? Many well-founded reasons seem to argue in favour of a constitutional and psychological re-evaluation of certain answers to matters of life and death. Our concern with matters of death should in fact imply effectively, persuasively and responsibly ensuring the highest possible quality of life per se. This concern and responsibility must be strengthened. At the same time, there are several fair, reasonable and convincing arguments in favour of the view that the right to active voluntary euthanasia and physician-assisted suicide should, at least in some cases, be (legally) ensured and protected. In doing so, society could (would) necessarily, responsibly and persuasively respect other fundamental human rights and special issues, such as the right to life, liberty interest and the right to the effective protection of human dignity. These issues encompass not only medical, legal and philosophical aspects - they very much concern fundamental human relations, of which tolerance and trust are their most obvious and essential dimensions.

Key words: euthanasia, assisted suicide, human rights, dignity, responsibility, trust

EKOREMEDIACIJE / ECOREMEDIATION

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RASTLINSKE ČISTILNE NAPRAVE KOT REŠITEV ZA ČIŠČENJE ODPADNIH VODA IZ GOSPODINJSTEV V REGIJAH SLOVENIJE BREZ KANALIZACIJSKEGA OMREŽJA

CONSTRUCTED WETLANDS AS A SOLUTION FOR THE TREATMENT OF WASTEWATER FROM HOUSEHOLDS IN THE REGIONS OF SLOVENIA WITHOUT A SEWAGE SYSTEM

IZVLEČEK

Za Slovenijo je značilna zelo razpršena poselitev, kar predstavlja problem za vzpostavitev infrastrukture, tudi za gradnjo kanalizacijskega omrežja. Zaradi velike razpršenosti oz. medsebojne oddaljenosti hiš so namreč stroški izgradnje kanalizacijskega omrežja previsoki, zelo razgiban relief, ki je prav tako značilen za Slovenijo, pa izgradnjo še otežuje. Po zadnjih podatkih je bilo leta 2015 57 % vseh stanovanj v Sloveniji priklopljenih na kanalizacijsko omrežje. Največ stanovanj je bilo priklopljenih v osrednjeslovenski (74 %) in obalno-kraški regiji (65 %), najmanj pa v posavski regiji (35 %). Rešitev na območjih brez kanalizacijskega območja so rastlinske čistilne naprave, ki posnemajo samočistilno sposobnost narave. Odpadno vodo čistijo v bližini vira nastanka, ob tem pa pozitivno vplivajo na povečanje biodiverzitete, omogočajo ponovno uporabo vode (za zalivanje, protipožarna voda, za splakovanje sanitarnih školjk ...) in skrbijo za ohranjanje naravnega videza krajine. Poznamo več vrst rastlinskih čistilnih naprav: prostrana umetna močvirja, manjše lagune s prosto vodno površino, medsebojno povezane grede, napolnjene z vlagoljubnimi rastlinami, s podpovršinskim tokom vode. Ob tem se moramo zavedati, da so rastlinske čistilne naprave sicer zelo učinkovite, a ne 100-odstotna metoda za odstranjevanje mikrobnega onesaženja, pesticidov, nitratov in zmanjševanje motnosti. Osnovni procesi, ki potekajo v takšnem sistemu, so filtracija, sedimentacija, adsorpcija, mineralizacija, aerobna in anaerobna razgradnja ter asimilacija v biomaso organizmov. Glavno vlogo pri čiščenju imajo bakterije. Glavna prednost rastlinskih čistilnih naprav je zadrževanje različnih tipov strupenih snovi, ki ne odteka v okolje (npr. težke kovine, PBC, fenoli ...).

Ključne besede: Rastlinske čistilne naprave, ekoremediacije, rastline, mikroorganizmi, odpadne vode.

ABSTRACT

Slovenia is characterized by very dispersed settlement, which is a problem for the establishment of infrastructure, including the construction of sewage networks. Due to the large dispersion, i.e. the large distance between houses, the costs of building a sewage network are often too large, and a very dynamic relief, which is also typical for Slovenia, makes construction even more difficult. According to the latest data in 2015, 57% of all dwellings in Slovenia were connected to the sewage system. Most dwellings were connected in the Osrednjeslovenska region (74%) and the Coastal-Karst region (65%), and the least in the Posavje region (35%). A possible solution in areas without a sewage system are constructed wetlands that imitate the self-cleaning ability of nature. Wastewater is cleaned near the source of origin, while positively affecting the increase in biodiversity, allowing the re-use of water (for watering, fire water, for flushing sanitary bivalves) and ensuring the preservation of the natural landscape. There are several types of plant purifiers - spacious artificial swamps, smaller lagoons with a free water surface, interconnected beams filled with hygrophytes with a subsurface water flow. At the same time, we must be aware that constructed wetlands are a very yet not 100% effective, method for removing microbial contamination, pesticides and nitrates and for reducing opacity. The basic processes that take place in such a system are filtration, sedimentation, adsorption, mineralization, aerobic and anaerobic degradation, and assimilation into the biomass of organisms. Bacteria play a major role in cleaning. The main advantage of constructed wetlands is the retention of different types of toxic substances that do not flow into the environment (e.g. heavy metals, PBC, phenols).

Key words: constructed wetlands, eco-remediations, plants, microorganisms, wastewater

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RASTLINSKA ČISTILNA NAPRAVA ZA PITNE VODE V VSAKDANJEM ŽIVLJENJU A WETLAND TREATMENT PLANT FOR DRINKING WATER IN EVERYDAY LIFE

IZVLEČEK

V naravi se voda že od nekdaj čisti v močvirskih ekosistemih. V starih časih so Egipčani zajemali vodo za pitje med plavajočimi rastlinami, ker naj bi bila tam čistejša. Z načinom posnemanja samočistilnih sposobnosti naravnih močvirij se v današnjem svetu vedno bolj uveljavljajo različni sistemi za čiščenje odpadnih voda, tako imenovane rastlinske čistilne naprave. Namen njihove uporabe je zmanjševanje negativnih vplivov na okolje, z zagotavljanjem procesov razgradnje snovi in odstranjevanja suspendiranih snovi. Čiščenje odpadnih voda in ponovna uporaba le-teh je bistvenega pomena, saj se je poraba pitne vode v zadnjih letih zelo povečala. Le s smotrnim ravnanjem in razumevanjem narave lahko dosežemo cilj trajnosti.

Ključne besede: ekosistem, močvirje, rastlinska čistilna naprava, čiščenje, pitna voda.

ABSTRACT

In nature, water has always been cleaned in swampy ecosystems. In ancient times, the Egyptians already drew drinking water from among floating plants because it was supposed to be cleaner there. With the method of imitation of the self-cleaning capabilities of natural marshes, various systems for the treatment of waste water, so-called constructed wetlands, are increasingly being used in today's world. The purpose of their use is to reduce the negative effects on the environment, by providing for the process of substance decomposition and removal of suspended substances. Wastewater treatment and reuse are essential, as consumption of drinking water has increased significantly in the recent years. Only with expedient action and understanding of nature can the goal of sustainability be achieved.

Key words: ecosystem, swamp, constructed wetland, cleaning, drinking water

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EKOLOGIJA VISOKODEBELNIH JABLAN THE ECOLOGY OF HIGH-STEM APPLE TREES

IZVLEČEK

Visokodebelne jablane in sadovnjaki predstavljajo edinstven habitat. Šele po hitrem upadu števila visokodebelnih jablan in ekstenzivnih sadovnjakov se je pokazala njihova resnična vrednost in pomen, predvsem z ekološkega vidika. Ta izjemni habitat s svojimi značilnostmi nudi zatočišče – refugij številnim vrstam, zanimivo je, da ga nudi dom tudi mnogim ogroženim vrstam. Sodobni načini ravnanja z okoljem (predvsem intenzivno gnojenje in uporaba biocidov) so bistveno vplivali na pojav in ekologijo visokodebelnih dreves in sadovnjakov. Rezultati kažejo ne le na izjemno ekologijo z vidika nudenja edinstvenih habitatov, ampak tudi z vidika funkcije v prostoru. Na dveh primerih izvedenih projektov v Kozjanskem regijskem parku in Krajinskem parku Goričko lahko vidimo praktične primere oživljanja visokodebelnih jablan in učinke, ki jih prinašajo za ekologijo in širši prostor.

Ključne besede: visokodebelne jablane, ekstenzivni sadovnjaki, refugij, biotska pestrost.

ABSTRACT

High-stem apple trees and meadow orchards present very unique habitats. Only after the rapid decline in the number of high-stem apple trees and extensive orchards was their true value and significance revealed, especially from an ecological point of view. This remarkable habitat with its characteristics provides shelter – refuge – for many species, and interestingly it provides a home to many endangered species as well. Modern ways of managing the environment (especially intensive fertilization and the use of biocides) have significantly affected the occurrence and ecology of high-stem apple trees and meadow orchards. The results show not only an exceptional ecology from the point of view of offering unique habitats, but also from the aspect of their function in the environment. In two cases of projects carried out at the Kozjansko Regional Park and the Goričko Nature Park, we can see practical examples of reviving high-stem apple trees and their effects on ecology and the landscape.

Key words: high-stem apple trees, orchard meadows, refuge, biotic diversity

NEPOSREDNE IN POSREDNE EMISIJE TOPLOGREDNIH PLINOV IZ PROIZVODNJE ALUMINIJA DIRECT AND INDIRECT EMISSIONS OF GREENHOUSE GASES FROM ALUMINIUM PRODUCTION

IZVLEČEK

V prispevku je predstavljeno področje neposrednih emisij toplogrednih plinov (TGP) iz primarne proizvodnje aluminija, ki je vključena v evropsko shemo trgovanja (ETS EU) z emisijami CO₂ od 1. 1. 2013 do 31. 12. 2020. Trgovanje z emisijami TGP se je sicer začelo že leta 2005, ko evropska aluminijaska industrija še ni bila vključena v ETS EU, priprave za četrto trgovalno obdobje, tj. od leta 2021 do leta 2030, pa so že v polnem teku. Cilj smernice 2003/87/EC je, prispevati k učinkovitejšemu izpolnjevanju obveznosti Evropske unije in njenih držav članic prek učinkovitega evropskega trga s pravicami do emisije TGP ob čim manjšem zmanjšanju gospodarskega razvoja in zaposlovanja. Neposredne emisije TGP iz proizvodnje aluminija vključujejo emisije iz proizvodnje anod in iz elektroliznega postopka, pri čemer nastajajo specifične emisije perfluorogljikov v dveh oblikah, CF₄ in C₂F₆. Prikazane so primerjave med dejanskimi in referenčnimi vrednostmi emisij TGP, ki so določene za predpečeno anodo in primarni aluminij, s privzeto metodologijo spremljanja in poročanja na osnovi izdelanega načrta monitoringa emisij TGP. Načrt monitoringa emisij TGP je podlaga v upravnem postopku pridobitve okoljevarstvenega dovoljenja za izpust TGP pri Agenciji RS za okolje. Toda reševanje okoljskega problema povzroča problem konkurenčnosti podjetij v panogah, ki so energetske intenzivne in so izvozno usmerjene na trge zunaj EU. To bo vse bolj izrazito v novem trgovalnem obdobju od leta 2021 do leta 2030, ko bodo industrijska podjetja na dražbah kupovala vse večji delež emisijskih dovoljenj, energetski sektor pa v celoti. Aluminijaska industrija je izrazito energetske intenzivna panoga, zato je prek posrednih emisij TGP še posebej izpostavljena in postaja na svetovnem trgu nekonkurenčna. Predstavljen je mogoč mehanizem za finančno kompenzacijo z določenim skupnim pravilom na ravni EU in s primerjavo evropskih držav, ki so ta mehanizem že izkoristile in uveljavile pri zaščiti svoje industrijske panoge.

Ključne besede: toplogredni plini, primarni aluminij, neposredne emisije, posredne emisije.

ABSTRACT

The article focuses on the subject of direct emissions of greenhouse gases (GHG) from primary aluminium production, included into the scheme of the European Union Emissions Trading System (EU ETS) from 1 January 2013 to 31 December 2020. The emissions trading started as early as 2005, when the European aluminium industry was not yet part of the EU ETS, preparations for the fourth trading period from 2021 to 2030 are in full activity. The aim of the directive 2003/87/EC is to contribute to the more effective fulfilment of the obligations of the EU and its member states through an effective European market, which gives the EU and its member states the right to emit GHG at the least possible reduction of industrial development and employment. Direct emissions of GHG from aluminium production include the emissions from the anode production and electrolysis, where distinct emissions of perfluorocarbons in two forms, CF₄ and C₂F₆, are produced. The article contrasts the real and the referential GHG emission levels, set out for the prebaked anode and primary aluminium, with the default methodology of monitoring and reporting on the basis of the GHG Emissions Monitoring Plan. The GHG Emissions Monitoring Plan represents the basis in the administrative procedure to obtain the GHG emissions permit from the Slovenian Environment Agency. However, solving environmental problems reduces competitiveness of energy-intensive industry with exports outside the EU. This will be even more evident in the new trading period from 2021 to 2030, when industrial companies will be buying a growing number of GHG emissions permits and the energy industry all the permits. Aluminium industry is a markedly energy-intensive industry; through indirect emissions of GHG it is particularly exposed and has become uncompetitive in the global market. We will present a potential mechanism for a financial compensation with a specific common rule on the level of the EU, making a comparison to those European countries, which have already used and given effect to this mechanism in order to protect their energy-intensive industries.

Key words: greenhouse gases, primary aluminium, direct emissions, indirect emissions

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OZELENJEVANJE KOT MODEREN PRISTOP K REŠEVANJU PODNEBNIH SPREMEMB – PRIMER DOBRE PRAKSE GREENING AS A MODERN APPROACH TOWARDS THE SOLUTION OF CLIMATE CHANGE PROBLEMS – AN EXAMPLE OF GOOD PRACTICE

IZVLEČEK

Poznavanje in uporaba ozelenjevanja kot enega sodobnejših pristopov k reševanju onesnaževanja in globalnih klimatskih sprememb sta v slovenskem prostoru še vedno slabo prisotna. Tako je pokazala tudi raziskava, ki smo jo na Visoki šoli za varstvo okolja (VŠVO) izvedli v sklopu projekta GRACILIS (www.gracilis.si). Inštitut Complementarium (CMP) kot nevladna organizacija (ki je sodeloval kot drugi partner v prej omenjenem projektu, sofinanciranem v okviru razpisa »Po kreativni poti do znanja«) je tako prepoznal potrebo širše lokalne skupnosti po dejanskem udejstvovanju na področju ozaveščanja glede ozelenjevanja urbanih površin.

Ključne besede: ozelenjevanje, podnebne spremembe, ozaveščenost, primer dobre prakse.

ABSTRACT

The knowledge and use of greening as one of the most modern approaches to resolving pollution and global climate change are still poorly present in Slovenia. This was also shown by the study carried out at the Environmental Protection College (EPC) within the project GRACILIS (www.gracilis.si). The Complementarium Institute (CMP), a non-governmental organization (which co-operated as a second partner in the aforementioned project, co-financed by the Creative Path to Knowledge programme), recognized the need for a broader local community to actually engage in awareness-raising activities regarding the greening of urban areas.

Key words: Greening, climate changes, public awareness, good practice example

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IONIZIRANA PITNA VODA, ŽIVA VODA ALI V ORIGINALU ELEKTROLIZIRANA REDUCIRANA ALKALNA VODA – POZITIVNE IN NEGATIVNE LAST NOSTI NA ZDRAVJE LJUDI IONIZED ALKALINE DRINKING WATER, LIVE WATER OR ORIGINALLY ELECTROLYZED REDUCED ALKALINE WATER – POSITIVE AND NEGATIVE EFFECTS ON HUMAN HEALTH

IZVLEČEK

Vodo najdemo povsod okoli nas in je potrebna za vse znane oblike življenja. Voda pokriva 70 % Zemljine površine in popijemo le 1 % pitne vode, ki nenehno kroži v okolju. Ta voda se je v zadnjih 50 letih preobremenila z nečistočami, zato problem predstavljajo predvsem hormoni, klor in pesticidi. Voda je medij, v katerem potekajo različni procesi in reakcije, saj ima voda pH-vrednost okoli 7 in velja za nevtralno raztopino, ob tem pa je koncentracija ionov H^+ in OH^- enaka. Človeški organizem je sestavljen iz 70 % vode in se lahko tudi dehidrira, kar lahko povzroči zdravstvene težave. V tem primeru gre za zakisanost telesa, ki se lahko uravnava s pitjem ionizirane vode. Ionizirana voda je predpripravljena pitna voda, nastane z uporabo ionizatorja. Med spletnimi zadetki je videti ogromno oglaševanja in prodajno naravnanih spletnih strani, ki prodajajo ionizatorje vode ter v svojo korist promovirajo ionizirano pitno vodo oz. živo pitno vodo. Naprave za ionizacijo so na voljo za prodajo že več let, vendar v Evropi nimajo statusa medicinskega pripomočka. Na Japonskem so ionizirani vodi priznali pozitiven učinek in jasno opazili izboljšanje pri bolnikih z gastrointestinalnimi motnjami in celo pri številnih drugih patologijah, vključno s sladkorno boleznijo, protinom, cirozo jeter, hepatitisom, hipertenzijo in malignimi tumorji jeter. Ionizirana voda je bila na Japonskem s strani zdravstvenih organov priznana že leta 1995 za zdravljenje bolnikov z gastrointestinalnimi težavami, vključno z drisko, zaprtjem, motnjo kislinske prebave, stanjem pred ulkusom in razjedami. Ionizirana voda naj bi imela visok antioksidacijski potencial in naj bi preprečevala zakisanost telesa. Ker je uporaba ionizirane vode alternativna metoda zdravljenja, je pri tem vsekakor potrebna previdnost, dokler je zdravstveni organi v Evropi klinično ne preizkusijo v skladu z veljavnimi protokoli in predpisi ter se njeni pozitivni učinki zdravstveno in strokovno potrdijo.

Ključne besede: voda, ionizirana voda, ionizator vode, elektrolizirana reducirana alkalna voda, živa voda.

ABSTRACT

Water is everywhere around us and is required by all known forms of life. Water covers 70% of the Earth's surface and we drink only 1% of drinking water, which constantly circulates in the environment. Over the past 50 years, this water has been overloaded with impurities. The problem are hormones, chlorine and pesticides. Water is a medium in which various processes and reactions take place, since the pH value of water is about 7, which means that water is a neutral medium with equal concentrations of H⁺ and OH⁻. The human organism consists of 70% water and can also become dehydrated, which can cause health problems. In this case, the acidity of the body can be regulated by drinking ionized water. Ionized water is made from drinking water by using an ionizer. Among online hits, there is a huge amount of advertising and sales-oriented websites that sell water ionizers and promote the benefit of ionized drinking water or live drinking water for their own gain. Ionizing devices have been available for sale for several years, but do not have the status of a medical device. In Europe, ionized water is not recognized as a medicinal product.

In Japan, however, the positive effect of ionized water and clearly observed improvement in patients with gastrointestinal disorders and even many other pathologies, including diabetes, gout, hepatic cirrhosis, hepatitis, hypertension, and malignant tumours of the liver has been noted. Ionized water was recognized by health authorities in 1995 for the treatment of patients with gastrointestinal problems, including diarrhoea, constipation, acid digestion disorder, a pre-ulcerous state. Ionized water is supposed to have anti-oxidative properties and to prevent acidity of the body. The use of ionized water is an alternative healing method in Europe, so a lot of care must be exercised until health authorities in Europe test it in a clinical trial in accordance with the applicable protocols and regulations and confirm its positive effects in a medical and professional manner.

Key words: water, ionized water, water ionizer, electrolyzed reduced alkaline water, live water

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ONESNAŽENOST TAL Z ANORGANSKIMI IN ORGANSKIMI SNOVMI IN ODSTRANITEV TEH S FITOREMEDIACIJAMI **THE POLLUTION OF SOIL WITH INORGANIC AND ORGANIC SUBSTANCES AND REMOVAL OF THESE BY PHYTOREMEDIATION**

IZVLEČEK

Tla so, zaradi človekovega delovanja, izpostavljena mnogim posegom, posledično pa tudi onesnaženju. Slednje je predvsem posledica intenzivnega kmetijstva, industrije in odlaganja odpadkov. Različni anorganski in organski onesnaževalci imajo velik vpliv na okolje, živa bitja, predvsem pa na zdravje ljudi. Organski onesnaževalci, med katere uvrščamo policiklične aromatske ogljikovodike, poliklorirane bifenole, drine, atrazin, simanzin, HCH in insekticide DDT/DDD/DDT, so problematični predvsem zaradi dolge razpolovne dobe in toksičnega vpliva na okolje in ljudi. Anorganski onesnaževalci (kovine, težke kovine) so posledica preperevanja kamnin, rudarjenja, industrije, prometa in kmetijstva. V tleh so največkrat prisotni arzen, kadmij, svinec, živo srebro in cink. Organske in anorganske onesnaževalce je mogoče odstraniti s fitoremediacijami. Gre za tehnike čiščenja prsti in voda z rastlinami. Poznamo več vrst fitoremediacij – rizofiltracijo, fitostimulacijo, fitoekstrakcijo, fitostabilizacijo, fitodegradacijo, fitovolatilizacijo. Izbira vrste fitoremediacije in rastlin je odvisna predvsem od vrste onesnaževala v teh ter tipa tal. Znanstveniki so odkrili okoli 4000 vrst fitoremediacijskih rastlin. Najpogosteje, zaradi hitre rasti, uporabljamo vrbe in topole, pa tudi različne vrste trav, ki odstranjujejo onesnaževala iz plitvejših plasti prsti.

Gljučne besede: tla, onesnaževanje, organski onesnaževalci, anorganski onesnaževalci, fitoremediacije.

ABSTRACT

The ground is exposed to many interferences, including pollution, due to the action of humans. Pollution mainly occurs due to intensive agriculture, industry and waste disposal. Various inorganic and organic pollutants have a huge impact on the environment and on living creatures, especially on humans and their health. Organic pollutants, including polycyclic aromatic hydrocarbons, polychlorinated biphenyls, drins, atrazine, simazine, HCH and DDT/DDD/DDT insecticides are problematic because of their long half-life and toxic impact on the environment and people. Inorganic contaminants (metals, heavy metals) result from the weathering of rocks, mining, industry, transport and agriculture. In many cases, the soil is full of arsen, cadmium, lead, mercury and zinc. Organic and inorganic contaminants can be removed with the help of phytoremediation, i.e. cleaning soil and water with the help of plants. There are several types of phytoremediation – rhizofiltration, phytostimulation, phytoextraction, phytostabilisation, phytodegradation, phytovolatilisation. The choice of phytoremediation type and plants depends on the type of pollutant and the type of soil. Scientists have discovered around 4000 species of phytoremediation plants. Because of their rapid growth, we usually use willow and poplar trees, as well as various types of grasses that eliminate the pollutants from the shallower layers of the soil.

Key words: soil, pollution, organic pollutants, inorganic pollutants, phytoremediation

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POTENCIAL APPLICATIONS OF CANNABIS SATIVA IN ENVIRONMENTAL BIOREMEDIATION. A REVIEW

ABSTRACT

Hemp / marijuana, scientifically referred to as Cannabis sativa, is a controversial herb in all spheres of society. While the herb is praised for its novel therapeutic and perhaps prophylactic properties against a number of ailments, including cancer, diabetes, hypertension and a number of neural diseases, it is also popular for its psychoactive properties, hence a major recreational drug. Besides these uses, hemp is also a major source of materials of industrial importance. In the field of environmental protection, hemp has also found a place in bioremediation, with applications that include ridding environments of biological and chemical contaminants, particularly in wastewater and solid waste management. The following account appraises the known and potential applications of hemp in environmental remediation. The specific uses and mechanisms that hemp employs in the bioremediation processes include: (i) phytoextraction, (ii) rhizofiltration, (iii) phytodegradation and (iv) phytovolatilization. Based on the novelty of applications of hemp in bioremediation, further research is required to unravel the full potential of the plant in all spheres of environmental management.

Key words: solid waste, phytoremediation, Cannabis sativa, hemp, heavy metals, leachate

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THE USE OF DIFFERENT DESALINATION SYSTEMS

ABSTRACT

Introduction: The aim of this paper was to investigate in detail water desalination systems, their advantages and disadvantages. According to the statistics of the past few years, the number of people in the world is growing, and it can logically be concluded that the number of settlements and of industrial and business facilities is growing. Coastal areas often have great difficulties in supplying potable water and technological water, which is why water shortages are becoming more frequent.

Methods: In order to gain insight into the problem of the lack of drinking water, we collected data from available world literature.

Using economic calculations, we calculated the cost of 1 m³ of drinking water obtained by desalinization with reversing oscillation and ultrafiltration with energy recovery system.

Results: The results obtained present a clear picture of the problem of drinking water deficits all over the world. In Europe, this is particularly evident in the coastal area, especially during the summer season. The economic simulation of reversing oscillation and ultrafiltration with an energy recovery system with the price of 0.264 Eur per m³ is competitive and offers the possibility of industrial exploitation.

Conclusion: In analysing the problem of drinking water, which is the foundation for the life of plants, humans and animals, we have found that quality desalination solutions that provide sufficient drinking water are available. In addition to quantity, it is very important that the price of such water is market economically competitive.

Key words: water, desalinisation, reverse osmosis, ultrafiltration, energy recovery

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DEZINTEGRACIJA ODPADNEGA BLATA IZ ČISTILNIH NAPRAV: KAKO ODPADEK SPREMENITI V SUROVINO **THE DISINTEGRATION OF WASTE SLUDGE WASTEWATER PLANTS: CONVERSION OF WASTE TO FEEDSTOCK**

IZVLEČEK

Odpadno blato iz čistilnih naprav je danes vse večji problem, saj ga je zakonsko treba sežgati ali dodatno obdelati, da nima nadaljnjih vplivov na okolje. To predstavlja visok strošek pri čiščenju vode. Namen prispevka je pokazati, kako se del tega blata lahko ponovno uporabi ali se poveča njegova uporabnost. Na podlagi podatkov iz literature smo preučili uporabnost dezintegratorja odpadnega blata in možnost njegove uporabe. Uporablja se predvsem pri denitrifikaciji in za izboljšanje učinkovitosti anaerobne faze obdelave. Strošek odpadnega blata bi se na ta način v Sloveniji lahko znižal za okrog milijon evrov na leto. Pričakovati je, da bo ta finančni učinek v prihodnosti še večji, saj se proizvaja vse več blata, cena za njegovo uničenje pa se povečuje.

Ključne besede: čistilne naprave, dezintegracija odpadnega blata, ultrazvok.

ABSTRACT

Waste sludge from wastewater treatment plants is a growing problem. By law, it has to be incinerated or processed so that it has no further impact on the environment. This entails relatively high costs in the water treatment process. The purpose of this paper is to show how part of the sludge can be reused and reduced when it issues from the system. Based on data from literature, the usefulness of sewage sludge disintegration and the possibilities of its further use were studied. This process of sludge disintegration can be used especially for the denitrification phase and it can improve the anaerobic treatment phase. Nation-wide in Slovenia, the costs of sewage sludge disposal could thus be reduced by one million Euros per year. It is expected that this financial effect will increase in the future, since both the production of sludge and the prices for its disposal are increasing.

Key words: wastewater treatment plants, waste sludge disintegration, ultrasound

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BIOOGLJE KOT IZBOLJŠEVALEC TAL IN PONOR OGLJIKA BIOCHAR AS SOIL AMENDMENT AND CARBON SEQUESTRATION

IZVLEČEK

V zadnjih nekaj desetletjih je človeštvo doživelo največjo gospodarsko rast in naraščanje svetovnega prebivalstva, s čimer so se povečale tudi potrebe po hrani in uporabi naravnih dobrin. Nepremišljeno poseganje človeka v naravo in povečana uporaba fosilnih goriv delujeta vse bolj uničujoče na naš planet. Med glavne onesnaževalce zagotovo sodita industrija in promet, ki s svojimi emisijami onesnažujeta in uničujeta našo atmosfero. Med velike onesnaževalce sodi tudi kmetijstvo, saj se v želji po čim večjem pridelku, ob najnižjih stroških, uporabi ogromno pesticidov, umetnih gnojil in ostalih izdelkov, ki sicer običajno povečajo produktivnost, vendar rušijo ravnovesje v tleh, onesnažujejo naše vodne vire in ozračje, kakovost hrane pa se slabša. Človek se je svojih negativnih vplivov začel zavedati, vendar spreminjanje odnosa do narave in iskanje rešitev ni preprosto. Ena izmed obetajočih praks bi lahko bila uporaba biooglja za izboljševanje tal in ponor ogljika v tleh. Raziskave kažejo, da ima biooglje, kot izboljševalec tal, mnoge prednosti: povečuje vodno in zračno kapaciteto, nudi bivališče mnogim mikroorganizmom, preprečuje izpiranje hranil, poveča vsebnost hranil v tleh, poveča tudi pH kisljih tal in v končni fazi prispeva k večjemu pridelku. Biooglje je zelo stabilno in odporno proti razkroju, zato z vnašanjem biooglja v tla shranimo ogljik v tleh tudi za več stoletij, s čimer prispevamo k zniževanju količine ogljikovega dioksida v ozračju. Z uporabo biooglja torej vnašamo v kmetijstvo prakso, ki pripomore k boljšemu pridelku in obenem ne povzroča onesnaževanja okolja, hkrati pa prispeva tudi v boju proti klimatskim spremembam, saj se lahko na ta način shranijo velike količine trdno vezanega ogljika v tleh. Ključne besede: biooglje, tla, ogljik, klimatske spremembe, ogljikov dioksid.

ABSTRACT

Over the past few decades, mankind has experienced the greatest economic growth and the rise of the world's population, which has also increased the need for food and the use of natural resources. The reckless interference of man with nature and the increased use of fossil fuels are becoming increasingly devastating for our planet. The main polluters are certainly the industry and transport, which pollute and destroy our atmosphere with their emissions. Agriculture is also among the major polluters, since huge quantities of pesticides, artificial fertilizers and other products that aim to increase productivity are used in the desire to produce as much crop as possible at the lowest cost, but they also erode the balance in the soil, pollute our water resources and the atmosphere, and the quality of food is dropping. Humans began to be aware of their negative influences yet changing attitudes towards nature and finding a solution is not easy. One of the promising practice could be the use of biochar to improve soil and carbon sink in the soil. Research shows that biochar as a soil amendment has many advantages: it increases water and air capacity, provides a great environment to many microorganisms, prevents nutrient rinsing, increases the nutrient content in the soil, increases the pH of acidic soil, and ultimately contributes to a higher yield. Biochar is very stable and resistant to degradation, therefore, by adding biochar to the soil, we can store carbon in the soil for centuries and reduce the amount of carbon dioxide in the atmosphere. The practice of using biochar in agriculture contributes to a better yield and prevents environmental pollution at the same time, but it also contributes to the fight against climate change, as in this way we can store large amounts of solid-bound carbon in the soil.

Key words: biochar, soil, carbon, climate change, carbon dioxide

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MIKROBIOLOŠKI PARAMETRI V PITNI VODI V SLOVENIJI MICROBIOLOGICAL PARAMETERS IN DRINKING WATER IN SLOVENIA

IZVLEČEK

Pitna voda je voda v svojem prvotnem stanju ali po pripravi, namenjena pitju, kuhanju, pripravi hrane ali za druge gospodinjske namene, ne glede na njen izvor in na to, ali se voda dobavlja iz vodovodnega omrežja iz sistema za oskrbo s pitno vodo, cistern ali kot predpakirana voda, ter vsa voda, ki se uporablja za proizvodnjo in promet živil.

Mikrobiološko onesnaženje je v Sloveniji najpogostejše in najbolj problematično onesnaženje pitnih voda. Težavo predstavljajo predvsem bakterije fekalnega izvora – E. coli in enterokoki. Standardni postopki priprave pitne vode zaobjemajo predvsem filtracijo in dezinfekcijo, saj v pitni vodi ne sme biti mikrobioloških elementov.

V Sloveniji že imamo en praktični primer uporabe rastlinske čistilne naprave za pripravo pitne vode, kar dokazuje, da je ta metoda primerna tudi za širšo uporabo. Drugače je z uporabo učinkovitih mikroorganizmov, ki kljub temu da učinkovito odstranijo patogene mikroorganizme in vodo naredijo neškodljivo za zdravje, ne zadostijo zakonodaji.

Ključne besede: pitna voda, mikrobiološki parametri, rastlinska čistilna naprava, učinkoviti mikroorganizmi, E. coli, enterokoki.

ABSTRACT

Drinking water is water in its original state or treated water intended for drinking, cooking, food preparation or for other household purposes, irrespective of its origin and source: whether it comes from the water network, tanks or as pre-packed water. It is also all the water used for the production and trade of foods.

Microbiological contamination is the most common and the most problematic pollution of drinking water in Slovenia. The problem is mainly caused by bacteria of faecal origin, like e.coli and enterococci. Standard drinking water treatment methods mostly cover filtration and disinfection, since these are considered as the most effective in removing microbiological elements from drinking water.

In Slovenia, we already have a practical example of using a constructed wetland for the treatment of drinking water, which proves that this method is also suitable for wider use. Effective microorganism technology, however, despite being able to efficiently remove pathogenic microorganisms from water and make water harmless for human health, do not fulfil legislative requirements.

Key words: drinking water, microbiological parameters, constructed wetland, effective microorganisms, E. coli, enterococci

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LEGIONELA V PITNI VODI IN OKRASNIH FONTANAH LEGIONELLA IN DRINKING WATER AND IN DECORATIVE FOUNTAINS

IZVLEČEK

Uvod: V prispevku je predstavljena bakterija legionela, ki je naravno prisotna v vseh izvorišnih sladkih naravnih voda, cevovodih, okrasnih fontanah, grelnikih itn. Legionela je za človeka patogena. Tovrstne bakterije so aerobne, kar pomeni, da za razvoj potrebujejo kisik. Okužbe se širijo s kapljicami vode, pri nastanku vodnih aerosolov, tako da le-ta pride neposredno v pljuča. Pri pitju vode, ki vsebuje bakterijo Legionella pneumophila, ne more priti do okužbe, zanesljivo pa je tudi, da se okužba ne prenaša s človeka na človeka. Osnovni pogoj za razvoj legionele je povišana temperatura vode. Razmnoževanje bakterije preprečimo predvsem s pravilnim pristopom pri projektiranju tehničnih priprav, s stalnim nadzorom nad napravami in ozaveščanjem uporabnikov. Preventivni ukrepi so natančneje predstavljeni v nadaljevanju. Legioneloza je bolezen, ki jo povzroča bakterija legionela. Poznamo dve obliki obolenja: blažjo vročinsko bolezen, ki jo imenujemo pontiaška vročica, in težjo obliko legioneloze, ki jo imenujemo legionarska bolezen. Vse raziskave, ki so predstavljene v nadaljevanju, kažejo, da je lahko fontana potencialni vir okužbe z Legionello pneumophilo, zato sta potrebna redno vzdrževanje in dezinfekcija po standardnih postopkih.

Namen seminarske naloge je, predstaviti Legionello pneumophilo v pitni vodi in okrasnih fontanah, njene karakteristike, poti prenosa okužbe in pravilno preventivno ravnanje, da se bakterija v vodovodnem sistemu sploh ne pojavi.

Metode: Pri seminarski nalogi sem uporabila članke, ki so objavljeni na svetovnem spletu, vključeno je tudi slikovno gradivo.

Rezultati: Preprečiti nastanek večjih količin mikroorganizmov v topli vodi in aerosolnih sistemih, ki povzročijo nastanek legionele v okrasnih fontanah. To lahko dosežemo na več načinov – od postavitve čistilne naprave do doziranja snovi in filtracije. Najbolj naravna in okolju neškodljiva metoda bi bila dograditev majhne rastlinske čistilne naprave ali dodajanje učinkovitih mikroorganizmov.

Razprava in zaključek: Menim, da bi bila najustreznejša metoda za čiščenje mikroorganizmov iz vode v okrasnih fontanah dograditev majhne čistilne naprave. Ima številne prednosti, in sicer: dolgoročno najugodnejša investicija, nizki stroški izdelave in nizki vzdrževalni stroški, ne potrebuje električne energije, ne potrebuje strojnih in električnih komponent, ne potrebuje rednih servisov, visoka učinkovitost čiščenja odpadnih voda od (95–99 %), okoljsko privlačna, odstranjevanje hranilnih in strupenih snovi, prenese kratkotrajne preobremenitve, dolga življenjska doba. To bi pomenilo tudi trajnostno rešitev preprečevanja legionele iz vode v okrasnih fontanah.

Ključne besede: legionela, pitna voda, legioneloza, ukrepi, okrasne fontane.

ABSTRACT

Introduction: Legionella is a bacteria that is naturally present in all sources of fresh natural water, in pipelines, ornamental fountains, boilers, etc. For humans, Legionella is a pathogen bacterium. This sort of bacteria is aerobic, which means that oxygen is needed for development. They spread via drops of water, in the formation of aqueous aerosols, so that they come directly into the lungs. When drinking water containing Legionella pneumophila, we cannot become infected. It is also certain that the infection is not transmitted from person to person. The basic condition for the development of the Legionella is increased water temperature. The reproduction of the bacterium is prevented primarily by the correct approach in designing technical appliances, by constantly monitoring devices and by raising awareness among users. The preventive measures are described in more detail below. Legionellosis is a disease caused by legionella bacteria. There are two forms of illness - a mild febrile illness, called Pontian fever, and a more severe form of legionellosis, called legionary disease. All the studies presented below show that decorative fountains can be a potential source of infection with Legionella pneumophila, therefore regular maintenance and disinfection is required in accordance with standard procedures.

The purpose of the paper is to present Legionella pneumophila in drinking water and ornamental fountains, its characteristics, the pathway of transmission of infection and proper preventive action that prevent the appearance of the bacteria in the water system.

Methods: In designing the seminar paper, articles published on the World Wide Web were used and picture material is also included.

Results: Avoiding the generation of large numbers of microorganisms in warm water in aerosol systems that cause Legionella formation in ornamental fountains can be achieved in many ways; with small treatment plants, or the dosing of substances and filtration.

The most natural and environmentally harmless method would be the addition of a small constructed wetland or the addition of effective microorganisms.

Discussion and conclusions: In my opinion, the most appropriate method for cleaning microorganisms from water in decorative fountains would be the construction of a small wetland. This has many advantages: long-term investment; low production costs and low maintenance costs; it requires neither electricity nor mechanical and electrical components; no need for regular maintenance; high efficiency of wastewater treatment (95-99%); environmentally attractive; removal of nutrients and toxic substances; withstanding short-term overloads; and a long lifespan. It would also provide a sustainable solution for preventing Legionella in water in decorative fountains.

Key words: legionella, drinking water, legionellosis, measures, decorative fountains

FIZIOTERAPIJA / PHYSIOTHERAPY

RAZLAGA DISTRIBUCIJE BOLEČINSKIH VZORCEV NA PODLAGI ANATOMIJE IN FIZIOLOGIJE FASCIJE EXPLANATION OF MYOFASCIAL PAIN DISTRIBUTION BASED ON FASCIAL ANATOMY AND PHYSIOLOGY

IZVLEČEK

Fascija je tridimenzionalna mreža, ki prepleta celo telo. Je kontinuiran sistem vezivnega tkiva, ki predstavlja največji organski sistem v telesu. Ko je fascija v normalnem, zdravem stanju, je ta elastična in prilagodljiva, če pride do restrikcij, postane bolj rigidna. Fascija obdaja vse mehanoreceptorje, zato nenormalna distribucija napetosti tega tkiva vodi v disfunkcijo lokomotornega sistema in je eden od vzrokov za miofascialno bolečino.

Ekstraartikularna bolečina, značilna za miofascialne bolečinske sindrome, se pogosto širi oziroma seli z enega segmenta telesa na drugega. Pogosto njena distribucija ne ustreza področju dermatomov, tako kot segmentalna bolečina, prav tako tudi ne sledi področjem, ki jih oživčujejo posamezni živci. Da bi razložil distribucijo bolečine, je Luigi Stecco razvil sistem miofascialnih sekvenc, diagonal in spiral. Te strukture omogočajo koordinirano izvedbo gibanja na vseh treh prostorskih ravninah. Za ocenjevanje stanja bolnikov je razvil sistematski postopek, s katerim se da analizirati, kaj je dejanski vzrok za bolnikove težave, ki jih lahko zato tudi uspešno odpravimo. Pogosto je namreč problem, ki je povzročil trenutno težavo bolnika, posledica bolj ali manj očitnih kompenzacij, ki jih razvije posameznik, da premosti posledice starih poškodb ali bolezni. Ker te kompenzacije ne odgovarjajo fiziološkemu gibanju, sčasoma vodijo do bolečin. Svoj model je potrdil s številnimi anatomskimi študijami, kakor tudi z biokemijskimi študijami proteoglikanov – predvsem hialuronske kisline, ki je ena od najpomembnejših snovi, ki zagotavlja normalne lastnosti fascij.

Ključne besede: miofascialna bolečina, distribucija bolečine, anatomija fascij, manualna terapija, manipulacija fascij.

ABSTRACT

The fascia is a three-dimensional network, interweaving the entire body. It is a continuous system of connective tissue and forms the biggest organ system in the human body. If the fascia is healthy, its consistency is elastic and adaptive; if any restrictions occur, it becomes rigid. Fascia involves all mechanoreceptors, therefore abnormal tension distribution leads to locomotor system dysfunctions and represents one of the causes for myofascial pain.

Extraarticular pain, which is typical in myofascial pain syndromes, often migrates from one body part to the other, its distribution often does not comply with the region of dermatomes and, like segmental pain, also does not follow the regions that are innervated by certain nerves. To explain the pain distribution, Luigi Stecco developed system of myofascial sequences, diagonals and spirals. These structures enable movement coordination in all spatial planes. To assess the patient's condition, Stecco developed a systematic procedure which enables the analysis of the actual cause of the patient's troubles, which can be than successfully cured. Often, the actual problem of the patient's pain and restrictions is a consequence of more or less obvious compensations that are developed by an individual to overcome the consequences of previous trauma or illness. As those compensations do not respond to normal physiological movement, they result in painful movement. Stecco's model was confirmed by numerous anatomical studies as well as biochemical studies of proteoglycans, especially hyaluronic acid, which is one of the most important chemicals that ensure normal fascial system characteristics.

Key words: myofascial pain, pain distribution, fascial anatomy, manual therapy, fascial manipulation

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VPLIV RAZVOJNO NEVROLOŠKE OBRAVNAVE V KOMBINACIJI S HIPOTERAPIJO NA MIŠIČNO MOČ IN VZDRŽLJIVOST TER ZADOVOLJSTVO Z ŽIVLJENJEM OSEB Z DOWNOVIM SINDROMOM

THE IMPACT OF NEURODEVELOPMENTAL TREATMENT IN COMBINATION WITH HIPPO THERAPY ON MUSCULAR IN PERSONS WITH DOWN SYNDROME

IZVLEČEK

Uvod: Downov sindrom je najpogostejša kromosomska mutacija. Osebe z Downovim sindromom imajo najpogosteje težave z nizkim mišičnim tonusom, hiperfleksibilnostjo, šibkimi refleksi in grobo gibalno funkcijo.

Metode: V pilotsko študijo je bilo vključenih deset oseb z DS, ki so bile naključno razvrščene v študijsko ($N = 5$) in kontrolno skupino ($N = 5$). Obe skupini sta bili štiri mesece deležni razvojno nevrološke obravnave (RNO), študijska skupina pa je bila poleg RNO (dvakrat tedensko po 60 minut) deležna hipoterapije (20–35 min) dvakrat tedensko med celotno raziskavo. Udeleženci so bili testirani s funkcijskimi testi fizioterapevtskega programa specialne olimpijade Fun Fitness za mišično moč in vzdržljivost ter z lestvico za vrednotenje zadovoljstva z življenjem (angl. Satisfaction with Life Scale – SWLS).

Rezultati: Skupini se v začetnih meritvah nista statistično pomembno razlikovali v rezultatih testiranja mišične moči in vzdržljivosti ter zadovoljstva z življenjem. Po štirih mesecih terapije so bile med skupinama ugotovljene statistično pomembne razlike pri vrednotenju zadovoljstva z življenjem ter pri večini testov za mišično moč in vzdržljivost, razen pri ročni dinamometriji za merjenje zmogljivosti prijema leve roke ($p = 0,055$).

Razprava in zaključek: Rezultati kažejo, da je RNO v kombinaciji s hipoterapijo povezana z izboljšanjem mišične moči in vzdržljivosti ekstenzorjev kolka in kolena, abdominalne mišične mase, mišic dlani in podlahti ter trigrave nadlahtne mišice, mišic ramena in lopatice ter z izboljšanjem zadovoljstva z življenjem oseb z DS. V prihodnje bi bilo treba opraviti randomizirano klinično študijo, ki bi raziskala tako kratkotrajno kot tudi dolgotrajno učinkovitost RNO v kombinaciji s hipoterapijo na izboljšanje mišične moči in vzdržljivosti ter zadovoljstva z življenjem na večjem vzorcu oseb z Downovim sindromom.

Ključne besede: Downov sindrom, razvojno nevrološka obravnava (RNO), hipoterapija, mišična moč in vzdržljivost, zadovoljstvo z življenjem.

ABSTRACT

Introduction: Down syndrome is one of the most common chromosome mutations. Persons with Down syndrome usually have issues with low muscular tonus, hyper-flexibility, weak reflexes and gross motor function.

Methods: The pilot study included 10 persons with DS that were randomly sorted into the study (N=5) and the control group (N=5). Both groups were part of a 4-month long neurodevelopmental treatment (NDT); while the study group also received hippotherapy (20-35 min) twice a week during the complete research, beside NDT (two times a week for 60 min.). Participants were tested with functional tests of the Special Olympics FUNFitness physiotherapy program for muscular strength and endurance, and with the help of the Satisfaction With Life Scale – SWLS.

Results: At the initial measurements, the groups did not statistically differ in any test results of muscular strength, endurance and satisfaction with life. After 4 months of therapy there were statistically important differences when evaluating satisfaction with life as well as most tests for muscular strength and endurance, with the exception of manual dynamometry for measuring the grasping capacity of the left hand ($p = 0,055$).

Discussion and conclusions: Results show that NDT in combination with hippotherapy is linked to improving muscular strength and endurance of hip and knee extensors, abdominal musculature, palm and forearm muscles, as well as triceps brachii, shoulder and scapular muscles, and to improving satisfaction with life of people with DS. In future it is necessary to obtain a randomised clinical study to establish the long-term effects of NDT in combination with hippotherapy on improving muscular strength and satisfaction with life on a bigger sample of persons with Down syndrome.

Key words: Down syndrome, neurodevelopmental treatment (NDT), hippotherapy, muscular strength and endurance, life satisfaction

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OGREVANJE PRED KINEZIOTERAPIJO – POGLEDI IN PRAKSA SLOVENSКИH FIZIOTERAPEVTOV WARM-UP PRIOR TO KINESIOTHERAPY – VIEWS AND EXPERIENCES OF SLOVENIAN PSYCHOTHERAPISTS

IZVLEČEK

Uvod: Ogrevanje predstavlja pomemben del kinezioterapije, vendar se mu pogosto namenja premalo pozornosti. Prav zato smo naše raziskovanje usmerili v vsakdanjo prakso, poglede in izkušnje fizioterapevtov na tem področju.

Metode: Raziskava, v kateri je sodelovalo 50 fizioterapevtov, je potekala v šestih zdravstvenih ali rehabilitacijskih ustanovah v Sloveniji, in sicer v obdobju od januarja do maja 2017. Raziskovalni del temelji na kvantitativni metodi zbiranja in obdelave podatkov. Podatke smo zbrali z anketnim vprašalnikom, oblikovanim za namen te raziskave.

Rezultati: Več kot polovica anketiranih fizioterapevtov izvaja ogrevanje pred kinezioterapijo pogosto ali skoraj vedno, vendar je pogostost izvajanja odvisna od populacije in patologije.

Nihče od vprašanih ne meni, da ogrevanje nima pozitivnega učinka, 80 % pa jih meni, da je ogrevanje le pri nekaterih pacientih učinkovito, saj je individualno pogojeno. Več kot 70 % vprašanih je odgovorilo, da ogrevanje zmanjšuje možnost nastanka novih poškodb in pozitivno vpliva na rehabilitacijo trenutne poškodbe, 36 % jih meni, da ogrevanje pogosto skrajša čas rehabilitacije po poškodbi, 60 % pa jih meni, da ogrevanje pogosto pripomore tudi k boljši izvedbi kinezioterapije.

Razprava in zaključek: Fizioterapevti se dokaj pogosto odločajo za ogrevanje pred kinezioterapijo, vendar pa se moramo kljub temu zavedati, da sta smiselnost in pogostost ogrevanja odvisni od značilnosti posamezne populacije.

Ključne besede: fizioterapija, kinezioterapija, terapevtska vadba, ogrevanje, učinki ogrevanja.

ABSTRACT

Introduction: A warm-up is an important part of kinesiotherapy but is often neglected. That is why, in our research, we focused on the everyday practice, perspective, experience and opinions of physiotherapists on the performance of a warm up prior to kinesiotherapy.

Methods: A study involving 50 physiotherapists was conducted in six health or rehabilitation institutions in Slovenia. The research part is based on the quantitative method of data collection and processing. Data was collected using a questionnaire designed for the purpose of this research.

Results: More than half of physiotherapists always or frequently exercise a warm-up before kinesiotherapy. Nobody believes that the warm-up has no positive effect, 80% believe that the warm-up is only effective for some people, as it depends on the individual. More than 70% of the participants believe that the warm-up reduces the risk of new injuries and has a positive impact on the rehabilitation of the current injury, while 36% believe that it often shortens the rehabilitation time after the injury and 60% believe that it often aids in better kinesiotherapy performance.

Discussion and conclusions: Physiotherapists often utilise the warm-up before kinesiotherapy, although the fact that the reasonableness and frequency of its usage depend on the specificity of the population should not be ignored.

Key words: physiotherapy, kinesiotherapy, therapeutic workout, forms of warm-up, effects of warm-up

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VPLIV SPECIALNEGA FIZIOTERAPEVTSKEGA PROGRAMA NA TELESNO PRIPRAVLJENOST MLADOSTNICE S POSEBNIMI POTREBAMI

A SPECIAL PHYSIOTHERAPY PROGRAM AND ITS INFLUENCE ON A FEMALE ADOLESCENT WITH SPECIAL NEEDS

IZVLEČEK

Uvod: Mladostnice s posebnimi potrebami se v obdobju odraščanja srečajo z vrsto neprijetnih najstniških težav, kot so počasnejša telesna rast, povečanje telesne teže, slabša samopodoba, ob že tako atipičnem razvoju svojega organizma. Upoštevanje individualnosti je ključnega pomena pri njihovem vsakdanu. Mladostnice s posebnimi potrebami je treba navajati na dejaven življenjski slog zaradi številnih pozitivnih sprememb, ki jih le-ta prinaša, zato je ključnega pomena interdisciplinarno povezovanje strokovnih delavcev, ki delajo s tovrstno populacijo otrok. Telesni parametri in posamezne komponente telesne pripravljenosti so med drugim tudi pokazatelji zdravstvenega stanja v posameznikovem telesu. Ker se lahko telesni parametri, kot tudi raven razvoja gibalnih sposobnosti in aerobne zmogljivosti sorazmerno s primerno in ustrezno količino telesne vadbe spreminjajo in izboljšujejo, je bila mladostnica z zmerno motnjo v duševnem razvoju udeležena v specialnem fizioterapevtskem programu.

Metode: Za metodo raziskovanja smo si izbrali študijo primera osemnajstletnice, ki ima zmerno motnjo v duševnem razvoju, je dolgotrajno bolan otrok, zmerno gibalno oviran otrok in otrok z zmerno govorno-jezikovno motnjo. Mladostnica obiskuje posebni program vzgoje in izobraževanja v Centru za usposabljanje, vzgojo in izobraževanje Janeza Levca v Ljubljani. Telesne parametre in posamezne komponente telesne pripravljenosti bomo spremljali v časovnem obdobju treh mesecev s testi zdravstvenega programa specialne olimpijade Fun Fitness in analizatorjem telesne sestave Tanita BC-601.

Rezultati: Specialni fizioterapevtski program je v trimesečnem obdobju vplival na telesne parametre in posamezne parametre telesne pripravljenosti. Mladostnica s posebnimi potrebami je izgubila 1,8 kg telesne teže zaradi zmanjšanja telesne maščobe (s 30,6 % na 27,8 %) in povečanja mišične mase (s 37,4 kg na 40,5 kg). Evidentirano je izboljšanje mišične moči ekstenzorjev kolka in kolena, izboljšana mišična moč abdominalne miškulature, izboljšanje mišične moči mišic dlani in podlahti; izboljšanje gibljivosti v kolenskem in kolčnem sklepu ter ramenskem obroču; izboljšanje statičnega in dinamičnega ravnotežja, izboljšanje aerobne zmogljivosti.

Razprava in zaključek: Pri načrtovanju specialnega fizioterapevtskega programa je zelo pomembno pravilno sestaviti tedenski raspored vsebin in pravih količin vadbe, da ne povzročimo prevelike utrujenosti organizma, še posebej če je program zasnovan za daljše časovno obdobje. Rezultate programa je treba redno in temeljito spremljati z veljavnimi in zanesljivimi merilnimi instrumenti. Z načelom individualnosti in rednega udejevanja preiskovanke v specialnem fizioterapevtskem programu se kažejo pozitivni učinki na zdravje. Rezultati študije primera se skladajo z rezultati drugih raziskav, opravljenih na osebah s posebnimi potrebami, ki so preiskovale vpliv fizioterapevtskih programov na izboljšanje posameznih komponent telesne pripravljenosti in drugih telesnih parametrov.

Ključne besede: mladostnica s posebnimi potrebami, testi Fun Fitness, specialni fizioterapevtski program, telesna pripravljenost, analizator telesne sestave Tanita BC-601.

ABSTRACT

Introduction: Female adolescents with special needs face a series of unpleasant teenage problems such as slower physical growth, weight gain and poor self-esteem with the already atypical development of their organism. Consideration of individuality is crucial in their daily lives. It is very important to encourage adolescents with special needs to have an active lifestyle which brings them positive changes, for which the interdisciplinary cooperation of experts for this child population is key. Body parameters, properly developed motor abilities and the aerobic capacity of individuals are major indicators of their health status. Since the physical parameters, as well as the level of development of the motor skills and aerobic capacity change and improve in proportion with the suitable amount and intensity of the selected physical activities, the adolescent with moderate mental disability participated in a special physiotherapy program.

Methods: As our research method we chose the case study of an eighteen-year-old female adolescent who has moderate mental disabilities, long-term illness, moderate physical disability, with moderate speech and language disorder. The adolescent is attending a special education program at the Janez Levec Educational Centre in Ljubljana. Her physical parameters and individual parameters of physical fitness will be monitored over a period of 3 months using the tests of the Special Olympics Health Athletes FUNFitness program and the body composition analyser Tanita BC-60.

Results: In the three-month period, the special physiotherapy program affected the general physical parameters and individual parameters of physical fitness. The adolescent with special needs lost 1.8 kg of body weight at the expense of body fat (from 30.6 % to 27.8 %) and an increase in muscle mass (from 37.4 kg to 40.5 kg). We recorded an improvement in muscle strength extensors of the hip and knee, improved muscle strength of the abdominal musculature, improve muscle strength of hands and forearms; improved flexibility in the knee and hip joint and shoulder girdle; improved static and dynamic balance, improved aerobic capacity.

Discussion and conclusions: When planning a special physiotherapy program, it is very important to properly compose a weekly schedule of the type and amount of exercise which will not cause excessive fatigue of the organism, especially if the program is designed for a longer period of time. The results of the program should be regularly and thoroughly monitored with high-quality measuring devices. With the principle of individuality and the regular participation of the examined adolescent, the special physiotherapy program has had a positive impact on her health. The results of the case study are consistent with the results of other studies on persons with disabilities, which were investigating the effect of physiotherapy programs on improving physical fitness and other body parameters.

Key words: adolescent with special needs, FUNFitness tests, special physiotherapy program, physical fitness condition, body composition analyser Tanita BC-601

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CONTRIBUTION OF SECONDARY EDUCATION TO THE SUCCESS OF STUDENTS ATTENDING THE CLINICAL KINESIOLOGY MODULE

ABSTRACT

The aim of the research was to investigate the impact of secondary education on the successfulness of students attending the Clinical Kinesiology module offered within the frame of undergraduate Physiotherapy studies delivered by the University of Applied Health Sciences, Zagreb, Croatia.

The sample consisted of 210 first-year undergraduate students attending the Kinesiology module in the academic year 2014/2015, divided into four groups (G1, G2, G3 and G4) based on their secondary education background. The G1 group consisted of students who had completed the Physiotherapy Training School (N=55), the G2 of high school graduates (N=94), the G3 of students who had graduated from the Medical Training School (N=16), and the G4 of students of other secondary education backgrounds (N=45).

The guiding hypothesis was that the knowledge of physiotherapy acquired at the secondary schooling level significantly influences the success of first-year undergraduate students attending the Clinical Kinesiology module.

Student success (graded from 1 to 5) was evaluated by analysing the results of the preliminary and the final exam in Clinical Kinesiology, taken at the end of the first term and the end of the first academic year, respectively. The results were analysed using the ANOVA.

The results of the preliminary exam revealed no significant difference between the groups ($F=2.35$; $p=0.07$), although G1 and G3 students tended to achieve better results.

The analysis of the final exam results showed a significant difference between the groups G1, G2 and G4 ($F=5.15$; $p=0.0019$), the G2 group thereby achieving better results.

In the experience of Clinical Kinesiology lecturers, prior knowledge in physiotherapy and biomedicine facilitates content acquisition and understanding of technical terms. Furthermore, it can be assumed that students having no such knowledge are more motivated to improve their knowledge by virtue of continuous learning.

The purpose of this study was to objectify the researchers' multiyear observations and to contribute to student success by improving the teaching process.

The hypothesis that secondary education in physiotherapy significantly influences the success of first-year undergraduate students attending the Clinical Kinesiology module failed to be supported by the research results. The analysis of the preliminary exam results indicates that prior knowledge in physiotherapy and biomedicine does lead to better, although not statistically significantly better, results (G1 and G3). The results of the final exam show the superiority of high school graduates (G2) in acquiring novel knowledge.

The results of this study, as well as the results of the research conducted to the same effect on a sample of previous generations of Physiotherapy students (Kiseljak et al, 2012), suggest that the teaching process might be improved by harmonising the secondary schooling curricula.

The Clinical Kinesiology lecturers use proper educational methodology in order to solve difficulties caused by differences in student prior knowledge.

Future research shall be devoted to other factors assumed to influence student success.

Key words: secondary education, Clinical Kinesiology module, undergraduate Physiotherapy studies

UČINKI VADBENIH INTERVENCIJ NA PARAMETRE TELESNE SESTAVE STAREJŠIH ODRASLIH

THE EFFECTS OF PHYSICAL EXERCISE TRAINING INTERVENTIONS ON BODY COMPOSITION PARAMETERS OF OLDER ADULTS

IZVLEČEK

Uvod: V literaturi se pogosto v kontekstu mnogih s starostjo povezanih sprememb v fiziološki strukturi in funkciji kot vzrok omenja telesna nedejavnost, zato velja razmišljati o prednostih vadbe za starejše odrasle.

Metode: Naš cilj je bil, določiti učinke 5-mesečne vadbe proti uporu na parametre telesne sestave pri 9 preiskovankah in 7 preiskovancih, starih 50 let in več, ki so bili fizično dejavni in zdravi. Vadbene enote so trajale eno uro in se izvajale dvakrat tedensko. Pri preiskovancih smo spremljali telesno maso (BM), odstotek maščobne mase (BF %), telesno maščobno maso (BFM), skeletno mišično maso (MM), indeks telesne mase (BMI), presnovno starost (MA), bazalno presnovo (BMR), odstotek telesne vode (TBW %) in indeks visceralne maščobne mase (VFR). Te parametre smo merili štirikrat: pred vadbo, dvakrat med vadbo in po vadbi. Omenjeni antropometrični podatki so bili določeni z bioelektrično impedančno analizo z uporabo 8-elektrodnega večfrekvenčnega segmentnega analizatorja Tanita MC-780 MA.

Rezultati: Po intervenciji so ženske v povprečju izgubile 0,19 kg BM, 1,90 % BF, 1,18 kg BFM, njihov VFR se je znižal za 0,44, MA pa za 0,11 leta. Obenem so pridobile 0,94 kg MM, njihov TBW se je povečal za 1,31 %, BMI za 1,03 in BMR za 20,89 kalorije na dan. Medtem ko so moški v povprečju izgubili 0,59 kg BM, 1,03 % BF, 0,99 kg FM, MA se jim je znižala za 0,57 leta, BMI pa za 0,17. Pridobili pa so 0,41 kg MM, delež TBW se je povečal za 1,06 %, BMR za 7,86 kalorije na dan. Njihov VFR je ostal nespremenjen.

Razprava in zaključek: V tej luči je treba vadbo proti uporu predstaviti kot izbiro za izboljšanje telesne sestave pri odraslih obeh spolov, starejših od 50 let.

Ključne besede: vadba proti uporu, starejši odrasli, bioelektrična impedanca, večfrekvenčni segmentni analizator telesne sestave, zdravo staranje.

ABSTRACT

Introduction: As physical inactivity was cited by many authors as the cause of many of the alterations in physiological structure and function that occur with age, it is worth thinking about the benefits of exercise for older adults.

Methods: The aim of this study was to determine the effects of 5 months of resistance physical activity intervention on body composition parameters in 9 female and 7 male subjects, aged 50 years and above, who were physically active and healthy. The training frequency was set at two exercise sessions/week of one-hour duration each. Participants' body weight (BW), percentage of body fat (BF%), body fat mass (BFM), skeletal muscle mass (MM), body mass index (BMI), metabolic age (MA), basal metabolic rate (BMR), total body water percentage (TBW%) and visceral fat rating (VFR) were measured 4 times with pre-, during (twice) and post-workout measurements. The abovementioned anthropometric parameters were determined by bioelectrical impedance analysis (BIA) using the standing 8-electrode Tanita MC-780MA multi-frequency segmental body composition analyser.

Results: Females on average lost 0,19 kg BW, 1.90 BF%, 1.18 kg BFM, their VFR decreased by 0.44 and their MA by 0.11 years. On the other hand, they gained 0.94 kg MM, their TBW% increased by 1.31 %, their BMI by 1.03 and their BMR by 20.89 calories. Males on average lost 0.59 kg BW, 1.03 BF%, 0.99 kg BFM, MA decreased by 0.57 years and BMI decreased by 0.17. On the other hand, they gained 0.41 kg MM, their TBW% increased by 1.06 %, and their BMR by 7.86 calories, whereas their VFR remained the same.

Discussion and conclusions: Within this context, it is important to present resistance training as an option for improved body composition outcomes in female and male subjects over 50 years old.

Key words: Resistance training, older persons, bioelectrical impedance analysis (BIA), multi-frequency segmental body composition analyser, healthy ageing

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FIZIOTERAPIJA PO SRČNI OPERACIJI PHYSIOTHERAPY AFTER HEARTH SURGERY

IZVLEČEK

Bolezni srca in ožilja so v razvitih državah Evrope in ZDA že desetletja vodilni vzrok obolevnosti in umrljivosti. V zadnjem desetletju je v Sloveniji upadanje umrljivosti zaradi tovrstnih bolezni hitrejše kot v nekaterih drugih državah, za kar gre zasluga izboljšani preventivi in zdravljenju akutnih dogodkov. S pacienti, ki svoje bolezni zdravijo z operacijo srca, se srečujejo tudi fizioterapevti. Izhodišče za prispevek je področje fizioterapije, predvsem respiratorne, ki še vedno velja za manj raziskano temo v primerjavi z ostalimi področji fizioterapije. Namen in cilj prispevka je, predstaviti protokol rehabilitacije po srčni operaciji v Univerzitetnem kliničnem centru Maribor ter približati tematiko metod in tehnik fizioterapije tako strokovni kot laični publiki, hkrati pa spodbuditi željo po raziskovanju na tem področju. Največ operativnih posegov zajema kirurško zdravljenje srčnih zaklopk in kirurško zdravljenje koronarnih arterij. Način zdravljenja bolezni srca je odvisen od vrste in stopnje bolezni. Namen kirurškega zdravljenja je, izboljšati telesno zmogljivost in kakovost življenja ter podaljšati pacientovo življenje. Pacienti, operirani na srcu, se v času bolnišničnega zdravljenja vsak dan srečajo s fizioterapevtsko obravnavo in so deležni vseh storitev, ki jih potrebujejo za čimprejšnje okrevanje. Respiratorna fizioterapija je pri teh pacientih osredotočena na dihanje, ki kot celovit proces vključuje delovanje respiratornega, cirkulacijskega, živčnega in lokomotorne sistema. Lokomotorna fizioterapija pa omogoča čimprejšnjo vertikalizacijo in spodbuja samostojnost pri dnevnih dejavnostih. Predvsem zgodnja oz. pravočasna respiratorna in lokomotorna fizioterapija sta pomembni za preprečevanje pljučnih in žilnih zapletov po operaciji. Vsaka fizioterapevtska obravnava temelji na dobri in natančni oceni pacientovega stanja. Z dobro oceno lahko fizioterapevt pripravi primeren program obravnave in tako pacientu omogoči uspešno individualno rehabilitacijo. Pacient mora čim prej pridobiti ponovno zaupanje vase in v svoje sposobnosti, da se lažje vključi v vsakdanje življenje.

Ključne besede: srčno-žilne bolezni, operacija srca, respiratorna fizioterapija, lokomotorna fizioterapija.

ABSTRACT

Cardiovascular diseases have been the leading cause of mortality and morbidity in the developed countries and USA. In Slovenia, the mortality rate has been decreasing in the last decade faster than in other countries on account of improved prevention and treatment of acute events. In patients treated for their medical conditions by heart surgery, physiotherapists are also involved in the postoperative process. Respiratory physiotherapy, which is still considered as a less researched field of physiotherapy, served as the basis for this contribution. The purpose and objective of the contribution is to present the protocol of rehabilitation after heart surgery, including the methods and techniques of physiotherapy, at the University Medical Centre Maribor, and to reach the professional as well as public audience and encourage the need to research this field further. The majority of surgical procedures include surgical treatment of heart valves and surgical treatment of coronary arteries. The manner of treating cardiac diseases depends of the type and stage of the illness. The purpose of surgical treatment is to improve physical capacity and quality of life as well as to prolong the patient's life. Patients who have undergone heart surgery receive physical therapy each day of their hospital stay and are entitled to all the services required for faster recovery. Respiratory physiotherapy in these patients concentrates on breathing, which as a comprehensive process includes the function of the respiratory, circulatory, nervous and locomotor system. Locomotor physiotherapy allows the earliest possible verticalization and encourages independence in everyday activities. Especially early or timely respiratory and locomotor physiotherapy are important for preventing pulmonary and vascular complication after surgery. Each session of physiotherapy is based on a solid and precise assessment of the patient's status. By means of proper assessment, the physiotherapist is able to prepare an appropriate program of treatment and help the patient achieve a successful individual rehabilitation. The patients need to rebuild their self-confidence and confidence in their capacities as soon as possible for easier integration into everyday life.

Key words: cardiovascular diseases, heart surgery, respiratory physiotherapy, locomotor physiotherapy

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PRIMERJALNA PREVALENCA STRESNE URINSKE INKONTINENCE IN POSLEDICE SLABOSTI MIŠIČ MEDENIČNEGA DNA PO VAGINALNEM PORODU IN CARSKEM REZU

COMPARATIVE PREVALENCE OF STRESS URINARY INCONTINENCE AND CONSEQUENCES OF WEAKNESS OF PELVIC FLOOR MUSCLES AFTER VAGINAL CHILDBIRTH AND CAESAREAN SECTION

IZVLEČEK

Številne raziskave potrjujejo, da je prevalenca stresne urinske inkontinence (SUI) po vaginalnem porodu višja kot po porodu s carskim rezom. Primarni vzrok ostaja oslabeledost mišic medeničnega dna (MMD), ki značilno vpliva na stanje UI in bolečine v križu (BVK) že med nosečnostjo. Namen raziskave je bil, ugotoviti stanje in primerjalno prevalenco SUI po vaginalnem porodu in po carskem rezu ter vpliv oslabeledosti MMD na ostale stabilizatorje trupa po porodu.

Metodologija: Poleg osnovne deskriptivne statistike je bila uporabljena kvantitativna metoda raziskovanja, na podlagi metode anketiranja, z izvedbo vzročno primerjalne, kontrolirane študije ter komparativne metode primerjave naše raziskave s tujimi strokovnimi študijami. Vzorec je vključeval 200 porodnic, razdeljenih v dve skupini. Za analizo in prikaz rezultatov smo uporabili frekvenčne distribucije, neparametrični statistični test, Spearmanov korelacijski koeficient, za primerjavo več spremenljivk, ki se ne porazdeljujejo normalno, pa Kruskal-Wallisov test. Analize so bile izvedene s programskim orodjem IBM SPSS Statistics 23.

Rezultati: V raziskovalni vzorec je bilo vključenih 200 žensk, od katerih je 100 rodilo z vaginalnim porodom in 100 s carskim rezom. Analiza rezultatov je pokazala, da je med nosečnostjo o težavah s SUI poročalo 26 % žensk, po porodu 34 %, medtem ko je bila prevalenca SUI po vaginalnem porodu 45 %, po carskem rezu le 24 %. Stopnja SUI je bila blaga, reševana v veliki večini z izvajanjem treninga mišic medeničnega dna (TMMD) pod nadzorom nestrokovnega delavca ali samostojno. TMMD je pred nosečnostjo izvajalo 49 % anketirank, med nosečnostjo 59 %, po porodu 60 %. 65 % anketirank je bilo v času nosečnosti gibalno dejavnih, najpogosteje s hojo. Prevalenca BVK v času nosečnosti je bila 33 %, v večini reševana z nestrokovnim, neopredeljenim načinom krepitve mišic, ki so bile prav tako nedefinirane.

Razprava: Ugotovili smo, da je bila prevalenca SUI po carskem rezu za 21 % nižja kot po vaginalnem porodu, poleg tega se ženske po porodu s SUI srečujejo pogosteje kot med nosečnostjo. Statistično pomemben vpliv na nastanek SUI v nosečnosti ima izvajanje TMMD pred zanositvijo, pri čemer se je izkazalo, da so največ težav imele ženske, ki so TMMD izvajale občasno, najmanj pa tiste, ki so ga izvajale vsak dan. V nasprotju z izsledki tuje strokovne literature smo prišli do rezultatov, da gibalna dejavnost in TMMD v času nosečnosti nimata statistično pomembnega vpliva na preventivo SUI po porodu. Poleg tega smo ugotovili, da je prevalenca SUI po porodu višja pri ženskah z dolgotrajnimi posteriornimi pelvičnimi bolečinami kot pri ženskah s sramnično bolečino. Dokazali smo korelacijo med BVK in v medenici ter SUI, kar posredno potrjuje, da oslabeledost MMD vpliva tudi na oslabeledost ostalih stabilizatorjev trupa.

Ključne besede: stresna urinska inkontinenca, vaginalni porod, carski rez, fizioterapija, mišice medeničnega dna.

ABSTRACT

Numerous studies confirm that the prevalence of stress urinary incontinence (SUI) after vaginal delivery is higher than when giving birth by caesarean section. The primary cause remains the weakness of the pelvic floor muscle (MMD), which has a significant effect on UI and back pain (BVK) already during pregnancy. The purpose of the study was therefore to determine the level and comparative prevalence of SUI after vaginal delivery and caesarean section, and the impact of MMD weakness on other spinal stabilizers after delivery.

Method: We used the descriptive method for the theoretical part of the thesis, by studying both domestic and foreign literature and summarising their results and findings following these key words: stress urinary incontinence, vaginal childbirth, caesarean section, physiotherapy treatment of stress urine incontinence, pelvic floor muscles. The empirical part is based on quantitative research on the basis of an online survey and on the comparative method applied to the results of our findings and the findings of foreign professional studies. To analyse the results, we used frequency distribution, nonparametric tests and Spearman's correlation coefficient to compare averages and correlation between variables. For variables that do not distribute normally, we used the Kruskal-Wallis test. Questionnaires were analysed in the SPSS and Excel software packages.

Results: The research sample included 200 women, of whom 100 gave birth via vaginal delivery, 100 via caesarean section. An analysis of the results showed that 26% of women reported SUI during pregnancy, 34% after delivery, while SUI prevalence was 45% after vaginal delivery, and only 24% after caesarean section. The level of SUI was mild, resolved in most of women by performing pelvic floor muscle training (TMMD) under the supervision of non-professional therapists or independently. TMMD was done by 49% of women before pregnancy, 59% during pregnancy, 60% after delivery. 65% of respondents were physically active during pregnancy, most often by walking. The prevalence of BVK during pregnancy was 33%, mostly resolved through a non-professional, undefined way of strengthening muscles, which were also undefined.

Discussion: We found that the prevalence of SUI after caesarean section was 21% lower than after vaginal delivery, where women suffer of SUI more often after birth than during pregnancy. The tMMD in pregnancy has a statistically significant influence on the occurrence of SUI, whereby problems were more commonly experienced by women who performed tMMD occasionally, that those who performed it daily. Contrary to the results of foreign professional literature, we have concluded that physical activity and TMMD during pregnancy have no statistically significant effect on SUI prevention post-delivery. We have also found that the prevalence of SUI after birth is higher in women with prolonged posterior pelvic pain than in women with symphysis pain. We have shown a correlation between BVK and pelvis pain and SUI, which indirectly confirms that MMD weakness also affects the weakness of other spinal stabilizers.

Key words: stress urinary incontinence, vaginal childbirth, caesarean section, physical therapy, pelvic floor muscles

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VPLIV REHABILITACIJSKEGA PROGRAMA AMBULANTNE FIZIOTERAPIJE NA PLJUČNO FUNKCIJO BOLNIKOV S KRONIČNIM OBSTRUKTIVNIM PLJUČNIM OBOLENJEM

THE EFFECT OF THE REHABILITATION PROGRAM OF AMBULATORY PHYSIOTHERAPY ON THE LUNG FUNCTION OF PATIENTS WITH CRONIC OBSTRUCTIVE LUNG DISEASE

IZVLEČEK

Kronična obstruktivna pljučna bolezen (KOPB) predstavlja v prevalenci kroničnih pljučnih bolezni vodilno obolenje. Namen raziskave je bil, ugotoviti vpliv specifične, delno nadzorovane ambulantne fizioterapije na stanje dispneje, pljučno funkcijo, telesno zmogljivost in kakovost življenja pri bolnikih s KOPB.

Metodologija: Poleg osnovne deskriptivne statistike je bila uporabljena kvantitativna metoda raziskovanja, z izvedbo prospektivne randomizirane kontrolirane študije. Vzorec je vključeval 60 bolnikov s KOPB, razdeljenih v dve skupini: testno in kontrolno. Meritve so zajemale standardizirane meritve protokole: 6MTH (šestminutni test hoje), mMRC in Borgova lestvica (ocena dispneje), CAT (ocena stopnje bolezni), SGRQ (St. George's Respiratory Questionnaire) (ocena kakovosti življenja) in spirometrija (meritve pljučne funkcije). Testna skupina je bila vključena v trimesečni specifični fizioterapevtski program edukacije, izvajanja nadzorovanega, protokoliziranega programa dihalnih vaj in redne povečane telesne dejavnosti dnevno (hoja 3 km). Kontrolna skupina je bila obravnavana po standardnem postopku brez ambulantne fizioterapije. Meritve so bile izvedene pred raziskavo in po njej. Za preverjanje razlik med skupinama smo uporabili tabelarni prikaz frekvenčnih distribucij, rangov, izid enofaktorske analize kovariance s preizkusom homogenosti varianc in nivojskih regresijskih koeficientov in χ^2 -preizkus.

Rezultati: Raziskavo je zaključilo 58 preiskovancev. Statistično značilne razlike med skupinama niso bile ugotovljene pri 6MTH, mMRC, Borgovi lestvici, vprašalniku SGRQ in pljučni funkciji. Statistično značilna razlika med obema skupinama se je pokazala v CAT-u ($p = 0,035$), kar pomeni statistično izboljšanje počutja in kakovosti življenja preiskovancev testne skupine v primerjavi s kontrolno skupino. Prav tako je bila ugotovljena statistično značilna razlika ($p = 0,008$) med skupinama pri pojavu okužb v opazovanem 12-tedenskem obdobju.

Razprava: Rezultati raziskave kažejo, da respiratorna kinezioterapija ni značilno izboljšala pljučne funkcije bolnikov s KOPB, vendar lahko z ambulantno rehabilitacijo in spodbujanjem k redni telesni dejavnosti značilno pripomoremo k izboljšanju kakovosti življenja bolnikov in zmanjšanju števila poslabšanj njihovega obolenja zaradi okužb.

Ključne besede: KOPB, dihalne vaje, klinični respiratorni testi, respiratorna fizioterapija, kinezioterapija.

ABSTRACT

Chronic Obstructive Pulmonary Disease (COPD) is a major disease in the prevalence of chronic pulmonary disease. The purpose of the study was to determine the effect of specific, partially controlled, ambulatory physiotherapy on dyspnoea, lung function, body endurance and quality of life in patients with COPD.

Method: Besides basic descriptive statistics, a quantitative method of research was used, with the implementation of a prospective, randomized, controlled study. The sample included 60 patients with COPD, divided into two groups: test and control. Measurements consisted of standardized measurement protocols: 6MTH (six-minute walk test), mMRC and Borg's scale (dyspnea assessment), CAT (assessment of the level of the disease), SGRQ (Life Quality Assessment) and Spirometry (measurements of pulmonary function). The test group took part in a three-month specific physiotherapeutic program of education, implemented a controlled, protocolized program of breathing exercises and performed regular, increased physical activity per day (walking 3 km). The control group was treated by a standard procedure without ambulatory physiotherapy. Measurements were made before and after the survey. To evaluate the differences between groups, we used a tabular display of frequency distributions, ranges, the outcome of a single-factor covariance analysis with a homogeneity test of variants and level regression coefficients and the χ^2 -test.

Results: The study was completed by 58 patients. No statistically significant differences between the groups were found in the 6MTH, mMRC scale, Borg scale, SGRQ questionnaire and pulmonary function. A statistically significant difference between the two groups was shown in CAT ($p = 0.035$), which signifies a statistically significant improvement in the quality of life of patients with COPD in comparison with the control group. A statistically significant difference ($p = 0.008$) was also found among the groups in the onset of infections in the observed 12-week period.

Discussion: The results of the study have shown that respiratory kinesiotherapy did not significantly improve the lung function of patients with COPD, but that by ambulatory rehabilitation and by encouraging regular physical activity we can significantly contribute to improving the quality of life of patients and to reducing the number of deteriorations of their illness due to infections.

Key words: COPD, breathing exercises, clinical respiratory tests, respiratory physiotherapy, kinesiotherapy

MLADI PERSPEKTIVNI ŠPORTNIK THE YOUNG PROSPECTIVE ATHLETE

IZVLEČEK

Rehabilitacija po športnih poškodbah vključuje postopke za povrnitev športnikovega zdravstvenega stanja in funkcionalnosti organizma na raven pred poškodbo v najkrajšem mogočem času. Ob nastanku športne poškodbe je pomembna hitra in učinkovita rehabilitacija. Začne se takoj po poškodbi, izvaja se skozi akutno in subakutno fazo, nadaljuje se po morebitnem kirurškem posegu, sklenemo pa jo z vrnitvijo športnika na športna prizorišča (Savamedical, 2015).

Vedno več mladostnikov se ukvarja s tekmovalnimi športi in posledično narašča tudi število športnih poškodb. Dostop do rehabilitacije je za vrhunske športnike nujen, a so mladi športniki zaradi prevelikega finančnega zalogaja na tem področju pogosto prikrajšani. Zavedamo se stresne situacije poškodovanega mladega športnika, zato smo se študenti višjih letnikov fizioterapije pod nadzorom strokovnih mentorjev odločili organizirati projekt Mladi perspektivni športnik ter ponudili fizioterapevtsko obravnavo na področju lokomotornega aparata in rehabilitacije poškodb za mlade perspektivne športnike. Projekt, ki je večdisciplinarno povezal študente fizioterapije, splošne medicine in zdravstvene nege, se je izvajal med aprilom in oktobrom 2017 v prostorih Zavoda Terapija in visokošolskega zavoda Alma Mater Europaea v Mariboru.

Skozi rehabilitacijo smo uspešno vodili sedem mladih nadobudnih športnikov z različnimi problematikami in jim pomagali k vrnitvi na njihovo športno pot. V članku bomo podrobneje predstavili dva primera: okrevanje po rekonstrukciji sprednje križne vezi ter sindrom iliotibialnega trakta.

Ključne besede: študentski projekt, mladi športniki, fizioterapija, rehabilitacija, sprednja križna vez, sindrom iliotibialnega trakta.

ABSTRACT

Rehabilitation after sports injuries focuses on regaining the pre-injury health and functionality level as soon as possible. When a sports injury occurs, rapid and effective rehabilitation is of great importance. Rehabilitation starts immediately after the injury, continues through the acute and subacute phase, following a possible surgical procedure, and is concluded with the athlete's return to sports.

The number of sports injuries is increasing, since more and more adolescents are involved in competitive sports. For top athletes, rehabilitation is easily obtainable, while for young athletes, acquiring rehabilitation often presents a great financial burden. Therefore, they often do not receive proper rehabilitation. Physiotherapy students are aware of the stressful situations young athletes find themselves in when injured and therefore we, under the supervision of experienced mentors, decided to organize a project called »The Young Prospective Athlete«. We offered physiotherapy treatments to young prospective athletes. The project connected multidisciplinary fields, such as physiotherapy, general medicine and nursing care. It was carried out between April and October 2017 at Zavod Terapija, which is part of Alma Mater Europaea Maribor. We successfully rehabilitated 7 young athletes with different problems and helped them return to their sports careers. In the article, we will present in more detail 2 cases: recovery after reconstruction of the ACL and the iliotibial band syndrome.

Key words: student project, young athlete, physiotherapy, rehabilitation, ACL, iliotibial band syndrome

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UČINKOVITOST FIZIOTERAPIJE V POSTAKUTNEM IN KRONIČNEM OBDOBJU PO ISHEMIČNI MOŽGANSKI KAPI V MOŽGANSKEM DEBLU

THE EFFECTIVENESS OF PHYSIOTHERAPY IN THE POST-ACUTE AND CHRONIC PERIOD AFTER ISCHEMIC BRAIN STROKE IN THE BRAINSTEM

IZVLEČEK

Uvod: Možganska kap v svetu predstavlja enega izmed vodilnih vzrokov smrtnosti ter trajne telesne in kognitivne prizadetosti. S fizioterapevtskimi obravnavami izboljšujemo in vzdržujemo funkcionalno stanje obolelih. Pri tem je ocenjevanje učinkovitosti posameznih terapevtskih postopkov z uporabo standardiziranih merilnih instrumentov ključnega pomena. Pripomore k izbiri ustreznih fizioterapevtskih metod in tehnik ter k posledični uspešnosti zdravljenja. V študiji primera smo želeli pri pacientu v postakutnem in kroničnem obdobju po preboleli možganski kapi raziskati vpliv fizioterapevtske obravnave na funkcijo spodnjih in zgornjih okončin, premičnost, hitrost hoje, koordinacijo, ravnotežje ter jakost prijema rok.

Metode: Preiskovanec, 64-letni moški v postakutnem in kroničnem obdobju po preboleli ishemični možganski kapi v možganskem deblu, je bil vključen v petmesečno fizioterapevtsko obravnavo, in sicer dvakrat tedensko po eno uro. Vadbeni protokol je vključeval nefrofizioterapevtsko obravnavo po konceptu PNF, vaje za ravnotežje, koordinacijo in hitrost hoje ter vaje s pripomočki. Pacient je naučene vaje doma izvajal tudi sam. Pred vadbo in po njej so bili izvedeni: test hoje na 10 metrov, časovno merjeni test vstani in pojdi, test devetih zatičev, test stoje na eni nogi in merjenje jakosti prijema rok z dinamometrom. Učinkovitost vadbe je bila spremljana tudi s kamero in napravo za trening stoje in ravnotežja.

Rezultati: Po vadbi se je hitrost hoje, merjena s testom hoje na 10 metrov, pri hitri hoji izboljšala za 17 %, pri sproščeni pa za 8 %. Na časovno merjenem testu vstani in pojdi nismo zaznali občutnih izboljšanj. Pri testu devetih zatičev se je hitrost dominantne roke izboljšala za 35 %, hitrost nedominantne pa za 25 %. Pri testu stoje na eni nogi se je čas stoje na dominantni in nedominantni nogi z vrednosti 18,16 sekunde in 20,91 sekunde pri obeh izboljšal na sposobnost več kot 2-minutne stoje. Jakost prijema dominantne roke se je izboljšala za 4 kilograme, pri nedominantni roki pa za 2. Izboljšanje smo zaznali tudi na napravi za trening stoje in ravnotežja, razvidno pa je bilo tudi z videoposnetkov.

Razprava in zaključek: Rezultati kažejo, da omenjeni fizioterapevtski postopki tudi v postakutnem in kroničnem obdobju po možganski kapi v možganskem deblu pomembno pripomorejo k izboljšanju pacientovega stanja na področju ravnotežja, vzorca in hitrosti hoje, koordinacije rok in nog, finomotoričnih spretnosti ter jakosti prijema rok.

Ključne besede: možganska kap, možgansko deblo, pozna rehabilitacija, nefrofizioterapija, študija primera.

ABSTRACT

Introduction: Stroke represents one of the main causes of mortality and disability worldwide. With physiotherapeutic treatment, we improve and maintain the functional state of the diseased. Evaluating the effectiveness of individual therapeutic procedures using standardized measuring instruments is crucially important. It helps to select the appropriate physiotherapy methods and techniques and consequently contributes to successful treatment. In the case study, we wanted to research the impact of physiotherapy treatment on the function of the lower and upper extremities, mobility, walking speed, coordination, balance and the hand grip strength in a patient in the post-acute and chronic period after a stroke.

Methods: The examinee was a 64-year-old man in the post-acute and chronic period after overcoming ischemic stroke on the brainstem. He was included in a five-month physiotherapy treatment, twice a week for one hour. The training protocol included neurophysiotherapy treatment according to the PNF concept, balance, coordination, walking speed and exercises including medical devices. However, the patient also practiced the exercises he had learned at home. Before and after treatment we performed the 10-metre walk test (10MWT), the Timed Up and Go (TUG) test, the Nine Hole Peg Test (9HPT), the One-Leg Standing (OLS) test and the hand grip strength test using a dynamometer. The efficiency of the treatment was monitored using a camera and a standing balance training device.

Results: After treatment, the walking speed measured by the 10MWT had improved by 17% at speed walking and by 8% at relaxed walking. In the TUG test, we did not notice any significant improvements. In the 9HPT, the speed of the dominant hand had improved by 35% and the speed of the non-dominant hand by 25%. In the OLS test, the time of standing on the dominant and the non-dominant leg had improved from the initial 18,16 seconds and 20,91 seconds to the ability of standing for more than 2 minutes. The strength of the dominant hand had increased by 4 kilograms and of the non-dominant hand by 2 kilograms. Improvement was also detected on the standing balance training device, as evidenced by videos.

Discussion and conclusions: The results show that these physiotherapy procedures, even in the post-acute and chronic period after a brainstem stroke, significantly contribute to the improvement of the patient's balance, walking speed, coordination of the arms and legs, fine motor skills and hand grip strength.

Key words: stroke, brainstem, late rehabilitation, neurophysiotherapy, case study

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KNOWLEDGE AND ATTITUDES TOWARDS PROPRIOCEPTION AND PROPRIOCEPTION EXERCISES IN HANDBALL AND FOOTBALL TEAMS

ABSTRACT

Introduction: This study examined the knowledge of and attitudes towards proprioception and proprioception exercises/training among football and handball players, in terms of knowledge sufficiency and attitudes consistency, as well as determination of differences between groups.

Methods: An internally created questionnaire based on the Likert scale was used in this cross-sectional study (football players N=20, handball players N=25). Eight claims were related to knowledge, and five to attitudes. The Mann-Whitney U test for nonparametric, unpaired data was used for data analysis.

Results: There are no statistically significant differences between groups regarding knowledge ($p > 0.05$), except in knowledge about prevention ($p = 0.021$). There are no statistically significant differences between groups in attitudes ($p > 0.05$). Insufficient knowledge was recorded in both groups (the median value ranged from 3-5, in both group). The need for education in terms of better understanding of proprioception exercise and the physiotherapist's role was recorded in both groups (median 5).

Discussion and conclusion: There is a lack of knowledge about the importance and the role of proprioceptive training, but the players are aware of it and want to educate themselves further in this matter.

Key words: knowledge, attitudes, proprioception, athlete

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VPLIV ZDRAVSTVENEGA PROGRAMA SPECIALNE OLIMPIADE NA TELESNO PRIPRAVLJENOST ŠPORTNIKOV S POSEBNIMI POTREBAMI

IMPACT OF SPECIAL OLYMPICS HEALTHY ATHLETES PROGRAM ON PHYSICAL FITNESS OF SPORTSMEN WITH SPECIAL NEEDS

IZVLEČEK

Teoretična izhodišča: Specialna Olimpiada je gibanje in športna organizacija, namenjena osebam s posebnimi potrebami, katere zdravstveni program "Zabavni fitnes" predstavlja področje, ki športnikom s posebnimi potrebami omogoča strokovno in prilagojeno telesno dejavnost, s ciljem ohranjanja in/ali izboljšanja telesne pripravljenosti. Naraščajoča zahteva po celostnem pristopu pri večdimenzionalni rehabilitaciji športnikov s posebnimi potrebami potrebuje raziskovalni protokol, ki bi znanstveno ocenil predhodno netestiran vpliv intenzivnega zdravstvenega programa Zabavni fitnes, v kombinaciji s športnimi treningi Specialne Olimpiade na telesno pripravljenost športnikov s posebnimi potrebami.

Metoda: V pilotsko študijo z uporabo protokola randomizirane klinične študije je bilo vključenih 40 športnikov s posebnimi potrebami, naključno razvrščenih v študijsko (N=20) in kontrolno skupino (N=20). Obe skupini sta bili deležni standardiziranih športnih treningov Specialne Olimpiade na področju atletskih disciplin. Študijska skupina je bila poleg standardnih športnih treningov (dvakrat do trikrat tedensko po dve uri) deležna še zdravstvenega programa Specialne Olimpiade »Zabavni fitnes« (enkrat do dvakrat tedensko po dve uri) v celotnem šestmesečnem obdobju. Kontrolna skupina pa je bila deležna le standardnih športnih treningov Specialne Olimpiade na področju atletskih disciplin (dva do trikrat tedensko po dve uri) šest mesecev.

Rezultati: Skupini se v začetnih meritvah nista razlikovali v rezultatih testiranja posameznih komponent telesne pripravljenosti ($p > 0.05$). Po koncu študije so bile med skupinama ugotovljene statistično pomembne razlike v komponentah telesne pripravljenosti.

Razprava: Ugotovili smo, da se je telesna pripravljenost študijske skupine izboljšala v šestih mesecih, saj so se pri vseh testih gibljivosti, moči, ravnotežja in aerobne zmogljivosti pojavile statistično pomembne razlike med študijsko in kontrolno skupino. Študijska skupina, ki je imela obravnave tako fizioterapevta kot športnega pedagoga, je dosegla statistično pomembno izboljšanje posameznih parametrov telesne pripravljenosti, uspešnejšo gibalno sposobnost, večjo moč, boljše ravnotežje in izboljšano aerobno zmogljivost.

Ključne besede: Specialna Olimpiada, zdravstveni program SO Zabavni fitnes, športniki s posebnimi potrebami, nevrofizioterapija.

ABSTRACT

Theoretical background: Special Olympics is a movement and sports organisation intended for persons with intellectual disabilities. Its "Fun Fitness" healthy athletes programme facilitates professional and adapted physical activity for athletes with disabilities and aims to preserve and/or improve their physical fitness. The growing demand for holistic approach to multi-dimensional rehabilitation of athletes with disabilities requires a research protocol to evaluate scientifically previously untested impact of the Fun Fitness intense healthy athletes programme combined with Special Olympics sports training on the physical fitness of athletes with disabilities.

Method: The pilot study involving a randomised controlled study protocol included 40 athletes with special needs who were randomly assigned to a study (N=20) and control group (N=20). Both groups underwent Special Olympics standardised sports training for athletics disciplines. In addition to standard sports training for 2 hours, 2 to 3 times a week, the study group also underwent the Special Olympics "Fun Fitness" health programme for 2 hours, 1 to 2 times a week, both for a period of 6 months. The control group underwent merely Special Olympics standard sports training for athletics disciplines for 2 hours, 2 to 3 times a week, for a period of 6 months.

Results: The preliminary measurements of both groups did not identify any differences in terms of test results of various components of physical fitness ($p>0.05$). After the study was completed, statistically significant differences in terms of components of physical fitness were identified.

Discussion: It was found that the physical fitness of the study group improved in a period of 6 months by observing statistically significant differences between the study and control group in terms of tests of mobility, strength, balance and aerobic capacity. The study group that was treated and counselled by both a physiotherapist and sport teacher achieved a statistically significant improvement of various parameters of physical fitness, motor skills, balance and aerobic capability.

Key words: Special Olympics, Special Olympics healthy athletes programme Fun Fitness, sportsmen with disabilities, neurophysiotherapy

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OSVEŠČENOST, DEJAVNIKI TVEGANJA IN PRIMERJALNA PREVALANCA STRESNE URINSKE INKONTINECE GLEDE NA FIZIČNO OBREMENITEV ŽENSK NA DELOVNEM MESTU PATIENT AWARENESS, RISK FACTORS AND COMPARATIVE PREVALENCE OF STRESS URINARY INCONTINECE DEPENDENT ON WOMEN'S PSYICAL EXERTION IN THE WORK PLACE

IZVLEČEK

Uvod: Urinska inkontinenca je motnja, ki jo Mednarodno združenje za urinsko inkontinenco (ICS) definira kot kakršno koli nehoteno uhajanje urina. Glede na primarne dejavnike tveganja za njen nastanek nas je zanimalo, v kakšni meri in katera težja fizična dela vplivajo na pojavnost stresne urinske inkontinence, v primerjavi s pojavnostjo UI pri ženskah, ki opravljajo lažja fizična dela. V nadaljevanju nas je zanimalo tudi, kakšna je osveščenost anketiranih žensk o UI.

Metode: V raziskavo je bilo vključenih 146 testirank iz različnih območij Slovenije, starih od 18 do 90 let. Podatki so bili zbrani z anketiranjem, s pripravljenimi vprašalniki, v katere smo vključili tudi standardizirani vprašalnik ICIQ-UI Short Form. Analiza rezultatov je potekala v statističnem programu IBM Statistics verzije 24, za obdelavo podatkov sta bili uporabljeni frekvenčna analiza in linear-na regresija z mejo statistične značilnosti α v vrednosti 0,05.

Rezultati: Izsledki raziskave so pokazali, da je pojavnost UI pri anketiranih ženskah, ki opravljajo težja fizična dela, višja za 2,46 %. Poleg fizičnega dela so se kot razlog večje pogostosti UI izkazali tudi drugi dejavniki v zaporedju: telesna teža ženske, starost in kraj bivanja. Pri ugotavljanju osveščenosti o UI se je ugotovilo, da 91,1 % sodelujočih žensk v anketi pozna pojem urinska inkontinenca, od katerih 54,8 % izvaja trening mišic medeničnega dna, od tega 26,3 % nepravilno.

Razprava in zaključek: Pri našem vzorcu smo ugotovili, da na pojavnost UI še vedno primarno vpliva težja fizična obremenitev, ki ji sledijo povečana telesna teža, starost in tudi kraj bivanja v prid mestu. Ugotovili smo, da je 91,1 % žensk osveščenih o UI in da presenetljivo kar 54,8 % žensk redno izvaja trening mišic medeničnega dna, ki pa je v 26,3 % nepravilno izvajan.

Ključne besede: urinska inkontinenca, fizično delo, medenično dno, trening mišic medeničnega dna, fizikalna terapija.

ABSTRACT

Introduction: Urinary incontinence (UI) is a disorder defined by the International Continence Society (ICS) as any form of involuntary urine loss. Considering the primary risk factors for the development of UI, we examined to what extent and which types of demanding physical labour affect the prevalence of stress UI compared to the prevalence of UI in women performing undemanding physical labour. In this context we also examined the awareness about UI among the surveyed women.

Methodology: The research included 146 test persons from different parts of Slovenia aged between 18 and 90. A multiple choice questionnaire that also included the ICIQ-UI Short Form standardised questionnaire was used to collect the data. The analysis was conducted with IBMv Statistics software version 24, while frequency analysis and linear regression ($\alpha=0.05$) were used in data processing.

Results: The findings show that the prevalence of UI among the surveyed respondents who perform demanding physical labour is 2.46% higher. Apart from demanding physical labour, an increase in UI prevalence is also caused by other factors in the following order: body weight, age and the place of residence. In terms of UI awareness, the survey showed that 91.1% of the respondents are familiar with the term urinary incontinence, 54.8% thereof perform pelvic floor exercises, however, 26.3% of them are doing the exercises incorrectly.

Discussion and conclusion: The survey sample showed that demanding physical labour remains the main factor for UI prevalence, followed by high body weight, age and living in the city. The survey found that 91.1% of the women were aware of UI and, surprisingly, as many as 54.8% regularly perform pelvic floor exercises, but 26.3% are doing it incorrectly.

Key words: urinary incontinence, physical work, pelvic floor, pelvic floor muscle exercises, physical therapy

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THE DYNAMIC NEUROMUSCULAR STABILIZATION APPROACH FOR LOW BACK PAIN, DYSFUNCTION AND OPTIMAL PERFORMANCE

Dynamic Neuromuscular Stabilization (DNS) is a new rehabilitation strategy based on the principles of developmental kinesiology and the neurophysiological aspects of a maturing postural-locomotor system. The maturation of the postnatal central nervous system (CNS) and muscle function are related to anatomical maturation (morphological development). Postural activity occurs automatically in the course of maturation of the CNS via coordinated activity of muscles. Postural ontogenesis defines the ideal posture from a developmental perspective. Optimal muscle coordination is ideal for joint loading and defines ideal motor stereotypes. The process is genetically determined and begins automatically during CNS maturation. At the age of 4.5 months, stabilization of the spine, pelvis and the chest in the sagittal plane is completed. The completion of basic sagittal stabilization is followed by the development of extremity movement patterns (i.e., supporting and stepping forward /grasping functions) coupled with trunk rotation. As such, the quality of trunk stabilization is essential for any phasic (dynamic) movement since each movement is preceded by stabilization of body segments to provide balance, efficient coordination and stability for its participating elements. DNS diagnosis is based on comparing the patient's stabilizing pattern to the developmental stabilization pattern of a healthy infant. The treatment approach emphasizes the training of these ideal patterns as defined by developmental kinesiology. The brain must be properly stimulated and trained to automatically activate optimal movement patterns that are necessary for co-activation of the stabilizers. The ultimate strategy is to teach the brain to maintain central control and stability of the movement restored during therapy. This can be achieved by activation of the stabilizers when placing the patient in the developmental positions. The DNS approach requires the patient's participation and compliance. Perception, i.e., the conscious feeling of the movement, is critical. The patient must differentiate between the correct "centrated movement" and the incorrect "decentrated movement" and be able to correct any "decentrated" segments. This ability depends on adequate body awareness. Daily exercise practice is a prerequisite for long-lasting effects of the DNS approach to treat pain, prevent repetitive strain injury and enhance sports performance.

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SOOČANJE KOŠARKARJEV DRUGE SLOVENSKE LIGE S ŠPORTNIMI POŠKODBAMI *DEALING WITH SPORTS INJURIES IN BASKETBALL PLAYERS OF THE SLOVENIAN SECOND LEAGUE*

IZVLEČEK

Uvod: Košarka je aktivna moštvena igra med dvema ekipama, ki zaradi visokih obremenitev med samo igro in številnimi stiki z nasprotnikom predstavlja veliko tveganje za poškodbe igralcev. Športniki so ob pojavu poškodb deležni različnih obravnav, kar lahko vpliva na samo telesno in duševno stanje športnika ter na razplet njegove športne kariere. Zato je bil namen naše raziskave ugotoviti, kako se polprofesionalni košarkarji v Sloveniji, ki tekmujejo v drugi slovenski ligi, soočajo s športnimi poškodbami, kakšne zdravstvene obravnave so pri tem deležni ter kakšno je njihovo doživljanje poškodb v povezavi s športno kariero.

Metode: Naša raziskava je temeljila na empirično-kvalitativni metodologiji s tehniko intervjuja. Intervju je vključeval demografski vprašanje, sklop sedmih osrednjih tematskih vprašanj in sedmih podvprašanj s področja proučevane teme. V raziskavi smo uporabili neslučajnostni namenski vzorec, ki je zajemal šest košarkarjev, ki še tekmujejo ali so tekmovali v 2. slovenski košarkarski ligi (2. SKL). Po pisni zavestni izjavi, v kateri so intervjuvani košarkarji podpisali, da anonimno in prostovoljno pristopajo k sodelovanju v raziskavi, smo intervjuje izvedli od 20. do 25. 11. 2017 v prostorih športne dvorane Planina v Kranju. Po pridobitvi podatkov in transkripciji intervjujev je sledila kvalitativna vsebinska analiza podatkov s kodiranjem, kategoriziranjem, oblikovanjem osrednjih tem in zasnovano modela o pristopih soočenja košarkarjev s športnimi poškodbami.

Rezultati: Ugotovili smo, da so se vsi intervjuvani košarkarji 2. SKL med svojo košarkarsko kariero že srečali z različnimi športnimi poškodbami. Poškodbe so bile raznolike, vendar so zaradi narave igre izpostavili pogoste zvine gležnjev, poškodbe spodnjih udov, poškodbe rok in prstov. Njihove poškodbe so obravnavali različni specialisti s področja medicine, zdravstva in fizioterapije. Intervjuvani košarkarji so potrebovali zdravstvene storitve, ki jih krije zdravstveno zavarovanje, stroške individualne zdravstvene obravnave med rehabilitacijo pa so bili primorani plačati sami. Vsaka poškodba upočasnjuje napredek in športno pripravljenost, zato le-ta lahko škoduje tudi psihičnemu zdravju športnika. Nekaterim izmed intervjuvanih košarkarjev 2. SKL so poškodbe spremenile nadaljevanje športne kariere. Nekaterim je poškodba preprečila prehod med selekcijami, nekaterim celo prestop v boljši klub, eden izmed intervjuvanih košarkarjev pa je bil zaradi mnogih poškodb primoran končati svojo kariero v košarki.

Razprava in zaključek: Raziskava je pokazala, da se športniki druge slovenske košarkarske lige med svojo športno kariero srečujejo z raznovrstnimi športnimi poškodbami, ki za sanacijo potrebujejo različne vrste zdravljenja ter zahtevajo večdisciplinarni pristop zdravstvenega tima k obravnavi poškodb.

Ključne besede: košarka, poškodbe športnikov, rehabilitacija, fenomenološka študija.

ABSTRACT

Introduction: Basketball is a team sport played between two teams and because of the highly intense movements and a lot of physical contact between players there is a lot of risk for injuries.

When athletes are injured, there are many different types of treatments of their injuries that can affect their physical and mental state and the continuing of their sports career. The aim of our research was to establish how semi-professional basketball players in Slovenian Second League are dealing with sports injuries, what their experience with injuries are and how these injuries affect their sports career.

Methods: Our research was based on the empirical qualitative methodology of interview. The interview included demographical questions, a set of five main thematic questions and fourteen sub-questions on the research topic. In the research, we used a random sample that included six current or former basketball players in the Slovenian Second Basketball League. After obtaining their consent to anonymous and voluntary participation in the research, we conducted the interviews between the 20th and 25th of November 2017 at the sports hall Planina in Kranj. After collecting the information and transcribing the interviews, we performed a qualitative content analysis of data followed by coding and categorisation, forming the central topics and designing the model of how basketball players are approaching sports injuries.

Results: We established that all of the interviewed basketball players have experienced various sports injuries during their basketball career. The injuries varied, but due to the nature of the game, they especially noted sprained ankles, injuries of lower limbs, hands and fingers. They received help from different medical and physiotherapy specialists. The health insurance company covers the basic treatment, but the individual medical treatment during rehabilitation had to be paid for by the interviewees themselves. Each injury slows down the progress of the athlete's career which can affect the patient's mental state. The sports careers of some of the interviewees have been changed by sports injuries. For some, injuries prevented them from transitioning between selections, transferring to a better basketball club and one of the interviewees was forced to end his basketball career due to a number of injuries.

Discussion and conclusions: Our research has shown that athletes of the Slovenian Basketball Second League are exposed to many different types of injuries that require medical professionals to adopt a multidisciplinary approach for the best outcome of an athlete's injuries and their sports career.

Key words: basketball, sport injuries, rehabilitation, phenomenological study

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VPLIV NEVROFIZIOTERAPIJE V KOMBINACIJI S HIPOTERAPIJO NA DINAMIČNO RAVNOTEŽJE IN GROBO GIBALNO FUNKCIJO OSEB Z RETTOVIM SINDROMOM

THE IMPACT OF NEUROPHYSIOTHERAPY IN COMBINATION WITH HIPPOThERAPY ON DINAMIC BALANCE AND GROSS MOTOR FUNCTION IN PERSONS WITH RETT SYNDROME

IZVLEČEK

Uvod: Za osebe z Rettovim sindromom je značilen razvojni zaostanek, ki se odraža na motoričnem, senzoričnem in kognitivnem področju ter na drugih področjih. Pogosto so pri teh osebah prisotni stereotipni gibi, slabša groba motorika in finomotorika, ataksija in motorična apraksija. Naraščajoča zahteva po celostnem pristopu pri večdimenzionalni rehabilitaciji oseb z Rettovim sindromom potrebuje raziskovalni protokol, ki bi znanstveno ocenil predhodno netestiran vpliv razvojno nevrološke obravnave (RNO) v kombinaciji s hipoterapijo na dinamično ravnotežje in grobo gibalno funkcijo pri omenjeni populaciji deklet.

Metoda: Veljavnost učinkovitosti kombinacije hipoterapevtskih obravnav z RNO na dinamično ravnotežje in grobo gibalno funkcijo smo raziskali in potrdili v pilotski študiji z uporabo protokola randomizirane klinične študije z namenom, da bi bila tovrstna kombinacija v prihodnje del sodobne nevrofizioterapevtske obravnave oseb z Rettovim sindromom. Šest deklet s tem sindromom smo naključno razvrstili v študijsko (N = 3) in kontrolno (N = 3) skupino. Skupini sta bili deležni razvojno nevrološke obravnave (2-krat tedensko po 60 minut), študijska skupina pa je bila deležna še hipoterapije. Ocenjevanje grobe gibalne funkcije (z lestvico GMFM-88) in testiranje dinamičnega ravnotežja (z modificiranim testom funkcionalnega dosega) smo izvedli po randomizaciji in po petih mesecih nevrofizioterapevtskega programa.

Rezultati: Statistična analiza rezultatov je pokazala, da sta bili skupini ob začetku študije homogeni glede dobljenih rezultatov. Ob zaključnem skupnem seštevku posameznih področij lestvice GMFM-88 so bile med skupinama statistično pomembne razlike ($p < 0,0005$) v prid študijski skupini deklet z Rettovim sindromom. Preiskovanke z Rettovim sindromom v študijski skupini so na vseh področjih lestvice (A – sedenje in obračanje, B – sedenje, C – plazenje in klečanje, D – stoja, E – hoja, tek in skakanje) grobe gibalne funkcije (GMFM-88) v povprečju dosegle boljši rezultat v primerjavi s preiskovankami v kontrolni skupini. Razlike med študijsko in kontrolno skupino deklet z Rettovim sindromom so bile statistično značilne ($p < 0,05$) v prid študijski skupini.

Diskusija in zaključki: Rezultati kažejo, da bi lahko bila kombinacija RNO s hipoterapijo uporabna v nevrofizioterapevtski obravnavi deklet z Rettovim sindromom, ki imajo slabšo grobo gibalno funkcijo in težave z dinamičnim ravnotežjem.

Ključne besede: nevrofizioterapija, Rettov sindrom, GMFM-88, hipoterapija.

ABSTRACT

Introduction: Rett syndrome is characterized by a developmental delay, which is reflected in the motor, sensory, cognitive and other areas. Often, stereotypical movements, poor gross and fine motor control, ataxia and motorized apraxia are present in persons with Rett syndrome. The growing demand for a holistic approach to the multidimensional Rett syndrome habilitation requires a research protocol that will scientifically evaluate the previously untested impact of hippotherapy and neurodevelopmental treatment (NDT) on dynamic balance and gross motor function among girls with Rett syndrome.

Methods: The efficacy of NDT and hippotherapy on dynamic balance and gross motor function was validated by a pilot study using randomized control study design in order to be used as an integral part of a contemporary neurophysiotherapy programme of persons with Rett syndrome. Six girls with Rett syndrome were randomised to the experimental N=3 and to the controlled group N=3. Both groups received NDT (twice per week for 60 minutes), while the experimental group additionally received hippotherapy. We used a modified functional reach test for evaluation of dynamic balance and GMFM-88 for evaluation of gross motor function of persons with Rett syndrome after randomisation and after 5 months of neurophysiotherapy.

Results: A statistical analysis of the results revealed that the groups were homogeneous after randomization. The final overall percentage score revealed that there were statistically significant differences ($p < 0,0005$) between both groups in favour of the study group. Subjects with Rett syndrome in the study group improved their average results in all gross motor dimensions (A-lying and rolling, B-crawling and kneeling, C-sitting, D-standing, E-walking, running and jumping) in comparison with subjects in control group. There were statistically significant differences ($p < 0,05$) in the results between the study and the control group, in favour of the study group.

Discussion and conclusions: The results indicate that the combination of NDT and hippotherapy could be a useful clinical intervention for girls with Rett syndrome who have poor dynamic balance and gross motor function.

Key words: neurophysiotherapy, Rett syndrome, GMFM-88, hippotherapy

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VPLIV KOMBINACIJE DVEH NEVROFIZIOTERAPEVTSKIH PRISTOPOV NA MIŠIČNO MOČ IN VZDRŽLJIVOST OSEB S CEREBRALNO PARALIZO

THE IMPACT OF THE COMBINATION OF TWO NEUROPHYSIOTHERAPY APPROACHES ON MUSCLE STRENGTH AND ENDURANCE IN PERSONS WITH CEREBRAL PALSY

IZVLEČEK

Uvod: Izsledki raziskav kažejo, da so različni nevrofizioterapevtski koncepti in fizioterapevtski postopki, uporabljeni za krepitev mišične moči, mišične jakosti in vzdržljivosti pri osebah s cerebralno paralizo (CP), zelo učinkoviti in so čedalje bolj uporabljeni. Naraščajoča zahteva po celostnem pristopu pri večdisciplinarni rehabilitaciji otrok, mladostnikov in odraslih s CP potrebuje raziskovalni protokol, ki bi znanstveno ocenil kratkoročni vpliv razvojno nevrološke obravnave (RNO) v kombinaciji s proprioceptivno živčno-mišično facilitacijo (PNF) na izboljšanje mišične moči in vzdržljivosti pri tej populaciji.

Metoda: Izvedli smo pilotsko študijo z uporabo protokola randomizirane klinične študije. Uporabili smo veljavne in zanesljive funkcijske teste zdravstvenega programa specialne olimpijade Zabavni fitnes (5) za oceno moči mišic ekstenzorjev kolka in kolena, abdominalnih mišic, triglave nadlahtne mišice, mišic ramenskega obroča in lopatic, mišic dlani in podlahti. V pilotsko študijo je bilo vključenih 20 otrok, mladostnikov in odraslih s CP, naključno razvrščenih v študijsko (N = 10) in kontrolno skupino (N = 10). Tako študijska kot kontrolna skupina sta v štirimesečnem kombiniranem nevrofizioterapevtskem programu prejeli RNO 2-krat tedensko po dve uri, eksperimentalna skupina pa je bila poleg RNO deležna še PNF-pristopa.

Rezultati: Preiskovanci s CP v študijski in kontrolni skupini se v začetnih meritvah mišične moči in vzdržljivosti niso bistveno razlikovali ($p > 0,05$). Po zaključku štirimesečnega fizioterapevtskega programa je prišlo do statistično pomembnih razlik v rezultatih povprečnih vrednosti pri vseh štirih funkcijskih testih za oceno mišične jakosti med eksperimentalno in kontrolno skupino ($p < 0,05$), v prid slednji. Analiza rezultatov znotraj študijske skupine je prav tako pokazala, da se je pojavilo statistično pomembno izboljšanje, razen pri oceni mišične jakosti dominantne roke ($p > 0,05$).

Diskusija in zaključki: Rezultati pilotske študije kažejo, da bi lahko bila RNO v kombinaciji s PNF uporabna v programu za izboljšanje mišične moči in vzdržljivosti oseb s CP. Ker je to v Sloveniji ena od prvih pilotskih študij, ki proučuje vpliv RNO v kombinaciji s PNF na izboljšanje mišične moči in vzdržljivosti pri osebah s CP, je kakršno koli prinašanje končnih zaključkov prezgodnje, saj so v prihodnje potrebne večje randomizirane klinične študije, upoštevajoč kratko- in dolgoročne vplive kombinacije nevrofizioterapevtskih konceptov na večjem vzorcu oseb s CP.

Ključne besede: cerebralna paraliza, mišična moč in vzdržljivost, nevrofizioterapija.

ABSTRACT

Introduction: Research studies show that neurophysiotherapy concepts and physiotherapy procedures for increasing muscle strength and endurance are extremely effective and increasingly used in persons with cerebral palsy (CP). Growing demand for an integrated multi-disciplinary approach in the habilitation of children, adolescents and adults with CP requires a research protocol to scientifically assess the impact of neurodevelopmental treatment (NDT) in combination with the proprioceptive neuromuscular facilitation (PNF) approach on improvement in muscle strength and endurance in the population with CP.

Methods: We conducted a pilot study using a randomized clinical study protocol. Valid and reliable functional tests from the Special Olympics Healthy Athletes FUNFitness program were applied to assess muscle strength and endurance for hip and knee extensor muscles, abdominal muscles, triceps, shoulder and scapular muscles, hand and forearm muscles. The pilot study involved 20 children, adolescents and adults with CP, who were randomized into an experimental (N = 10) and control group (N = 10). Both the experimental and the control group received in the 4 months period NDT 2 times per week (60 minutes per session), the experimental group of persons with CP additionally received a PNF session 2 times per week (30 minutes per session).

Results: The two groups of persons with CP did not differ significantly in baseline scores for muscle strength and endurance ($p > 0,05$). After the 4-month neurophysiotherapy program statistically significant differences ($p < 0,05$) were observed in the results of all four functional tests for muscle strength and endurance between the experimental and control group in favour of the experimental group. A statistically significant improvement in the experimental group ($p < 0,05$) was noted in all four functional tests, except in the hand grip test for the dominant hand ($p > 0,05$).

Discussion and conclusions: Results from our pilot study suggest that NDT in combination with PNF can be useful for improving muscle strength and endurance in people with CP. Since this is one of the first pilot studies in Slovenia that examines the impact of NDT and PNF to improve muscle strength and endurance in individuals with CP, any final conclusions are premature. Additional research is needed in the framework of major randomized clinical studies taking into account the short-term and long-term effects of the combination of the two neurophysiotherapy approaches on a larger sample of persons with CP.

Key words: cerebral palsy, muscle strength and endurance, neurophysiotherapy

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PRIMERJAVA KLJUČNIH KOMPONENT TELESNE PRIPRAVLJENOSTI MED AMERIŠKIMI IN SLOVENSKIMI ŠPORTNIKI Z INTELEKTUALNO MOTNJO

A COMPARISON OF KEY COMPONENTS OF PHYSICAL FITNES IN AMERICAN AND SLOVENIAN ATHLETES WITH INTELLECTUAL DISABILITY

IZVLEČEK

Uvod: Zdravstveni program za športnike specialne olimpijade Fun Fitness vključuje testiranje telesne pripravljenosti in edukacijo. Fizioterapevti ocenijo športnikovo gibljivost, funkcionalno moč, ravnotežje in aerobno zmogljivost ter jim svetujejo glede izboljšanja posameznih komponent telesne pripravljenosti, preventive poškodb, prav tako izdajo priporočila za optimalno funkcijo pri športnih treningih in tekmovanjih, da lahko športniki varno trenirajo in tekmujejo.

Metoda: V retrospektivno analizo rezultatov posameznih komponent telesne pripravljenosti smo vključili 100 športnikov z intelektualno motnjo, vključenih v gibanje specialna olimpijada. Vzorec je bil priložnosten. Opravili smo primerjalno analizo telesne pripravljenosti slovenskih ($n = 50$) in ameriških ($n = 50$) športnikov SO, ki so se udeležili svetovnih letnih iger specialne olimpijade. Za primerjavo srednjih vrednosti spremenljivk smo uporabili parni t-test, pred tem pa smo ugotavljali normalnost porazdelitve s testom Kolmogorov-Smirnova.

Rezultati: Na podlagi analize rezultatov smo ugotovili, da so na posameznih področjih statistično značilne razlike med skupino slovenskih in ameriških športnikov SO. Pri testu za merjenje moči ekstenzorjev kolka in kolena ($p = 0,000$) in testu za merjenje moči abdominalne miškulature so boljše rezultate dosegli slovenski športniki ($p = 0,000$). Na področju gibljivosti so pri merjenju dorsalne fleksije skočnega sklepa boljše rezultate dosegli ameriški športniki ($p = 0,003$), ki so dosegali boljše gibljivost tudi pri modificiranem Apleyevem testu ($p = 0,004$). Pri testiranju statičnega ravnotežja s testom stoje na eni nogi z zaprtimi očmi so boljše rezultate dosegali ameriški športniki ($p = 0,000$), medtem ko so pri dinamičnem ravnotežju, merjenem s testom funkcionalnega dosega, boljše rezultate dosegali slovenski športniki SO ($p = 0,000$). Na področju aerobne zmogljivosti so več korakov naredili ameriški športniki, slovenski pa so imeli boljšo saturacijo kisika.

Diskusija in zaključki: Skrb vzbujajoče je dejstvo, da tako slovenski kot ameriški športniki v večini primerov ne dosegajo priporočenih vrednosti testov, ki so jih opredelili v priročniku Fun Fitness člani Ameriškega združenja fizioterapevtov, kar pomeni, da morajo biti tudi v prihodnje deležni edukacije in fizioterapevtskih obravnav za izboljšanje ključnih komponent telesne pripravljenosti.

Ključne besede: fizioterapija, športniki z intelektualno motnjo, telesna pripravljenost.

ABSTRACT

Introduction: The Special Olympics Healthy Athletes FUNFitness Program provides fitness screening and education services. Physiotherapists provide an assessment of the athlete's flexibility, functional strength, balance and aerobic condition and advise how to improve individual components of physical fitness, advise on risk prevention, and give recommendations for the optimal function in sports trainings and competitions so that the athletes can train and compete safely. Methods: A total of 100 Special Olympics athletes with intellectual disabilities were involved in the retrospective analysis of results on individual components of physical fitness. The sample was random. We performed a comparative analysis of physical fitness of Slovenian (n=50) and American (n=50) Special Olympics athletes who attended the Special Olympics World Summer Games. The paired t-test was used for comparing median values of variables, while normal distribution was assessed with the Kolmogorov-Smirnov test.

Results: The results of the analysis point to statistically significant differences between the two groups of athletes. Slovenian athletes ($p=0.000$) performed better in the tests measuring hip and knee extensor strength ($p=0.000$) and abdominal muscle strength. As far as flexibility is concerned, American athletes performed better in the test measuring ankle joint dorsal flexion ($p=0.003$) as well as in the modified Apley's test ($p=0.004$). While American athletes performed better in the static balance test standing on one leg with eyes closed ($p=0.000$), Slovenian athletes were more successful in the dynamic balance test, which was measured using the functional reach test ($p=0.000$). Moreover, American Special Olympics athletes made more steps in the Two-minute step test, but Slovene athletes showed better levels of Oxygen saturation.

Discussion and conclusions: That being said, it is rather worrying that both Slovenian and American Special Olympics athletes mostly failed to reach the recommended functional test values defined in the FUNFitness manual by the American Physical Therapy Association. This means that athletes require more education and physiotherapy services to improve key components of physical fitness.

Key words: physiotherapy, athletes with intellectual disability, physical fitness

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PAIN SCREENING OF THE LOCOMOTOR SYSTEM AND ITS IMPACT ON QUALITY OF LIFE AND ITS PROFESSION OF PHYSIOTHERAPY STUDENTS

ABSTRACT

Introduction: The pain of the locomotor system is an epidemiological problem nowadays and the young generation is not excluded from pain either. Since a physiotherapist's work requires frequent physical engagement, pain can be a significant limiting factor.

Methods: An internally created questionnaire was used in this cross-sectional study (N=82). The study included second-year (N=40) and third-year (N=42) students of physiotherapy at the College of Applied Sciences in Vukovar. Of 86 physiotherapy students, 82 returned completed questionnaires (response rate 95%). The questionnaire comprised ten questions, including causes, type and duration of pain, treatment methods, and opinions about the impact of pain on quality of life and the student's future profession.

Results: Over 80% of the physiotherapy students have some kind of the pain in the locomotor system, 59% constantly feel pain and 23% feel pain temporarily. Only 18% of students are pain-free. There is no statistically significant difference between second- and third-year physiotherapy students considering the impact of pain on quality of life at the moment ($p>0.05$). There is a statistically significant difference between second-year and third-year students regarding the impact of pain on their future profession ($p<0.05$). There is no difference between groups regarding a request for professional assistance ($p>0.05$).

Discussion and conclusion: Three significant problems are noted in both groups. The first is a large number of students who experience pain and the second is related to mistrust of professional assistance. Such a passive attitude should not be a trait of future health workers or experts. The number of students who expect some restriction level on their future profession because of pain is worrying.

Key words: pain, locomotor, students, profession

PAREZA PERINALNEGA ŽIVCA IN STIMULACIJA S TERAPIJO HITOP

PERONEAL NERVE PARESIS AND STIMULATION WITH HITOP THERAPY

IZVLEČEK

Novonastala huda pareza n. peroneusa pri 17-letnem karateistu je nastala kot posledica poškodbe oz. udarca in se je pokazala s plegijo desnega stopala, hipoestezijo in hipoalgezijo ter parezijo po lateralni strani desnega narta. EMG je pokazal, da m. tibialis anterior ni aktiven. Nameščena je bila peronealna opornica, 20-krat je bila izvajana fizikalna terapija (ES, MG in pasivno razgibavanje) ter 30-krat stimulacija s terapijo HiTop. Stimulacija s terapijo HiTop je bila subjektivno prijetnejša, objektivno pa je prišlo do večjega mišičnega odgovora in končni rezultat, potrjen z EMG, je pokazal bistveno izboljšanje. Ključne besede: pareza n. peroneusa, stimulacija, terapija HiTop.

ABSTRACT

Acute severe paresis of the peroneal nerve in a 17-year-old active karateist that resulted from trauma, i.e. a hit, has presented with a plegic right foot, hypoesthesia, hypoalgesia and paraesthesia of the lateral side of the dorsum of the right foot. The EMG showed inactivity of the tibialis anterior nerve. The foot was fixed with a peroneal splint. The patient received 20 physiotherapy sessions (electrical stimulation, magnetotherapy, passive mobilisation) and 30 sessions of HiTop therapy. Subjectively, HiTop stimulation was assessed as more pleasant than electrical stimulation; objectively, muscle activity improved, which was confirmed by the EMG.

Key words: peroneal paresis, electrical stimulation, HiTop therapy

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UČINCI KONTINUIRANE PASIVNE MOBILIZACIJE U RANOJ I SREDNJOJ FAZI REHABILITACIJE NAKON UGRADNJE TOTALNE ENDOPROTEZE KOLJENA THE EFFECTS OF CONTINUOUS PASSIVE MOBILISATION IN THE EARLY AND MIDLE REHABILITATION STAGE FOLLOWING KNEE ARTHROPLASTY

SAŽETAK

Cilj: Usporediti rezultate testa hoda 30 m/s, percepciju boli na VAS skali, mjere opsega pokreta fleksije koljena, mjere opsega koljena sredinom patele, 7,5 cm iznad i ispod sredine patele između dvije randomizirane skupine, te potvrditi ili opovrgnuti da li KPM značajno utječe na ishod rezultata u ranoj i srednjoj fazi rehabilitacije TEP-a koljena.

Ispitanici i metode: Ispitanici (N=20) su muške (9) i ženske (11) osobe prosječne dobi 68 god. kojima je u Specijalnoj bolnici Dr. Nemeč ugrađena totalna endoproteza koljena, a rehabilitacija provedena u Thalassotherapiji Opatija. Randomizacija je učinjena slučajnim odabirom u prvu skupinu koja je obavljala fizikalnu terapiju uz primjenu KPM-a, i drugu bez primjene KPM-a dva puta dnevno 3 tjedna. Mjerenja i test hoda obavljani su 4. i 25. postoperativni dan.

Rezultati: Obje skupine značajno se razlikuju jedino u stupnjevima početne fleksije koljena, gdje grupa s KPM-om imala prosječnu početnu fleksiju 79 stupnjeva, dok je skupina bez KPM-a imala 89,50 stupnjeva ($t=2.986$; $p<0,008$). U ostalim ispitanim mjerama, uključujući rezultate mjerenja nakon terapije, nije pronađena statistički značajna razlika između skupina ($p>0,05$).

Zaključak: Obje skupine postigle su bolje rezultate 25. postoperativni dan u odnosu na 4. postoperativni dan. Međutim, završni rezultati pokazuju da nema statistički značajne razlike ($p>0,05$) između grupa niti u jednoj mjeri, čime se opovrgava početna hipoteza o značajnom učinku KPM-a u ranoj i srednjoj fazi rehabilitacije TEP-a koljena. Treba uzeti u obzir da je uzorak od (N=20) premalen, pa bi bilo potrebno daljnje istraživanje na većem broju ispitanika.

Ključne riječi: kontinuirana pasivna mobilizacija, postoperativno, fizikalna terapija, totalna endoproteza koljena.

ABSTRACT

Background and Purpose: We compared the results of the 30 meters walking test (30mWT), the perception of pain on the VAS scale, measurements of the range of motion (ROM) in knee flexion, the knee joint extent in mid-patella, 7.5 cm above and below the center of the patella between the two randomized groups, in order to confirm or refute that continuous passive mobilization (CPM) significantly affects the outcome of the results in the early and middle rehabilitation stages of total knee arthroplasty.

Methods: The subjects (N 20) were men (9) and women (11) with an average age of 68 years who received total knee arthroplasty in the Hospital Dr. Nemec, and who we rehabilitated at Thalassotherapia Opatija. All subjects were randomly assigned in two groups that received physiotherapy twice a day for 3 weeks: one with CPM and the other without it. The measurements and the walk test were performed on day 4 and 25 post-operation.

Results: Both groups significantly differed only in the degree of initial ROM in knee flexion where the group with CPM had an average initial flexion of 79 degrees while the group without CPM reached 89.50 degrees ($t\ 2.986, p < 0.008$). In other survey measures, including the test results after completed treatment, no statistically significant difference between the groups was found ($p > 0.05$).

Conclusion: Both groups achieved better results on day 25 post-operation, compared to day 4. However, final results showed no statistically significant difference ($p > 0.05$) between groups in any measurement, which denies the initial hypothesis on the significant effect of CPM in the early and middle stage of rehabilitation after total knee arthroplasty. It should be considered that the sample (N 20) is too small for generalization, and that further research on a larger number of subjects was required.

Key words: continuous passive mobilization; postoperative; physical therapy; total knee arthroplasty

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VPLIV ČASOVNEGA DOSEGANJA MOTORIČNIH MEJNIKOV KOBACANJA IN HOJE NA GROBO MOTORIKO PREDŠOLSKIH OTROK

THE IMPACT OF THE TIME OF REACHING THE MOTOR MILESTONES OF CRAWLING AND WALKING ON GROSS MOTOR SKILLS OF PRESCHOOL CHILDREN

IZVLEČEK

Uvod: Motorični razvoj se navadno obravnava kot časovno doseganje določenih motoričnih mejnikov in splošno velja prepričanje, da hitrejše doseganje motoričnih mejnikov pomeni tudi hitrejši razvoj. Otroci se med razvojem naučijo različnih tipov kobacanja, ki je eden izmed pomembnejših motoričnih mejnikov. Predhodne študije so pokazale, da je doseganje posameznih mejnikov v medsebojni korelaciji, ne vemo pa, kako to vpliva na motorične spretnosti v poznejših obdobjih otroštva.

Metode: V raziskavo je bilo vključenih 51 otrok obeh spolov in starih 41–71 mesecev. Starši vključenih otrok so izpolnili vprašalnik, s katerim smo ugotovili časovnico motoričnih razvojnih mejnikov, ki nas zanimajo. Motorične sposobnosti otrok smo testirali s testom razvoja grobih gibalnih veščin (angl. Test of Gross Motor Development – 2, TGMD-2).

Rezultati: Rezultati kažejo, da časovno doseganje motoričnih mejnikov ne vpliva na grobo motoriko predšolskih otrok. Zaradi relativno majhnega vzorca pa rezultatov ne moremo posplošiti na celotno populacijo predšolskih otrok v Sloveniji.

Razprava in zaključek: Ugotovili smo, da so najboljše rezultate v povprečju dosegli otroci, ki so v primerjavi z ostalimi vrstniki začeli pozneje kobacati in prej hoditi, najslabše pa otroci, ki so v primerjavi z vrstniki začeli prej kobacati in pozneje hoditi, a razlike v povprečnih doseženih točk pri TGMD-2 niso statistično značilne ($p > 0,05$). Izkazalo se je, da je mesec začetka kobacanja statistično pomembno povezan le z dosežki na lokomotornem podtestu TGMD-2 ($p = 0,049$).

Ključne besede: motorični mejniki, motorični razvoj, kobacanje, otrok, TGMD-2.

ABSTRACT

Introduction: Motor development is usually considered as the time-bound achievement of certain motor milestones and it is generally believed that faster achievement of motor milestones also means faster development. During development, children develop different types of crawling, which is one of the most important motor milestones. Preliminary studies have shown that the achievement of different milestones is in correlation with each other, but we do not know how this affects motor skills in later periods of childhood.

Methods: The study included 51 children of both sexes and between 41 and 71 months of age. Parents of the children involved filled in a questionnaire to determine the timeline of motor development milestones that are of interest to us. We tested the motor abilities of children with the Test of Gross Motor Development-2 - TGMD-2.

Results: We found that the best results on average were achieved by children who in comparison with other peers began to crawl later and walk sooner. The worst results were found with children who started to crawl before their peers and walk later. The differences in the average points achieved in the TGMD-2 test are not statistically significant ($p > 0.05$). It turned out that the month of the child's beginning to crawl is statistically significant only with the achievements on the locomotor subtest TGMD-2 ($p = 0,049$).

Discussion and conclusions: The results show that the time of acquisition of motor milestones does not affect the crude motoric skills of pre-school children. Due to a relatively small sample, the results cannot be generalized to the entire population of pre-school children in Slovenia.

Key words: motor milestones, motor development, crawling, child, TGMD-2

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VPLIV KOMPLEKSNEGA NEVROFIZIOTERAPEVTSKEGA PROGRAMA NA MOTORIČNE SPOSOBNOSTI IN FUNKCIONALNE DEJAVNOSTI DNEVNEGA ŽIVLJENJA DEČKA Z MOTJO AVTISTIČNEGA SPEKTRA

THE INFLUENCE OF A COMPLEX NEUROPHYSIOTHERAPEUTIC PROGRAM ON MOTOR SKILLS AND FUNKCIONAL ACTIVIES OD DAILY LIFE OF A BOY WITH AUSTIM SPECTRUM DISORDER

IZVLEČEK

Uvod: Motnja avtističnega spektra (MAS) je kompleksna razvojna motnja, ki vpliva na večino področij razvoja in otroku onemogoča normalen razvoj in napredovanje v primerjavi z normalno razvitimi otroki. Fizioterapija ima pomembno vlogo pri rehabilitaciji otrok z MAS in dokazano ugodno vpliva na boljšo prilagodljivost otrok na vsakdanje življenje ter izboljšanje motoričnih in funkcionalnih dejavnosti.

Metode: V študiji primera smo testirali vpliv sestavljenega nevrofizioterapevtskega programa v 12-mesečnem obdobju pri dečku z motnjo avtističnega spektra s težko motnjo v duševnem razvoju. Meritve smo izvedli dvakrat, v avgustu 2016 in isti mesec leta 2017.

Rezultati: Analiza rezultatov je pokazala izboljšanje statične in dinamične komponente ravnotežja z uporabo treh funkcijskih testov (stoja na eni nogi z odprtimi očmi, stoja na eni nogi z zaprtimi očmi in test funkcionalnega dosega). S testom vstani in pojdi za otroke (TUG-IC) smo testirali učinke kompleksne nevrofizioterapevtske obravnave na ravnotežje, premičnost in hitrost dečka z MAS, ki se je po 12-mesečni obravnavi izboljšala za kar 3 sekunde.

Razprava in zaključki: Analiza rezultatov skupnega seštevka posameznih področij lestvice grobe gibalne funkcije (GMFM-88) je pokazala, da je deček z MAS z rednimi fizioterapevtskimi obravnavami napredoval tudi na področju grobe gibalne funkcije. Napredek je bil po oceni fizioterapevta s specialnim znanjem s področja RNO, hipoterapije in senzorne integracije viden pri igri, socialnih veščinah, koordinaciji, dnevnih dejavnostih in samoizražanju, kar smo merili z modificirano lestvico sposobnosti za otroke z MAS. Iz rezultatov je mogoče razbrati, da je napredek viden na vseh področjih, ki na splošno povzročajo težave celotni populaciji otrok z motnjo avtističnega spektra. S tem smo ugotovili, da sta se hipoterapija in senzorna integracija pri izbranem vzorcu izkazali kot učinkoviti komplementarni terapiji h klasični razvojno nevrološki obravnavi.

Ključne besede: motnja avtističnega spektra, funkcionalne dejavnosti, razvojno nevrološka obravnava (RNO), hipoterapija, senzorna integracija.

ABSTRACT

Introduction: Autism spectrum disorder (ASD) is a complex development disorder which influences the majority of development areas and inhibits the child's normal development and progress, in comparison to normally developed children. Physiotherapy plays an important role in the habilitation of children with ASD, and is proven to have a beneficial influence on the child's adaptability to everyday life and on the improvement motor and functional skills.

Methods: In the case study, we have tested the influence of a compound neurophysiotherapeutic program within a 12-month period in a boy suffering from autism spectrum disorder with a severe mental development disorder. The measurements were taken twice, in the months of August 2016 and August 2017.

Results: The analysis of the results has shown improved static and dynamic components of balance with the use of three functional tests (standing on one foot with eyes open, standing on one foot with eyes closed and functional reach test). With the »stand up and go« test for children (TUG-IC), we tested the effects of complex neurophysiotherapeutic treatment on balance, mobility and speed of the boy with ASD, which in twelve months of treatment has improved for three seconds.

Discussion and conclusions: The analysis of the results of the sum total of individual areas of the gross motor function scale (GMFM-88) has shown that the boy suffering from ASD has also improved his gross motor function with the help of regular physiotherapeutic treatments. According to the evaluation of a physiotherapist with specialized knowledge of the neurodevelopmental therapy (NDT), hippotherapy and sensory integration, improvement was apparent in the areas of play, social skills, coordination, daily activities and self-expression, which was measured with the help of the modified capability scale for children with ASD. From the results we can conclude that progress is apparent in all areas that generally cause trouble for the whole population of children with autism spectrum disorder. Thus, we found that in the chosen sample hippotherapy and sensory integration are efficient complimentary therapies to the classical development-neurological treatment.

Key words: autistic spectrum disorder (ASD), functional activities, neurodevelopmental treatment (NDT), hippotherapy, sensory integration

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VPLIV RAZVOJNO NEVROLOŠKE OBRAVNAVE IN HIPOTERAPIJE NA GROBO GIBALNO FUNKCIJO DEČKA Z DANDY-WALKERJEVIM SINDROMOM

THE IMPACT OF NEURODEVELOPMENTAL TREATMENT AND HIPPOThERAPY ON GROSS MOTOR FUNCTION OF A BOY WITH DANDY-WALKER SYNDROME

IZVLEČEK

Uvod: Dandy-Walkerjev sindrom je redka, prirojena, genetska motnja, pri kateri se pojavljajo nepravilnosti v razvoju možganov in območja okoli njih. Posledica nepravilnosti razvoja možganov se pri otrocih kaže v razvojnem zaostanku, ki je opazen predvsem na gibalnem področju, lahko pa vpliva tudi na otrokov duševni razvoj.

Metode: Opravili smo študijo primera, pri kateri smo z retrospektivno analizo rezultatov ciljanih področij (A – ležanje in obračanje + B – sedenje + C – plazenje in klečanje) preverili vpliv razvojno nevrološke obravnave (v nadaljevanju RNO) v kombinaciji s hipoterapijo na grobo gibalno funkcijo dečka z Dandy-Walkerjevim sindromom v petletnem obdobju. Pri tem smo uporabili kvantitativni pristop. Za ocenjevanje grobe gibalne funkcije dečka z Dandy-Walkerjevim sindromom smo uporabili lestvico grobe gibalne funkcije (angl. Gross Motor Function Measure, GMFM-88). Prvo ocenjevanje grobe gibalne funkcije z lestvico GMFM-88 smo izvedli v začetku avgusta leta 2012, drugo ocenjevanje tri leta pozneje, v začetku avgusta leta 2015, in zadnje ocenjevanje po končani raziskavi leta 2017.

Rezultati: Dobljeni rezultati kažejo, da je deček z Dandy-Walkerjevim sindromom z rednimi razvojno nevrološkimi obravnavami v kombinaciji s hipoterapijo v obdobju petih let vidno napredoval na področju grobe gibalne funkcije. Ob prvem ocenjevanju grobe gibalne funkcije je deček z Dandy-Walkerjevim sindromom v skupnem seštevku za ciljano področje (A – ležanje in obračanje + B – sedenje + C – plazenje) dosegel 1,31 %, ob drugem ocenjevanju 14,11 % in ob tretjem ocenjevanju 62,59 %. Na podlagi analize rezultatov ugotavljamo, da je deček izboljšal rezultate grobe gibalne funkcije v skupnem seštevku za ciljno področje (A – ležanje in obračanje + B – sedenje + C – plazenje in klečanje) za 48-krat.

Razprava in zaključek: Obstoječa študija primera nam zagotavlja klinično relevantne informacije o motoričnem napredku dečka z Dandy-Walkerjevim sindromom v omenjenem petletnem obdobju, ko je bil deležen RNO v kombinaciji s hipoterapijo.

Ključne besede: razvojno nevrološka obravnava, hipoterapija, Dandy-Walkerjev sindrom, groba gibalna funkcija, GMFM-88.

ABSTRACT

Introduction: Dandy Walker syndrome is a rare, innate, genetic disorder which causes irregularities in the development of the brain and its surrounding area. Brain malformation is indicated in developmental delay, which is particularly noticeable in the field of motor functions, but it can also impact the mental development of the child.

Methods: We conducted a case study where retrospective analysis of target fields (A-lying and turning, B-sitting and C-crawling and kneeling) was used to assess the impact of neurodevelopmental treatment (hereinafter NDT) in combination with hippotherapy on gross motor function of a boy with Dandy Walker syndrome over a span of five years. The quantitative approach was applied. To assess the gross motor function of a boy with Dandy Walker syndrome, we used the Gross Motor Function Measure (GMFM-88). The initial grading with the GMFM-88 scale was performed in the beginning of August 2012, the second one three years later (beginning of August 2015) and the last one after the finished research in 2017.

Results: The obtained results show that the motor functions of a boy with Dandy Walker syndrome have improved significantly over the period of five years with the help of regular neurodevelopmental treatments in combination with hippotherapy. At the first evaluation (A-lying and turning + B-sitting + C-crawling and kneeling), the boy with Dandy Walker syndrome achieved a total grade of 1.31%, at the second 14.11% and at the last 62.59%. Based on the research we found that the boy improved his total results of gross motor function (A-lying and turning + B-sitting + C-crawling and kneeling) by a factor of 48.

Discussion and conclusions: The existing case study provides us with clinically relevant information regarding the gross motor function improvement of a boy with Dandy Walker syndrome in the period of five years, when he received NDT in combination with hippotherapy.

Key words: Neurodevelopmental treatment, hippotherapy, Dandy Walker Syndrome, gross motor function, GMFM-88

SACROILIAC JOINT MOBILIZATION AND THE LEVEL OF SOFT TISSUE PAIN THRESHOLD IN ASYMPTOMATIC WOMEN

ABSTRACT

Objective: This study aimed to evaluate the effect of sacroiliac joint (SIJ) mobilization and/or self-mobilization on the level of soft tissue pain threshold in 21- to 23-year-old asymptomatic women (n=20).

Methods: The FPIX Wagner Algometer was applied to compute the pressure pain threshold (PPT) over the right and left side of the iliolumbar ligament and lumbar erector spinae (L3). Measurements were taken of the right SIJ before and after a randomized protocol of oscillating mobilization, self-mobilization and placebo treatment.

Results: One of the main effects of intervention (mobilization, self-mobilization, placebo) was confirmed by an analysis of variance, with increases in PPT over the iliolumbar ligament ($F=13.04$, $P<0.05$) and erector spinae ($F=12.28$, $P<0.05$) on the mobilized side. The Wilcoxon test indicated that SIJ mobilization increased PPT over the iliolumbar ligament ($P<0.05$) and erector spinae ($P<0.05$) on both sides. Self-mobilization increased erector spinae PPT on the exercised side ($P<0.05$) while the placebo did not cause any changes in PPT ($P>0.05$).

Conclusion: The study provides evidence of local and global pain modulation resulting from oscillatory mobilization of the SIJ in women without pain symptoms. Self-mobilization of the SIJ shows limited analgesic application. Future studies should evaluate the long-term analgesic effects of mobilization in asymptomatic populations.

Key words: pain, pelvis, spinal pain syndrome, manual therapy

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UČINEK SPECIFIČNO USMERJENE, NADZOROVANE FIZIOTERAPEVTSKE VADBE PRI OSTEOPOROZI THE EFFECTS OF SPECIFICALLY ORIENTED, SUPERVISED PHYSIOTHERAPY EXERCISES IN OSTEOPOROSIS

IZVLEČEK

Uvod: Osteoporoza je najbolj razširjena sistemska skeletna bolezen. Zanja je značilna izguba kostne gostote. Kost postanejo krhke in lomljive, kar privede do raznih zlomov ter zmanjšane funkcionalnosti človeka. Z raziskavo smo želeli ugotoviti, ali in koliko preventivna nadzorovana vadba s strani fizioterapevta učinkuje na preiskovanke, ki so več let redno telesno dejavne v programu, v primerjavi s tistimi, ki se ne udeležujejo specifične vadbe, ter postavili hipotezo, da lahko z redno vadbo izboljšamo mišično moč, zmogljivost, ravnotežje in stanje urinske inkontinence.

Metode: V raziskavo smo vključili dve skupini: testno (20) in kontrolno skupino (20). Testna skupina je izvajala dihalne vaje, aerobno vadbo, raztezne vaje, vaje za moč, vzdržljivost, ravnotežje in koordinacijo, držo, trening mišic medeničnega dna in stabilizatorjev trupa. Preiskovanke obeh skupin so opravile: test mišične moči z dinamometrom, test korakanja v štirih kvadratih, 6-minutni test hoje in test stoje na eni nogi ter na koncu izpolnile še standardizirana vprašalnika Qualeffo-31 in ICIQ-UI.

Rezultati: Preiskovanke, ki redno hodijo na strokovno vodeno vadbo, imajo boljše kakovost življenja ($p = 0,000$), izboljšan rezultat 6-minutnega testa hoje za 204,25 m ($p = 0,000$), statično ravnotežje za 246 % ($p = 0,000$), dinamično za 48,6 % ($p = 0,000$) ter mišično moč (D-roka 47,85 %, $p = 0,001$, L-roka 66,9 %, $p = 0,001$). Pojavnost urinske inkontinence je pri testni skupini manjša ($p = 0,0001$) in v manjši meri vpliva na kakovost vsakdanjega življenja ($p = 0,001$). Prav tako je testna skupina zelo dobro osveščena o vlogi fizioterapije v preventivi v primerjavi s kontrolno.

Razprava in zaključek: V naši raziskavi smo ugotovili, da je redna vadba pod nadzorom fizioterapevta poceni in zanesljiva metoda pri preprečevanju in zdravljenju osteoporoze. Zato želimo motivirati predvsem ljudi z osteoporozo, da bi se pogosteje odločali za udeležbo le-te.

Ključne besede: osteoporoza, kinezioterapija, testiranje, fizikalna terapija, mišice medeničnega dna.

ABSTRACT

Introduction: Osteoporosis is the most common systemic skeletal disease. The loss of mineral bone density is typical for the disease. Bones become brittle and fragile, which leads to various fractures and reduced functionality. We tried to find out whether and how much the preventive program of controlled physical exercise by the physiotherapist affects the subjects who have been regularly physically active in the program for several years, compared to those who do not attend specifically targeted exercises, and we set up a hypothesis that with regular exercises osteoporosis sufferers can improve muscle strength, capacity, balance and urine incontinence.

Methods: We have included two groups in our research: the test (20) and the control group (20). The test group performed: breathing, aerobic, stretching exercises, exercises for muscle strength, endurance, balance and coordination, for posture, pelvic floor muscles and stabilizer muscles. Respondents of both groups performed: a test of muscular strength with dynamometer, the test of marching in four quadrants, the six-minutes walking test, and the test of standing on one foot. In the end, they completed the standardized questionnaire Qualeffo-31 and ICIQ-UI. Results: Respondents who regularly visit expert guided exercise have better quality of life ($p=0.000$), improved results of the 6-minutes test of walking by 204.25m ($p=0.000$), static balance by 246% ($p=0.000$), dynamic balance by 48.6% ($p=0.000$), and muscle strength (R-arm 47.85%, L-arm 66.9%, $p=0.001$). The prevalence of urine incontinence is lower with respondents from the expert guided exercise group ($p=0.0001$) and influences the quality of everyday life less ($p=0.001$). The results have also shown that among the laic population the role of the physiotherapist in preventing osteoporosis is recognized to be as important as the role of enforcement of different forms of expert exercise.

Key words: osteoporosis, kinesiotherapy, testing, physical therapy, muscles of the pelvic bottom

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MOTIVI IN OVIRE ZA PROSTOČASNO GIBALNO DEJAVNOST PRI DIPLOMIRANIH FIZIOTERAPEVTIH MOTIVIES AND OBSTACLES FOR LEISURE-TIME PHYSICAL ACTIVITY IN GRADUATE PHYSIOTHERAPISTS

IZVLEČEK

Uvod: Redna gibalna dejavnost omogoča skrb za zdrav življenjski slog, ki je zelo pomemben za izvajanje fizioterapevskega poklica. Delo fizioterapevta je fizično zahtevno, saj se večina dela opravi v prisilni drži ob dvigovanju in razgibavanju pacientov, zato je zelo pomembno, da je fizioterapevt v dobri fizični pripravljenosti. V naši raziskavi nas je zanimalo, kateri so motivi in ovire za gibalno dejavnost pri diplomiranih fizioterapevtih v njihovem prostem času ter s katerimi zdravstvenimi težavami kot posledico obremenitev pri delu in pomanjkanja rednega gibanja v prostem času se soočajo.

Metode: Raziskava je bila izvedena z empirično kvalitativno metodo s pristopom polstrukturiranih intervjujev. Uporabljena je bila tehnika lijaka, pri čemer se je intervju začel s splošnimi in odprtimi vprašanji ter nato usmerjal proti vse bolj zaprtim in konkretnim vprašanjem proučevane tematike. Uporabljen je bil namenski vzorec, ki je vključeval šest zaposlenih fizioterapevtov. V raziskavi so sodelovali fizioterapevti, ki imajo lastno družino, vsaj enega otroka in partnerja ter se kljub pomanjkanju prostega časa ukvarjajo z gibalnimi dejavnostmi. Intervjuji so bili izvedeni v Mariboru novembra leta 2017, sodelovali so zaposleni fizioterapevti iz različni ustanov v javnem sektorju. Raziskava je bila izvedena v skladu z etičnimi načeli. Udeležence smo obvestili o vsebini in metodologiji naše raziskave, hkrati pa so pred začetkom izvedbe intervjujev podpisali tudi zavestno soglasje za prostovoljno sodelovanje. Zbrani podatki so bili transkribirani in analizirani s kvalitativno vsebinsko analizo.

Rezultati: Fizioterapevte največkrat k izvajanju prostočasnih gibalnih dejavnosti motivira zdravje, boljše počutje, sprostitev ter ohranjanje telesne pripravljenosti v povezavi z opravljanjem službenih obveznosti. Na drugi strani pa so največje ovire za izvajanje teh dejavnosti pomanjkanje časa, varstvo otrok in utrujenost od dela, saj je fizioterapevtski poklic fizično in psihično naporen. Najpogostejše zdravstvene težave, s katerimi se srečujejo fizioterapevti, so: bolečina v ledveni hrbtenici, prsni hrbtenici in zapestju oziroma prstih. Večkrat so omenjene tudi bolečine v mišicah kot posledica preobremenitve pri delu.

Razprava: Diplomirani fizioterapevti se, glede na smernice, ki jih je podala Svetovna zdravstvena organizacija, s prostočasnimi gibalnimi dejavnostmi ukvarjajo v zadovoljivem obsegu. K temu veliko prispeva ozaveščenost fizioterapevtov o pomembnosti gibanja ter narava njihovega dela, saj od njih zahteva fizično dobro pripravljenost. Prostočasna gibalna dejavnost je dejavnik, ki učinkovito pripomore pri zmanjševanju poškodb in preprečuje poslabšanje zdravstvenega stanja med samim delom, saj se bolj dejavni fizioterapevti srečujejo z manj zdravstvenimi težavami kot manj dejavni. Motivi so zelo pomemben dejavnik za opravljanje prostočasnih gibalnih dejavnosti, vendar zaradi ovir, kot so izčrpanost od dela, preobremenitev in s tem povezane zdravstvene težave, včasih le-teh preprosto ni mogoče izvajati. Zelo je pomembno, da se delodajalci zavedajo, da posamezniki, ki opravljajo fizioterapevtsko delo, spadajo med bolj ogrožene skupine ljudi. Predvsem je pri njih povečana možnost nastanka izgorelosti na delovnem mestu ter pojava bolečin v hrbtenici, zato je izredno pomembno tej temi nameniti več pozornosti. V tej smeri bi bilo smiselno v nadaljnje raziskati, zakaj se to dogaja, in na osnovi pridobljenih rezultatov podati predloge, s katerimi bi zmanjšali psihično in fizično izčrpanost fizioterapevtov.

Ključne besede: življenjski slog, gibalna dejavnost, zdravje na delovnem mestu, telesna pripravljenost, fizioterapija.

ABSTRACT

Introduction: Regular physical activity ensures a healthy lifestyle, which is very important for performing the physiotherapeutic profession. The work of a physiotherapist is physically demanding since most of the work is done in a forced position when lifting and moving patients, so it is very important to be in good physical condition. In our study, we were interested in the motives and obstacles to the movement activity of graduate physiotherapists in their leisure time and what health problems they face as a result of workload burdens and the lack of regular leisure time.

Methods: The study was conducted using the empirical qualitative method of semi-structured expert interviews. We used a purposive sample that included six employed physiotherapists who had their own family, at least one child and a partner, and were engaged in physical activities despite the lack of leisure time. We used the funnelling technique, whereby the interview began with general and open-type questions and then gradually shifted to closed-type and concrete questions about the discussed topic. The interviews were carried out in Maribor in November 2017 with physiotherapists from different public institutions. The study was conducted in accordance with ethical principles. The subjects were informed about the content and methodology of our study. Prior to the interviews, they also signed a consent form for voluntary participation. The obtained data were transcribed and analysed through qualitative content analysis.

Results: The article presents the findings on the main motives and obstacles of physiotherapists for performing physical activities in the leisure time and the health problems of physiotherapists, which in their opinion are related to workload and lack of regular physical activity.

Discussion and conclusions: Considering the guidelines of the World Health Organization, graduate physiotherapists engage in leisure time physical activities to a satisfactory extent. Two important factors contributing to this are the awareness of physiotherapists about the importance of physical activity and the nature of their work which requires them to be fit. Leisure-time physical activity is a factor that effectively contributes to the reduction of injuries and prevents their health from worsening during work, since physiotherapists who are more physically active are facing less health problems than those less active. Motives are an important factor for the performance of leisure-time physical activities that are sometimes impossible to perform due to obstacles, like exhaustion from work, overload and associated health problems. It is very important for employers to be aware that physiotherapists are among the more vulnerable groups of people. They are particularly at risk of experiencing burnout in the workplace and pain along the spine, therefore this subject demands special attention. It would be reasonable to further analyze the cause of these problems and consequently provide suggestions to reduce the psychological and physical exhaustion of physiotherapists.

Key words: lifestyle, physical activity, health in the workplace, physical condition, physiotherapy

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VPLIV RAZVOJNO NEVROLOŠKE OBRAVNAVE V KOMBINACIJI Z BIOMEHANSKIM RAZVOJNIM PRISTOPOM NA GROBO GIBALNO FUNKCIJO DEKLICE S CEREBRALNO PARALIZO

THE IMPACT OF THE NEURODEVELOPMENTAL TREATMENT APPROACH IN COMBINATION WITH THE BIOMECHANICAL DEVELOPMENTAL APPROACH ON GROSS MOTOR FUNCTION IN A GIRL WITH CEREBRAL PALSY

IZVLEČEK

Uvod: Otroci s cerebralno paralizo za napredok v razvoju in zmanjšanje bolečin potrebujejo redne nevrofizioterapevtske obravnave. Program obravnave je zaradi raznolikosti v prizadetosti otrok individualno sestavljen za vsakega posameznika s strani njihovega terapevta. V naraščajoči zahtevi po celostnem pristopu pri rehabilitaciji otrok s CP se je v zadnjih letih pojavil porast uporabe »komplementarnih metod« oz. dopolnilnih metod nevrofizioterapije v kombinaciji z RNO. Med komplementarne metode sodi biomehanski razvojni pristop – BDA, ki je biomehansko usmerjen za rehabilitacijo otrok s poškodbo možganov in skozi predvidene faze omogoča izboljšanje mišično-skeletne strukture in motorične funkcije. S stimulacijo tkiva, ki ni pod hotenim nadzorom, omogoča izboljšanje temeljnih telesnih struktur.

Metoda: Opravili smo študijo primera deklice z diagnosticirano obojestransko spastično cerebralno paralizo, v okviru katere smo uporabili integracijo kvantitativne in kvalitativne metodologije, da bi preverili vpliv RNO v kombinaciji z BDA na izboljšanje grobe gibalne funkcije z lestvico grobe gibalne funkcije (angl. Gross Motor Function Measure, GMFM-88) pri deklici s CP. V kvantitativnem delu študije smo uporabili lestvico grobe gibalne funkcije GMFM-88 in analizirali podatke, v kvalitativnem delu pa izvedli polstrukturirani intervju s starši deklice in izvedli kvalitativno analizo podatkov. Ocenjevanje grobe gibalne funkcije smo v obdobju 2015–2017 izvedli trikrat. V prvem 12-mesečnem obdobju je bila deležna razvojno nevrološke obravnave RNO (2- do 3-krat tedensko po 60 minut), v drugem 12-mesečnem obdobju je bila poleg RNO deležna še biomehanskega razvojnega pristopa (vsakodnevno 120 minut).

Rezultati: Statistična analiza rezultatov je pokazala, da je deklica s CP z rednimi nevrofizioterapevtskimi obravnavami, ki so temeljile na klasični razvojno nevrološki obravnavi v kombinaciji z biomehanskim razvojnem pristopom, v obdobju 12 mesecev vidneje napredovala na področju grobe gibalne funkcije kot pred tem v 12-mesečnem obdobju samostojne RNO. Izboljšanje grobe gibalne funkcije je bilo opazno pri skupnem seštevku za ciljana področja (A – ležanje in obračanje + B – sedenje + C – plazenje in klečanje/3 = n) lestvice GMFM-88. V naši študiji primera kvalitativna analiza rezultatov podpira kvantitativno.

Diskusija in zaključki: Rezultati študije primera kažejo, da je kombinacija RNO in BDA pri deklici s CP učinkoviteje vplivala na grobo gibalno funkcijo kot sama RNO. Izboljšanje se pokaže na vseh treh testiranih področjih po GMFM lestvici, hkrati se pokažejo izboljšave pri osnovnih življenjskih funkcijah.

Ključne besede: otroci, cerebralna paraliza, razvojno nevrološka obravnava, biomehanski razvojni pristop.

ABSTRACT

Introduction: Children with cerebral palsy need progressive neurophysiotherapy treatment to further their development and reduce their pain. The treatment program is individually assembled for every individual by their therapist due to the variety of child disorders. In the growing demand for an integrated approach to the rehabilitation of children with CP, an increase in the use of "complementary methods" in combination with NDT has occurred in recent years. Complementary methods include the biomechanical developmental approach - BDA, which is biomechanically oriented for the rehabilitation of children with brain damage, and through the envisaged phases it improves the musculoskeletal structure and motor function. By stimulating the tissue which is not under deliberate control, it improves the basic body structures.

Methods: We conducted a case study of a girl with diagnosed two-sided spastic cerebral palsy, in the framework of which we used the integration of quantitative and qualitative methodology to assess the effect of NDT in combination with BDA on improving the gross motor function with the Gross Motor Function Measure; GMFM-88) in the girl with CP. In the quantitative part of the study, we used GMFM-88 and analysed the data, and in the qualitative part we conducted a semi-structured interview with the girl's parents and performed a qualitative data analysis. In the period of 2015-2017, we evaluated the girl's gross motor function three times. In the first 12-month period, the girl received developmental neurological treatment or NDT (min 2-3 times a week for 60 minutes), in the second 12-month period, in addition to the NDT she also received a biomechanical development approach (daily 120 minutes).

Results: A statistical analysis of the results showed that the girl with CP with regular neurophysiotherapy treatments of classical neurodevelopmental treatment in combination with biomechanical development approach has progressed more prominently in gross motor function than in the 12-month period of independent NDT. Improvements in the gross motor function were observed in the total sum of the target area (A-lying and turning + B-sitting + C-crawling and kneeling/3 = n) of the GMFM-88 scale. The qualitative analysis of results supports the quantitative.

Discussion and conclusions: The results of the case study show that the combination of NDT and BDA treatment in the girl with CP has more effectively influenced her gross motion function than the NDT treatment itself. The improvement is reflected in all three areas tested on the GMFM scale, while at the same improvements in basic life functions are demonstrated.

Key words: children, cerebral palsy, neurodevelopmental treatment, biomechanical developmental approach

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VPLIV PLOSKIH STOPAL NA IZVEDBO MOTORIČNIH TESTOV PRI OTROCIH, STARIH MED 6 IN 9 LET **THE INFLUENCE OF FLAT FEET ON THE EXECUTION OF MOTOR SKILLS TESTS WITH CHILDREN AGED 6 TO 9**

IZVLEČEK

Uvod: Bolečine in deformacije stopal so pogosta diagnoza, s katero se dandanes srečujejo pediatri. Stopalo ima zraven funkcije prenosa telesne teže pomembno vlogo pri ohranjanju ravnotežja ter pri blaženju energije, ki se prenaša s podlage na stopala in nasprotno. Plosko stopalo, ki ga opredeljuje znižan ali popolnoma spuščen medialni stopalni lok, lahko oslabi mehanizem, ki telesu služi za absorpcijo šoka, in posledično ustvari večje težave v delovanju ali pri dejavnostih.

Metode: Namen članka je bil, ugotoviti vpliv ploskih stopal na gibalne sposobnosti in s tem na uspešnost izvedbe motoričnih testov pri otrocih v obdobju hitre rasti med 6. in 9. letom. V raziskavo je bilo vključenih skupno 152 otrok, od tega 75 dečkov in 77 deklic. Testiranje smo izvedli z dvema motoričnima testoma – t-testom in testom Balance Error Scoring System (BESS), s katerima smo ugotavljali vpliv ploskih stopal na ravnotežje, koordinacijo, agilnost in hitrost. Pred testiranjem smo otrokom s podoskopom ocenili stopala in jih razvrstili v dve skupini: preiskovance s ploskimi stopali in preiskovance brez deformacij stopal. Podatke testiranja smo statistično obdelali s programsko opremo Matlab. S preglednicami in grafikoni je predstavljena prevalenca ploskih stopal, pojav ploskih stopal v odvisnosti od spola in starosti, višina stopalnega loka in vpliv športne dejavnosti na uspešnost izvedbe motoričnih testov pri preiskovancih s ploskimi stopali.

Rezultati: Med skupno 152 preiskovanci je imelo 36 % ($n = 54$) otrok ploska stopala. Rezultati so pokazali slabšo izvedbo testa BESS in t-testa pri naslednjih parametrih: glede na spol pri preiskovancih moškega spola s ploskimi stopali ($n = 34$), glede na starost pri preiskovancih, starih 6 in 7 let ($n = 25$), glede na višino stopalnega loka pri preiskovancih z nizkim stopalnim lokom ($n = 93$) in pri športno nedejavnih preiskovancih s ploskimi stopali ($n = 20$).

Zaključek: Skladno z našo raziskavo ploska stopala pri testirani populaciji vplivajo na uspešnost izvedbe motoričnih testov pri otrocih, starih med 6 in 9 let.

Ključne besede: gibalne sposobnosti, stopalo, anatomija, plosko stopalo, stopalni lok.

ABSTRACT

Introduction: Pain and deformation of the feet is a frequent diagnosis that pediatricians encounter nowadays. Apart from the function of weight transmission, the foot plays an important role in maintaining balance and in dissipating the force transferred from the floor to the feet and vice versa. A flat foot, defined by a reduced or completely lowered medial foot arch, can weaken the mechanism that helps the body to absorb shock and consequently creates major problems in functioning or in activities.

Methods: The purpose of this article was to determine the effect of flat feet on motor abilities and thereby on the success of the performance of motor tests in children in the period of rapid growth between 6 and 9 years.

The research included a total of 152 children, 75 boys and 77 girls. Testing was conducted with two motor tests – the T-test and the Balance error scoring system test, with which we determined the effect of flat feet on balance, coordination, agility and speed. Prior to the testing we assessed the children's feet with the help of a podoscope, and we divided them into two groups; subjects with flat feet and subjects with no deformation of the feet. The test data was statistically processed using the Matlab software. The tables and graphs show the prevalence of flat feet, the appearance of flat feet in relation to gender and age, the height of the foot arch and the influence of sports activity on the performance of motor tests in children with flat feet.

Results: Of the total of 152 subjects, 36% (n = 54) of children had flat feet. The results showed a worse performance of the BESS test and T-test in all subjects with flat feet (n = 52), according to gender in male subjects with flat feet (n = 34), compared to age in subjects aged 6 and 7 years (n = 25), according to the height of the foot arch in subjects with low foot arch (n = 93) and in inactive subjects with flat feet (n = 20).

Conclusion: According to our study, flat feet in the tested population have an impact on the performance of motor tests in children aged between 6 and 9 years.

Key words: motor abilities, foot, anatomy, flat foot, foot arch

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COMBINED TRANSCRIPTOMICS, PROTEOMICS AND BIOINFORMATICS IDENTIFY DRUG TARGETS IN SPINAL CORD INJURY

ABSTRACT

Severe spinal cord injury (SCI) causes irreversible tissue damage and often paralysis. Currently, there are no approved treatments and very few therapeutic targets are under investigation. Here, we combined 4 high-throughput transcriptomics and proteomics datasets, 7 days and 8 weeks following clinically relevant SCI, to identify proteins with persistent differential expression post-injury. Out of thousands of differentially regulated entities, our combined analysis identified 40 significantly upregulated versus 48 significantly downregulated molecules which were persistently altered at the mRNA and protein level, 7 days and 8 weeks post-SCI. A bioinformatics analysis was then utilized to identify drugs with activity against the filtered molecules and to isolate proteins with known or unknown function in SCI. Our findings revealed multiple overlooked therapeutic candidates with important bioactivity and established drug ability but with unknown expression and function in SCI, including the upregulated purine nucleoside phosphorylase (PNP), cathepsins A, H, Z (CTSA, CTSH, CTSZ) and proteasome protease PSMB10, as well as the downregulated ATP citrate lyase (ACLY), malic enzyme (ME1) and sodium-potassium ATPase (ATP1A3), amongst others. In summary, this work provides a comprehensive multi-parametric analysis of high-throughput data to identify new drug targets in SCI.

The presentation will describe the -omics approaches used to identify and isolate the differentially regulated molecules and will focus on the utilized data-mining algorithms and their power in assisting all fields of biomedical science research.

Key words: spinal cord injury, transcriptomics, proteomics, bioinformatics, novel drug target identification

POVEZANOST DOBI I SPOLA SA FUNKCIONALNIM OPORAVKOM PACIJENTA NAKON UGRADNJE TOTALNE ENDOPROTEZE KUKA MINIMALNO INVAZIVNOM I KLASIČNOM METODOM

THE CORELATION OF AGE AND GENDER WITH THE FUNCTIONAL RECOVERY AFTER TOTAL HIPT ARTHROPLASTY BY THE MINIMALLY INVASIVE AND THE CLASSICAL LATERAL APPROACH

SAŽETAK

Uvod: Najefikasnije liječenje osteroartritis kuka je zamjena kuka totalnom endoprotezom. Kirurške tehnike zamjene zgloba kontinuirano su se unapređivale posljednjih desetljeća i samim tim su se smanjile i poslijeoperacijske komplikacije. Minimalno invazivni pristupi ugradnje endoproteze kuka stvorili su značajan interes kod pacijenata i liječnika. Osnovna ideja ovog istraživanja bila je istražiti povezanost dobi i spola sa funkcionalnim oporavkom pacijenata nakon ugradnje totalne endoproteze kuka minimalno invazivnom i klasičnom metodom.

Metode: Pacijenti su podijeljeni u dvije grupe, operirani klasičnim lateralnim pristupom i mini-invazivnim pristupom. Grupe su praćene preoperativno, postoperativno nakon 7 dana, 3 mjeseca i poslije godinu dana. Praćena je dob, spol, opseg pokreta, analogna skala bola, hodna pruga dužine 50 metara, te Harris hip score.

Rezultati: Funkcionalni oporavak pacijenta nakon ugradnje endoproteze kuka djelomično ovisi o dobi ispitanika, a to je posebno izraženo za neke od pokazatelja oporavka u skupini operiranoj standardnim načinom, dok MIS pristup isključuje utjecaj dobi.

Rasprava in zaključak: Očekivane povezanosti s dobi nema u skupini koja je operirana MIS pristupom, tj. i mlađi i stariji ispitanici bili su podjednako uspješni tijekom ranog oporavka, te bi se moglo indirektno zaključiti da je MIS pristup jako povoljan i za starije ispitanike, iako se često preporučuje mlađima zbog ranijeg povratka na posao.

Ključne riječi: osteoarthritis, mini-invazivni pristup, funkcionalni oporavak.

ABSTRACT

Introduction: Osteoarthritis is one of the most common diseases affecting the musculoskeletal system in elderly people. The most effective treatment of osteoarthritis is total hip replacement. The surgical techniques of joint replacement have improved continuously over the last decade and have diminished the risks associated with the operation. The minimally invasive total hip arthroplasty has generated substantial interest of both patients and surgeons. The main aim of the study was to compare the correlation of age and gender with the functional recovery after total hip arthroplasty by the minimally invasive and the classical lateral approach.

Methods: The patients were randomly assigned into two groups, those receiving classical lateral surgery, and those receiving minimally invasive surgery. Follow up data was collected preoperatively and postoperatively, after seven days, three months and one year. The range of hip motion, the pain scale, 50-meters walking time, hip abduction strength, as well as managing shoe laces, toilet usage, standing up from the bed, use of crutches and stairwalking abilities were observed preoperatively, then 7 days, 3 months and 12 months after the surgery, HHS before and 7 days, 3 months, one year and three years after surgery.

Results: Functional recovery after total hip replacement partially depends of the age of patients; this is especially apparent in some of the indicators of recovery in people who received classical lateral surgery, while the minimally invasive approach excludes the impact of age.

Discussion and conclusion: The expected correlation with age in the group receiving minimally invasive surgery was not proved; younger and older patients were equally successful during early recovery and it could be indirectly concluded that the minimally invasive approach is also favourable for older people, even though it is primarily recommended to younger people because of early return to work.

Key words: osteoarthritis, minimally invasive approach, functional recovery

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THE EFFECTS OF GRADUATED MOTOR IMAGERY FOR THE REHABILITATION OF THE UPPER LIMB AFTER STROKE ON PAIN AND NEURAL REORGANIZATION: LITERATURE REVIEW

ABSTRACT

Graded motor imagery (GMI) is becoming increasingly used in the treatment of chronic pain conditions. The aim of this review is to synthesise all evidence concerning the effects of GMI and its constituent components on pain in patients after stroke. Systematic searches were conducted in 11 electronic databases. All randomized controlled trials (RCTs) of GMI, left/right judgment training, motor imagery, and mirror therapy used as a treatment for chronic pain were included. Methodological quality was assessed using the Cochrane risk of bias tool and the Physiotherapy Evidence Database (PEDro) tool. Five RCTs met our inclusion criteria, and the methodological quality was generally high. The most commonly described GMI techniques have fallen within the subject of this review. Elements less commonly described were rehabilitation timing and post-intervention evaluation with fMRI or fNIRS. Significant differences have been found between populations, such as stroke and CRPS, and within the populations on how GMI techniques have been sequenced. Many of the key pain relief features characterizing GMI are still being studied. Although efficacy has been demonstrated and the conclusions are based on limited evidence, in CRPS patients, the addition of GMI to the post-stroke rehabilitation program provides further improvements in pain perception and functional upper limb motor functions, compared to conventional therapies without GMI.

Key words: graded motor imagery, mirror therapy, motor imagery, left/right judgements, pain, stroke, RCT

REGENERATIVE PHYSIOTHERAPY: MECHANISMS OF ACTION AND THE EFFECTIVENESS OF QUANTUM BIOLOGICAL WATER FOR THE RESTORATION OF DAMAGED TISSUES AND DISRUPTED ORGAN FUNCTIONS

ABSTRACT

As well as controlling the physical environment, water appears to have a life of its own. During the recent years, multifaceted investigations have been conducted with the purpose of developing and practically applying novel therapeutic and health-promoting technologies and therapies to allow for the restoration of injured, diseased or degenerated tissues to a more functional state. The exciting discovery of quantum biology is that water is the medium of communication – between the body's cells and organs and between all organisms. These novel theories are particularly important for the field of physical therapy as we strive to improve an individual's functional capacity, which is often limited by persistent deficits stemming from processes such as scar tissue deposition, reduced muscle mass or loss of innervation. By partnering with technologies that regenerate tissues (including bone, muscle, cartilage, ligaments, and nerves), therapists—through rehabilitation—may be able to increase the functional gains made by patients following injury or disease, and ultimately improve their quality of life.

Key words: regenerative physiotherapy, quantum field theory, biological water, rehabilitation

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BOLEČINA V KRIŽU PRI SLOVENSKIH FIZIOTERAPEVTIH LOW BACK PAIN IN SLOVENIAN PHYSIOTHERAPISTS

IZVLEČEK

Teoretična izhodišča: Narava dela v praksi fizioterapevtov zahteva fizično delo in vključuje ponavljajoče se gibe, ki zahtevajo visoke sile tehnik za zdravljenje bolnikov. Fizioterapevti se pri transferjih bolnikov pogosto znajdejo v nepravilni drži, ki je združena s sunkovitim prenosom pacienta. Čeprav imajo fizioterapevti strokovno znanje o kostno-mišičnih poškodbah in strategijah preprečevanja njihovega nastanka, raziskave kažejo, da imajo fizioterapevti pogosto težave z bolečino v križu.

Metoda: Opravili smo raziskavo kvantitativnega značaja. Podatke smo zbirali z metodo anketiranja, in sicer s spletnim anketnim vprašalnikom. V teoretičnem delu smo uporabili opisno oz. deskriptivno metodo s študijem domače in tuje literature. V raziskavi smo uporabili namenski način vzorčenja po načelu snežne kepe. Vzorec je vseboval točno določeno populacijo, zajeli smo fizioterapevte iz Slovenije. Vključeni so bili fizioterapevti, in sicer zaposleni v javnih zdravstvenih zavodih in v zasebni praksi. V raziskavi je sodelovalo 330 oseb.

Rezultati: Bolečina v križu med fizioterapevti je zelo pogosta (52 %). Pogostejša je med fizioterapevti, zaposlenimi v obalno-kraški, osrednjeslovenski, savinjski in koroški regiji, medtem ko se najredkeje pojavi v primorsko-notranjski in posavski regiji. Glede na mesto zaposlitve se je bolečina v križu najpogosteje pojavila pri fizioterapevtih, zaposlenih v zasebni praksi. Sledijo fizioterapevti, zaposleni v zdravstvenih domovih, zdraviliščih, bolnišnicah, socialnovarstvenih zavodih in domovih starejših občanov. Povprečna starost, ko se pojavi bolečina v križu, je 25,7 leta. Največ fizioterapevtov je bolečino v križu občutilo med dvigovanjem (21 %) in transferjem pacienta (16 %) ter sklanjanjem in obračanjem (11 %). Zaradi bolečine v križu je imelo bolniški dopust 26 % fizioterapevtov.

Razprava: Bolečini v križu je pri svojem delu izpostavljenih več kot polovica fizioterapevtov, sodelujočih v raziskavi. Vzrok za pojav bolečine je najpogosteje neposredno delo s pacientom. Glede na to, da se bolečina v križu najpogosteje pojavi v začetnih letih dela, bi bilo potrebno dodatno izobraževanje o tehnikah preprečevanja bolečin v križu in uporabi ergonomsko-tehničnih pripomočkov, s katerimi bi fizioterapevtom omogočili lažje delo in preprečili nastanek bolečine v križu.

Ključne besede: bolečina v križu, fizioterapevti, Slovenija.

ABSTRACT

Theoretical background: The nature of work in the practice of physiotherapists requires physical work and includes recurring movements that require high-force techniques to treat patients. Physiotherapists often spend patient transfers in an incorrect posture, which is combined with jerky movements during patient transfer. Although physiotherapists have expertise in musculoskeletal injuries and strategies for preventing the onset thereof, research suggests that physiotherapists often have problems with back pain.

Method: We conducted a quantitative study. We collected the data using the method of surveying with an online questionnaire. In the theoretical part of the master's thesis, we used the descriptive method with a review of Slovenian and foreign literature. In the study, we used non-probability sampling method based on the snowball principle. The sample represented a precise population, in which we included physiotherapists from Slovenia. The participants were employed in public health institutions and in private practices. The study involved 330 people.

Results: Pain in the lower back is very common (52%) in physiotherapists. It is more frequent among physiotherapists employed in the Obalno-kraška, Osrednjeslovenska, Savinjska and Koroška regions, whereas it rarely occurs in the coastal-interior region of the Posavje region. Depending on the place of employment, low back pain most often occurred in physiotherapists employed in a private practice, followed by physiotherapists employed in health centres, health resorts, hospitals, and social welfare institutions at elderly homes. The average age of participants at the time of occurrence of low back pain is 25.7 years. Most physiotherapists experience low back pain during lifting (21%), transferring the patient (16%), and bending down and turning (11%). 26% of physiotherapists had to take sick leave due to low back pain.

Discussion: More than half of the participating physiotherapists in the study are exposed to low back pain. The cause of pain is most often direct work with the patient. Considering that low back pain most often occurs during the initial years of work, additional education on the techniques for prevention of low back pain and on the use of ergonomic and technical devices is needed to make the work of physiotherapists easier and to prevent low back pain.

Key words: low back pain, physiotherapists, Slovenia

**HUMANISTIKA /
HUMANITIES**

VIDEO IGRE KOT PRILOŽNOST V UMETNOSTI VIDEO GAMES AS AN OPPORTUNITY IN ART

IZVLEČEK

Video igre so del našega vsakdanjika. Po podatkih spletne agencije Newzoo, ki opravlja raziskave trga video iger, jih igra že več kot 2,4 milijarde ljudi, industrija video iger pa je vredna že več kot 125,4 milijarde ameriških dolarjev. Število igričarjev, ljudi, ki igrajo video igre, še narašča, prav tako posledično narašča tudi vrednost industrije. Izhajajoč iz teh podatkov, bomo video igre smatrali kot del vsesplošne svetovne kulture. Skozi umetnost se odseva družba nekega časa. Umetnost je po navadi tudi tista, ki nastavi ogledalo, oziroma je glavni kritik družbe. Tako je skoraj nujno, da začne umetnost iskati svoje priložnosti za izražanje skozi video igre, saj so video igre kot tako vseprisoten medij premalo izkoriščene za podajanje kritike moderne družbe. Tako namen prispevka ni, utemeljevati video iger kot umetnosti, čeprav bi jih mogoče tudi lahko, ampak bi bilo takšno početje brezpredmetno. Ni namreč toliko pomembno, ali nekaj je ali ni, temveč je bistveno, kaj imamo od tega. Tako je namen prispevka, video igre kritično umestiti v kontekst moderne družbe in poskusiti poiskati, kje bi lahko umetnost v video igrah našla svojo priložnost in skozi nje kritično odsevala moderna družbena razmerja. Med drugim je namen prispevka tudi, iz video iger razbrati elemente, ki kažejo na to, kakšna je družba, v kateri trenutno živimo, tako naj bi sočasno dobili tudi kritiko video iger samih.

Ključne besede: video igre, kritika, umetnost, kultura, moderna družba.

ABSTRACT

Video games are a part of our everyday life. From the data gathered by the online agency Newzoo that researches the video games market, more than 2.4 billion people are playing video games, and the industry of video games is worth more than 125.4 billion US dollars. The number of gamers, i.e. people that play video games, is still rising and consequently the worth of the industry rises. Based on this data we will consider video games as a part of worldwide culture. Through art we get a reflection of a society. Art is usually also the main critic of society. Therefore, it is almost urgent for the art start seeking out the opportunity to express itself through video games, as video games as a ubiquitous medium are far too little used as a way of critiquing modern society. Thus, the purpose of the paper is not to try and justify video games as an art, even though we probably could, but doing so would make no sense. It is not important what something is or is not but what we make of it. The purpose of the paper is to critically place video games within the context of modern society and to attempt to find where art could find an opportunity in video games and, through them, reflect the relationships of modern society. One of the purposes of this paper is also to find elements in video games that show what modern society looks like at the moment and, at the same time, which should also implicitly entail a critique of video games themselves.

Key words: video games, criticism, art, culture, modern society

Mag. Ivo Ban, prof.

ISKANJE NAŠIH KORENIN V LUČI KULTURNE DEDIŠČINE DR. JANKA BEZJAKA THE SEARCH FOR OUR ROOTS IN THE LIGHT OF THE CULTURAL HERITAGE OF DR. JANKO BEZJAK

IZVLEČEK

Življenje mlade Občine Podlehnik, med domačini znane kot Svete Trojice v Halozah, je svoj zamah dobilo na prelomu 21. stoletja.

Ambiciozno zastavljeni cilji in visoka ubranost vodstva občine in njenih prebivalcev so nerazvito in v marsičem občutno zaostalo haloško pokrajino dobesedno potegnili iz blata in ekonomske revščine.

Kljub skromnim proračunskim sredstvom ima občina ves čas izreden posluš za obstoj, razvoj in pospeševanje kulture. Sem spada tudi krepitev zavesti o obstoju in ohranjanju bogate kulturne dediščine, tako snovne kot nesnovne.

V pričujočem delu bomo na primeru kulturnega spomenika predstavili čudovito ohranjeno domačijo in rojstno hišo do zdaj pozabljenega domačina dr. Janka Bezjaka. Njegove zelo pomembne vloge velikega humanista (jezikoslovca, profesorja in didaktika materinščine) smo se začeli zavedati tako rekoč naključno, ob nameravani rušitvi njegove domače hiše na Gorci, ki je izjemen primer tradicionalne haloške arhitekture.

Poleg številnih strokovnih člankov dr. Janka Bezjaka o jeziku, objavljenih v času od 1897 do 1929, gre omeniti prestižni knjižni izdaji Didaktika: obče in posebno ukoslovje – I. del (1906) in II. del (1907), s podnaslovom Posebno ukoslovje slovenskega učnega jezika v ljudski šoli.

V raziskavi se bomo osredotočili na nekaj bistvenih premis Bezjakove filozofije poučevanja slovenščine (pedagoško-didaktična dimenzija), med katerimi je ena vidnejših ta, da je jezikovna spretnost posameznika sooblikovalec družbene identitete ter individualne in kolektivne kulturne zavesti. Janko Bezjak je pedagoške nazore in nauke gradil na teoretičnih osnovah, vendar vedno podkrepljene s praktičnimi primeri. Glede na njegove metode in pristope ga je v smislu strokovnega diskurza mogoče prepoznati kot poglobljeno razmišljujočega, na refleksiji in samorefleksiji temelječega praktika. Kot takšnemu mu pedagoška znanost na Slovenskem ne priznava vloge, ki mu po našem mnenju pripada, še posebej ob dejstvu, da se je slednja začela prebujati šele dobrih sedem desetletij pozneje.

Nadaljnji cilj, ki ga v nalogi zasledujemo, je priprava temeljev za nastanek zgodbe o večji turistični privlačnosti naših krajev.

Ključne besede: Občina Podlehnik, kulturni spomenik, didaktik materinščine, ukoslovje, turistična privlačnost.

ABSTRACT

The life of a newly formed municipality Podlehnik, locally known as Sveta Trojica (Holy Trinity) in Haloze (a hilly landscape in the north-east of Slovenia) blossomed at the turn of the 21st century.

Ambitiously set objectives and the harmony between the leaders and the inhabitants of the municipality have combined to literally pull the considerably underdeveloped Haloze landscape out of the mud and economic poverty.

In spite of low budget resources, the municipality has always paid a lot of attention to the existence, development and promotion of culture. This also includes raising awareness about the existence and preservation of the rich cultural heritage, both tangible and intangible.

In this article, the wonderfully preserved home and the birthplace of the heretofore forgotten native Dr. Janko Bezjak will be presented as an example of a cultural monument. We have become aware of his vital role as a great humanist (linguist, professor and didactician of the native language) coincidentally, when his home at Gorca was about to be demolished, even though it is an exceptional example of the traditional architecture of Haloze.

Beside numerous academic articles by Dr. Janko Bezjak on the Slovenian language, published between 1897 and 1929, the prestigious books "Didactics (General and special didactics/principles of teaching)" Volume 1 (1906) and Volume 2 (1907), subtitled "Special didactics of the Slovenian language of instruction in primary school", have to be mentioned.

Our research will focus on some essential premises of Bezjak's philosophy of teaching Slovenian (pedagogical-didactical dimension), one of the more significant being that the language skills of an individual help shape social identity as well as individual and collective cultural awareness. Janko Bezjak built the pedagogical principles and the doctrine on a theoretical basis, but always substantiated by practical examples. With regard to his methods and approaches, he can - in the sense of professional discourse - be considered as a deep-thinking practitioner, based on reflection and self-reflection. For this reason, the importance we believe he deserves has not been granted to him by the pedagogical science in Slovenia; nevertheless, the latter only began to develop more than seven decades later.

Furthermore, we are pursuing the aim of preparing the foundations for the story of increased tourism attractiveness of our area.

Key words: municipality Podlehnik, cultural monument, didactician of the native language, didactics/principles of teaching, tourism attractiveness

POJEM POSTJUGOSLOVANSKEGA FILMA V FILMSKIH ŠTUDIJAH THE CONCEPT OF POST-YUGOSLAV CINEMA IN FILM STUDIES

IZVLEČEK

V prispevku se zasleduje pojem postjugoslovanskega filma kot zdaj v stroki že uveljavljena oznaka za v marsičem izjemno filmsko produkcijo na območju nekdanje SFR Jugoslavije po letu 1991. Prvo poglobljeno filmološko raziskavo tega segmenta evropske filmske produkcije je prispevala Dina Iordanova s študijo *Cinema of Flames* (2001), v kateri je v diskusijo vpeljala pojem balkanskega filma. Drugi prelom v obravnavi filmske produkcije na Zahodnem Balkanu po letu 1991 pa predstavlja študija Pavla Levija *Disintegration in Frames* (2007, slov. prevod: *Razpad Jugoslavije na filmu*, 2011), ki analizira estetske in ideološke tendence v jugoslovanskem in postjugoslovanskem filmu. Levijevo delo, ki je pojem postjugoslovanskega filma uvedlo v znanstveni diskurz, je postalo referenčna točka nadaljnjih razprav o fenomenu kinematografij, ki so vzniknile na območju nekdanje Jugoslavije. Med najbolj opazene sodi študija *Postjugoslavenski film: stil i ideologija* (2011) Jurice Pavičića, ki razpoznava tri faze filmske produkcije na tleh nekdanje Jugoslavije po letu 1991: fazo samoviktimizacije, fazo samobalkanizacije in fazo konsolidacije. Dino Murtić pa se v študiji *Post-Yugoslav Cinema* (2015) opre na pojem kozmopolitizma kot bistvenega določila postjugoslovanskega filma: kozmopolitizem kot konstitutivni element večnacionalne SFR Jugoslavije se je sesul v prah z izbruhom nacionalizmov konec osemdesetih let 20. stoletja, katerih posledica so bili krvave vojne v devetdesetih letih in razpad države; v filmih, ki nastajajo v državah naslednicah, pa se kozmopolitizem ponovno vrača k življenju. V prispevku se pregledajo ti in drugi filmološki prispevki na temo postjugoslovanskega filma ter iščejo skupni imenovalci teh razmislekov. Ključno vprašanje se glasi: kaj postjugoslovanski film sploh je; kaj s tem izrazom pojmujejo tisti, ki o njem razpravljajo?

Ključne besede: balkanski film, postjugoslovanski film, kozmopolitizem, nacionalizem, Jugoslavija.

ABSTRACT

The main focus of this paper is the term »post-Yugoslav cinema«, which has in recent years been acknowledged as the professional expression for film production in the territory of former Yugoslavia. However, the first meticulously researched study of this segment of European film production, Dina Iordanova's *Cinema of Flames* (2001), spoke rather of »Balkan cinema« and not yet of post-Yugoslav cinema. The latter term entered film studies through Pavle Levi's study *Disintegration in Frames* (2007), an analysis of the aesthetic and ideological currents in Yugoslav and post-Yugoslav cinema. Levi's work has become a reference point for further discussions on the phenomenon. Of these, one of the most interesting is Jurica Pavičić's *Postjugoslavenski film: stil i ideologija* (2011), which recognizes three distinct phases or thematical currents in post-Yugoslav cinema: the phase of self-victimization, the phase of self-Balkanization and the phase of consolidation. Dino Murtić, on the other hand, argues in his book *Post-Yugoslav Cinema* (2015) that the main component which defines a post-Yugoslav film is its cosmopolitanism. Cosmopolitanism as a constitutive element of the multinational Socialist Federal Republic of Yugoslavia shattered into pieces with the outbreak of nationalisms in the late 1980s, which led to bloody wars in the 1990s and the dissolution of the state but is being made relevant again in the films produced in the region in recent years. These and other studies on the subject are examined, making notice of their common denominators. What exactly do researchers have in mind when they talk about post-Yugoslav cinema?

Key words: Balkan cinema, post-Yugoslav cinema, cosmopolitanism, nationalism, Yugoslavia

EQUALITY AND GOVERNANCE IN NEXT EUROPE

From the global geostrategic point of view, the time has come for global territorial macroregions, such as already established by the USA, China and Russia, with Brazil and India also having all the predispositions, while the European Union already should be by its basic mission. The world is globalized, with daily migration for several reasons, as well as with the help of modern technologies. However, the latest crises, both financial and migrant, have shown that the EU cannot work harmoniously as a territorial macroregion (Kissinger, 2014; Henderson et al., 2014; Mangiameli, 2017). We consider the reason for that being particularly the inadequate governance differentiation at the level of the EU territory, which is reflected in the fundamental inequalities of its members, national states. Therefore, also from the viewpoint of the equality of the individual as a member of equal communities within the territory of the EU, we advocate a more thorough differentiation of governance precisely on the basis of the redefinition of the meaning and role of EU regions. Thus, EQUALITY is in the forefront of our discussion. In the first place, the EQUALITY of individuals linked to the EQUALITY of the communities within which individuals live and work, on the territory managed by this community in order to provide the individual and the community basic resources to survive and create.

Managing the territory, its natural resources and human creativity, has been the foundation of shaping the identities of individuals and communities from prehistoric communities. It was, it is, and it will remain the foundation of prosperity and also of (social) conflicts. The process, which began over 500 years ago and brought Europe as the leading bearer of social changes, good and catastrophic, into the 21st century, is facing new challenges: the challenges of globalization, cosmopolitanism and individualism (Beck, 2007, 2013, 2014).

After the 1960s idea of Europe of the regions, which became widespread in the 80s, in the 90s, important works were published that not only argued the need for a regional organization of society, but as well the necessity of transformation or even the end of national states (Omaha, 1995; Henderson et al., 2014). Studies, which were produced by the end of first decade of the 21st Century, argued with a lot of optimism many of the governance advantages of the European local self-administration, which should be based on regions. However, soon after the decision for EU to become a 'club of member states', the enthusiasm over European regions has subsided (cf. Keating, 2013).

The widespread normative anxiety about 'regionalism' has a methodological corollary: the unthinking equation of state and nation and their combined treatment as the natural framework for social and political life. The established comparative survey research in political science has been deeply committed to methodologies that take the nation-state as the unit for comparison: that is, it is paradigmatic of the political analysis skewed by the critique of methodological nationalism (Henderson et al., 2014, 181). A powerful critique of these assumptions – dubbed 'methodological nationalism' – has developed within the political sociology of globalization and cosmopolitanism (Beck 2007, 2013 et al. is an exemplar).

Beck convincingly shows how the national methodology has become one of the most important building blocks of the national ideology. Nationalism is particularly toxic, not because of the overt justification it gives to national protectionism and global inequalities, but due to its ideological and hegemonic status: nationalism defines and ossifies our scientific and theoretical frameworks, and our most basic concepts and dualisms of thought and knowledge: national/international, we/them, minority/majority etc. Nationalism as an ideology thus limits not only what we can imagine and wish for, but, more importantly, what we know and what we think reality is. Our data, statistics, categories, and concepts are all subject to the national perspective. And it is our duty to liberate the human and social sciences from the grip of the nationalist ideology and perspective. (Blank, 2014, 67/8).

The question arises whether is it even possible to conceive of the completion of a European political union? A common taxation system and a common economic and social policy? Or is it not so that the pre-occupation with a political union has obscured the crucial question, the question of a European society, for so long that we have ended up leaving the most important factor out of the reckoning altogether? "The factor of sovereign people, the citizens of Europe." (Beck, 2013, IX).

PROCES SUBJEKTIVACIJE V KREATIVNIH INDUSTRIJAH: MED IDEOLOGIJO IN DISPOZITIVOM THE PROCESS OF SUBJECTIVISATION IN CREATIVE INDUSTRIES: BETWEEN IDEOLOGY AND DISPOSITIF

IZVLEČEK

Diskurzi kreativnosti prevladujejo v kulturnih in ekonomskih politikah v Evropski uniji in v Sloveniji (Lovink, Raunig, Roseitter, Močnik, Tratnik). V zadnjih letih je avra kreativnih industrij morda manj svetla, a zato je njihova realnost vse bolj prisotna (evropski in nacionalni razpisi, pravkar ustanovljen slovenski Center za kreativnost / MAO, november 2017). Z retoriko, ki naslavlja vse, še posebej mlajše, v subjekte, ki so izjemno kreativni, predani delu, dizajnersko osveščeni, nosilci novih trendov, inovacij in drugih sprememb, širijo kreativne industrije kulturo prekarnosti in (samo)podjetništva, v katerih je kreativnost imperativ, prožnost normativ, negotovost pa pravilo. Tako stanje povzroča nove oblike discipliniranja, samoizkoriščanja in eksistencialne odvisnosti ter trajne občutke negotovosti in depresije.

Pričujoči prispevek analizira, na kakšen način poteka proces subjektivacije in kako je konstituiran subjekt v okviru kreativnih industrij. Osnovni konceptualni orodji za analizo in medsebojno primerjavo bosta Althusserjeva teorija ideologije ter Foucaultov dispozitiv. Tako ideologija kot dispozitiv aktivno oblikujeta dožemanja in obnašanja posameznikov, obenem pa ti povratno oblikujejo ideologijo in dispozitiv. Ideologija se subjektu vsiljuje, ne da bi to videl, saj to dela z argumenti, ki jim mora samo prikimavati, jih prepoznati in se z njimi strinjati. Podobno dispozitiv prek niza praks in diskurzov, vednosti in vaj meri na kreacijo ubogljivih, vendar še vedno svobodnih teles, ki sprejemajo svojo subjektno identiteto in »svobodo« v samem procesu svojega podjarmljenja. Prav zato je po mnenju nekaterih koncept dispozitiva modificirana, bolj fleksibilna in drugače Althusserjeve teorije in tako bolj primerno orodje za razumevanje konstrukcije subjektivitete.

Ključne besede: kreativne industrije, subjekt, proces subjektivizacije, ideologija, dispozitiv.

ABSTRACT

The discourses of creativity are widespread in cultural and economic politics in the European Union as well as in Slovenia (Lovink; Rosetter; Raunig; Močnik; Tratnik). In the past few years, the aura of creative industries might have been waning, yet their reality is increasingly present (European and national grants for creativity, the recently established Slovenian Centre for Creativity/ MAO, November 2017). With rhetoric that addresses everyone, especially the young, into subjects who are highly creative, committed to work, informed about design, the emissaries of new trends, innovations and other changes, advance the creative industries and the accompanying culture of precarious work and (self-)entrepreneurship, in which creativity is the imperative, flexibility the norm and insecurity the rule. Such a state engenders new forms of disciplining, self-exploitation and existential dependence, as well as perennial feelings of uncertainty and depression.

The aim of this article is to analyse the process of subjectivisation and how a subject is constituted in the framework of the creative industries. The fundamental conceptual tools for the analysis and comparison will be Althusser's theory of ideology and Foucault's dispositif. Both ideology and dispositif actively shape the perception and behaviour of individuals, who in turn shape ideology and dispositif. Ideology is imposed on the subject without them realising it, for it does so with arguments to which they can only nod, recognise and agree with them. Through a series of practices and discourses, knowledge and exercises, the dispositif similarly aims toward the creation of obedient, yet still free bodies, who accept their subjective identity and "freedom" in the very process of their subjugation. This is precisely why some (e.g., Agamben; Deleuze; Žajc) argue that the concept of dispositif is a modified, more flexible variant of Althusser's theory and as such a more apt tool for the understanding of the construction of subjectivity.

Key words: creative industries, subject, process of subjectivisation, ideology, dispositif

VPLIV SODOBNIH TEHNOLOGIJ NA KULTURNO TRANSFORMACIJO V NOVEM TISOČLETJU THE IMPACT OF MODERN TECHNOLOGIES ON THE CULTURAL TRANSFORMATION IN THE NEW MILLENNIUM

IZVLEČEK

Človek se v zadnjih sto letih lahko najbolj ponaša s tehničnimi in tehnološkimi dosežki. Tehnizirano okolje je realnost 21. stoletja. Sodobna tehnologija je postala sestavina vsakdanjika, ki se ji ne moremo več izogniti. Razrašča se na vseh ravneh – od institucionalnega do izrazito zasebnega načina biti. Vse več ljudi iz dneva v dan izgublja delo, da imajo delo stroji. Človek se na osnovi strojev umika iz resnične v navidezno stvarnost. Strojem pomaga rojevati vedno številnejše in pametnejše potomce, ki bodo sposobni upravljati sami sebe in druge stroje ter se razmnoževati. Tako človek ustvarja zanamce, ki bodo kmalu na višji razvojni stopnji od njega. Kakšen je njegov odnos do novih stvari in razmerij, nastalih kot posledica njegovega delovanja ali sodelovanja? Zdi se, da sveta, ki je nastal po njem samem, človek ne zmore več obvladati, saj ta svet postaja močnejši od njega.

Nove tehnologije močno spreminjajo družbeno okolje in vzpostavljajo nove etične meje. Tehnološke naprave niso več podaljški človeka, ampak človek postaja podaljšek strojev, ki kreirajo svet brez informacijskih omejitev, z možnostjo dostopa tukaj in zdaj. Se bo človek izgubil v realni virtualnosti novih tehnologij ali pa mu bo uspelo vzpostaviti simbiozo z novimi tehnološkimi fenomeni?

Ključne besede: človek in tehnologija, tehnološki razvoj, antiutopični roman, družba nadzora, informacijska revolucija.

ABSTRACT

In the last hundred years, humankind can be most proud of our technical and technological achievements. A technologized environment is the reality of the 21st century. Modern technology has become a component of everyday life, which we can no longer avoid. It is growing at all levels - from institutional to extremely private. Every day, more and more people are becoming redundant because of machines. With the help of machines, people are getting away from 'real' reality and switching to virtual reality. Humans help the machines produce ever-evolving and smarter descendants who will be able to manage themselves and other machines and also reproduce. Thus, humans create descendants who will soon be at a higher stage of development than their progenitors. What is humankind's attitude towards new things and relations that have arisen from their activity or their involvement? It seems that the world that has been created to suit humankind, humankind can no longer master, because this world becomes stronger than them.

New technologies greatly change the social environment and create new ethical boundaries. Technological devices are no longer an extension of a human being, but a human being is an extension of the machines that create a world without information restrictions, with the possibility of access here and now. Will a person be lost in the real virtuality of the new technologies or will they succeed in establishing a symbiosis with the new technological phenomena?

Key words: humankind and technology, technological development, dystopian novel, society of control, information revolution

INTERPRETACIJA RAZLIČNOSTI V MAINSTREAM FILMU THE INTERPREATION OF DIVERSITY IN MAINSTREAM FILM

IZVLEČEK

Članek v izhodišču predstavi platformo obravnavanja sistema konstruiranja sodobnih družbenih formacij, ki v kontekstu aktualnih ekonomskih in političnih procesov izgrajujejo učinkovitega in učinkovitega posameznika kot rezultat delovanja medijskih in kulturnih industrij. S postavljanjem legitimnih referenčnih točk ciljev in idealov, ustvarjenih s strani korporativne moči, se procesi ustvarjanja in vzpostavljanja konstelacij, ki jih razumemo kot dejanskost, uspešno infiltrirajo tako na reprezentativni ravni kot globlje v posameznikovih vzorcih, vrednotah in konceptih, ki v dobi digitalizacije še hitreje in učinkoviteje postajajo obče. V tovrstnem na eni strani digitalizirano izjemno širokem in na drugi strani s strani virov ustvarjanja vsebin omejenem polju se oblikuje percepcija posameznika in družbe do različnosti v smislu drugačnosti oseb s posebnimi potrebami prek standardiziranih in uniformiranih vsebin, ki ustvarjajo stereotipe, predsodke in diskriminacijo. Sredstvo, ki je v obravnavanem kontekstu analizirano z vidika potenciala učinkovanja na vzorce, predstavlja film, ki bo v članku analiziran s pozicije njegovega vpliva na konstruiranje konceptualnih procesov pri gledalcu. Gledalec prek splošnih meril, ki vodijo aktivnost njegove percepcije prek pričakovanj in hipotez, akceptira vsebino na način, da dejstva skozi film njegova pričakovanja in hipoteze, ki so posledica shem na podlagi njegovih preteklih izkušenj, spreminjajo. Fokus bo v procesu analiziranja konkretnega filma, kategoriziranega kot mainstream, tako usmerjen na vprašanje, kako film skozi pripoved in zgodbo interpretira in prikazuje različnost, ali stremi k preseganju stereotipnih predstav in ustvarja platformo za razmislek, ob zavedanju, da film uporablja režijske postopke, ki lahko spodbujajo pasivnost ali pa, nasprotno, v določeni meri preučevajo gledalčevo zavest. Prek procesa prepletanja filmske prakse z družbeno dinamiko bom v polje preučevanja postavila gledalca, pri čemer bo analiza njegovega dožemanja in percepcije vsebine usmerjena na učinek filmske reprezentacije vsebine, ko gledalec ni več samo gledalec, ko film »seže čez« in gledalca dvigne nad samo filmsko zgodbo in ga integrira v realnem življenju.

Ključne besede: vpliv filma, percepcija, gledalec, predsodki, različnost.

ABSTRACT

The article initially presents the platform of approaching the system of modern social formation construction that in the context of actual economics and political processes forms an effective and functional individual as the result of the collaboration of the media and culture industries. By establishing legitimate reference points of goals and ideals created by corporate power, the processes of creating and reinstalling constellations, which are understood as reality, successfully infiltrate the individual's values and concepts on the representative level and even deeper, becoming generalised much more quickly and effectively in the digital age. In this field which is wide-open on the digital level, but very limited in terms of content sources, the individual's and society's perception of difference in terms of people with special needs is formed through standardised and uniform contents that produce stereotypes, prejudices and discrimination. In this context, the medium film is analysed from the point of view of its potential effect on patterns by influencing the viewer's construction of conceptual processes. According to the general criteria impacting their perception through their expectations and hypotheses, the viewer receives the content in a way that the facts presented through film alter the expectations and hypotheses of the viewer that resulted from the schemes based on their experiences. In the process of analysing the concrete film that is categorized as mainstream, the focus will be on how the film interprets and shows difference through the story, whether it aims to overcome stereotypes and create a platform for reflection, knowing that film uses staging procedures that can encourage passivity or, on the contrary, raise the viewer's awareness to a certain extent. By interweaving film practice and social dynamics, the viewer will be placed in the field of study, whereby the analysis of their perception of the content will be focused on that effect of the filmic representation of the content that makes the viewer becomes more than just a viewer, where the film extends above the line, raises the viewer above the film story and integrates them in real life.

Key words: film influence, perception, viewer, prejudices, diversity

REAFFIRMING IDENTITIES

ABSTRACT

In the current decade, almost imperceptibly, we have entered a quite different world from the one we were accustomed to after the turn of the 1990's. This world needs to be examined since it already has consequences in the lives of today's people.

The correlations of modern society – individual vs. state, private vs. public, economics vs. law, nature vs. society, reality vs. aspiration – were cast in a new light with the transformations due to technologies, democratizations, global interactions. A redistribution of economic, political, military and cultural power is taking place, and a variable geometry of the superpowers commands the sense of current history. Europe is amidst changes, even if it no longer determines them. The European Union is facing the imperative of reorganization, on which its role and, after all, its future depends. It is apparently paradoxical that against the background of globality, which has prevailed in mentalities, and despite a globalism hurried along to exploit the emergence of a "world society", national identities have begun to be reaffirmed.

And this is one of the most characteristic phenomena of the globalized era. The reaffirmation of identities does not mean a return to autarkical nationalism, nor ignoring the interdependencies of late modernity. The reaffirmation of identities is equivalent to recognizing the importance of the self-locating of nations along the coordinates of a renewed universality.

In Europe, universities are under the impact of the Bologna Declaration (1999), which placed them in a direction that gave historical results: internationalization, the transferability of titles, cooperation at an unprecedented scale. However, a Post-Bologna program, linking the two current European objectives – the compatibilization of universities and the increase of their competitiveness – with the more comprehensive goal of enhancing the social role of universities has become necessary in order to re-synchronize universities with developments in society.

Even if the great narrations of history have remained in crisis, we find today a competition of more or less organized ideologies. The belief that difficulties would have purely technical resolutions, which dispenses ethical commitments, is widely disseminated. After many experiences, it can be said that there is no solution to any major problem in the complex current societies without a change in morals. The ethical values to which we are accustomed in modernity have now being reinvigorated. Integrity seems to be the most appropriate cover for an ethics suitable to a world that is always conjuring interpretations.

A mutation is prefigured in knowledge. The interpretation of sciences from the perspective of absolute knowledge, or the reduction of knowledge to the experimental sciences, have for long time been obsolete. But the current epistemic anarchism does not lead any further. A systematic picture of the sciences could not be elaborated. Amidst the beneficial expansion of experimental and technological research, not only do new disciplines require the right of the citadel, but forms of consciousness which were previously in an irreducible conflict, now find a convergence of interests. Against this background, knowledge dependencies themselves need to be recognized. Thus, the reflexive component of knowledge and the integrative visions now gain new importance.

Key words: identities, Europe, change, morals

VERSKO MOTIVIRANO POKRIVANJE ŽENSK V KRŠČANSTVU RELIGIOUSLY MOTIVATED HEAD-COVERING OF WOMEN IN CHRISTIANITY

IZVLEČEK

Prispevek predstavi nekatere momente iz zgodovine zahtev po pokrivanju žensk v krščanstvu iz verskih in teoloških razlogov. Za to uporabi hermenevitično metodo preučevanja, študij literature in v manjšem obsegu tudi poznavanje terena. Najprej se osredotoči na besedilo 1 Kor 11,2–16, kjer po tradicionalni razlagi Pavel predstavi utemeljitev pokrivanja žensk v verski skupnosti. Predstavljenih je več mogočih alternativnih razlag, predvsem pa okoliščin, ki bi omogočile boljše razumevanje Pavlovega besedila. Zgodovina teologije je odlomek razumela v smislu obveznosti pokrivanja žensk pri bogoslužju: Avguštín, Tomaž Akvinski, Martin Luter, vsi so predstavniki tradicionalnega odnosa do vprašanja pokrivanja in se sklicujejo na avtoriteto Svetega pisma, na ustvarjeni red, ki določa moško prvenstvo, iz katerega naj bi izhajala obveznost pokrivanja glave. So pa med njimi tudi določene razlike v pojmovanju odnosnih razmerij med možem in ženo. Pij-Benediktov zakonik se v kan. 1262 sklicuje na starodavno navado ločenosti moških in žensk v cerkvah, pri čemer naj bodo slednje pokrite. V zadnjem delu prispevka se posvetimo konkretnim praksam na območju Slovenije v zadnjih dveh stoletjih. Vzajemno prepletanje in prehajanje kulturnih in verskih pričakovanj ter norm je najbrž eden poglobitvenih razlogov za vztrajanje praks, ki podpirajo patriarhalni sistem družbenih odnosov, delujoč po sistemu (samo)nadzora. Pokažemo, kako se je pokrivanje le delno preoblikovalo, moderniziralo na pojavni obliki, vendar ostaja navzoče pri uniformah redovnic, ki so v Sloveniji večinoma obdržale naglavne rute. Na ikonografskem področju, pri upodabljanju Marije, je pokrivalo ostalo, le da se je nekoliko skrajšalo. Bonton določa, da ženskam ni treba snemati pokrival, ko vstopijo v kateri koli zaprt prostor. Protokol pri papeški osebni ali javni evidenci še zmeraj predpisuje uporabo tančice, prostovoljno pa jo uporabljajo neveste pri poroki. Ključne besede: ženske, pokrivanje glave, ruta, krščanstvo, verske prakse.

ABSTRACT

The article presents some fragments from the history of women covering their heads in Christianity for religious and theological reasons. The hermeneutic interpretation method, the study of literature and, to a lesser extent, the knowledge of the terrain is used to accomplish this end. In the first part, the focus is on 1 Cor 11:2-16. According to the traditionalists' view, Paul depicts here the theological reasons for women's use of the veil in a religious community. A number of possible alternative explanations are presented, in particular, the circumstances that allow a better understanding of Paul's text. The history of theology understood this passage in terms of the obligation of wearing the veil during worship: Augustine of Hippo, Thomas Aquinas, Martin Luther, all are representatives of the traditional view of the veil question. They all refer to the authority of the Bible, to the God-created order determining the male supremacy from which the veil obligation originates. Nevertheless, there are also some differences in the concept of the relationship between husband and wife between them. The Pio-Benedictine Code in 1262 refers to the ancient habit of separation between men and women in churches and prescribes obligation of the veil during public liturgies. In the final section of the paper, we focus on concrete practices in Slovenia during the recent two centuries. The mutual interweaving and exchange between cultural and religious expectations and norms are probably one of the primary grounds for insisting on practices that support the patriarchal scheme of societal relations, which functions due to the (self-)control mechanism. We show how veiling has only been partially transformed and modernized in the domain of physical appearance but remains present, as nuns mostly held on to the veils as part of their uniform. Also, in the church and religious iconography, Mary is still veiled, only the veil has slightly shrunk. Etiquette stipulates that women can keep their head-covering when entering into an enclosed space. The strict protocol for private and official Papal Audiences still prescribes the use of a veil, whereas it is used on a voluntary basis by the bride at the wedding.

Key words: women, head covering, veil, Christianity, religious practices

RUDOLF MAISTER-VOJANOV – SOUSTVARJALEC NA PODROČJU KULTURE IN MENTOR RUDOLF MAISTER-VOJANOV – A CULTURAL CREATOR AND MENTOR

IZVLEČEK

General Rudolf Maister (1874–1934) je kot vojaški poveljnik 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 pod našo trajno oblast in preprečil germanizacijo slovenske Štajerske. To je bil vrh njegovih premočrtnih prizadevanj za dolgoročno rešitev slovenskega narodnostnega in ozemeljskega vprašanja.

General Rudolf Maister, s pesniškim psevdonimom Vojanov, pa je bil poleg svojega poklica vojaškega poveljnika in uresničevanja državotvornega poslanstva intenzivno dejaven tudi na kulturnem področju. Ob ljubiteljskem slikarstvu, pisanju poezije (napisal je dve pesniški zbirki: *Poezije in Kitica mojih*), bibliofilstvu in govorništvu se je posvečal tudi mentorstvu mladim kulturnim ustvarjalcem. Med svojim službovanjem v Celju (1913–1914) je podpiral celjsko srednješolsko mladino pri literarnem delu in skupaj s predsednikom dijaškega literarnega kluba Kondor, Srečkom Puncerjem, urejal leposlovno-znanstvene vaje Savinja.

V prispevku je na podlagi dostopnih zgodovinskih virov oziroma pričevanj njegovih sodobnikov razčlenjeno delovanje generala Rudolfa Maistra na področju kulture in s tem njegov prispevek k ohranjanju slovenskega jezika in krepitvi narodne zavesti. Narejen je tudi poskus opredelitve obsega njegovega doprinosa kot mentorja mlajšim domoljubnim kulturnikom.

Ključne besede: domoznanstvo, general Maister, književnost, mentorstvo, revije.

ABSTRACT

In the aftermath of World War I, following the collapse of the Austro-Hungarian Monarchy, when the fate of such a small nation as the Slovenian one was very insecure, General Rudolf Maister (1874–1934), acting as a military commander, fought and managed to win back a large part of the Slovenian territory, thus preventing the germanisation of the Slovenian Styria. This represented the culmination of his direct efforts aimed at a long-term resolution of the issue connected with the struggle for Slovenian national identity and Slovenian territory.

Apart from carrying out his military profession of being a commander and attempting to realise his mission of enhancing the national identity, General Rudolf Maister, with the literary pseudonym Vojanov, was very proactive in the field of culture as well. Not only was he a hobby painter, a bibliophile, but he also wrote poetry (his two collections of poems are called *Poezije – Poetry and Kitica mojih – A verse of my own*), he practiced rhetoric and was a devoted mentor to young cultural creators. During his professional service in Celje (1913–1914), he lent support to the Celje High School students working on a literary piece of work and edited the "Literary-scientific exercises Savinja" together with Srečko Puncer, president of the high school literary club Kondor.

This paper aims to analyse the activities of General Rudolf Maister in the field of culture, based on available historical sources and records left behind by his contemporaries, in order to determine his contribution to preserving the Slovenian language and strengthening the national identity awareness. There is also an attempt made to determine the scope of his contribution when acting as a mentor to younger patriotic cultural authors.

Key words: national history studies, General Maister, literature, mentorship, magazines

ZAKAJ JE SMISELNO ZOPERSTAVLJANJE DISPOZITIVU MEDICINE?

WHY IT IS REASONABLE TO OPPOSE THE MEDICAL DISPOSITIVE?

IZVLEČEK

Prispevek analizira medicino kot dispozitiv in reflektira njeno rabo, z namenom raziskati ozadje odklonilnega odnosa medicine do zdravilstva (komplementarne in alternativne medicine) ter do izvajanja zdravilskih praks, metod in postopkov, tako zunaj okvirov uradne medicinske prakse kot tudi znotraj njih. Analiza se opira na model dispozitiva, kot ga predstavi Agamben v spisu »Kaj je dispozitiv«, ter na analizo dispozitiva Zajčeve v delu »Tehnologija in družbe«.

Model dispozitiva omogoči osvetliti medicino kot prisilo, s katero nas postavlja v specifično subjektno pozicijo in ki smo ji podvrženi tako uporabniki kot izvajalci medicinskih storitev. Dispozitiv medicine s svojo paradigmo, ki temelji na molekularnem in genskem redukcionizmu, določa, usmerja in nadzira naše vedênje (uporabnikov in izvajalcev medicinske pomoči) ter nam vsiljuje sistem védenja o telesu, zdravju, bolezni, zdravljenju, o življenja in smrti.

Zdravilske metode, ki jih znotraj dispozitiva medicine izvajajo zdravniki, model dispozitiva osvetli kot specifično rabo slednjega, ki obenem pomeni bodisi nezaveščen bodisi ozaveščen način zoperstavljanja prisili in omejenosti dispozitiva medicine. Zdravniki z uporabo zdravilskih metod v svoji praksi ogrožajo dispozitiv medicine, obenem pa nakazujejo možnost izboljšanja kakovosti zdravstvenega sistema, ki zaradi niza slabosti medicine ne omogoča optimalnega zdravljenja.

Ključne besede: dispozitiv, medicina, dispozitiv medicine, zdravilstvo, komplementarna in alternativna medicina (KAM).

ABSTRACT

The article analyses medicine as a dispositive and reflects on its use, with the aim of establishing the background of medicine's disavowal of the healing arts (complementary and alternative medicine) and of implementing healing practices, methods and processes, both outside and within the framework of official medical practice. The analysis leans on the dispositive model as presented by Agamben in his essay "What is a Dispositive" and on the Zajc's analysis of the dispositive in her work "Technology and Societies".

The dispositive model illustrates medicine as a coercion that places us in a specific subject position and that subjugates both users and providers of medical services. The medical dispositive with its paradigm, based on molecular and genome reductionism, directs and controls our knowledge (the knowledge of users and providers of medical services), and forces upon us its system of knowledge about the body, health, illness, healing, about life and death.

The methods of the healing arts performed by medical practitioners within the medical dispositive, exposes the medical dispositive as a specific use thereof, which simultaneously designates the either conscious or unconscious manner of opposing the imperative and limits of the medical dispositive. Doctors who use healing arts in their practice pose a threat to the medical dispositive, while also indicating a way of improving the quality of the medical system that does not provide optimum health care due to its series of weaknesses.

Key words: dispositive, medicine, medical dispositive, healing arts, complementary and alternative medicine (CAM)

PRVINE NIHILIZMA V BOLJŠEVISTIČNI REVOLUCIJI NIHILISTIC ELEMENTS IN THE BOLSHEVIK REVOLUTION

IZVLEČEK

Namen članka je povzeti temeljne značilnosti nihilizma, potem pa ugotoviti, koliko so izražene pri revolucionarnih boljševikih, ki so novembra 1917 prevzeli oblast v Rusiji in s tem poskrbeli za zgled vsem naslednjih komunističnim revolucijam. Vsaka komunistična revolucija je razglašala, da prinaša vzpostavitev pravičnega družbenega reda. A zato je bilo treba najprej uničiti stare, izkoriščevalske buržoazne strukture in forme. Želja po neprizanesljivem uničevanju, najprej nevzdržnega krivičnega političnega sistema, potem pa notranjih izdajalcev in sovražnikov ljudstva, je bila torej v jedru boljševistične ideologije. Članek se ukvarja z vprašanjem, kako negacijo tega sveta in tega življenja prikazati kot nujno potrebno in blagodejno »očiščenje in pomlajenje«. Bolj ko je bila prihodnost prikazana kot svetel ideal, ki ga je mogoče z nasilnim prevzemom oblasti udejanjiti po hitrem postopku, bolj je bila sedanost očrnjena in potrebna radikalne in krvave intervencije. Zato bodo predstavljene temeljne značilnosti nihilistične miselnosti, kolikor je vplivala na uspešne akcije za likvidacijo obstoječega stanja in na sovraštvo do »normaliziranega zla«, ki ga simbolizirata demokracija in večstrankarski sistem. Predstavljena bodo idejna izhodišča ruskih boljševikov z Leninom na čelu ob prevzemu oblasti leta 1917 in ob utrjevanju totalitarne oblasti v Rusiji neposredno po puču, potem pa bo analizirana zelo sorodna ideologija slovenskih komunistov ob prevzemu oblasti leta 1943 in ob njihovem utrjevanju totalitarne oblasti v Sloveniji. Primerjava miselnega aparata Leninovih boljševikov in njihovih slovenskih posnemovalcev bo pokazala, da je nihilizem ključen za razumevanje njihovega opravičevanja terorja. Prikazano bo ostro nasprotje med idealizirano nekonfliktno brezrazredno družbo, h kateri naj bi pripomogla komunistična partija v imenu diktature proletariata, ter potrebo po legitimizaciji peklenske in uničevalske krutosti do vseh, ki se bodo komunističnemu raju drznili upreti.

Ključne besede: ruska revolucija, komunizem, totalitarizem, nasilje, razredni boj.

ABSTRACT

The aim of the article is to summarise the basic characteristics of nihilism and then to find out how they are expressed in revolutionary Bolsheviks who, in November 1917, took power in Russia and served as an example for all subsequent communist revolutions. Every communist revolution claimed to bring about the establishment of a just social order. But to make it happen, old, exploitative, bourgeois structures and forms should be destroyed first. Therefore, the desire for merciless destruction, first of the unbearable political system, and then of inner traitors and enemies of the people, lies at the heart of the Bolshevik ideology. The article deals with the question of how the negation and destruction of existing world and life could be presented as something highly beneficial. The more the future was portrayed as a bright ideal to strive for with violence, the more the present was maligned and in need of urgent, radical and bloody intervention. That is why some key characteristics of nihilistic reasoning will be shown, as they influenced successful actions for the liquidation of the existing human condition and the hate for "normalised evil" symbolised by democracy and the multi-party system. Some basic conceptions nurtured by Russian Bolsheviks, including Lenin, at the time of their rise to power and their strengthening of totalitarianism in Russia, will be shown, followed by the analysis of the very similar ideology of Slovene communists at the time of their own establishment of a totalitarian state. Comparing the thinking process of Lenin's followers and their Slovene imitators will reveal that nihilism is a key factor in understanding their justification of terror. A sharp contrast will be shown between an idealised, conflict-free, classless dream society that should be brought about with the help of the Communist Party, and the need for legitimising hellish and destructive cruelty towards all those who would dare to oppose the communist paradise.

Key words: Russian revolution, communism, totalitarianism, violence, class war

EMPATIJA EMPATHY

IZVLEČEK

Empatija je človekova sposobnost vživljanja v sočloveka, v njegov miselni svet (kognicija, prepoznavanje in razumevanje perspektive drugega, teorija uma) ter v njegova čustva, občutja (čustvena, afektivna komponenta empatije). V možganih obstajajo področja, ki omogočajo empatijo, ter dve ločeni poti: kognitivna in emocionalna, pri človekovem delovanju v kompleksnem socialnem okolju pa prihaja do njunega prepletanja. Kljub omejitvam obsega tega prispevka je razvidno, da empatija predstavlja zelo kompleksen fenomen, ki izhaja iz evolucije človeka, in je kot mehanizem vgrajena v organizem. Najdemo jo tudi pri nekaterih živalskih vrstah, vendar v preprostejši obliki. Pojem se v današnjem času uporablja izrazito interdisciplinarno. V prispevku je poudarjena večplastnost (kognitivni in emocionalni vidik empatije), ki jo je treba upoštevati pri uporabi tega pojma. Kratek poudarek je dan patološkemu vidiku na področju mentalnega zdravja in razvojnih specifik. S tem je, menimo, dodatno poudarjena njena vloga, želeni rezultat pa je, glede na nepoenoten definicijski okvir, na kar opozarja večina avtorjev ter prispeva k dodatnim kritičnim pogledom na empatijo, boljše in celovitejše razumevanje tega fenomena pri človeku.

Ključne besede: kognitivna empatija, afektivna empatija, socialna kognicija, zrcalni nevroni, duševno zdravje.

ABSTRACT

Empathy is a natural human capacity to »feel with« the other person, to adopt their mental frame, their thinking process, their situation (cognitive aspect, perspective-taking, Theory of Mind) and their emotions, feelings, perception of pain etc. (affective component). In our brain, there are different areas that enable the process of empathy, through two main routes: the cognitive and the affective. They are separated, but in complex social situations that require empathy they functionally overlap. Empathy is a very complex evolutionary phenomenon, a mechanism embedded in our body. It is evolutionary in origin and its elements can be traced back to some animal species. The usage of the term 'empathy' is markedly interdisciplinary. In this paper, we aim to emphasize its multidimensional aspect (cognitive and emotional, affective). A brief but important view on empathy is through lens of its pathologies in the field of mental health disorders and developmental specifics. Through this lens, the role and importance of empathy for the good and healthy functioning of a human being in their social environment is additionally highlighted. In order to achieve a more comprehensive understanding of the empathy phenomenon, its definition problems and critiques, we are obliged to take into consideration both sub-categories, the cognitive and the affective.

Key words: cognitive empathy, affective empathy, social cognition, mirror neurons, mental health

UMESTITEV VPRAŠANJA RETORIKE Z ELEMENTI ISLAMOFBIJE MED MUSLIMANI

DEFINING THE QUESTION OF RHETORIC CONTAINING ISLAMOPHOBIC ELEMENTS AMONG MUSLIMS

IZVLEČEK

Islamofobijo razumemo kot pretiran strah ter sovražnost do islama in muslimanov, ki se ohranja zaradi negativnih stereotipov in rezultira v predsodkih, diskriminaciji in marginalizaciji ter izključenosti muslimanov iz družbenega, političnega in javnega življenja. Pri tem se zastavi naslednje vprašanje – ali gre za islamofobijo tudi, če islamofobno retoriko podajajo muslimani sami med seboj? Torej, ali lahko govor med dvema muslimanoma, ki bi ga lahko razumeli/opredelili kot islamofobnega, opredelimo kot islamofobijo ali ne? Do pojava islamofobne oblike govora med samimi muslimani je prišlo predvsem ob pojavu islamskega fundamentalizma oziroma radikalizma. Le-ta je do neke mere razdvojil zmerne in fundamentalistične/radikalne muslimane in povzročil, da so se različne smeri znotraj islama (ki so bolj zmerne) začele počutiti ogrožene ob porastu fundamentalizma/radikalizma. Posledično so se začele pospešeno pojavljati shizme znotraj islama, ki so prispevale k porastu islamofobne retorike med posameznimi pripadniki različnih smeri znotraj islama. Kot smo ugotovili skozi študij literature, lahko kot islamofobni govor pripoznamo le govor, ki ga nemuslimani izražajo proti muslimanom. Zato se prispevek osredotoča na opredelitev vprašanja ustreznega poimenovanja retorike, ki se pojavlja med muslimani in bi jo lahko imeli za islamofobno. Poleg tega, da so obstoječi izrazi za morebitno poimenovanje tega pojava (kot so denimo islamofobija, ksenofobija ipd.) neustrezni, so hkrati tudi premalo povedni, poleg tega pa tudi premalo učinkovito pojasnijo senzibilnost in pojavnost tega fenomena. Omenjeno vprašanje se je izpostavilo po pojavu terorizma in vzponu ekstremistov, ki so vzbujali strah tudi med zmernimi muslimani. Vprašanje ustrezne umestitve retorike z elementi islamofobije, ki jo je mogoče zaznati tudi med muslimani, zaradi svoje neraziskanosti vsebuje izviren znanstveni doprinos in bo predstavljeno v pričujočem prispevku.

Ključne besede: islamofobija, strah, sovražnost, retorika, muslimani.

ABSTRACT

Islamophobia is understood as excessive fear and hostility towards Islam and Muslims, preserved due to negative stereotypes, which results in prejudice and the discrimination, marginalization and exclusion of Muslims from social, political and public life. However, the following question needs to be addressed: is it islamophobia, if islamophobic rhetoric is used by Muslims themselves? Can a speech act which would normally be considered as islamophobic, be defined as islamophobia when it occurs between two Muslims or not? The emergence of an islamophobic form of speech among Muslims was mainly due to the emergence of Islamic fundamentalism and radicalism. This has, to some extent, separated moderate and fundamentalist/radical Muslims and caused various directions within Islam (which are more moderate) to feel threatened with the rise of fundamentalism / radicalism. As a consequence, clefs began to intensify within Islam, which contributed to the rise of islamophobic rhetoric among individuals belonging to different directions within Islam. As we have found out through the study of literature, only speech spoken by non-Muslims against Muslims can be recognized as islamophobic speech. Therefore, the paper focuses on defining the question of the appropriate naming of the rhetoric that appears among Muslims and could be considered islamophobic. In addition to the fact that the existing terms for the possible naming of this phenomenon (such as, for example, islamophobia, xenophobia, etc.) are inadequate, and, in addition, do not effectively explain the sensibility and clarity of this phenomenon. The issue was highlighted after the emergence of terrorism and the rise of extremists, who also aroused fear among moderate Muslims. The question of appropriate placement of the rhetoric with elements of islamophobia, which can be perceived among the Muslims, owing to its inexplicability contains an original scientific contribution and will be presented in the present paper.

Key words: islamophobia, fear, hostility, rhetoric, Muslims

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MEDICINSKA HUMANISTIKA V SLOVENIJI THE MEDICAL HUMANITIES IN SLOVENIA

IZVLEČEK

Medicinska humanistika preučuje presečišče med medicino, humanističnimi in družboslovnimi disciplinami, kot so filozofija – zlasti etika, antropologija, etnologija, religija, lingvistika, zgodovina, književnost, umetnost, kulturne študije in sociologija.

Medicinski in humanistični pogled na medicinsko humanistiko se razlikujeta zaradi različnih primarnih interesov obeh disciplin.

V Sloveniji medicinska humanistika formalno spada na področje javnega zdravja, torej na področje preprečevanja, odkrivanja in obvladovanja bolezni ter varovanja in spodbujanja zdravja skupnosti ali prebivalstva. Slovenska medicinska humanistika se večinoma ukvarja s socialno zgodovino medicine in zdravstvenega varstva, kamor spadajo zgodovina medicinske misli in prakse, razvoj medicine, ustanove za oskrbo bolnikov, pomembni zdravniki; in socialno medicino, ki preučuje socialno okolje kot vir bolezni in slabega zdravja.

V slovenski humanistiki in družboslovju pa je medicinska humanistika delno vključena v (aplikativno) medicinsko antropologijo, etnomedicino – vključno z etnoveterino, etnobotaniko, etnozoolgijo in etnofarmacijo; v ustno zgodovino (npr. s pripovedmi o boleznih – ne s kliničnimi pripovedmi), v pravo in v sociologijo medicine ter zdravstvenega varstva s kritiko uradne medicine in zdravstvenega sistema.

Ključne besede: medicinska humanistika, zgodovina medicine, medicinska antropologija, etnomedicina, narativna medicina, bioetika.

ABSTRACT

Medical humanities studies the intersection of medicine, humanistic disciplines and social sciences, such as philosophy – especially ethics, anthropology, ethnology, religion, linguistics, history, literature, arts, cultural studies, sociology.

The medical and humanistic view of medical humanities varies due to the various primary interests of both disciplines.

In Slovenia, medical humanities formally belongs to the field of public health (i.e. the prevention, detection, and control of disease, and the protection and promotion of the health of a community or population level). The medical humanities mostly deals with the social history of Slovene medicine and healthcare (history of medical thought and practice, development of medicine, institutions for the care of the sick, great medical practitioners) and social medicine (social environment as the source of sickness and ill-health).

In Slovene humanities and social sciences, on the other hand, medical humanities are partly incorporated in (applied) medical anthropology, ethnomedicine (including ethnoveterinary, ethnobotany, ethnozoology, ethnopharmacy), oral history (i.e. narrative accounts of illness – not clinical narratives), in law and in the sociology of medicine and healthcare (criticism of biomedicine and health system).

Key words: medical humanities, history of medicine, medical anthropology, ethnomedicine, narrative medicine, bioethics

ART AND POLITICAL PARTICIPATION

ABSTRACT

The author addresses the question of political participation of art and focuses primarily on new media art, however, she re-questions the political charge and engagement of art in the past, in particular in the first part of the 20th century. Historical avant-gardes are known for their political engagement, since the 1930s on, with the rise of political ideologies, and also later, after the 2nd world war, when art was often required to be politicized or directly in service of political regimes. How is this question topical in reference to media art? The author considers the function of art today. With some globally very relevant venues for media art, such as Kapelica Gallery and Aksioma, the production of media art is here still signified by the intellectual tradition of the critical theory of society. Contemporary production could be understood as the heir of the artistic revolutions of the 1980s, when art challenged the vigilance of the organs of state security. Another relevant reference for today's comprehension of media art in this context is tactical media, which "do not just report events, as they are never impartial, they always participate" (Geert Lovink and David Garcia). Tactical media present a revival of art as politics, this time with the use of new media in a do-it-yourself fashion. The author will rethink the activist dimension of media art also in reference to romanticism.

Jan Simončič, M.A.

JAVORŠEK'S MODERNIST INTERVENTION

ABSTRACT

The article poses the question of the relation between diary entry and essay in Jože Javoršek's book Encounters (Srečanja) from 1958, where he recounts his encounters with mostly Parisian intellectuals, writers and artists, later re-contextualising some of the diary entries as essays by including them in the book of autobiographical essays Beehive (Satovje), 1976. A specific focus on the essay Birthday of Suzy Mante-Proust enables an immanent and comparative reading of Javoršek and Proust through Benjamin's essay on the latter, as well as outlining Javoršek's heretical and rapturous approach to literature that was at that time devotedly modernist. With Javoršek's Encounters one could argue that he found a singular solution in living literature or living the literary, since he lived an eventful life in order to write about his experience. This was a heretical approach, as it went against the society and environment of his time, when even literature had begun being subjected to positivist science and its classificatory approach.

Key words: Javoršek, essay, singularity, Proust, heresy

UMETNIŠKI PERFORMANS: V PREPLETU KONCEPTUALNE UMETNOSTI IN VSAKDANJEGA ŽIVLJENJA

PERFORMANCE ACT: AT THE CONFLUENCE OF CONCEPTUAL ART AND EVERYDAY LIFE

IZVLEČEK

Umetniški performans se je razvil v tesni povezavi z družboslovnimi vedami in poskušal v času razvoja poudariti sposobnost umetniške prakse pri spreminjanju percepcije posameznika. Performans predstavlja povezavo življenja, politike in umetnosti, »javno povabilo k pogledu in izkušnji vsakodnevnih odnosov med posamezniki in družbo«. V znanstvenem članku bom raziskovala povezavo med umetniškim performansom in kontekstom, v katerem le-ta nastaja oziroma izvira v vsakdanjem življenju. Poudarek bo na teoretski zasnovi Richarda Schechnerja, ameriškega profesorja in teoretika, ki pojmuje performans oziroma reprezentacijo človeškega delovanja kot »osnovno kategorijo človeškega življenja«. Podobno je trdil francoski fluxus umetnik Robert Filliou, ki je performans pojmoval v podobno širokem kontekstu – umetnost naj bi predstavljala »funkcijo življenja«. Predstavljala naj bi »nekaj, kar želimo početi oziroma kar počnemo namenoma, nekaj, kar ima potencialno širok domet, torej posledično nekaj, kar naj bi interpretiralo vsakdanje življenje«. Robert Rauschenberg, ameriški slikar in grafični umetnik, je »proces ustvarjanja umetniškega dela opredelil v prostor med življenjem in umetnostjo«, podobno Allan Kaprow, priznani konceptualni umetnik, pojmuje ločnico med življenjem in umetnostjo kot »fluidno in nedoločno«, Marina Abramovič, konceptualna umetnica, pa je nekoč izjavila, da je »njeno življenje edina stvar, ki jo lahko uprizarja«. Umetnost se torej naj ne bi razlikovala od življenja, temveč naj bi predstavljala njegov del.

Ključne besede: performans, performativnost, umetnost, reprezentacija, subjektivnost.

ABSTRACT

The history of performance art is intertwined with the rise of social sciences, and throughout the development of this particular form of art, the aim was mainly oriented towards the influence the latter might have on an individual. Performance act represents the connection between life, politics and art, »a form of public invitation to experience everyday relations between an individual and society«. My research will be oriented towards the relation between performance act and the everyday context in which it is created. Richard Schechner understands performance or the representation of the human behaviour as an »elementary category of life«, similarly to French fluxus artist Robert Filliou who similarly perceived performance as a »function of life, which should represent something that individuals wish to do or something individuals do intentionally, something that has a wider reach and can interpret everyday life«. The American painter Robert Rauschenberg linked the »process of creating an art work to a space between art and everyday life«, whereas conceptual artist Allan Kaprow considered the dividing line between art and life »fluid and indefinite«, similarly to Marina Abramovič who stated that »she can only perform her own life«. Based on these statements, performance art should not be different than everyday life, it should be an integral part of it.

Key words: performance, performativity, art, representation, subjectivity

RAZDELITEV DRŽAVE DIVIDING A COUNTRY

IZVLEČEK

Leta 1930 je predsednik Hrvaške kmečke stranke, vpliven hrvaški in jugoslovanski politik, pisal angleškemu diplomatu Robertu Williamu Setonu - Watsonu pismo s tezo, da po sredini jugoslovanske države teče usodna kulturna in geopolitična linija, po kateri se je nekoč močno Rimsko cesarstvo prelomilo na dva dela. Nekaj več kot 50 let pozneje je prav ta teza postala ključni del političnega programa hrvaškega disidenta dr. Franje Tuđmana in vabljiva misel takratnega vodilnega srbskega politika Slobodana Miloševića. Leti 1986 in 1987 sta čas, ko je bilo že povsem razvidno, da bo država, ki se je imenovala Socialistična federativna republika Jugoslavija, razpadla. Politični vzpon dveh ključnih akterjev, Miloševića in Tuđmana, je lahko temeljil samo na promociji programa o pravici do nacionalne enovitosti države, pravici vseh Hrvatov in vseh Srbov živeti v samostojnih državah. To sta bili ideji velike Hrvaške in velike Srbije in njuni ozemeljski širitvi. Del ta istega programa je bil tudi projekt preselitve prebivalstva. Treba je bilo najti politični vzvod za popularizacijo in aktiviranje ideje.

Leta 1986 v Srbski akademiji znanosti in umetnosti oblikujejo poseben programski dokument, Memorandum o položaju srbskega naroda. Del, sicer tajnega dokumenta, je bil objavljen 24. septembra 1986 v visokonakladnem časopisu Večernje novosti. Nosilna misel je bila, da vse nacije niso enakopravne in da srbska nacija nikoli ni dobila pravice do oblikovanja lastne države. Memorandum so akademiki predstavili tudi takratnemu srbskemu političnemu vodstvu. Ivan Stambolić, takrat še najvplivnejši srbski politik, in Dragiša Pavlović, predsednik organizacije komunistov v Beogradu in tako povsem v vrhu državnega odločanja, sta memorandum zavrnila.

Ideja močne Srbije v Jugoslaviji je bila sprejemljiva, ideja razpada Jugoslavije kot pogoja oblikovanja močne Srbije pa ne. Milošević je ostal tiho, saj je, kot je dejal, potreboval čas za premislek.

Hrvaški disident dr. Franjo Tuđman je v istem času že imel oblikovano doktrino o dveh imperativih, padcu komunizma oziroma njegove jugoslovanske, socialistične različice ter razpadu Jugoslavije in oblikovanju velike Hrvaške.

Povsem nepričakovano se je prav v istem času odprl pravi prostor merjenja političnih moči v takratni SFRJ. Prostor, ki je bil različen od salonskih političnih spopadov. Moči so se lahko pomerile na povsem realnem in otipljivem ter merljivem političnem poligonu. Povod in vsebina je bila v tistih letih že skorajda minorna prireditvev, Dan mladosti.

Ključne besede: razpad države, velika Srbija, velika Hrvaška, vojna, dan mladosti.

ABSTRACT

The president of the Croatian Peasant Party, AN influential Croatian and Yugoslav politician, wrote a letter in 1930 to English diplomat Robert William Seton-Watson with the thesis that a fateful cultural and geopolitical line, where the once powerful Roman Empire broke into two parts, flows through the middle of the Yugoslav state.

A little over 50 years later, this thesis became a key part of the political program of the Croatian dissident Dr. Franjo Tuđman and the tempting idea of the then leading Serbian politician Slobodan Milošević. The years 1986 and 1987 were a time when it was already quite obvious that the state called the Socialist Federal Republic of Yugoslavia would be dissolved. The political ascent of two key actors, Milošević and Tuđman, could only be based on the promotion of programs on the right to a nationally uniform state, the right of all Croats and all Serbs to live in autonomous countries. These were the two ideas of great Croatia and great Serbia and their territorial expansion. A part of this same program was also the population relocation project. It was necessary to find a political lever for the popularization and activation of the idea.

In 1986, the Serbian Academy of Sciences and Arts developed a special program document, the Memorandum on the Status of the Serbian People. A part of the secret document, however, was published on September 24, 1986, in the high-circulation newspaper *Večernje novosti*. The guiding thought was that all nations were not equal and that the Serbian nation had never obtained the right to form its own state. The academics presented the memorandum also to the then Serbian political leadership of Yugoslavia. Ivan Stambolić, then still the most influential Serbian politician, and Dragiša Pavlović, the president of the Communist organization in Belgrade and thus completely at the top of the state decision-making, rejected the Memorandum. The idea of a strong Serbia in Yugoslavia was acceptable, but the idea of the disintegration of Yugoslavia as a prerequisite for the formation of a strong Serbia was not. Milošević did not immediately react, because, as he said, he needed time to think it over.

At the same time, the Croatian dissident Dr. Franjo Tuđman had already developed a doctrine of the two imperatives, the fall of communism in its Yugoslav socialist variant, and the dissolution of Yugoslavia and the formation of a large Croatia.

Quite unexpectedly, the right space for the measuring of political strengths in the former SFRY opened up in that period. A space that was different from conflicts in the framework of salon politics. These strengths could only be measured in a real, tangible and measurable political field. The cause and content was the Youth Day, in those years almost a minor manifestation.

Key words: state disintegration, Great Serbia, Great Croatia, war, Youth Day

USTVARJANJE ZGODB IN LIKOV ZA FILM IN IGRE THE CONSTRUCTING OF STORIES AND CHARACTERS FOR FILM AND GAMES

IZVLEČEK

Scenaristično ustvarjanje zgodb in likov za filmsko platno korelira z ustvarjanjem zgodb in likov za računalniške igre, saj gre v obeh primerih za avdiovizualni »platformi zabave«. Gledalec v kinu doživi svojsko subverzijo v interakciji gibljivih podob na platnu. Posledično anticipira pri insceniranem dogajanju skozi sebi lastne emotivne izkušnje in podobe iz svoje podzavesti. Pri računalniških igrah, zaradi navidezno razvejane zgodbe, ki omogoča več odločitev, več poti do istega preobrata ali konca v zgodbi, do katerega pri filmu pridemo po navidezno bolj linearni poti, lik znotraj insceniranega dogajanja preslikamo v sebi lastno podobo, saj ga sami vodimo skozi neki prostor in čas, kjer smo kot igralec pripravljeni igrati igro po nekih določenih pravilih. Gre za našo osebno participacijo skozi lik, ki se zgodi na neki nam osebni ravni, s tem pa pripoved zlahka postane nam lastna življenjska izkušnja in jo kot tako tudi »igramo«.

Zdi se paradoksalno, saj gre za avtorsko ustvarjanje, vendar bi neki »generator« pripovednega dogajanja in v le-to vpetih likov lahko kreiral bodisi nadvse realistično interaktivno filmsko dogajanje ali idealno na videz naključno interaktivno igralno okolje neke računalniške igre. V obeh primerih bi slednje želeli izkusiti v hologramskem 3D-svetu. Vendarle, takšnega »interaktivnega generatorja«, ki bi ga na primer nadzoroval in usmerjal sistem umetne inteligence, ki bi se prilagajal nepredvidljivim željam gledalca ali igralca, še nimamo. Lahko sicer rečemo, da smo blizu, če pomislimo na Googlov projekt »AlphaGo«, ki ga je kreiralo njegovo informacijsko podjetje »DeepMind« in pri katerem je sprogramirana super umetna inteligenca osvojila in preseгла znanje šahovskega vele mojstra zgolj v štirih urah. Pri filmu in igrah smo zato še vedno vezani na klasično scenaristično ustvarjanje, ki lahko skozi preplet izkušenj iz sfere obeh medijev pri obeh prispeva k ustvarjalnim presežkom.

Ključne besede: filmska umetnost, računalniške igre, filmski avtor, gledalec, igralec, scenaristično ustvarjanje, interaktivnost.

ABSTRACT

The scripting creation of narratives and characters for film correlates to the creation of narratives and characters for computer games, since both are audio-visual 'platforms of fun'. The spectator in the cinema experiences a unique subversion in the interaction of moving images on the screen. Consequently, they anticipate in the scripted action through their own emotive experiences and subconscious images. In computer games, due to the illusion of a branched-out story that enables several decisions, more than one path leads to the same turn of events or the same end of the story that is arrived at in film in a seemingly more linear manner; the character inside the scripted action is recreated in our own image, as we are the ones leading them through a certain space and time, where as players we are prepared to play the game according to certain rules. It is about our personal participation through the character, which occurs on a level that is personal to us, wherewith the narrative easily becomes our own life experience and is also 'played' as such.

It seems paradoxical, as the creation is authorial, but a 'generator' of the narrative action and the therein embedded characters could create either a highly realistic interactive film action or an ideal apparently random interactive gaming environment of a computer game. In both cases we would like to experience this in the hologram 3D world. However, an 'interactive generator', who could e.g. control and direct an artificial intelligence system that would adjust to the unforeseeable wishes of the viewer or the player, is not yet available. We can say that we are close, considering Google's project 'Alpha-Go', created by their information company 'DeepMind' where the programmed artificial superintelligence achieved and surpassed the knowledge of the great chess master in only four hours. In film and games we are still bound to classical script creation that can contribute to creative achievements in both through the interweaving of experiences from the spheres of both media.

Key words: film art, computer games, film author, spectator, player, script creation, interactivity

**IZOBRAŽEVANJE /
EDUCATION**

VLOGA UČITELJA ŠPORTNE VZGOJE PRI VZGOJI MLADINE ZA TRAJNOSTNI RAZVOJ

THE ROLE OF THE SPORTS EDUCATION TEACHER IN THE EDUCATION OF YOUTH FOR SUSTAINABLE DEVELOPMENT

IZVLEČEK

Posledice bliskovitega razvoja sodobne družbe niso vedno pozitivne. Po vsem svetu se pojavljajo eksponentna rast rabe naravnih virov, podnebne spremembe in ekosistemske izgube. Kljub temu da je težava globalna, se moramo zavedati, da ima pomembno vlogo vsak posameznik, ki se mora zavedati škode, ki jo povzroča kultura povečevanja ekološkega odtisa. Naš šolski sistem premalo sledi tej dinamiki, saj nimamo sistemskega pristopa k izobraževanju na tem področju. Kompetenten učitelj lahko s svojo širino, večdisciplinarnim pristopom in lastnim zgledom naredi veliko za trajnostni razvoj prihodnje družbe, saj svet stoji na mladih. Dober učitelj mora vedeti, da mora biti ekonomija podrejena naravi, in ne obratno. Znati mora v učencih zbuditi zavest, kako ekonomijo povezati z okoljskim znanjem, in širiti medijsko pismenost. Podajati mora tudi vsebine, vezane na univerzalne vrednote, in ne le tistih, ki pokrivajo njegovo stroko. S svojim lastnim zgledom mora spodbujati zadovoljstvo v okolju prijaznih dejavnostih, ki so temelj sreče in zdravega načina življenja. Zavedati se je treba, da takšno poučevanje zahteva celega človeka in je potrebno mnogo dodatnega izobraževanja in naporov. Prav učitelj, ki se zaveda svojega poslanstva tudi v smislu trajnostnega razvoja, lahko odločilno prispeva h gradnji pravičnejše, bolj zdrave in srečnejše prihodnosti današnje mladine in usode naše civilizacije, ki se je znašla na razpotju.

Ključne besede: ekologija, mladina, trajnostni razvoj, učitelj, športna vzgoja.

ABSTRACT

The consequences of the rapid development of modern society are not always positive. Worldwide, exponential growth in the use of natural resources, climate change and ecosystem losses are taking place. Despite the fact that the problem is global, we must be aware that every individual plays an important role and has to be aware of the damage caused by the culture of increasing the ecological footprint. Our school system does not follow this dynamic enough because we do not have a systematic approach to education in this field. A competent teacher can, through their broad-mindedness, multidisciplinary approach and example, do much towards the sustainable development of the future society, because the world is standing on the young. A good teacher must know that economy must be subordinate to nature and not vice versa. They must raise awareness in students about how to connect the economy with environmental knowledge and to spread media literacy. They must also provide content linked to universal values, and not only those that cover their profession. By their own example, they must promote satisfaction in environmentally friendly activities, which are the foundation of happiness and a healthy lifestyle. It is necessary to be aware that such teaching demands the whole person and requires a lot of additional education and effort. It is a teacher who is aware of his mission also in terms of sustainable development who can make a decisive contribution to building a more just, healthier and happier future for today's youth and the fate of our civilization, which is at a crossroads.

Key words: ecology, youth, sustainable development, teacher, physical education

POVEZANOST BRALNE MOTIVACIJE Z BRALNIMI DOSEŽKI DIJAKOV

THE LINK BETWEEN READING MOTIVATION AND STUDENT' READING ACHIEVEMENTS

IZVLEČEK

Prispevek prikazuje rezultate ankete o branju v prostem času, ki je bila izvedena med srednješolci 3. letnika različnih programov in smeri. Namen le-te je bil ugotoviti, ali dijaki berejo, hkrati pa pokazati povezanost med posameznimi dimenzijami bralne motivacije z bralnimi dosežki dijakov. Anketa je želela raziskati odnos dijakov do branja v prostem času in ugotoviti, ali sploh berejo. Iskali smo vzroke za stanje – kakšen odnos do branja so dijaki prinesli iz domačega okolja oz. družine, druženja s prijatelji in šole? Zanimalo nas je mnenje dijakov o pomembnosti branja in njihovem počutju ob branju ter vplivi in dejavnosti, ki spodbujajo branje. Podane so analize podatkov in sklepne ugotovitve v štirih sklopih, in sicer prvi sklop podaja analizo dejavnosti, s katerimi se dijaki ukvarjajo v prostem času, o pogostosti branja, o času, ki ga namenjajo branju, o količini prebranega in o knjigah, ki jih pritegnejo oz. zanimajo. V drugem sklopu so vprašanja, vezana na dejavnosti branja v okolju, iz katerega prihajajo. Tretji sklop vprašanj je namenjen vprašanjem o pomenu branja in počutju ob branju, v četrtem sklopu pa so vprašanja o tem, kdo lahko vpliva na pristočasno branje.

Ključne besede: branje, bralna motivacija, pristočasno branje, spodbujanje branja, bralni dosežki.

ABSTRACT

The article presents the results of the survey on leisure-time reading, which was conducted among the 3rd-year secondary school students. Its objective was to establish whether students read and, simultaneously, establish the link between individual dimensions of reading motivation with students' reading achievements. Another objective was to explore students' attitude towards leisure-time reading and find out if they actually read. We were searching for the reasons for the situation – what attitude towards reading students brought from their homes or families, from their friends and school. We were interested in students' opinions about the importance of reading, about their well-being while reading and about the influences and activities which encourage reading. The data analyses and conclusions are presented in four parts. The first part presents the analysis of activities students do in their free time, the frequency of reading, the time devoted to reading, the amount of the material read and the books they are attracted to or interested in. The second part presents questions about reading activities in the background the students come from. The third part is dedicated to questions about the meaning of reading and the state of (well-)being while reading. Finally, the fourth part consists of questions about who can influence students' leisure-time reading.

Key words: reading, reading motivation, leisure-time reading, encouraging reading, reading achievements

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TRANSLATING RESEARCH RESULTS INTO PRACTICE: THE US EXPERIENCE

ABSTRACT

The planning, implementation, and evaluation of scientific research is a billion-dollar industry. The presenter (Vadim Gershteyn) led the office of portfolio analysis at the Patient-Centred Outcomes Research Institute (PCORI) in Washington D.C., a think-tank dedicated to funding comparative effectiveness research in the US and worldwide. The evaluation of a \$1.0B+ USD research investment presents unique logistic, scientific, and ethical challenges for the scientist and the evaluator. In short: we cannot predict the results of most research. When we conduct the research, we cannot reliably evaluate its effectiveness in the field or its generalizability. Finally, when we have the results, we have difficulty translating the research into clinical practice. For example: what if there are conflicting results from independent investigators on the same research question? We can use advanced statistical methods to mitigate some problems, but both the fail rates (over 50%) and the difficulty of generalizing results point to existential and methodological problems for clinical science. This presentation presents the practical, on-the-field experience of evaluating one of the premier health sciences research institutes in the world. The presentation is also couched in a strong understanding of the philosophy of science and the problem of scientific "induction" in general. This research is of interest both to the practicing scientist or evaluator and to the philosopher who concerns themselves with the timely translation of research results and the epistemology of science.

Key words: research, research waste, evaluation, epistemology, philosophy of science

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THE PARADOX OF EDUCATION: LEARNING TO UNLEARN

ABSTRACT

Education is often treated as a method of gaining knowledge, but is education really the way to learn? Standard education practices focus on knowledge acquisition by means of memorization, testing, and practicums. However, it becomes increasingly clear that the modern education system fails students and young adults, making them either ill-equipped to obtain a degree, or if they achieve such, giving them no ability to actually function outside of the education system. In short, students are being taught nothing. This is not to suggest that there is no value to what is being taught, but rather that there is no actual learning taking place at institutions of higher education. A new model of education placing learning at the forefront of its curricula – by means of an integration of coursework, spirituality, and engaged practice – is sorely needed.

Key words: education; philosophy of education; education theory

IKT: SPREMINJANJE IZOBRAŽEVANJA ICT: CHANGING EDUCATION

IZVLEČEK

Učitelji pri svojem delu uporabljajo ogromno različnih pripomočkov: prezentacije, spletne učilnice, spletna in druga orodja, delovne liste ... Kljub vsemu je največkrat učitelj samo predavatelj, ki podaja snov, učenci pa slušatelji, ki si bolj ali manj natančno snov zapomnijo. Velikokrat lahko preberemo in/ali slišimo kritike na račun pedagoškega dela. Ne samo učenci oziroma dijaki, tudi starši znajo velikokrat povedati, da učitelji »ne znajo« več učiti. Učitelji so v sodobnem času, ko nas na vsakem koraku spremlja informacijsko-komunikacijska oprema, pred velikim izzivom. Nekateri se omenjene tehnologije izogibajo, spet drugi so jo sprejeli z odprtimi rokami. Z uporabo novejših informacijsko-komunikacijskih tehnologij v izobraževanju lahko doseganje učnih ciljev in predstavitve tem pri posameznih predmetih izboljšamo in približamo učencem oziroma dijakom. Otroci so v današnjem času popolnoma domači pri uporabi informacijske tehnologije. Skoraj vsi imajo svoje pametne telefone, od katerih se le stežka ločijo. Zakaj se to dejstvo ne izkoristi v šolstvu? V današnjem času nam uporaba sodobne tehnologije in veliko aplikacij na trgu omogočajo ogromno možnosti, s katerimi se lahko pouk izboljša, naredi zanimivejši in predvsem privlačnejši za slušatelje. V prispevku sta predstavljena dva primera uporabe informacijsko-komunikacijske tehnologije pri pouku. Oba primera sta preizkušena v razredu z dijaki, ki imajo različne posebne potrebe, kjer je motivacija še toliko bolj potrebna. Učilnica Wikispaces, s katero je doseženo odgovorno in samostojno učenje dijakov ob podpori učitelja. Učenje, pri katerem dijak ni samo slušatelj, ampak dejavno sodeluje pri oblikovanju učne ure. Dijaki imajo veliko uporabnega znanja, ki pa ga nekateri iz različnih razlogov ne želijo ali nimajo priložnosti izkazati. Nadalje je predstavljena uporaba aplikacije Kahoot kot orodja za dejavno utrjevanje znanja, s katerim lahko med učenci oziroma dijaki spodbudimo sodelovalno razmišljanje in zdravo tekmovalnost.

Ključne besede: Wikispaces, Kahoot, spletna učilnica, učenje, motivacija.

ABSTRACT

Teachers use various instruments during their lectures, ranging from presentations, web classrooms, various other web-based tools and worksheets etc. The teacher is, basically, the lecturer, whereas the student is just a participant who pays as much attention during the lectures as possible.

Critical reviews aimed at the work of teachers is frequent nowadays. It is a common occurrence that students or even parents say that teachers are incompetent at their work. Teachers who are confronted with the constantly changing information and communication equipment thus face a serious problem. Some do their best to avoid such technologies whilst others embrace it. It is possible to accomplish teaching tasks faster and enable better presentation of various topics via the use of modern communication and information technologies. Children nowadays are perfectly familiar with the use of information technology. Most of them own smartphones and are reluctant to stop using them. Why not take advantage of this fact during class lectures? The abundance of applications and other modern technological inventions now enables us to incorporate much more diversity and appeal into lectures than before.

In this paper, two examples of information and communication technologies during lectures are presented. Both examples took place in a classroom of special-needs students where motivation is even more important. The Wikispaces online classroom, which enabled students to complete their tasks independently and responsibly with the help of their tutor, is presented. During these lectures, the student is much more involved in the curriculum process than previously. We are aware that many students have a plethora of practical experiences but are not willing to share them for several reasons. In this paper, the Kahoot tool is also presented; it enables students to be more competitive and to revise lectures in a more efficient manner.

Key words: Wikispaces, Kahoot, online classroom, learning, motivation

PREDSTAVITEV PILOTSKEGA PROJEKTA ALME MATER EUROPAEA IN NACIONALNEGA INŠTITUTA ZA JAVNO ZDRAVJE LJUBLJANA: PREPREČEVANJE SEDEČEGA VEDENJA **PRESENTATION OF THE PILOT PROJECT OF ALMA MATER EUROPAEA AND NACIONALNEGA INŠTITUTA ZA JAVNO ZDRAVJE LJUBLJANA: PREVENTION OF SEDENTARY BEHAVIOR**

IZVLEČEK

Otroštvo je obdobje, v katerem se začne oblikovati življenjski slog skozi navade, ki zelo vplivajo na razvoj gibalne in funkcionalne sposobnosti posameznika, predvsem pa so odločilne za zdrav in normalen razvoj hrbtenice. Z dejavnostmi se otroci socializirajo, spoznavajo svoje telo, izboljšuje se njihova koncentracija in kakovost življenja. Ob pomanjkanju telesne dejavnosti pa k slabi izgradnji mišično-skeletnega sistema prispevajo tudi nepravilna prehrana, težke šolske torbe ter nepravilni telesni položaji pred televizorjem in v šolskih klopeh. Predšolski otrok je telesno zelo dejaven, vendar je ob vstopu v šolski sistem prisiljen v dolgotrajno sedenje. S tem se izzove prisilna telesna drža, ki povzroča obremenitev hrbtenice zaradi nedejavnosti in ohlapnosti mišic ter vezi. Namen projekta je ozaveščanje o problematiki sedečega vedenja, ki je v sodobnem času vse bolj izrazita, in slabe telesne drže otrok v osnovnih in srednjih šolah z uvajanjem dejavnih odmorov med šolskimi urami. Projekt je bil predstavljen na Gimnaziji in srednji kemijski šoli Ruše, v Osnovni šoli Mladika na Ptuj, Osnovni šoli Slave Klavore Maribor in Osnovni šoli Prežihovega Voranca Maribor. Projekt spodbuja dodatne možnosti za telesno dejavnost v okviru obstoječega urnika, dejavne prihode in odhode v šolo ter možnosti za izbiro različnih občolskih interesnih dejavnosti. S projektom je bila predstavljena težnja po informiranosti pedagoških in nepedagoških delavcev, staršev in učencev o problematiki sedečega načina življenja, motiviranosti za izvajanje priporočil in zmanjševanje sedenja v šoli, predvsem pa uresničevanju priporočil za ohranjanje zdrave in pravilne drže.

Ključne besede: telesna dejavnost, zdravstvena vzgoja, gibanje v razredu, pedagoška dejavnost.

ABSTRACT

Childhood is a time of shaping one's lifestyle through habits that hold a big influence on the development of motor and functional abilities of an individual. These habits are especially crucial for a healthy and normal development of the spine. Children learn how to socialize through physical activity, they get to know their body, their ability to focus improves, and so does their life quality. The lack of physical activity leads to inappropriate building of the muscle-bone system, which is even further compromised by unhealthy food habits, heavy school bags, and unnatural body posture while watching TV or sitting on the school benches. Pre-school children are usually very active, but when they enter the school years, they are forced to hold a sitting position for a long time. This provokes more unnatural body posture, which causes an increased burden on the spine due to the lack of activity and looseness of muscles and ligaments. The purpose of this project is to educate the public about the problems of sedentary behavior, which is getting more and more distinct in the modern days. Sedentary behavior causes bad body postures in elementary to high-school students. This problem could be addressed by increasing the number of active breaks between the lectures. The project has been introduced at the chemistry school Ruše, the elementary school Mladika in Ptuj, the elementary school Slave Klavore Maribor and the elementary school Prežihovega Voranca Maribor. The project encourages additional options of physical activity within the existing schedule, active arrivals and departures to and from school, and options to choose different extracurricular activities. The project revealed a demand for educating school workers, parents and students about the problems of sedentary behavior, motivating them to execute our recommendations and try to reduce sitting times at schools to help maintain healthy body postures.

Key words: physical activity, health education, movement in class, pedagogical activity

PRAZNOVANJA IN OBREDI PREHODA V ČASU ŠOLANJA V SLOVENIJI

CELEBRATIONS AND RITES OF PASSAGES DURING THE EDUCATION PERIOD IN SLOVENIA

IZVLEČEK

V času šolanja se otroci, mladi in mlajši odrasli srečajo z različnimi sprejemi in praznovanji ter obredi prehoda. Šolanje oz. izobraževanje traja uradno od šestega do šestindvajsetega leta. Praznovanja in obredi prehoda so kot preplet profanega in sakralnega, vsakdanjega in obrednega. Dogajajo se na osebni in družinski ravni ter v družbeni, javni sferi, in sicer ob začetku osnovne šole v obliki sprejema prvošolcev in vatele ob zaključku osnovne šole, fazaniranje in krst fazanov v srednji šoli in matura ob zaključku ter v času študija brucovanje in podelitev diplome kot zaključek študija. Pomemben osebni prehod je tudi polnoletnost, pri redkih posameznikih poroka. V osebni, intimni sferi življenja obstajajo tudi verski obredi prehoda, ki so jih mladi deležni glede na versko izpoved staršev. Obredi v civilni kot verski sferi imajo možnost izvedbe obreda ali pa tudi ne, glede na možnost svobodne izbire posameznega kandidata oz. udeleženca.

Ključne besede: praznovanja, obredi prehoda, izobraževanje, otroci, mladi.

ABSTRACT

During the period of education, children, youths and young adults meet with different acceptances, celebrations and rites of passage. In Slovenia, the official school age is between 6 and 26 years old. Celebrations and rites of passage are an interlacement of the secular and the sacral, of everyday life and ritual. They occur in the personal, family, social and public sphere, such as: the welcoming of first-grade pupils into and the valedictory ball at the end of primary school; the welcoming of freshmen at the beginning and the prom at the end of secondary school; the students throwing the freshman party at university and finishing with university graduation. Coming of age is also important as an individual rite of passage and, for some people, so is marriage. In the personal, intimate sphere of life, religious rites of passage may also play a significant role, depending on the religion of the parents. All rites, both secular and sacral are optional, according to the freedom of choice of the candidates or participants.

Key words: celebrations, rites of passages, education, children, young people

SEDENTARNE DEJAVNOSTI OTROK IN MLADOSTNIKOV SEDENTARY ACTIVITIES AMONG CHILDREN AND ADOLESCENTS

IZVLEČEK

Uvod: Sedentarne dejavnosti zajemajo dejavnosti sedenja in ležanja, ki zahtevajo minimalno porabo energije – 1,5 MET ali manj. So eden izmed dejavnikov za nastanek obolenj v odrasli dobi: prekomerne telesne teže, srčno-žilnih obolenj, diabetesa tipa 2 itn., in posledično lahko vplivajo na dolžino življenja. Namen raziskave je bil raziskati sedentarno dejavnost tujih in slovenskih otrok in mladostnikov ter spoznati, katera priporočila pripomorejo k zmanjšanju sedentarnih dejavnosti.

Metode: Uporabljen je bil sistematični pregled znanstvene in strokovne literature v podatkovnih bazah COBIB.SI, OTseeker in EBSCOhost. Podatki so bili po izboru obdelani s kvalitativno vsebinsko analizo, na podlagi vključitvenih in izključitvenih dejavnikov. Vključitveni dejavniki so bili: a) sedentarne dejavnosti in sinonimi (sedenje, sedeče), b) otroci in mladostniki, stari od 7 do 26 let, c) šola in domače okolje, č) celotna besedila znanstvenih in strokovnih prispevkov v slovenskem in angleškem jeziku, objavljena med letoma 2006 in 2016.

Rezultati: Najdenih je bilo 35 raziskav, v nadaljnjo vsebinsko kvalitativno analizo pa vključenih 16 člankov. Otroci in mladostniki največ časa namenijo sedentarnim dejavnostim: gledanju televizije (151,20 minute dnevno), uporabi računalnika (150,54 minute dnevno), preživljanju časa v šoli (251,53 minute dnevno), poslušanju glasbe ter prevozu. Najpogosteje uporabljene strategije za zmanjšanje sedentarnih dejavnosti so promocija zdravega načina življenja, ozaveščanje staršev in prilagoditve v šoli.

Razprava in zaključek: Članki kažejo na to, da je ozaveščanje učiteljev in staršev ter predvsem otrok pomemben ukrep za zmanjševanje sedentarnih dejavnosti. Na podlagi rezultatov pregleda literature so bila izpeljana priporočila za nadaljnje zmanjševanje sedentarnih dejavnosti otrok in mladostnikov v Sloveniji.

Ključne besede: sedentarne dejavnosti, otroci, mladostniki, priporočila.

ABSTRACT

Introduction: Sedentary activities are defined in the literature as any sitting and lying down activity with energy consumption that is equal or less than 1.5 MET's. Sedentary activities have a direct impact on many health issues, such as metabolic syndrome and cardiovascular diseases, and may reduce life expectancy. The purpose of the literature review was to establish how much time children and adolescents daily spend on sedentary activities and which strategies help to reduce sedentary activities.

Methods: A literature review was conducted using the database COBIB.SI, Otseeker, and EBSCOhost. The search strategy was based on four key elements: (a) sedentary activities and its synonyms (sitting), (b) children and adolescents aged between 7 and 26, (c) school and home environment; (d) scientific and expert papers in English and Slovene languages, published 2006-2016.

Results: Sixteen original papers were identified out of 35 returned by the systematic search. Children and adolescents spent most of their sedentary time watching TV (151.20 min per day), using a computer (150.54 min per day), in school (251.53 min per day), in transport and listening to music. Common strategies to decrease sedentary activities were health promotions, raising parents' awareness and adaptations in schools.

Discussion and conclusions: raising the awareness of parents, teachers and especially children and adolescents is the most important strategy in reducing sedentary activities. Based on the results of the literature review, recommendations were made to further reduce sedentary activities of children and adolescents in Slovenia.

Key words: Sedentary activities, children, adolescents, recommendations

MOTIVACIJSKI DEJAVNIKI ZA ŠTUDIJ – PRIMERJAVA MED ŠTUDENTI DELOVNE TERAPIJE IN FIZIOTERAPIJE

MOTIVATIONAL FACTORS FOR STUDYING – A COMPARISON AMONG STUDENTS IF OCCUPATIONAL THERAPY AND PHYSIOTHERAPY

IZVLEČEK

Uvod: Motivacija je vodilo človekovega delovanja. Je eden ključnih dejavnikov, ki pozitivno ali negativno vpliva na posameznikovo odločitev za vpis na določen študijski program. Motivacija za izobraževanje obsega vse, kar daje pobude za učenje, ga usmerja, določa njegovo intenzivnost, trajanje in kakovost. Med študijem se pri posamezniku spreminja, na kar vplivajo zunanji ali notranji motivacijski dejavniki. Namen raziskave je bil ugotoviti, kateri motivacijski dejavniki prevladujejo ob vpisu in kateri študente študijskih programov Delovna terapija in Fizioterapija na Zdravstveni fakulteti Univerze v Ljubljani med študijem najbolj spodbujajo.

Metode dela: Raziskavo, v kateri smo podatke pridobili s spletnim anketnim vprašalnikom, smo izvedli na Zdravstveni fakulteti. Udeleženci so bili študentje vseh letnikov študijskih programov Delovna terapija in Fizioterapija (N = 207).

Rezultati: Pridobitev znanja za določeno področje na petstopenjski lestvici motivacijskih dejavnikov študentom delovne terapije (M = 4,2) v povprečju predstavlja večjo spodbudo za vpis na študij kot študentom fizioterapije (M = 4,0), statistično pomembne razlike med skupinama nismo dokazali (t = 1,657; $\alpha = 0,099$). Notranji dejavniki študente fizioterapije bolj spodbujajo kot študente delovne terapije, vendar med skupinama glede motivacijskih dejavnikov ni statistično pomembne razlike (t = 0,408; p = 0,684). Študentom delovne terapije dober predavatelj predstavlja večjo zunanjo motivacijo za študij kot študentom fizioterapije. Študenti delovne terapije imajo doma večjo podporo, razlika med skupinama je statistično pomembna (t = 2,158; p = 0,032).

Razprava in zaključek: Tako študente delovne terapije kot študente fizioterapije za vpis na študij in med študijem spodbujajo podobni motivacijski dejavniki. Obe skupini bolj motivirajo notranji dejavniki, kot so pridobitev znanja, misli na prihodnost, njihovi lastni cilji in interesi, kot zunanji dejavniki, kot so spodbude, tekmovanje, ocene.

Ključne besede: motivacija za študij, dejavniki motivacije, študent delovne terapije, študent fizioterapije.

ABSTRACT

Introduction: Motivation is the drive of human activity. It is one of the key factors that have a positive or negative impact on an individual's decision for enrolling in a specific study programme.

Motivation for education encompasses everything that gives the initiative to learn, guides the learning, defines its intensiveness, duration and quality. During the study, the individual's motivation changes due to internal and external motivation factors. The purpose of the research was to determine the leading motivation factors for the enrolment and to explore which factors encourage occupational therapy and physiotherapy students during their study at the Faculty of Health Sciences of the University of Ljubljana.

Methods: The research was conducted at the Faculty of Health Sciences. An online questionnaire was used, with the participants being first-, second- and third-year students of occupational therapy and of physiotherapy (N=207).

Results: On a five-level motivation factor scale, acquiring knowledge for a certain field represents on average greater stimulation for enrolment to occupational therapy students (M=4.2) than to physiotherapy students (M=4.0). A statistically significant difference in favour of certain students group has not been proven ($t=1.657$; $\alpha = 0.099$). Internal factors are more encouraging for physiotherapy students, however there is no statistically significant difference between the groups regarding motivation factors ($t = 0.408$, $p = 0.684$).

A good lecturer provides greater motivation to occupational therapy students than to students of physiotherapy. Occupational therapy students have greater support in the home environment and the difference between the two groups is statistically significant ($t = 2.158$; $p = 0.032$).

Discussion and conclusion: Thus, occupational therapy students and physiotherapy students have similar stimulation factors when enrolling into the study. Both groups are more motivated by internal factors, like gaining knowledge, thoughts about the future, their own personal goals and interests, as opposed to external factors like encouragements, competition and grades.

Key words: study motivation, motivation factors, occupational therapy student, physiotherapy student

POUČEVANJE NADARJENIH UČENCEV V DOBI DIGITALIZACIJE EDUATION OF GIFTED STUDENTS IN THE DIGITAL AGE

IZVLEČEK

Poučevanje v večini slovenskih osnovnih šol temelji (ali pa je močno povezano) na informacijsko-komunikacijski tehnologiji (IKT). Na voljo so nam številni pripomočki z namenom, da naredimo pouk privlačnejši in zanimivejši. Nekateri avtorji, ki pišejo o strahu učiteljev pred uporabo tehnologije, navajajo, kako z uporabo IKT od učencev pridobiti največ, kar je mogoče. Težave se pojavljajo tudi pri tem, da imamo na eni strani visoko tehnološko opremljene šole in razrede ter na drugi strani zastarel šolski sistem. Vsekakor moramo spoznati, da je tehnologija prav v vsakem trenutku daleč pred nami in da učenci (še posebej nadarjeni učenci, ki se pri pouku večinoma dolgočasijo ali na kakšne druge načine motijo pouk) veliko bolj spremljajo tehnološki napredek kot učitelji, vodstvo šole in organizatorji šolskega sistema.

V eni izmed slovenskih osnovnih šol smo izvedli anketo o uporabi tabličnih računalnikov pri pouku. Omejili smo se na vzorec identificiranih nadarjenih učencev v tej šoli ($N = 23$) in za namen te raziskave sestavili anketni vprašalnik, ki smo ga v šoli razdelili med omenjene učence v novembru 2017. Podatke smo obdelali z računalniškim programom SPSS. Izvedli smo deskriptivno statistiko in test hi-kvadrat za ugotavljanje razlik v stališčih učencev. Izvedli smo kvantitativno raziskavo in z anketnim vprašalnikom, ki smo ga razdelili med nadarjene učence ene šole, preverjali dane hipoteze. Rezultate smo računalniško obdelali in interpretirali.

Rezultati so pokazali, da ni razlik med spoloma pri samooceni zapornitve in razumevanja obravnavane snovi, kadar se učijo s tabličnimi računalniki, prav tako ni razlik pri namenu uporabe tabličnih računalnikov pri pouku. Za učence, ki imajo tablični računalnik tudi doma, pa smo statistično dokazali, da si lažje zapomnijo in bolje razumejo obravnavano snov, kadar se učijo s tabličnimi računalniki tudi v šoli. Vse tri hipoteze smo preverjali s preizkusom hi-kvadrat, zadnjo smo potrdili z verjetnostjo $\chi^2 = 0,015 < \chi^2_{0,05} (g = 3) = 10,447$.

Raziskava, ki smo jo izvedli, je bila izredno kratka in je bila izvedena z namenom ugotavljanja uporabe tabličnih računalnikov pri pouku ter kako se na to odzivajo nadarjeni učenci. Skoraj vsi vprašani so se opredelili, da jim tablični računalnik pri pouku pomaga, da lažje najdejo podatke, strinjali so se, da je tako obravnavana snov lažje razumljiva in dolgotrajnejša.

Posledice, ki jih lahko prinese tovrstni pouk, še niso raziskane. Zagotovo pa prinašajo tako pozitivne kot tudi negativne posledice, med njimi se najbolj bojimo posledic, ki vplivajo na zdravje otrok.

Ključne besede: poučevanje v digitalni dobi, nadarjeni učenci, IKT pri pouku, IKT-orodja pri poučevanju.

ABSTRACT

Teaching in most Slovenian primary schools is based on (or is strongly linked to) information and communication technology (ICT). We have a number of gadgets available to make our classes more attractive and interesting. Some authors who write about teachers' fear of using technology indicate how to use ICT technology to get as much as possible from students. Problems also arise from the fact that we have high-tech schools and classes on the one hand, and an outdated school system on the other. In any case, we must come to the realization that technology is at all times far ahead of us, and that students (especially gifted pupils who tend to be bored or in some other way interfere in lessons) are non-stop monitoring technological progress – unlike teachers, school leaders, and organizers of the school system.

At one Slovenian primary school, we conducted a survey about the use of tablet computers in the classroom. We confined ourselves to a sample of identified gifted pupils at this school ($N = 23$) and for the purpose of this research we created a questionnaire which was distributed at school among the above-mentioned pupils in November 2017. The data were processed using the SPSS computer program. We carried out the descriptive statistics of the chi-squared test for determining differences in students' attitudes.

We carried out a quantitative survey and with the help of a questionnaire, which was distributed among gifted students of one school, we examined the given hypotheses. The results were computerized and interpreted.

The results showed that there are no gender differences in the self-assessment of memorizing the understanding of the subject matter when it is learned with the help of tablets, and there is no difference in the purpose of using tablets in the classroom. For students who have a tablet at home, however, we have statistically proved that they can better remember and understand the subject under consideration when learning with tablets at school as well. All three hypotheses were checked with a chi-square test, the latter was confirmed with a probability $\chi^2 = 0.015 < 0.05$ ($g = 3$) = 10.447.

The research we carried out was extremely short and was carried out for the purpose of determining the use of tablet computers in lessons and how gifted pupils respond to it. Almost all of the respondents have decided that the tablet computer helps them to more easily find data, and agreed that the substance in question is easier to understand and more lasting.

The consequences that such classes can bring about have not yet been explored. Certainly, they bring both positive and negative ones, and most of all we are afraid of the consequences that affect children's health.

Key words: education in the digital age, gifted students, ICT technology in the classroom, ICT tools for teaching

UNIVERZALNA ODLIČNOST – VSEŽIVLJENJSKO IZOBRAŽEVANJE MEDICINSKIH SESTER UNIVERSAL EXCELLENCE – LIFELONG EDUCATION OF NURSES

IZVLEČEK

Za obvladovanje izzivov, ki jih prinaša sodobna zdravstvena nega, je ključnega pomena zavedanje, da znanje, ki ga pridobimo zgolj s formalnim izobraževanjem v času obveznega šolanja, ne zadostuje. V izobraževanje je treba vložiti svoj čas in razpoložljiva sredstva tudi v poznejših življenjskih obdobjih. Vseživljenjsko učenje je učenje, ki je pomembno v vseh življenjskih obdobjih in za vse vloge, s katerimi se kot posamezniki soočamo v svojem življenju. Spodbuja izpopolnjevanje posameznikovega znanja, ki mu omogoča, da stopi v korak s časom. Z duševno telovadbo zaustavljamo in upočasnjujemo upad inteligence, pozornosti, spomina in drugih razumskih funkcij. Učenje v vseh obdobjih življenja postaja zanimivo za različne prakse in različne vede ter pomeni izziv za sedanjo družbo.

Brez nenehnega kakovostnega izobraževanja medicinskih sester ne bo kontinuiranega in sistematičnega razvoja stroke. Za učinkovito opravljanje poklica je treba strokovno znanje izpopolnjevati, obnavljati, poglobljati in posodabljati.

Razvoj zdravstvene nege od nas zahteva in pričakuje tudi drugo znanje, ki bo v prihodnje še bolj izražalo potrebe po dodatnem izobraževanju. Spoznanje nas zavezuje k nenehnemu učenju in pridobivanju novega znanja za uspešno in kakovostno delo. Pomembno se je zavedati pomena vseživljenjskega izobraževanja, kot tudi omejitev za neovirano izvajanje le-tega. S širjenjem in promocijo vseživljenjskega izobraževanja in učenja bi se doseglo, da bi bil vsak posameznik v družbi dopolnilni člen, ki bi z individualnim znanjem prispeval h kakovostnejšemu življenju.

Ključne besede: medicinska sestra, vseživljenjsko izobraževanje, učenje, zdravstvena nega, osebna odličnost.

ABSTRACT

In order to meet the challenges posed by modern nursing care, it is crucial to realize that knowledge acquired only through formal education during compulsory schooling is not sufficient. It is necessary to invest your time and available funds in education even in later life periods. Lifelong learning emphasizes the importance of learning in all periods of life and in all roles that an individual assumes in life. It encourages the upgrade of an individual's knowledge, which allows them to keep up with the time. With mental exercise, we can stop and slow down the decline of intelligence, attention, memory and other rational functions. Learning in all stages of life is becoming interesting for different practices and sciences, as it presents a challenge for the present society. Without continuous quality education of nurses, there will be no continuous and systematic development of the profession. For effective pursuit of the profession it is necessary to upgrade, renew, increase and update professional knowledge. The development of health care requires and expects from us a number of other skills that will require even more additional education in the future. This awareness obligates us to continuously learn and acquire new skills for successful and quality work. It is important to be aware of the meaning of lifelong education, as well as the limitations for unhindered implementation thereof.

By expanding and promoting lifelong education and learning, each individual would become a complementary link in society, contributing with individual knowledge to a better quality of life.

Key words: nurse, lifelong education, learning, nursing, personal excellence

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POČUTJE UČITELJEV NA DELOVNEM MESTU THE WELL-BEING OF TEACHERS IN THE WORKPLACE

IZVLEČEK

Teoretična izhodišča: Vse več učiteljev se na vseh ravneh izobraževanja dnevno sooča s stresom, kar pogosto vodi v slabo počutje na delovnem mestu. Učitelji se na stresne dejavnike pri opravljanju svoje-ga poklica odzivajo različno. Slabše počutje na delovnem mestu je lahko tudi pomemben dejavnik pri pojavu izgorelosti ali pa dejavnik za pojav različnih zdravstvenih težav. Namen raziskave je bil, preveriti oceno počutja učiteljev na delovnem mestu, ugotoviti, kateri dejavniki vplivajo na počutje učiteljev, preučiti njihovo medsebojno povezanost in preveriti, kako skrbijo za svoje dobro počutje.

Metode: Pri raziskovanju smo uporabili triangulacijo kvantitativne in kvalitativne raziskovalne meto-dologije z uporabo avtorskega anketnega vprašalnika mešanega tipa. Raziskavo smo izvedli na vzorcu učiteljev treh osnovnih šol. Raziskavo smo izvedli med oktobrom in decembrom 2017. Rezultate smo analizirali z uporabo statističnih metod.

Rezultati: Večina učiteljev se zaveda dejavnikov stresa na delovnem mestu. Stresni dejavniki pri opravljanju poklica različno vplivajo na počutje učiteljev. Določen delež anketiranih se je zaradi slabega počutja na delovnem mestu že soočal z zdravstvenimi težavami.

Razprava: Anketirani učitelji se zavedajo pomena dejavnosti za boljše počutje na delovnem mestu, kljub temu pa jih izvajajo v premajhnem obsegu. Učitelji se v prostem času pogosto ne znajo povsem odklopiti od službenih obveznosti, številni imajo tudi težave z razporejanjem svojih dejavnosti.

Zaključek: Izsledki raziskave so potrdili, da se velik delež učiteljev sooča s povečanim stresom in slabšim počutjem na delovnem mestu. Zaradi omejitev vzorca bi bilo treba raziskavo razširiti in vanjo vključiti tudi učitelje na ostalih stopnjah izobraževanja.

Ključne besede: stres na delovnem mestu, dejavniki stresa, dobro počutje, izgorelost.

ABSTRACT

Theoretical background: More and more teachers are struggling with stress every day at all levels of education, which often leads to malaise in the workplace. Teachers react differently to the stress factors in their profession. Bad conditions in the workplace can also be an important factor in the occurrence of burnout in the workplace and, consequently, the emergence of various health problems. The purpose of the research was to verify the assessment of the teachers' well-being in the workplace, to determine which factors influence the teachers' well-being and to examine their interconnection, and to check how teachers care for their well-being in the workplace.

Methods: The triangulation of quantitative and qualitative research methodology using the author's mixed questionnaire was used in the research. The research was carried out on a sample of teachers of three elementary schools. The research was conducted between October and December 2017. The results were analysed using statistical methods.

Results: Most teachers are aware of the stress factors in the workplace. Stress factors in the pursuit of a profession have a different impact on the teachers' well-being. A certain proportion of the respondents have already faced health problems due to their malaise in the workplace.

Discussion: The surveyed teachers are aware of the importance of activities for better well-being in the workplace, nevertheless, they perform these activities to a lesser extent. Teachers often do not know how to completely disconnect from their official duties in their spare time, but many also have the problem of scheduling their activities.

Conclusion: The results of the survey confirmed that a large proportion of teachers are facing increased stress and malaise in the workplace. Due to the limitations of the sample, the survey should be extended to include teachers on other educational levels.

Key words: stress in the workplace, stress factors, well-being, burnout

SPREMINJANJE OBVEZNIH SESTAVIN ŠTUDIJSKIH PROGRAMOV KOT DEL KULTURE KAKOVOSTI **MODIFICATION OF OBLIGATORY COMPONENTS OF STUDY PROGRAMMES AS PART OF QUALITY CULTURE**

IZVLEČEK

Univerze lahko same sprejemajo spremembe obveznih sestavin študijskih programov od leta 2012, samostojni visokošolski zavodi pa od spremembe Zakona o visokem šolstvu, tj. od decembra 2016 naprej. Prispevek obravnava spremembe pravne podlage, prednosti, priložnosti in pasti samostojnega spreminjanja obveznih sestavin študijskih programov po novi ureditvi ter predloge za spreminjanje študijskih programov, ki ohranjajo enako raven preverjanja kakovosti kot prej, ko je bilo za spremembe potrebno soglasje Nacionalne agencije Republike Slovenije za kakovost v visokem šolstvu. Medtem ko obstaja obveznost visokošolskih zavodov po posodabljanju študijskih programov z namenom pospeševanja hitrosti vpeljave novosti in sledenju trendom v stroki, je pravica po samostojnem spreminjanju študijskih programov postala dvorezni meč, saj Zakon o visokem šolstvu na eni strani daje pravico, na drugi strani pa odgovornost z mogočimi negativnimi posledicami, kot je odvzem akreditacije študijskemu programu. Zato morajo biti vse spremembe preiščene, evalvirane in postopkovno neoporečne.

Ključne besede: spremembe obveznih sestavin študijskih programov, posodabljanje, kultura kakovosti, avtonomija, evalvacija.

ABSTRACT

Universities can independently modify the obligatory components of their study programmes since 2012, while independent higher education institutions have been allowed independent modification of obligatory components since December 2016, when the amendment of the Higher Education Act came into force. This article addresses the change of legal basis, the advantages, opportunities and threats of independent modification of obligatory components under the new regulation, and suggestions for modifications of study programmes, which maintain the same level of quality compared to the period when the consensus of Slovenian Quality Assurance Agency for Higher Education was required. There is a need for modernisation of higher education study programmes to accelerate innovations and follow trends in the profession, however, the right to independent modification has become a two-edged sword. The Higher Education Act provides the right on one side, and the responsibility with possible negative consequences, like withdrawal of accreditation, on the other. Therefore, all modifications need to be considered, evaluated and procedurally impeccable.

Key words: modification of obligatory components of study programmes, modernisation, quality culture, autonomy, evaluation

AUGMENTED TRANSLATION: CHALLENGES IN CONTEMPORARY LEARNING ENVIRONMENTS

ABSTRACT

Translation studies have evolved through time and, as a result, written and spoken translations have played a crucial role in interhuman global and mutual communication. In the light of the present broadening of the definition of translation, a new promising field is being born – a field that we choose to name 'Augmented Translation'- and is focused on giving a fresh impetus to the world of Foreign Languages, Didactics and Traductology. The interdisciplinarity of the Translation Studies field and its developments have forcefully, over time, showed that the present research area is a unique cultural gate between civilizations and languages, which keeps demanding new information to expand and evolve. In the context of the contemporary financial and migration crisis, it still remains one of the most important key areas where action is needed to boost the world's potential for sustainable growth and mutual collaboration. As a result, interdisciplinarity challenges the existing conventional way of thinking by promoting and responding to new links between different types of knowledge and technologies. Indeed, the present focus on more culturological perspectives and even the recent shift towards areas such as computing, media and virtual reality is evident and logically consistent. As a consequence, a new age of discoveries is emerging from the increasing interaction and strategic linkages of the scientific fields of Translation Studies and Augmented Reality. In the context of the modern hybrid environment, a new experiential, interactive and active learning possibility is called on to resolve translation equivalence dilemmas, focusing on microstructure and offering a different didactic perspective on Cultural Translation. This first attempt to link the Translation World with Augmented Reality will be presented thoroughly and is thought to regenerate the related scientific fields, offering them a new artistic, audiovisual character.

Key words: translation, augmented reality, audiovisual learning

SCIENCE AND EDUCATION: EUROPEAN CHALLENGES

ABSTRACT

Our program "Next Europe" makes evident that science and education are significant pillars in our society and for our global standing. With sciences, we maintain an enormous potential of innovation based on individual ideas. This is the nucleus for further progress in our society. As soon as the society creates innovation, a new benefit comes for the society with all the innovation, creating a modern industry, modern trade and modern commerce. This results in an increased national income and is an effective way of maintaining good employability rates. In this sense, education is very important too, including focusing on new ways of transferring knowledge.

In reality, this means that our systems in education and our concepts of learning have to be completely revised in order to bring all our students to a new way of thinking. This refers especially to training people from the beginning in terms of digitalization and teamwork. Europe today is severely challenged and squeezed by China, Japan, Singapore, Malaysia and the USA. With their education concepts, it is clear that they will create the soil for the future development of their countries. Europe has to play a global role and therefore science and education are extremely important for our continent not losing its position as a global player.

Key words: education, learning, science

**LOGOTERAPIJA
IN PSIHOTERAPIJA /
LOGOTHERAPY
AND PSYCHOTHERAPY**

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CELOSTNI PRISTOP V VZGOJI IN IZOBRAŽEVANJU Z VIDIKA LOGOTERAPIJE A HOLISTIC APPROACH IN EDUCATION FROM THE PERSPECTIVE OF LOGOTHERAPY

IZVLEČEK

Moderna družba je družba znanja. V sistemu vzgoje in izobraževanja pa je opaziti vse pogostejši pojav mladih, ki imajo slabo razvito toleranco za napore, niso vztrajni, prehitro obupajo, se prekomerno vdajajo zabavi, ne znajo sprejemati odgovornih odločitev in doživljajo življenje kot nesmiselno. Šolar se v letih zorenja začne zanimati zase in za lastno življenje. Starši, učitelji in družba pa vztrajno stremijo predvsem k večanju šolarjeve zakladnice znanja. Obenem pa tiho pričakujejo, da se bo mladostnik zlahka prelevil v zrelo, odgovorno in samostojno odraslo osebo.

Viktor E. Frankl, utemeljitelj logoterapije, opredeljuje človeka kot telesno, duševno in duhovno bitje. Pri tem tērmin duhovno ni mišljen religiozno, ampak v smislu udejanjanja svobode in odgovornosti. Pristop k šolarju naj bi bil celosten, vendar v slovenskem prostoru tovrstna usmeritev ostaja zgolj na deklarativni ravni. V praksi se pogosto zanemarja prav duhovna razsežnost. Šola je pod pritiski permisivne paradigme in prekomerne birokratizacije (z zahtevami ministrstva z uredbami, predpisi in zakoni) izgubila strokovno avtonomijo in integriteto. Posledice so različne in vključujejo zdolgočasnost, naveličanost, iztrošenost otrok in mladostnikov, nizko samopodobo, resno eksistencialno krizo in krizo identitete, številne duševne težave in obolenja, predvsem pa nepripravljenost mladih na življenje. Cilj vzgojno-izobraževalnega dela bi moral biti celostno razvita in integrirana osebnost, ki bo svoje življenje doživljala kot osmišljeno in izpolnjujoče. Rešitev za raznovrstne težave otrok in mladostnikov ter za spodbujanje njihovega celostnega razvoja je v krepitvi zanemarjene duhovne razsežnosti, predvsem z razvijanjem odgovornosti, samostojnosti, svobode in vesti.

Pristope, ki bi pedagoškim delavcem lahko pomagali pri doseganju omenjenih ciljev, utemeljuje logoterapija oz. logopedagogika. Otroci in mladostniki si zaslužijo možnost, da v sebi odkrijejo smisel in moč, ki sta potrebna za razvoj njihovih potencialov in dosego zastavljenih ciljev.

Prispevek z uporabo deskriptivne in komparativne raziskovalne metode predstavlja analizo trenutnega položaja otrok in mladostnikov ter predlaga rešitve na področju vzgoje in izobraževanja.

Ključne besede: logoterapija, logopedagogika, vzgoja, izobraževanje, celostni pristop.

ABSTRACT

Modern society is a knowledge-based society. In the system of education, however, there is an increasing incidence of young people with poorly developed tolerance to effort; furthermore, they are not persistent, they give up too soon, they yield to entertainment excessively, they cannot make responsible decisions and sometimes consider their life as meaningless. In the process of growing up, young people are becoming interested in themselves and their own lives. Parents, teachers and society tend mainly to increase the pupil's treasury of knowledge. At the same time, however, they expect these youngsters to develop into mature, responsible and independent adults.

Viktor E. Frankl, the founder of logotherapy, defines man as a physical, mental and spiritual being. The spiritual here does not mean religious, the term is used in the sense of implementation of freedom and responsibility. The approach to youths is supposed to be comprehensive, but in Slovenia this kind of focus unfortunately remains a declarative statement only. In practice, the spiritual dimension is often ignored and neglected. Under pressure of the permissive paradigm and excessive bureaucratization (through the requirements of the Ministry by means of regulations and laws), the school has lost professional autonomy and integrity. The consequences are diverse and include boredom, fatigue, staleness and weariness in children and adolescents, low self-esteem, serious existential crisis and an identity crisis, a number of mental health problems and disorders because young people are not very well equipped to face the challenges of life. The goal of educational work should be to develop an integrated personality who will experience his/her life as meaningful and fulfilling. The solution for the problems of children and adolescents and for promoting their comprehensive development lies in strengthening the spiritual dimension, in particular through the development of responsibility, autonomy, freedom and conscience.

The approaches that would help educational workers achieve the aforementioned objectives, have been justified by logotherapy and logopedagogics respectively. Children and adolescents deserve to be able to discover a sense of purpose and strength, both of which are necessary for the development of their potentials and the achievement of life ambitions.

By using the descriptive and comparative method, the paper highlights the present situation of children and adolescents in the modern world, and proposes solutions in education.

Key words: logotherapy, logopedagogics, education, training, holistic approach

Šejla Gazibara, mag. org. in menedž. soc. dej.

Deos, celostna oskrba starostnika

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SMISEL TRPLJENJA V STAROSTI THE MEANING OF SUFFERING IN OLD AGE

IZVLEČEK

Starost kot življenjsko obdobje pogosto prinaša težke okoliščine. Prispevek prikazuje spoznanja o tem, na kakšen način in v kolikšni meri uspejo starostniki v domovih sprejeti starostno onemoglost in trpljenje ter zavzeti stališče do razmer, nad katerimi nimajo več vpliva. Kot teoretično in praktično izhodišče je uporabljena logoteorija, ki se ukvarja tudi z odkrivanjem smisla v tragiki trpljenja, krivde in smrti. Težav, napora in trpljenja ne opredeljuje kot nekaj absolutno negativnega in škodljivega. Človek naj bi se ravno v boju za nekaj, za kar se je vredno boriti, naprezati in trpeti, notranje krepil. Prispevek prek triangulacije raziskovalnih metod (kvalitativne in kvantitativne) prikazuje ugotovitve o starostnem premagovanju omejitev in iskanju smisla v trpljenju.

Rezultati kažejo, da se mora človek ob vstopu v življenjsko obdobje starosti vedno bolj soočiti z dejstvom, da se ustvarjalne vrednote, prek katerih je v preteklosti v veliki meri odkrival smisel skozi dejavnost in ustvarjanje, vse bolj oddaljujejo zaradi pešanja telesa in uma – vse bolj se manjšajo možnosti za delo in ustvarjanje. Vendar pa je človek istočasno poklican k udejanjanju doživljajskih vrednot. Ko se sooči s starostno onemoglostjo, ima na voljo tretjo vrsto vrednot – vrednote stališča. Stari ljudje v domovih se zavedajo, da je odnos do težkih razmer in trpljenja izrednega pomena. Velika večina starostnikov v domovih v trpljenju uspešno odkriva smisel. Vprašanje po smislu trpljenja je eno najtežjih vprašanj na eksistencialnem področju, zato je ugotovitev, da dve tretjini vprašanih starostnikov v domovih zmore zavzeti stališče in tudi v trpljenju najti smisel, optimistična. Hkrati pa je zaskrbljujoča ugotovitev, da tretjina starih ljudi v domovih ne zmore zavzeti stališče do tragičnega dela življenja v starosti.

Ključne besede: starost, logoterapija, smisel življenja, smisel trpljenja, smisel starosti.

ABSTRACT

Life in old age often brings difficult circumstances. This article presents findings on how old people in homes for the elderly are able to accept age-related disability and suffering and take a stand on the situation over which they no longer have control. As a theoretical and practical starting point, logotherapy is used, which also deals with the discovery of meaning in the tragedy of suffering, guilt and death. Problems, efforts and suffering are not identified as something absolutely negative and harmful. Humans are supposed to gain inner strength especially through the fight for something worth fighting, striving and suffering for. Through a triangulation of research methods (qualitative and quantitative), the contribution presents the findings of old-age overcoming of constraints and finding meaning in suffering.

The results show that, upon entering old age, a person is increasingly confronted with the fact that creative values, through which in the past the person largely found meaning through activity and creativity, are growing distant as a result of the body and mind failing and the reduced ability to work and create. And yet, a person is also called to enact their experiential values. However, when faced with an age-related disability, people have at their disposal a third type of values, the values of standpoint. They are aware that their attitude to difficult situations and suffering is of utmost importance. The vast majority of elderly people living in homes for the elderly successfully discover meaning in suffering. The question of the meaning of suffering is one of the most difficult questions in the existential field. Therefore, the finding that two thirds of the elderly in homes for the elderly are able to take a stand and to find meaning in suffering is optimistic. At the same time, it is a worrying finding that one third of the old people in homes for the elderly cannot take a stand on the tragic part of life in old age.

Key words: age, logotherapy, meaning of life, meaning of suffering, meaning of age

POVEZANOST NEGATIVNIH ČUSTVENIH STANJ Z NEVARNO NAVEZANOSTJO POSAMEZNIKA THE LINK BETWEEN NEGATIVE EMOTIONAL STATES AND INSECURE ATTACHMENT OF THE INDIVIDUAL

IZVLEČEK

Navezanost je tista temeljna dinamika družine, ki daje obliko čustveni vezi, ki vsebuje celoten sklop misli, čutenj, prepričanj, iskanje stika in varnosti. S ponotranjeno izkušnjo navezanosti iz primarne družine posameznik vstopa v odnose. Posameznikova odločitev za odnos zahteva notranjepsihično zrelost, učenje obvladovanja napetosti ter iskanje ravnotežja med potrebo po samostojnosti in potrebo po stiku, usklajevanje odločitev. Kako se spopadamo s tem, pa je odvisno od naših priučenih vzorcev odnosa. Ponavljajoči se vzorci odnosov v človekovem doživljanju so doživetja iz zgodnjega otroštva. Pri tem se ustvarjajo temeljni afekti, ki se ponavljajo ter ohranjajo iz temeljne potrebe po ohranitvi, kontinuiteti, povezanosti, pripadnosti osebnemu svetu odnosov in domačnosti, ki jo nudijo poznane oblike odnosov. Čustva so eden najkompleksnejših vidikov našega delovanja ter jedro notranjih in medosebnih procesov, ki tvorijo občutek zase in izkušnjo samega sebe.

V članku je opisana raziskava, ki opisuje povezavo med čustvenimi stanji in navezanostjo, podkrepljeno s pregledom strokovne literature o mehanizmu navezanosti in čustvenih stanj. Z vprašalnikom DES so se merila čustvena stanja in z vprašalnikom RQ slogi navezanosti. Ugotovljeno je bilo, da se posameznikova negativna čustvena stanja povezujejo z nevarno navezanostjo. Rezultati bodo v sklopu terapevtskega dela pripomogli h globljemu razumevanju slogov navezanosti in osebnih značilnosti posameznika ter k učinkovitejši predelavi neubesedenih čustvenih stanj in morebitnih travm, povezanih s predelavo nevarne navezanosti, kar ima velik uporabni pomen za področje psihoterapije.

Ključne besede: navezanost, emocionalna stanja, družina, posameznik.

ABSTRACT

Attachment is the fundamental dynamic of the family, which gives the form of an emotional bond containing the complete set of thoughts, feelings, beliefs, contact seeking and security. With an internalised experience of attachment from their primary family, the individual enters into relationships. An individual's decision for a relationship requires internal psychological maturity, learning to control tension, finding the balance between the need for autonomy and the need for contact, and the coordination of decisions. How we deal with this, depends on our learned patterns of relationships. Repeated patterns of relationships in a person's experience are based on experiences from early childhood. Thereby, fundamental affects are created, which are repeated and preserved out of the fundamental need for preservation, continuity, connection, belonging to the personal world of relations and familiarity offered by known forms of relations. Emotions are one of the most complex aspects of our work and the core of internal and interpersonal processes that make up our sense of self and the experience of ourselves.

The article presents a study describing the connection between emotional states and attachment, backed up by a review of professional literature on the mechanism of attachment and emotional states. We measured the participants' emotional state with the DES questionnaire and the quality of attachment with the MAQ questionnaire. We have found that negative emotional states of individuals associate with insecure attachment. Within the framework of therapeutic work, the results will contribute to a deeper understanding of the styles of attachment and personal characteristics of an individual, and to more efficient processing of non-verbalised emotional states and possible traumas associated with the processing of insecure attachment, which is of significant use in the field of psychotherapy.

Key words: attachment, emotional states, family, individual

PSIHOTERAPIJA IN SVETOVANJE MLADOSTNIKOM PSYCHOTHERAPY AND YOUTH COUNSELLING

IZVLEČEK

Mladostniki se vse pogosteje znajdejo v težavah, ko potrebujejo zdravniško in/ali psihoterapevtsko pomoč. V preteklem letu je 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 zvišal za 64 odstotkov (do 18. leta starosti).

V prispevku izpostavljamo štiri najpogostejše težave mladostnikov: depresija, samopoškodbe, škodljive substance in odvisnost od zaslonov. Vsako izmed štirih najpogostejših težav smo razdelili na dve področji: osebno in družinsko področje. Omenjeno problematiko prispevek obravnava z vidika dveh priznanih terapevtskih pristopov: relacijska družinska terapija in logoterapija.

Relacijska družinska terapija posameznika obravnava v povezavi z odnosi primarne družine in ostalimi pomembnimi zunanjimi člani. Pot do razrešitve afekta se odvija na treh ravneh: individualni, medosebni in intrapsihični ravni.

Logoterapija (gr. logos = 'smisel') je psihoterapevtska metoda, ki ima v ospredju celostni pristop: človek kot telesno, duševno in duhovno bitje. Osredotočena je na smisel posameznikovega bivanja in iskanje tega smisla. Pomembna označba logoterapije je volja do smisla, ki predstavlja temelj človekovega delovanja. Pri delu je usmerjena v iskanje smiselnih življenjskih odločitev.

Cilj prispevka je okrepiti področje ozaveščanja o najpogostejših težavah mladostnikov, spoznati glavne dejavnike tveganja ter področje preventivnega in kurativnega pristopa pri reševanju problematike.

Ključne besede: težave mladostnikov, psihoterapija in svetovanje, relacijska družinska terapija, logoterapija, družina.

ABSTRACT

More and more often, youngsters find themselves in trouble that requires medical or/and psychotherapeutic assistance. In the previous year, more than 10,000 youngsters and kids sought medical help regarding mental distress, 500 of those were hospitalized (before completing 18 years). Several European studies show a 64% growth of mental problems in the last 25 years.

In this paper, we point out the four most frequent mental problems related to youth: depression, self-injury, substance abuse and screen addiction. Each problem was further divided into two different spheres: personal and family. We discuss the issues using the two most widely recognized therapeutic approaches: relational family therapy and logotherapy.

Relational family therapy analyses the individual in their relation to members of their primary family and other relevant »outsiders«. There are three levels to release the affect: individual, interpersonal and intrapsychic.

Logotherapy (gr. logos = purpose) is a psychotherapeutic method emphasizing the holistic approach: the human being as a physical, psychological and spiritual being. Logotherapy is focused on the individual's purpose of existence and their search for it. An important marker of logotherapy is the will for purpose, representing the foundation of human action. Logotherapy is oriented toward the search for meaningful life decisions.

The aim of this contribution is raising awareness about the most frequent youth problems, the main risk factors and about preventive and curative approaches dealing with this problematic.

Key words: problems of youths, psychotherapy and counselling, relational family therapy, logotherapy, family

KULTURNE FORMACIJE SODOBNEGA ČLOVEKA – KONFORMIZEM, TOTALITARIZEM IN EGOIZEM CULTURAL FORMATION OF MODERN MAN – CONFORMISM, TOTALITARIANISM AND EGOISM

IZVLEČEK

V prispevku se »kultura« pojmuje v smislu celotnega načina življenja (podobno, kot jo razume npr. Raymond Williams). Gre za področja kakovosti bivanja, medosebnih odnosov in notranje bivanjske osmišljenosti lastne eksistence. Za teoretično in praktično izhodišče obravnavane problematike je uporabljena Franklova logoteoretska (logoterapevtska) antropološka naravna k spoznavanju in razumevanju človeka, ki posameznika dojema kot telesno, duševno in duhovno bitje. Po načelu logoterapije je človekovo najgloblje hrepenenje oz. človekova temeljna notranja dinamična sila volja do smisla. Človek v svoji globini najbolj teži po tem, da bi njegovo življenje imelo neki smisel, da bi na jesen svojega življenja lahko dejal, da ni bilo vse zaman, da je za njim ostala neka sled. Prispevek s fenomenološko-hermenevtično in sintezno-analitično metodo po načelu lijaka prikazuje notranjo povezanost in konsekvence, ki sledijo iz neosmišljenega in duhovno izpraznjenega življenja, tako na osebni (bivanjski) kot tudi medosebni, družbeni ravni.

V nasprotju z notranje osmišljenim, zadovoljnim življenjem in bivanjsko zavarovanostjo vedno več ljudi doživlja notranje občutje nesmisla, ki se kaže v bivanjskem vakuumu, eksistencialni krizi, krizi smisla, noogenih nevrozah ipd. Na zunanji, vedenjski ravni se to kaže in eksponira, v največji meri, na treh simptomatičnih področjih: 1. agresija (fizična in/ali psihična), 2. depresija (samomor) in 3. zasvojenosti (kemične in/ali nekemične). Izgubljeni kompas smisla je temeljni problem tako družbe kot posameznika. Tovrstna problematika se zaznava na vseh ravneh človekovega delovanja in posledice se kažejo v: volji do moči (lasten kult osebnosti, zaslepljenost z lastno močjo in/ali oblastjo, narcisizem ipd.), egoizmu, konformizmu (s pretirano težnjo in hotenjem početi to, kar počnejo drugi) in totalitarizmu (posameznik počne to, kar drugi hočejo od njega). Tragično križišče, kjer človek zgreši pot, je tam, kjer pride do zamenjave cilja s sredstvom, kar je še ena značilnost sodobnega duha časa. Npr. denar ni več sredstvo za nekaj ali nekoga, ampak postane cilj, ki predstavlja vpliv, moč in oblast; človek ni več »cilj«, ampak postane sredstvo za nekaj ali za nekoga.

Ključne besede: logoterapija, kriza smisla, konformizem, totalitarizem, egoizem.

ABSTRACT

In this article, "culture" is understood in terms of the whole way of life (similarly as by Raymond Williams). These are the areas of the quality of life, interpersonal relations and inner living conceptions of one's own existence. Frankl's logo-theoretic (logotherapeutic) and anthropologic orientation is applied in order to understand the theoretical and practical starting point of understanding the human being as a physical, mental and spiritual being. According to the principle of logotherapy, the humans' most inner craving or dynamic power is the will to make meaning. The human being in his or her depth strives for their life to make meaning; that at the end of life he will be able to say that not all was in vain and that a trace will be left once they are deceased. This contribution shows the internal connectivity and consequences through the phenomenological-hermeneutic method and the synthetic-analytical method according to the funnel principle, following from the unimaginative and spiritually emancipated life, on the personal, interpersonal and social level.

Contrary to the satisfied life and housing security, more and more people experience a feeling of non-meaningfulness, which is reflected in a living vacuum, existential crisis, crisis of meaning, neuroses, etc. On the outside, this shows to the most extent in three symptomatic areas: 1) aggression (physical or psychic), 2) depression (suicide) and 3) addiction (chemical/non-chemical). A lost compass of meaning is the basic problem of the society and the individual. This shows on all levels of human activities with the following consequences: will of power (own cult of personality, blindness of one's own power and / or authority, narcissism, etc.), egoism, with the excessive tendency and desire to do what other people do – conformism and totalitarianism – the individual does what the others want from him. A tragic intersection, where the person misses their path when it comes to switching the goal with the means, is only one of the features of the contemporary spirit of the time. Money, for example, is no longer the means for something of someone but it becomes an objective that represents influence and power; man is no longer an "objective" but becomes a means for something or someone.

Key words: logotherapy, crisis of the meaning, conformism, totalitarianism, egoism

ČUJEČNOST V BORBI PROTI STRESU PRI MLADIH MINDFULNESS IN THE FIGHT AGAINST STRESS IN YOUTHS

IZVLEČEK

Otroci in mladostniki, ki so del sodobne družbe, niso izvzeti od stresa in stresnih situacij. Da odrastejo v odgovorne in čuječe mlade ljudi, ki bodo nekoč vodili svet, jih moramo opremiti s strategijami, kako se soočati s stresom.

Prve večje stresne situacije v šolskem okolju zanje vsekakor predstavlja pridobivanje ocen. Tako jih pred pisanjem preizkusov znanja ali drugimi oblikami ocenjevanja lahko vodimo s praktičnimi tehnikami čuječnosti, da najdejo svoj notranji mir in moč, da lahkotno in brez večjega čustvenega naboja opravijo nalogo, ki je pred njimi, in kar najbolje izkažejo svoje znanje. Tako preusmerimo pozornost z zunanjih stresnih dejavnikov na doživljanje notranjega sveta.

Tehnike čuječnosti, o katerih se vedno več govori, niso zadnja modna muha, že raziskave v našem, slovenskem prostoru dokazujejo, da razvijanje čuječnosti pri učencih pripomore k njihovi boljši pozornosti, boljšemu kratkoročnemu spominu in posledično uspešnejšemu učenju, poleg tega pa tudi zavedanju notranjega in zunanjega dogajanja, samorefleksiji (kaj mislim? vidim? čutim?), razumevanju, kako delujejo misli in čustva, manjši impulzivnosti. Dolgoročno pripomore tudi k boljšemu splošnemu počutju in manjšemu občutenju stresa ter boljšim medosebnim odnosom, saj boljše opazovanje in razumevanje sebe pozitivno vpliva tudi na boljše razumevanje drugih.

Članek prikazuje dve učinkoviti kratki metodi za mladostnike, ki se lahko uporabita tik pred kakršnimi koli stresnimi situacijami, kot so preizkusi znanja, predstavitve referatov, projektnih, seminar-skih in raziskovalnih nalog, različni nastopi, tekmovanja idr.

Usmerjenost pedagoškega delavca na kateri koli ravni k razvijanju čuječnosti mladih tako predstavlja pomemben vezni člen pri soustvarjanju boljše družbe. Takšne, ki je bolj umirjena, ki pomisli, preden se odziva, ki pozorno posluša sebe in druge, se zaveda svojih misli, čutenj, počutja in se zna konstruktivno spopasti s stresnimi izzivi vsakdana.

Ključne besede: čuječnost, tehnike sproščanja, strategije obvladovanja stresa, mladostniki.

ABSTRACT

Children and adolescents who are part of modern society are not excluded from stress and stressful situations. To help them grow up into responsible and mindful young people who will one day lead the world, we must equip them with strategies to deal with stress.

The first major stress in school involves obtaining grades. Thus, youths can be guided by practical mindfulness techniques before writing tests or other types of evaluation to find their inner peace and the confidence to perform their task with ease and with no greater emotional charge, so that they can best demonstrate their knowledge. In this way we redirect attention from external stressors to their inner world.

Mindfulness techniques, which are increasingly talked about, are not just the latest trend; research in Slovenia shows that the development of pupils' awareness adds to their better attention, better short-term memory and, consequently, more successful learning, as well as awareness of the internal and external world, self-reflection (what do I think? see? feel?), understanding how thoughts and emotions work bring less impulsiveness. In the long term, it also contributes to a better overall well-being, a lesser sense of stress and better interpersonal relationships, since better observation and understanding of themselves positively influences the better understanding of others.

The article presents two effective short methods for adolescents that can be used immediately before any stress situation such as tests, presentations of papers, project assignments, seminar work, research tasks, various performances, competitions, etc.

The orientation of the pedagogical worker to the development of young people's mindfulness techniques at any level is thus an important link in the co-creation of a better society. A society of people who are calmer, who think before reacting, who carefully listen to themselves and others, are aware of their thoughts, feelings and are able to deal with the stressful challenges of everyday life in a constructive way.

Key words: mindfulness, strategies for managing stress, relaxation techniques, adolescents

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PSIHOTERAPIJA V (NE)SKRBI ZA ČLOVEKA PSYCHOTHERAPY AS A MATTER OF (NON-)CARE FOR THE PERSON

IZVLEČEK

Kljub smernicam za ureditev psihoterapije, ki jih je s Strasbourško deklaracijo o psihoterapiji (1990) podala Evropska zveza za psihoterapijo (EAP), je Slovenija ena redkih držav, ki nima ne zakona, ki bi urejal psihoterapevtsko dejavnost, ne regulacije poklica psihoterapevta. Klient v vsej zmedbi ne ve, h komu in kam se obrniti po pomoč ter kako se vrednoti kakovost storitev s področja duševnega zdravja. Čakalna doba je do enega leta ali več (če se ne obrne po pomoč k zasebniku), kar je absolutno predolgo za nekoga, ki se sooča z različnimi duševnimi stiskami; to pa pogosto vpliva tudi na poklicno in družinsko življenje, kakor tudi na medosebne odnose. V Sloveniji zdravstveno zavarovanje v tej obliki ne krije psihoterapevtskih storitev.

Kot primer dobre prakse pri ureditvi psihoterapije predstavljamo nekatere evropske države glede na naslednja merila: 1. za poklic psihoterapevta ni potreben predhodni študij medicine ali psihologije; 2. priznava se širok nabor psihoterapevtskih modalitet; 3. klient dostopa do psihoterapevtskih storitev z zdravnikovo napotnico. Glede na cilje in kompetence smo primerjali študij psihoterapije, regulacijo poklica ter ureditev v okviru javnega zdravstva v Sloveniji in Avstriji, na Nizozemskem ter Finskem. Vodili sta nas dve raziskovalni vprašanji: 1. »V čem se razlikuje podiplomski študij psihoterapije v Sloveniji od študija v Avstriji, na Nizozemskem in Finskem?« in 2. »Kako dostopne so psihoterapevtske storitve, financirane s strani države/zavarovalnice, v Sloveniji v primerjavi z ostalimi tremi evropskimi državami?« Rezultati kažejo viden kontrast med slovensko ureditvijo in ureditvijo ostalih treh držav. Glede na trenutno statistiko duševnih stisk in stisk, ki se pojavljajo v odnosih, potrebujemo v Sloveniji najmanj desetkrat več psihoterapevtov, kot jih je trenutno na voljo.

Ključne besede: psihoterapija, regulacija poklica, duševno zdravje, izobraževanje, javno zdravstvo.

ABSTRACT

Despite the guidelines for the regulation of psychotherapy, given by the European Association for Psychotherapy (EAP) with its Strassbourg Declaration on Psychotherapy (1990), Slovenia is one of few countries that have no law regulating psychotherapy and the profession of the psychotherapist. This is a confusing situation from the point of view of the clients, who do not know where to look for help, whom to ask and, above all, how to evaluate the quality of mental health care service. The waiting period for the initial examination is up to one year or more (in case the client does not look for service in the private sector), which is absolutely too long for someone who is confronted with mental distress. This can namely also affect both their professional and family life, as well as their interpersonal relationships. In Slovenia, not all kinds of psychotherapy services are covered by health insurance.

As an example of good practice, some European countries are presented according to the following criteria: 1. for the profession of psychotherapist, no study of medicine or psychology is required; 2. a wide range of psychotherapeutic modalities are recognized; 3. the client can access psychotherapy through their doctor's referral. According to the goals and competences we compared the study of psychotherapy, the regulation of the profession and the regulation of the public health system in Slovenia with three other European countries: Austria, the Netherlands and Finland. We have set two research questions: 1. »What distinguishes postgraduate study of psychotherapy in Slovenia from the other three European countries?« and 2. »How are psychotherapeutic services financed by the state/health insurance in Slovenia in comparison to other European countries?« Results showed a visible contrast between Slovenian regulation and the regulation of the three other countries. According to the current statistics of mental distress and interpersonal distress, Slovenia needs at least ten times more psychotherapists than currently available.

Key words: psychotherapy, profession regulation, mental health, education, public health system

PREVENTIVA PITJA ALKOHOLA PRI MLADIH ALCOHOL PREVENTION AMONG YOUNG PEOPLE

IZVLEČEK

Prekomerno uživanje alkohola je svetovni problem. Med mladimi je v porastu, saj se znižuje starostna meja tveganega vedenja in povečuje se količina zaužitih alkoholnih pijač. Spodbudo za preprečevanje prekomerne uporabe, za načrtovanje preventivnih akcij in smernice za doseganje boljših rezultatov daje tudi Svetovna zdravstvena organizacija. V Sloveniji je preventivnih ukrepov in prizadevanj za zmanjšanje pitja alkoholnih pijač med mladimi precej, a je problematika prekomernega uživanja alkohola še vseeno velik problem. Primarna preventiva igra pomembno vlogo pri preprečevanju tveganega pitja alkohola in z njim povezanih težav pozneje v življenju. Glavno vlogo za zmanjšanje uživanja alkohola ima vsak posameznik, treba je spremeniti odnos do alkohola in življenjske vrednote mladostnikov. Ključne besede: alkohol, mladi, uživanje alkoholnih pijač, zloraba alkohola, zdravstvena vzgoja, odnos družbe.

ABSTRACT

Excessive alcohol consumption is a global issue that is increasingly affecting young people. The age limit for risky behaviour is becoming lower while the consumption of alcoholic drinks is steadily rising. The World Health Organisation plays an important role in encouraging preventive actions and providing guidelines on how to achieve better results. Although Slovenia is very active in terms of alcohol abuse prevention and efforts to reduce alcohol consumption among young people, the issue remains critical. Primary prevention is crucial in preventing risky alcohol consumption and related issues that may occur later in life. The key to success lies in changing individuals' attitude towards alcohol and setting the right values for young people.

Key words: alcohol, young people, alcohol consumption, alcohol abuse, health education, attitude of the society

**POMEN DOKTRINE
SEMMELWEISA NA
PREPREČEVANJE OKUŽB /
THE IMPORTANCE OF
SEMMELWIES DOCTRINE ON
PREVENTION OF INFECTIONS**

SEMMELOWEIS IN PORODNIŠTVO SEMMELOWEIS AND OBSTETRICS

IZVLEČEK

Semmelweis, madžarski zdravnik, rojen v Tabanu, Budim (zdaj Budimpešta), leta 1818, je doktoriral iz medicine na dunajski univerzi leta 1844. Zaposlil se je v dunajski porodnišnici na prvi porodniški kliniki in jo od marca 1847 dve leti tudi vodil kot asistent.

Potrnil je znano dejstvo, da je smrtnost mater na tej kliniki predvsem zaradi porodnega prisada (Kinderbettfieber – 'poporodna mrzlica, sepsa') neprimerno večja (11 do 18 %) v primerjavi z drugo porodniško (babiško) kliniko (1 do 2 %). Z natančno statistično analizo je znanstveno preveril vse dejavnike, ki bi lahko vplivali na to razliko, in ugotovil, da je edina razlika v tem, da na prvi kliniki delajo zdravniki in medicinci, ki sodelujejo pri obdukcijah in od tam prihajajo neposredno v porodno sobo, medtem ko je druga porodniška klinika babiška ustanova. Postavil je hipotezo, da zdravniki in študenti prve klinike prenašajo v porodno sobo nekaj škodljivega (»drobce trupel«), kar povzroči porodni prisad, to pa se z umivanjem rok z milom in vodo ne odstrani. Zato je od maja leta 1847 zahteval od vseh, da si pred vsakim pregledom v porodni sobi umijejo roke s klorovo vodo. Smrtnost mater je takoj padla na 1,27 % v letu 1848.

Njegova hipoteza je bila od številnih strokovnjakov kljub dokazom ignorirana ali celo zasmehovana, predvsem s strani nadrejenih. Mlajša generacija ga je podpirala. Marca leta 1849 ni več dobil mesta asistenta, verjetno zaradi političnih, nacionalnih (Madžar), verskih (jud) in drugih vzrokov. Nekaj pa je k temu gotovo pripomogla tudi njegova nesprejeta hipoteza. Splošna reakcija na njegov referat Izvor poporodne mrzlice v predavalnici Dunajskega medicinskega združenja 15. maja 1850 in na njegovo knjigo Etiologija, pojem in profilaksa poporodne mrzlice (Die Aetiologie, der Begriff und die Prophylaxis des Kinderbettfiebers) leta 1861 je bila negativna. Nepriznan je umrl v psihiatrični ustanovi v nejasnih okoliščinah (morda zaradi sepse) leta 1867, star je bil komaj 47 let.

Minili sta dve desetletji, preden je bila njegova antiseptična metoda splošno priznana. Pasteur je leta 1879 izoliral *Streptococcus pyogenes* pri ženski, ki je umrla zaradi puerperalne sepse – končni dokaz, da so Semmelweisovi »drobci trupel« bakterije.

Semmelweisov nauk je hitro prišel tudi med Slovence. Tako je prof. dr. Alojz Valenta, ki je takrat vodil Babiško šolo v Ljubljani, svojo Učno knjigo za babice v porodnoslovji leta 1886 posvetil J. F. Semmelweisu – »V spomin nevstrašljivemu predboritelju in provzročitelju antiseptike v porodnoslovji«.

Okolje, v katerem je Semmelweis delal, je bilo tako odklonilno do njegovih ugotovitev, da uporabljamo izraz »Semmelweisov refleks« za nasprotovanje novim dokazom in novemu znanju samo zato, ker so v nasprotju z uveljavljenimi normami, prepričanjem in ustaljenimi vzorci.

Ključne besede: ginekologija, porodništvo, sepsa.

ABSTRACT

Semmelweis, a Hungarian physician born in Taban, Budim (now Budapest) in 1818, obtained a PhD in medicine at the University of Vienna in 1844. He became employed at the Vienna maternity hospital, which he managed as an assistant from March 1847.

He confirmed the well-known fact that maternal mortality at this clinic, mostly due to puerperal fever (childbed fever), was disproportionately greater (11 to 18 %) than at the other maternity (midwifery) clinic (1 to 2 %). With a precise statistical analysis, he scientifically tested all factors that could affect this difference and found that the only difference lay in the fact that at the first clinic, physicians and medical students who participate in autopsies are entering the delivery room directly from the morgue, while the other maternity clinic was a midwifery clinic only. He set the hypothesis that physicians and medical students of the first clinic were bringing something harmful ("corpse particles") into the delivery room, which caused puerperal fever and is not washed away with soap and water. Therefore, beginning in May 1847 he demanded everyone to wash their hands with chlorinated water prior to every examination in the delivery room. Maternity mortality immediately fell by 1.27 % in 1848.

Despite proof, his hypothesis was ignored and even ridiculed by many fellow experts, especially his superiors. The younger generation, however, supported him. In March 1849 he lost his position as assistant, likely due to political, national (Hungarian), religious (Jewish) and other reasons. His unaccepted thesis was likely also a contributing factor. The general reaction to his paper *The origin of childbed fever* in the lecture hall of the Vienna Medical Society on 15 May 1850 and to his 1861 book *The Aetiology, Concept and Prophylaxis of childbed fever* (*Die Aetiologie, der Begriff und die Prophylaxis des Kinderbettfiebers*) was negative. He died without receiving recognition, in a psychiatric hospital in unclear conditions (perhaps due to sepsis) in 1867, only 47 years old.

Two decades passed before his antiseptic method was generally admitted. In 1879, Pasteur isolated the *Streptococcus pyogenes* in a woman who had died of puerperal sepsis – the final proof that Semmelweis' "corpse particles" were bacteria.

Semmelweis' teachings quickly reached Slovenians, too. Thus, prof. dr. Alojz Valenta who at the time was Head of the Midwifery School in Ljubljana, dedicated his 1886 Handbook for midwives in gynaecology to J. F. Semmelweis – »In memory of the fearless forerunner and progenitor of antiseptics in obstetrics«.

The environment Semmelweis was working in was so averse to his findings that we use the expression "Semmelweis reflex" for contradicting new evidence and new knowledge just because it goes against established norms, convictions and patterns.

Key words: gynaecology, obstetrics, sepsis

VPLIV SEMMELWEISOVEGA ANTISEPTIČNEGA UKREPA V LUČI RAZVOJA MEDICINSKE MISLI THE IMPACT OF SEMMELWEIS'S ANTISEPTIC MEASURE IN THE LIGHT OF THE DEVELOPMENT OF MEDICAL THOUGHT

IZVLEČEK

Osamljena in tragična življenjska zgodba Ignaza F. Semmelweisa se nas (dvojno) dotika: govori o neustavljivosti resnice na eni ter mukotrpnosti in težavnosti njene uveljavitve na drugi strani. Kljub preprostosti ukrep umivanja rok (porodničarjev in študentov medicine) v raztopini klorovega apna, ki ga je uvedel sredi maja 1847. leta na prvi dunajski porodni kliniki, za obvladovanje velikega števila okužb porodnic s porodnim prisadom, predstavlja le-ta nemajhno stopnico v 2500-letni dokumentirani zgodovini medicine. V miselnem razvoju označuje dokončno pretrganje s starimi nazori, saj na empiričen način, zgolj z opazovanjem, uveljavlja eksogeni krog in izvor infektivnega obolenja.

Opazovanje pojavov je lastno ljudem od pamtiveka, z natančnim opisovanjem, ki se je razmahnilo v renesansi, pa je postalo metoda znanstvenega dela tudi v medicini. Dokončno je pometlo z aksiomi antične Hipokratove in Galenove medicine, temelječe na teoriji evkrazije in diskrazije, torej na endogenem ravnovesju oziroma neravnovesju štirih telesnih sokov. Natančno opazovanje bolnikov in spremljanje rezultatov zdravljenja je vzpostavilo novi red v klinični medicini, še več, razsvetljenska misel je z Jennerjevimi in Semmelweisovimi ukrepi nakazala novo eksperimentalno ero.

Eksperiment v naravoslovnih znanostih (tudi v medicini) se je v drugi polovici 19. stoletja s C. Bernardom, predvsem pa z L. Pasteurjem in R. Kochom dokončno uveljavil. Eksogena narava okužbe je bila na ta način eksperimentalno potrjena in dokazana. S tem je t. i. zahodna medicina uveljavila nekatera opažanja in empirična odkritja, ki so se vrstila od renesanse. Stopila je na pot sodobnih naravoslovnih znanosti, kjer je ponovljiv eksperiment osnovna znanstvenoraziskovalna metoda dokazovanja. Odprla si je, vsaj tako se dozdeva, nesluten razvoj.

Nadčasovnost Semmelweisa, kot sopotnika t. i. »druge dunajske šole«, je treba iskati v povezavi med opazovanjem in ukrepanjem, kar samo po sebi navezuje na eksperimentalno raziskavo in statistično potrditev. Širjenje ukrepov približno 20 let pozneje tudi na druge kirurške stroke z načeli Listerjeve antisekse (umivanje ran in operativnega polja s fenolom) in poznejše asepse je bilo logično nadaljevanje in v predantibiotični eri edini način preprečevanja kirurških okužb. V veliki meri je tako še danes in bo v prihodnje, s pojavom rezistentnih bakterijskih sojev, še bolj. Nekateri ga zato upravičeno imenujejo: »rešitelj porodnic«, pri čemer je treba dodati: »in ne samo njih«.

Ključne besede: Semmelweis, porodni prisad, razvoj medicinske misli, antisepta.

ABSTRACT

The lonely and tragic life story of Ignaz F. Semmelweis (doubly) bears upon us: it speaks of the relentlessness of truth on one hand and the agony and difficulty of enforcing it on the other. Despite the simplicity of the measure of hand washing (by obstetricians and medical students) in a solution of chlorinated lime, which Semmelweis implemented in May of 1847 at the first Viennese obstetrics clinic in order to prevent the large number of infections with puerperal fever among new mothers, this measure represents a significant step in the 2500 years old documented medical history. In the development of mindset, it signifies the final break with the old system of belief, as an exogenous circle and source of the infection illness are established in an empirical manner, through solely observation.

Observation of phenomena has been characteristic of people since the beginning of time; with accurate description that became popular in the renaissance, it also became a scientific work method in medicine. If finally swept aside the axioms of ancient medicine according to Hippocrates and Galen that was based on the theory of euchrasia and dyscrasia, i.e. on an endogenous balance, or the balancing of the four bodily humours. The exact monitoring of patients and monitoring the results of the treatment has established a new order in clinical medicine, moreover, with Jenner's and Semmelweis's measures, the Enlightenment thought pointed to a new experimental era.

The experiment was finally established in the natural sciences in the second half of the 19th century with C. Bernard, and especially with L. Pasteur and R. Koch. The exogenous nature of infection was thus experimentally confirmed and proved. Therewith, the so-called Western medicine enforced certain observations and empirical discoveries that have been lining up since the Renaissance. It set off on the path of modern natural sciences, where a repeatable experiment is the basic scientific research method of providing proof. It opened up undreamed-of development for itself, or so it seemed.

The timelessness of Semmelweis as a member of the so-called "second Viennese school" needs to be looked for in the link between observation and taking measures, which in itself points to experimental research and statistical confirmation. The expansion of the measures about 20 years later to other surgical expertise with Lister's antiseptic principles (washing of wounds and the operative field with phenol) and later asepsis was the logical continuation and in the pre-antibiotic era the only way to prevent surgical infections. To a large extent, it is the same today and, with the emergence of resistant bacterial strains, it will be even more so in the future. Some people therefore justifiably call him: "The saviour of mothers", whereby we should add: "And not just them".

Key words: Semmelweis, puerperal fever, the development of medical thought, antiseptis

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THE ACHIEVEMENTS AND VISION OF THE EUROPEAN CONGRESS OF INTEGRATIVE MEDICINE ECIM 2018, ORGANIZED BY ALMA MATER EUROPAEA ECM IN SLOVENIA

The 11th European Congress for Integrative Medicine, “The Future of Comprehensive Patient Care” (ECIM) will be held in Slovenia at the end of September 2018.

Aim:

The aim of the congress is to promote health and develop integrated and sustainable treatment for acute and chronic diseases. Health is not just the absence of disease; it is a state of physical, mental, emotional spiritual and social wellbeing.

The only way to achieve this strategy is to move the boundaries of the existing field of medicine towards including the wisdom inherent in healing the whole person – mind, body and spirit. This can be done only through Integrative medicine that makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing and where the patient is the centre of all activities.

The participants of ECIM 2018 will recognize the importance of defining the mission and vision of applying the experience, expertise and valuable methods of Integrative Medicine in order to improve the health of patients around the Europe.

The congress will contribute to improving the quality of medical care by preserving and advancing the principles and practices of integrative healthcare within academic institutions, health service, governments and other relevant regulatory institutions worldwide Europe.

The program of ECIM 2018 will allow participants to understand the value and integrate into their clinical practice the time-proven methods of Integrative medicine. This is particularly important because the European aging population requires an integrated approach to effectively treat their many chronic diseases and to improve their quality of life. The plan is to achieve this goal by establishing coordinated educational and training efforts. The goal is to engage the finest international experts in the field of Integrative medicine and to task them with developing the best training and educational materials.

These experts on the ECIM 2018 will work in a collaborative manner. They will adhere to the highest ethical standards and work steadfast to bring this mission to fruition. Also, they will respect any regional, cultural and ethnic differences.

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SCIENTIFIC RESEARCH AND EVIDENCE-BASED MEDICINE: THE BASIS OF INTEGRATIVE MEDICINE AT THE EUROPEAN CONGRESS ECIM 2018 IN SLOVENIA

ABSTRACT

Integrative medicine is based on a number of its principles. The principle of accessibility is achieved by providing health care to the citizens, which is physically, geographically and economically but also culturally acceptable. The principle of universality is achieved by involving all citizens and implementing integrated measures and procedures, health promotion, disease prevention at all levels, early diagnosis, treatment and rehabilitation. The principle of continuous quality improvement is realized through measures and activities that are in line with modern achievements of medical science and practice, increasing the possibility of a favourable outcome.

Evidence-based medicine is the careful, thoughtful use of the best evidence from the medical literature in the decision to treat a particular patient. This means that the individual clinical experience must be integrated with the results of clinical studies that are well-placed methodologically, and the results have clinical significance.

Evidence-based medicine is the integration of clinical experience, the value system of the patient and the best evidence in the literature. The evidence does not by itself lead to conclusions, but it assists in determining the best treatment of the patient.

Integrative medicine based on the evidence includes an extended application of the principles of evidence-based medicine in the whole health care system, i.e. all professionals involved in the provision of health care.

Key words: health care, medical science, evidence-based medicine, quality of professional work

Z DOKAZI PODPRTE METODE INTEGRATIVNE MEDICINE EVIDENCE BASED METHODS INTEGRATIVE MEDICINE

IZVLEČEK

Sodobna medicinska znanost prinaša eksplozijo znanja v vseh znanostih, predvsem pa v medicini. Bistvena sprememba sodobne medicine je poplava pogostih, tudi neustreznih informacij, s katerimi se soočajo tako zdravniki kakor bolniki. Publikacije na vseh področjih naraščajo z večkratnim potencialom, tako da je praktično nemogoče slediti vsem zapisom, ki se ukvarjajo s človeškim zdravjem.

Strokovnjak se pogosto težko odloči za sprejetje nekaterih informacij, ki nimajo zasnove v strogih medicinskih pravilih, ki jih je zastavila sodobna raziskovalna misel znotraj medicine. Poleg tega je terapevt pogosto odvisen od svoje subjektivne presoje metode, pogosto brez analize vseh dejstev na dokazih temelječe medicine in pogosto prinaša temeljne spremembe tradicionalnega medicinskega odločanja.

Ena temeljnih zahtev je, da se terapevt redno izobražuje, pridobiva novo znanje in spoznava znanstveno utemeljene medicinske informacije, ki se najdejo znotraj teorije z dokazi podprte medicine – na dokazih temelječa medicina. Formirane so posebne zbirke (Medline, PubMed, Cochrane Library), ki imajo svoje motive za publikacije medicinskih zapisov.

Metode integrativne medicine, ki jih najdemo v zapisih skozi tisočletja, pogosto ne izpolnjujejo vseh meril objave za eminentne časopise, ki so ovrednoteni z impakt faktorjem. Iz tega razloga so metode nastajale zgolj kot aplikativni zapisi posameznih terapevtov v obliki terapij, trajanja in načina zdravljenja bolnikov.

Posebno vzhodnjaške metode (kitajska, indijska in korejska medicina) v svojem okolju niso imele možnosti za raziskave, ki bi ustrezale sodobnim načelom raziskovanja. Šele s prihodom in odprtjem meja za informacije v zahodni svet so se začeli formirati časopisi, ki objavljajo zapise, ki jih uvrščamo v integrativno medicino. Najti je predvsem zapise o komplementarni obliki integrativne medicine, kamor po svetu na predlog Svetovne zdravstvene organizacije (1976) spadajo akupunktura, hiropraktika, fitoterapija, mind body therapy in homeopatija.

Posledično so se začeli ustanavljati posebni inštituti za integrativno medicino pri najeminentnejših medicinskih ustanovah (Charite, Karolinska, Harvard, Yale).

Države so začele financirati raziskovalno delo na tem področju in metode integrativne medicine so postale del raziskovanja tudi v šolski medicini. Osnovna misel, ki združuje ljudi, ki se ukvarjajo z integrativno medicino, je holistični pristop do človekovega zdravja tako v preventivi, kurativi kot rehabilitaciji.

Iz tega razloga je tudi v slovenskem prostoru treba najti obliko sodelovanja šolske medicine v raziskavah komplementarne medicine, ki se izvaja v našem prostoru. Treba je najti dogovor z medicinskimi šolami, kot so: medicinska fakulteta, fakulteta za zdravstvene vede, kineziološki inštitut ipd., ki bodo dali znanstveni pristop raziskavam, organiziranim s strani profesorjev, asistentov in študentov posameznih visokošolskih zdravstvenih ustanov. Vzpostaviti je treba povezavo med kliničnimi zdravstvenimi ustanovami in pedagoškimi institucijami pri formiranju projektov na področju integrativne medicine, ki bodo upoštevale načela raziskav šolske medicine, to je strokovnost, verodostojnost, varovanje podatkov in etična pravila raziskovanj na področju medicine. Vse raziskave na področju integrativne medicine se morajo opredeliti kot vestne, nedvoumne in razumne z uporabo trenutno najboljših izsledkov v odločanju o medicinski oskrbi posameznega bolnika. Treba bi bilo vključiti mogoče mednarodne resurse z njihovimi akademskimi pristopi k raziskovalnim projektom, ki bi jih pripravljali in prijavljali tudi v internacionalnem prostoru, predvsem v okviru razpisov Evropske skupnosti, ki zelo podpira raziskave na tem področju. Dejstvo je, da se 80 % prebivalcev Evrope zdravi in uporablja metode, ki jih danes vrednotimo kot integrativno medicino. Poudariti je treba težave starostnikov, ki v Evropi predstavljajo skoraj četrtino prebivalstva in potrebujejo celostni/holistični pristop, kakor tudi pri težavah v geriatriji in gerontologiji.

S takšnim pristopom do raziskav na področju integrativne medicine bomo preskočili rubikon odnosa do šolske medicine, ki z velikim nezaupanjem pristopa do metod integrativne medicine.

Z raziskavami na področju integrativne medicine, podprtimi z dokazi, bomo dokazali, da ustvarjamo metode, koristne za zdravje in počutje človeštva.

Ključne besede: raziskovanje, dokaz, integrativna medicina, šolska medicina.

ABSTRACT

Contemporary medical science brings an explosion of knowledge in all sciences, especially in medicine. The key novelty of contemporary medicine is the flood of frequent, sometimes inappropriate information that both physicians and patients are confronted with. Publications in all areas are growing exponentially, so that it is almost impossible to follow all the records dealing with human health.

An expert therefore may have trouble to accept certain information that is not grounded in strict medical rules that were set by the modern research mindset in medicine. Additionally, the therapist often depends on their subjective estimate of the method, often without having analysed all facts of evidence-based medicine, and often fundamental changes in traditional medical decision-making are brought about.

One of the basic requirements is for the therapist to educate themselves regularly, to acquire new knowledge and scientifically grounded medical information that is found within the theory of evidence-based medicine. Special collections have been formed (Medline, PubMed, Cochrane Library), with their own motives for publishing medical records.

The methods of integrative medicine that were recorded throughout millennia often do not fulfil all the criteria for publication in eminent journals that are evaluated with an impact factor. For this reason, such methods have been recorded only as applicative records of individual therapists on the form of therapy, its duration, and the manner of treating patients.

Especially Eastern methods (Chinese, Indian and Korean medicine) had no research opportunities in their field that would fulfil contemporary research criteria. Only with the opening of information borders towards the Western world did journals begin to be formed, which publish records on integrative medicine. Especially records on the complementary form of integrative medicine are to be found; based on the suggestion of the World Health Organisation (1976), this includes Acupuncture, chiropractic, phytotherapy, mind-body therapy and homoeopathy.

As a consequence, special institutes for integrative medicine began to be founded at the most eminent medical institutions (Charite, Karolinska, Harvard, Yale).

States began to finance research work in this field and the methods of integrative medicine have become part of research also in educational medicine. The basic idea that connects people dealing with integrative medicine is a holistic approach to human health in prevention, treatment and rehabilitation.

For that reason, it is important to find a way for educational medicine in Slovenia to take part in complementary medical research performed in the Slovenian space. An agreement must be made with medical schools, such as the Faculty of Medicine, the Faculty of Healthcare Sciences, the Chinesiology Institute etc., that will provide a scientific approach to research, organised by professors, assistants and students of individual higher-education medical and healthcare institutions. A link must also be established between clinical healthcare institutions and pedagogical institutions in the formation of projects on integrative medicine that will follow the principles of medical education research, that is, expertise, credibility, data protection and ethical rules of medical research. All research in the field of integrative medicine must be defined as conscientious, unambiguous and rational, with the application of the current best results in deciding on the medical treatment of an individual patient. International resources with their academic approach to research projects should be included, and the research projects applied for and registered in international space, too especially in the framework of EU tenders, through which the EU generously supports research in this field. Fact is that 80 % of the world's population is receiving treatment and uses methods that today we evaluate as integrative medicine. The problem of the age of the elderly must be addressed, as the elderly represent almost one quarter of the population in Europe and they need a holistic approach such as geriatric and gerontological treatment/support.

With such an approach to research in the field of integrative medicine we will jump over the Rubicon of the relationship between educational medicine and integrative medicine - the former of which is highly suspicious of the latter.

With the research in the field of integrative evidence-based medicine, we will prove that we are developing methods that are useful of the health and well-being of humankind.

Key words: research, evidence, integrative medicine, educational medicine

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IGNAZ SEMMELWEIS, POMEN NJEGOVEGA ODKRITJA V 19. STOLETJU ZA DANAŠNJI ČAS

IGNAZ SEMMELWEIS: THE IMPORTANCE OF HIS DISCOVERY IN THE CENTURY FOR TODAY

IZVLEČEK

Dr. Ignac Semmelweis je s svojim odkritjem že v 19. stoletju postavil temeljni kamen za nadzor bolnišničnih okužb. Tudi današnji ukrepi za nadzor, obvladovanje in preprečevanje širjenja bolnišničnih okužb izhajajo iz njegovega odkritja. Bistvo njegovega odkritja temelji na pomenu higijene rok pri preprečevanju bolnišničnih okužb. Z natančnim proučevanjem je dr. Semmelweis prišel do spoznanja, da je umivanje rok s klorovim apnom (razkuževanje) pri zdravnikih in študentih medicine pred pregledom nosečnice bistveno vplivalo na zmanjšanje umrljivosti otročnic zaradi sepse po porodu. Sepsa pri otročnicah (puerperalna sepsa) je bila v 19. stoletju v bolnišnicah pogosta in umrljivost velika, tudi v dunajski bolnišnici, kjer je takrat služboval dr. Semmelweis.

Semmelweisova metoda preprečevanja puerperalne sepse z umivanjem rok z razkužilom je bistveno znižala umrljivosti otročnic zaradi sepse (pod 1 %). Pomenila je izjemen dosežek za medicinsko znanost v času, ko še niso bili poznani povzročitelji sepse. Žal mu njegovi kolegi na Dunaju uspeha niso priznali, uspeh in priznanje metode sta prišla pozneje. Njegovo odkritje je prispevalo tudi k odkrivanju povzročiteljev sepse. Z odkritjem mikrobov, povzročiteljev sepse in drugih okužb, je bil dosežen nov, izjemen prispevek medicinski znanosti na vseh področjih. Semmelweisovo odkritje je zelo pomembno tudi za današnji čas, ko se ves svet ukvarja s problemom pojavljanja in širjenja večkratno odpornih bakterij in okužb, ki jih povzročajo pri ljudeh. S pojavom odpornih mikrobov proti zdravilnim učinkovinam, najpogosteje so to bakterije, ki so razvile odpornost proti številnim antibiotikom, se bistveno zožujejo možnosti učinkovitega zdravljenja s protimikrobnimi zdravili. Število bakterij, ki postajajo odporne proti antibiotikom, se veča in pojavljajo se že bakterije, ki so odporne proti vsem antibiotikom, ki so na voljo. Novih antibiotikov pa ni ali prihajajo zelo počasi. Odporne bakterije in okužbe, ki jih povzročajo, predstavljajo veliko grožnjo celotnemu zdravstvu, saj ogrožajo doseganje dosežke medicine in nas vračajo v obdobje pred odkritjem antibiotikov. Globalni zdravstveni problem predstavljajo odporne bakterije, ker se hitro širijo, njihovo širjenje ne pozna meja, okužbe, ki jih povzročajo, pogosto potekajo zelo hudo. Okužbe prizadenejo predvsem zelo ranljive skupine ljudi, ki imajo tudi druge hude bolezni, pomembno povečujejo obolevnost in umrljivost, podaljšujejo bivanje v bolnišnici, povečujejo diagnostične in terapevtske obravnave ter pomembno povečujejo stroške zdravljenja. Pojav in širjenje odpornih bakterij naraščata, kar je velik problem po celem svetu in zahteva skupne ukrepe. Svetovna zdravstvena organizacija (SZO) in Svet Evropske unije sta sprejela številna priporočila in direktive, ki zajemajo strateške ukrepe za obvladovanje in preprečevanje širjenja odpornih bakterij. Ti ukrepi so zavezujoči za vse članice SZO in Evropske unije, članice pa jih morajo vključiti v nacionalne strateške ukrepe. Najpomembnejša ukrepa sta higijena rok in preudarna uporaba protimikrobnih zdravil, predvsem antibiotikov. Najpomembnejši nosilec nacionalnih strateških ukrepov z izvajanjem je Ministrstvo za zdravje in pod njegovim okriljem Nacionalna komisija za obvladovanje in preprečevanje bolnišničnih okužb (NAKOB) in Nacionalna komisija za preudarno rabo protimikrobnih zdravil (AMR). Higijena rok (umivanje, razkuževanje) je temeljni ukrep za preprečevanje prenosa mikroorganizmov v zdravstveni dejavnosti. In tako se vračamo k pomembnemu odkritju dr. Semmelweisa, ki je zahteval umivanje rok in razkuževanje s klorovim apnom za preprečevanje puerperalne sepse, le da si danes pogosteje roke razkužujemo, ker je razkuževanje z učinkovitimi razkužili učinkovitejše od umivanja rok. Vidno umazane roke pa še vedno umivamo. Nacionalne smernice navajajo tudi natančna priporočila za higijeno rok. Higijena rok je od leta 2014 tudi kazalnik kakovosti v zdravstvu.

Semmelweisovo odkritje pa je poučno še z drugega vidika. Do svojega odkritja je prišel Semmelweis na podlagi natančnega opazovanja in iskanja mogočega vira okužbe v klinični praksi, ni pa poznal povzročiteljev okužbe. Zato je treba tudi danes slediti njegovemu zgledu, ne pa zavračati novih možnosti zdravljenja, ki kažejo klinično uspešnost. Predvsem pa podpirati raziskovanje na teh področjih, predvsem s ciljem iskanja najboljših možnosti zdravljenja za korist pacienta. To je poslanstvo zdravnika.

Ključne besede: sepsa, sterilnost, okužba.

ABSTRACT

With his discovery, dr. Ignac Semmelweis already in the 19th century set the foundation for the control of hospital infections. Contemporary measures for control, containing and prevention of spreading hospital infections also come from his discovery. The essence of his discovery is based on the importance of hand hygiene for the prevention of hospital infections. With precise study, dr. Semmelweis came to the realisation that the physicians and medical students washing their hands with chlorinated lime prior to examining pregnant women significantly affected maternal mortality due to post-partum sepsis. Puerperal sepsis was quite common in hospitals of the 19th century and mortality was high, also in the Vienna hospital where dr. Semmelweis was working.

The Semmelweis method of preventing puerperal sepsis by washing hands in disinfectant significantly reduced maternal mortality due to sepsis (under 1 %). It meant an extraordinary achievement for medical science at a time when the causes of sepsis were not yet known. Unfortunately, his Vienna colleagues did not acknowledge his success, the success and recognition of the method came later. His discovery also contributed to the discovery of the causes of sepsis. By discovering microbes, the causes of sepsis and other infections, a new, extraordinary contribution to medical science in all areas was achieved. Semmelweis's discovery is highly important for the present, when the world is dealing with the issue of emergence and spreading of multi-resistant bacteria and the infections they cause in people. With the emergence of drug-resistant microbes -- most commonly bacteria that have developed immunity to numerous antibiotics -- effective antimicrobial medicinal treatment options are significantly decreasing. The number of bacteria that are resistant to antibiotics is growing and bacteria that are resistant to all known antibiotics are emerging. New antibiotics are not being discovered or the process is very slow. Resistant bacteria and the infections they cause pose a significant threat to the entire healthcare, as they endanger all the progress medicine has made so far and are leading us back into the pre-antibiotic era. Resistant bacteria are a global health problem, as they spread quickly, crossing all boundaries, and the infections they cause are often severe. The infections mostly affect very vulnerable groups of people who also have other grave diseases, they significantly increase illness and mortality rates, diagnostic and therapeutic treatments, and treatment costs. The emergence and spreading of resistant bacteria are on the increase, which is problematic all over world and demands common measures. The World Health Organisation (WHO) and the European Council have adopted numerous recommendations and directives that comprise strategic measures for the management and prevention of the spreading of resistant bacteria. These measures are obligatory for all WHO and EU members who must include them in their national strategic plans. The most important measures are hand hygiene and rational use of antimicrobial medicines, especially antibiotics. The most important carrier of national strategic measures with implementation is the Ministry of Health, and under its auspices, the National Committee for the Control and Prevention of Hospital Infections (NAKOB) and the National Committee for the Rational Use of Antimicrobial Medicines (AMR). Hand hygiene (washing, disinfecting) is the basic measure for preventing the transfer of micro-organisms in the healthcare sector. And so we return to the important discovery of dr. Semmelweis, who demanded the washing of hands and disinfection with chlorinated lime for the prevention of puerperal sepsis, although according to today's standards, the hands are more often disinfected, since disinfection with effective disinfectants is more efficient than hand washing. Visibly dirty hands are still washed, however. The national guidelines also list precise recommendations for hand hygiene. Hand hygiene has been an indicator of quality in healthcare since 2014.

Semmelweis's discovery is also informative from another aspect. He arrived at his conclusions via precise observation and searching for the possible cause for infection in clinical practice, even though he did not know the exact agents. His lead needs to be followed today, too, instead of rejecting new treatment options that show clinical effectiveness. Most of all, research in these areas needs to be supported, especially with the goal of finding the best treatment options for the good of the patient. This is the calling of a doctor.

Key words: sepsis, sterility, infection

**PROMOCIJA ZDRAVJA
IN KAKOVOST ŽIVLJENJA /
PROMOTION OF HEALTH
AND QUALITY OF LIFE**

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KVALITETA ŽIVOTA I ZDRAVSTVENA PODRŠKA STARIJIH OSOBA U MANJIM GRADOVIMA HRVATSKE QUALITY OF LIFE AND MEDICAL SUPPORT FOR THE ELDERLY IN SMALL CROATIAN TOWNS

SAŽETAK

Uvod: Zahvaljujući porastu općeg životnog standarda i unapređenju zdravstvene zaštite te kao posljedica smanjenja prirodnog priraštaja, u razvijenim zemljama došlo je do produženja životnog vijeka, a time i većeg udjela starijih osoba u cjelokupnoj populaciji. Kvalitetu života teško je definirati, no postoji opća suglasnost da je kvaliteta života višedimenzionalna, a sastoji se od najmanje tri široke domene, a to su fizičko zdravlje, psihičko zdravlje i socijalni odnosi. Kvalitetna zdravstvena usluga spada u značajne prediktore kvalitete života, po mišljenju i stručnjaka i starijih osoba.

Cilji istraživanja: Cilj ovog istraživanja bio je utvrditi kvalitetu života, zdravstvenu i socijalnu podršku starijih ljudi u gradu Sisku i gradu Bjelovaru. METODE: Istraživanje je obuhvatilo 104 ispitanika, oba spola, životne dobi 65 i više godina, od kojih 57 žive u Sisku, a 47 žive u Bjelovaru. Ispitanici su odabrani slučajnim odabirom u ambulantama opće medicine, a anketirani su u Domu zdravlja ili u vlastitoj kući, ovisno o trenutnom zdravstvenom stanju. Istraživanje je provedeno anketiranjem, korištenjem strukturiranog upitnika s otvorenim i zatvorenim pitanjima.

Rezultati i rasprava: Rezultati istraživanja pokazuju mnogo sličnosti između ispitanika grada Siska i grada Bjelovara. Od ukupnog broja ispitanika, zadovoljavajući stupanj pokretljivosti ima njih 42%, svega je 56 ispitanika od 104 u potpunosti zadovoljno oblicima pomoći, a razlika između ispitanika dva grada utvrđena je po pitanju potrebe za dodatnim organiziranjem zdravstvene pomoći, kao i u sudjelovanju u socijalnim kontaktima. Ocjenom od 1-5 zadovoljstvo životom ocijenilo je 56 ispitanika, dok je ocjenom od 6-10 zadovoljstvo životom ocijenilo 48 ispitanika.

Zaključak: Starije osobe imaju izraženu potrebu za redovnim i povremenim zdravstvenim uslugama u kući, u vidu zdravstvene njege i zdravstvenog liječenja. Pomoć i njega u kući, kao vid socijalne zaštite, može biti učinkovit način rješavanja i ublažavanja njihovih problema i predstavlja dobru formu brige o starima kao i učinkovit način održavanja socijalnog kontakta i socijalne podrške.

Ključne riječi: starije osobe, kvaliteta života, zdravstvena i socijalna podrška.

ABSTRACT

Introduction: Due to the increase of the standard of living and the improvement of health care, as well as a lower rate of natural population increase, developed countries are experiencing a prolonged lifespan which has resulted in a higher ratio of the elderly in the total population. It is difficult to define quality of life, but there is a general consensus that quality of life is multi-dimensional and consists of at least three aspects – physical health, mental health and social relationships. According to both experts and the elderly, high quality health service is an important predictor of the quality of life.

Aim of the Studa: The aim of the study was to determine the quality of life and the medical and social support provided to the elderly in two Croatian towns, Sisak and Bjelovar.

Methods: The study included 104 subjects of both genders, aged 65 and older, 57 of whom live in Sisak and 47 in Bjelovar. The subjects were chosen randomly in primary care centres and were interviewed there or at home, depending on their current health condition. A structured survey questionnaire with open-ended and closed-ended questions was used in the study. Results and discussion: The results of the study show numerous similarities between the subjects from Sisak and those from Bjelovar. 42% of the subjects have a satisfactory level of mobility. Only 56 out of the total 104 are completely satisfied with the assistance they are receiving. Differences between the subjects from the two towns were found in the requirements for additional medical assistance and participation in social life. 56 subjects rated their satisfaction with life at 1-5, whereas 48 subjects rated their satisfaction with life at 6-10. Conclusion: Older people have a strong need for regular and/or occasional health services at home, such as healthcare and medical treatment. Assistance and care at home as a form of social protection can be an effective way of solving or alleviating their problems and are a good form of elderly care, as they are an efficient means of maintaining social contact and receiving social support.

Key words: the elderly, quality of life, medical and social support

VPLIV ŽIVLJENJSKEGA SLOGA NA KAKOVOST ŽIVLJENJA V POZNEM ŽIVLJENJSKEM OBDOBJU IMPACT OF LIFESTYLE ON LATE-LIFE QUALITY OF LIFE

IZVLEČEK

Uvod: V prispevku smo prikazali vpliv dejavnega življenjskega sloga na kakovost življenja v poznem življenjskem obdobju. Namen prispevka je, analizirati življenjski slog starejše osebe in proučiti, kako osebni razvoj in življenjske prelomnice vplivajo na kakovost življenja te osebe. Cilj prispevka je, proučiti vpliv dejavnega življenjskega sloga na kakovost življenja posameznika in na njegov pogled na življenje v poznem življenjskem obdobju.

Metode: Uporabljena je bila kvalitativna metoda dela, študija primera – življenjska zgodba. Podatke smo pridobili z metodo intervjuja in videotehnike ter jih obdelali s programom Atlas.ti 8. Teoretični del zajema pregled domače in tuje strokovne literature.

Ugotovitve: Skozi študijo smo proučevali osebni razvoj in življenjske prelomnice starejše osebe ter kot ugotovitev razvili naslednja načela, ki vplivajo na kakovost in slog življenja: načelo osebnega razvoja, časovno načelo – časovna razporeditev dogodkov ter načelo povezovanja – vpliv socialnih mrež.

Razprava in zaključek: Lahko trdimo, da se bodo starejši ljudje z močno samopodobo, ki so v življenju šli skozi veliko mejnih stanj, v okolju lažje prilagodili spremembam. Intenzivna socialna interakcija jim omogoča ohranjanje in krepitev socialne mreže, ki poleg dejavnega življenjskega sloga vpliva na kakovost staranja in zadovoljstvo tudi v poznem življenjskem obdobju.

Ključne besede: dejavno staranje, življenjski slog, življenjski tok, pozno življenjsko obdobje, študija primera.

ABSTRACT

Introduction: In the article we study the impact of an active lifestyle on the quality of life at the later stage of life. The purpose of the paper is to analyse the lifestyle of an elderly person and to examine how personal development and life turning points affect the dynamics of the elderly person's life course. The aim of this paper is to study the impact of an active lifestyle on the life course of an elderly person and their view of life quality.

Methods: A qualitative method was used, a case study of a life story. The data were obtained by using the method of interviewing and video-technique and were processed with Atlas.ti 8. The theoretical part encompasses a review of the Slovene and foreign professional literature.

Findings: Through the study, we examined the personal development and life events of an elderly person. As a conclusion, we have developed the following principles: the principle of personal development and the influence on the life course and lifestyle; the time principle - the timing of events and their impact on the life course and lifestyle; and the principle of integration - social networks and their impact on life course and lifestyle.

Discussion and conclusion: Elderly people with strong self-esteem, who have gone through many turning points in their lives, will more easily adapt to changes in the environment. Intensive social interaction enables the preservation and strengthening of the social network even in late life. Maintaining an active lifestyle positively affects the quality of aging and satisfaction in the later stages of life.

Key words: active aging, lifestyle, life course, late life span, case study

POMEN ZDRAVSTVENE VZGOJE NA SREDNJIH ZDRAVSTVENIH ŠOLAH ZA DVIG KAKOVOSTI ŽIVLJENJA PREBIVALSTVA **THE IMPORTANCE OF HEALTH EDUCATION IN SECONDARY SCHOOLS FOR RAISING THE QUALITY OF LIFE OF THE POPULATION**

IZVLEČEK

Zdravstvena vzgoja je dejavnost posebnega družbenega pomena, ki traja od rojstva do smrti. Lahko bi rekli, da se začne pred rojstvom, že v času nosečnosti, in konča s smrtjo. V prispevku je predstavljen pomen poučevanja preventivnih vsebin zdravstvene vzgoje pri prihodnjih zdravstvenih delavcih kot ključnih osebah, ki bistveno prispevajo h kakovosti bivanja posameznikov in družbe kot celote. Zelo pogosto se zgodi, da poučujejo zdravstveno vzgojo v osnovnih in srednjih šolah, z izjemo zdravstvenih šol, učitelji drugih strok, največkrat učitelji gospodinjstva, biologije, športne vzgoje, sociologije in podobno. V današnjem času, ko se življenjska doba daljša, se pogosto pozablja na kakovost življenja, gledano s holističnega vidika zdravja. Z ustrezno obravnavo in integracijo zdravstvenovzgojnih vsebin lahko bistveno prispevamo h kakovostnejšemu in polnejšemu bivanju posameznika in družbe kot celote na našem edinstvenem planetu Zemlja. V srednješolskih kurikulumih preventive v zdravstveni negi in vzgoje za zdravje lahko z ustrezno integracijo zdravstvenovzgojnih vsebin pomembno vplivamo na stališča in ozaveščenost prihodnjih zdravstvenih delavcev o pomenu zdravstvene vzgoje za celotno družbo. Zdravstvena vzgoja ali vzgoja za zdravje, ki se pogosto pojavlja kot predmet v srednjih šolah, lahko bistveno vpliva na razvoj in oblikovanje stališč pri mladostnikih in prihodnjih zdravstvenih delavcih z ustrezno vsebinsko integracijo in različnimi metodami izobraževanja. Na Srednji zdravstveni šoli Celje poučujejo zdravstvenovzgojne vsebine v večini profesorice zdravstvene vzgoje. Njihova specifična poučevanja je medsektorsko sodelovanje z zunanjimi strokovnjaki s področja preventive, zdravstva in ostalih dejavnosti, ki pozitivno vplivajo na kakovost zdravja in življenja na splošno. Izvajajo plenarne okrogle mize z medgeneracijskim sodelovanjem dijakov in civilno družbo. Kakovost življenja in napredka v družbi je ena od prednostnih nalog tako na nacionalni kot na mednarodni ravni. Lahko trdimo, da je kakovost življenja večdimenzionalni termin oz. pojav, ki vključuje tako materialne, duhovne, duševne kot socialne elemente.

Ključne besede: zdravstvena vzgoja, preventivna dejavnost, zdravje, kakovost življenja, medsektorsko sodelovanje.

ABSTRACT

Health education is an activity of special social importance from birth to death. It can be said that it begins before birth, during pregnancy, and ends with death. The article presents the importance of teaching preventive health education content to future health professionals as key persons, who contribute significantly to the quality of life of individuals and society as a whole. Health education is often taught in elementary and secondary schools, with the exception of medical schools, by teachers of other professions, most often by teachers of household education, biology, sports education, sociology etc. Nowadays, when life expectancy is longer, the quality of life as seen from a holistic health perspective is often overlooked. By proper management and integration of health education content, we can significantly contribute to a better and fuller life of the individual and society as a whole on our unique planet Earth. In secondary-school curricula on prevention in nursing and on health education, we can significantly influence the views and awareness of future health professionals about the importance of health education for the whole society by means of appropriate integration of health and educational content. Health education or education for health, which often appears as a subject in secondary schools, can significantly influence the development and formation of attitudes in adolescents and future health professionals. In the Secondary School of Nursing Celje, health education contents are mainly taught by health education professors. Their teaching is characterised by cross-sectoral cooperation with external experts in the field of prevention, health care and other activities that positively influence the quality of health and life in general. They hold plenary round tables with intergenerational cooperation between students and civil society. The quality of life and of social progress is one of the priorities at both the national and the international levels. It can be argued that quality of life is a multi-dimensional term, a phenomenon that includes material, spiritual, mental and social elements.

Key words: health education, preventive activity, health, quality of life, cross-sectoral cooperation

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KAKŠNA JE KAKOVOST ŽIVLJENJA STAREJŠIH LJUDI, KI ŽIVIJO V DOMAČEM OKOLJU V POMURJU? WHAT IS THE QUALITY OF LIFE OF ELDERLY PEOPLE LIVING IN THE HOME ENVIRONMENT IN THE POMURJE REGION?

IZVLEČEK

Uvod: Kot v vseh ostalih državah se tudi v Sloveniji v zadnjih letih srečujemo z vedno večjim številom starostnikov. Prav zaradi tega smo se odločili raziskati, kakšna je kakovost tistih starostnikov, ki živijo v domačem okolju v pomurski regiji.

Metode: Raziskava, ki smo jo opravili, temelji na empirični kvantitativni metodi dela. Na podlagi prebrane literature smo sestavili anketni vprašalnik, ki je bil sestavljen iz 27 vprašanj odprtega in zaprtega tipa. Prvi sklop je zajemal socialno-demografske podatke, in sicer vprašanja o spolu, starosti, zakonskem stanu. Drugi sklop vprašalnika je bil osredotočen na zdravstveno stanje, zanimale so nas bolezni in zdravila, ki jih jemljejo starostniki. Tretji, najobširnejši sklop pa je zajemal vprašanja o starostnikovem psihičnem stanju. Vprašalnike smo nato razdelili 50 naključno izbranim starostnikom v pomurski regiji. Pridobljeni podatki z rešenimi anketnimi vprašalniki so bili analizirani, obdelani in grafično prikazani z računalniškima programoma Microsoft Excel in SPSS, za urejanje besedila je bil uporabljen Microsoft Word.

Rezultati: Na podlagi anketnega vprašalnika smo ugotovili, da se je skoraj polovica naših anketirancev (48 %) odločila za življenje v domačem okolju, ker se še počutijo zdrave in sposobne, 40 % jih pravi, da jim veliko pomoči nudijo svojci, 12 % pa je tistih starostnikov, ki bi se odločili za življenje v domu, če bi jim le-to dopuščalo njihovo finančno stanje. Največji delež starostnikov (62 %) kakovost življenja povezuje s tem, da so sposobni skrbeti sami zase, manjšemu deležu starostnikov (20 %) je najbolj pomembno, da imajo dobre socialne odnose, 8 % je pomembno njihovo finančno stanje, 6 %, da so še naprej fizično dejavni, le 4 % pa, da nimajo bolečin. Najbolj presenetljivo je, da je kar 82 % starostnikov odgovorilo, da imajo kakovostno življenje. Na drugi strani pa so pri vprašanju, ali mislijo, da ima večina starostnikov kakovostno življenje, v večini (80 %) odgovorili z ne.

Razprava in zaključek: Ugotovili smo, da so starostniki skromni in da za kakovost svojega življenja ne potrebujejo veliko. Velik pomen pri njih imajo družina in prijatelji, torej socialni odnosi. Pomembno jim je, da imajo zagotovljene osnovne fizične potrebe ter da so zmožni finančno poskrbeti sami zase, torej, da niso finančno odvisni od drugih. Nekateri so sicer omenili, da bi se odločili za domsko oskrbo, če bi si to seveda lahko privoščili, vendar jih je večina zadovoljna z življenjem v svojem domačem okolju.

Ključne besede: starost, starostnik, domače okolje, kakovost življenja, medicinska sestra.

ABSTRACT

Introduction: As in all other countries, in Slovenia we are facing an increasing number of elderly people in recent years. For this reason, we decided to explore the life quality of elderly people living in the home environment in the Pomurje region.

Methods: The research we carried out is based on the empirical quantitative method of work. On the basis of the literature we analysed, we prepared a questionnaire that consisted of 27 questions of an open and closed type. The first set covered socio-demographic data, containing questions about sex, age, marriage. The second part of the questionnaire pertained to the elderly people's state of health, focusing on their diseases and medicines taken by the elderly. The third and most comprehensive series of questions covered the psychological state of the elderly. The questionnaires were distributed to 50 randomly selected elderly people in the Pomurje region. The data obtained through the filled-out questionnaires was analysed, processed and graphically displayed using Microsoft Excel and SPSS software, Microsoft Word was used to edit the text.

Results: Based on the survey questionnaire, we found that almost half of our respondents (48%) decided to live in the home environment because they still feel healthy and capable, 40% say that a lot of help is provided by their relatives, while 12% are those old people who would decide to live at a home for the elderly if their financial situation allowed it. The highest proportion of the elderly (62%) associates quality of life with being able to take care of themselves; a small proportion of the elderly (20%) finds it most important to have good social relations, 8% find financial status to be important, 6% continue to be physically active, and only 4% do not have any pain. The most surprising thing is that as much as 82% of the elderly have answered that they live a quality life. On the other hand, to the question whether they think that most of the elderly live a quality life, most (80%) answered with no.

Discussion and conclusions: We have found that the elderly are modest and that they do not need much for the quality of their lives. Families and friends, i.e. social relations, are very important to them. It is important for them to have their basic physical needs met and to be able to financially care for themselves, that is, to not financially depend on others. Some of them mentioned that they would opt for institutional care if they could afford it, but most of them are satisfied with life in their home environment.

Key words: age, elderly, home environment, quality of life, nurse

VZGOJA ZA ŽIVLJENJE JE POT DO KAKOVOSTNEJŠEGA STARANJA EDUCATION FOR LIFE IS THE PATH TO HIGHER-QUALITY AGEING

IZVLEČEK

Učenje v vseh življenjskih obdobjih postaja zanimivo za različne prakse in različne vede ter pomeni izziv za sedanjo družbo. Pri vzgoji za življenje gre za posredovanje vrednot in načel v zvezi z zdravjem, podporo razvoju samospoštovanja in odgovornosti ter usmerjanje v izboljšanje zdravstvene pismenosti. Namen prispevka je, predstaviti delovanje medicinskih sester Zdravstvenovzgojnega centra Velenje na področju vzgoje za zdravje, v smislu priprave na varno in zdravo kakovostno staranje. Z vzgojo za zdravje stremimo k zviševanju ravni zdravja, zdravstvene pismenosti in veščin za doseganje optimalnega zdravja. Želimo si, da bi mladostniki ne samo povečali znanje, ampak tudi pridobili pozitiven odnos do bolj zdravega, zdravju naklonjenega življenjskega sloga, da lahko osveščeno in odgovorno odločajo o svojem zdravju ter poiščejo zdravstvene informacije takrat, ko jih potrebujejo. Tak način ravnanja je dobra popotnica za doseg daljšega in kakovostnejšega življenja.

Če želimo, da bodo starejši ljudje čim dlje živeli zdravo in dejavno, imeli priložnosti, da bodo lahko ureničevali prvine svojega zdravja, se dejavno vključevali v proces življenja, uživali socialno in zdravstveno varnost, potem je nujno treba vzgojo za zdravje začeti v mladosti, in ne čakati na starost.

Ključne besede: medicinska sestra, učenje, vzgoja za zdravje, kakovostno staranje.

ABSTRACT

Life challenges are an important test of our humanity, our values and our identity. Learning in all periods of life is becoming the focus of different practices and a variety of sciences and it presents a challenge for the current society. Health education for adolescents involves the promotion of health values and principles relating to health, supporting the development of self-esteem and responsibility, and promoting the acceptance of diversity. The purpose of the paper is to present the work of the nurses of the Health Care Centre Velenje in the field of health education for adolescents in terms of preparing for safe, healthy and quality aging.

With school health care education, we have been increasing the level of health, health literacy and skills. We want adolescents to not only increase their knowledge, but also gain a positive attitude towards a healthier, health-minded lifestyle so that they can make informed decisions about their health in an informed and responsible manner and find information about health when they need it. Such a way of acting is the right step towards achieving a longer and better-quality life.

If we want older people to live a healthy and active life for as long as possible, they must have the opportunity to be able to fulfil their essential health needs, to actively engage in the process of life, enjoy social and health safety, then it is necessary to implement education for health early on instead of waiting until older age.

Key words: nurse, learning, health education, quality ageing

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DOŽIVLJANJE IZGUBE PREKOMERNE TELESNE TEŽE PRI UDELEŽENCIH DELAVNICE CINDI ZDRAVO HUJŠANJE EXPERIENCING WEIGHT LOSS IN PARTICIPANTS IN THE CINDI WORKSHOP HEALTHY WEIGHT LOSS

IZVLEČEK

Uvod: Prekomerna telesna teža in debelost predstavljata v današnjem svetu velik javnozdravstveni in družbeni problem. Dokazano je, da prekomerna telesna teža zmanjšuje in omejuje kakovost življenja, poleg tega pa povečuje možnost za nastanek kroničnih (nenalezljivih) bolezni ter skrajšuje življenjsko dobo posameznikov. Z namenom zmanjšanja tveganj za kronična obolenja pri prebivalstvu se je v Sloveniji razvil program CINDI, ki se izvaja že od leta 2000 v zdravstvenih domovih po celotni državi. Program je bil do zdaj že večkrat predmet evalvacije, zelo redko pa so zbrani kvalitativni podatki in poglobljena analiza pogledov in doživljanj udeležencev na uspešnost programa. Namen naše raziskave je, premostiti to vrzel in s kvalitativnim pristopom proučiti, kako udeleženci delavnice CINDI Zdravo hujšanje doživljajo svojo prekomerno telesno težo, kje vidijo največje vzroke zanjo in težave, s katerimi se soočajo. Poleg tega se raziskava osredotoča na uspešnost hujšanja in spreminjanja življenjskega sloga v sami delavnici, in sicer predstavi doživljanje udeležencev, kaj jim pomeni strokovno voden zdravstveni program, v katerega so se vključili, kako ocenjujejo uspešnost delavnice in kakšne spremembe na področju življenjskega sloga je dosegla pri njih, ki jim bodo sledili v prihodnje.

Metode: Izvedena je bila kvalitativna raziskava, ki je bila sestavljena iz osnovnega izkustvenega gradiva, zbranega v raziskovalnem procesu (parapodatki) osebnih izpovedi udeležencev delavnice. Podatke smo zbrali s polstrukturiranimi intervjuji na namenskem vzorcu šestih udeležencev delavnice CINDI Zdravo hujšanje v Zdravstvenem domu Škofja Loka. Intervjuvanci so individualno odgovarjali na vprašanja, pri tem smo jih zvočno snemali. Zvočne zapise intervjujev smo dobesedno pretipkali, razčlenili na sestavne dele in analizirali s kvalitativno tematsko analizo.

Rezultati: Prispevek prikazuje rezultate evalvacije delavnice CINDI Zdravo hujšanje z vidika pogleda udeležencev o uspešnosti programa in doživljanja lastnega soočenja z izzivom, da bi spremenili svoj življenjski slog. Pomembne so tudi ugotovitve, čemu posamezniki pripisujejo vzrok svoje prekomerne teže, kako le-ta vpliva na njihovo samopodobo, odnos družbe do njih ter kakšne omejitve jim prinaša v njihovem vsakdanjem življenju.

Razprava in zaključek: Podatki o spremljanju prekomerno težkih ljudi kažejo, da debelost kljub številnim programom promocije zdravja in intervencijam na tem področju ostaja velik svetovni ter tudi slovenski javnozdravstveni in družbeni problem. So za svojo prekomerno telesno težo res krivi le posamezniki ali pa za to stanje epidemije debelosti nosijo odgovornost tudi politika, družbeno okolje ter različni socialno-ekonomski dejavniki? V prihodnje so potrebne raziskave s skupnim sodelovanjem politike, stroke in znanosti, z namenom prenosa ugotovitev evalvacije izvajanih intervencijskih programov pri razvoju nadaljnjih strategij spodbujanja zdravega življenjskega sloga prebivalstva.

Ključne besede: debelost, delavnica CINDI, hujšanje, življenjski slog, promocija zdravja.

ABSTRACT

Introduction: Overweight and obesity present a major public health and social problem in today's world. It has been proven that excess weight reduces and limits the quality of life, it increases chronic (non-communicable) diseases and reduces the life-span of individuals. In order to reduce the risks for chronic diseases in the population, a CINDI program has been developed in Slovenia and has been implemented since 2000 in health care homes throughout the country. The program has already been subjected to evaluation several times, but very rarely has qualitative data been collected or an in-depth analysis of the views and experiences of the participants on the success of the program been performed. The purpose of our research is to overcome this gap and to examine with a qualitative approach how participants of the CINDI Healthy Weight Loss workshop experience their overweight, where they see the greatest causes for it and the problems they face. We will also focus on the success of weight loss and the manner of implementing lifestyle changes in the workshop itself; we will be interested in the participants' experience, what being involved in a professionally guided health program means to them, how they evaluate the implementation of the workshop, and what changes in their lifestyle they helped them achieved – the latter will be followed in the future.

Methods: A qualitative research was carried out, consisting of the basic experiential material collected in the research process (paradoxes) of the personal testimonies of the workshop participants. The data were collected with semi-structured interviews on a dedicated sample of six participants of the CINDI workshop Healthy Weight Loss in the Health Centre Škofja Loka. The interviewees individually answered the questions and we recorded them. We have transcribed the audio recordings of the interviews, broken them down into individual components and analysed them with a qualitative thematic analysis.

Results: The contribution presents the results of the evaluation of the CINDI workshop Healthy Weight Loss from the aspects of the participants' view of the success of the program and their experience of meeting the challenge in order to change their lifestyle. It is also important to determine what individuals are attributing the cause of their overweight to, how it affects their self-image, the attitude of society towards them, and what limitations overweight brings to their everyday lives.

Discussion and conclusion: Data on the monitoring of overweight people show that obesity, despite numerous programs of health promotion and interventions in this field, remains a major global and also Slovenian public health and social problem. Is it true that individuals are solely to blame for their overweight or is the epidemic of obesity also the result of politics, the social environment and various socioeconomic factors? In future, research involving the joint cooperation of politics, the profession and science is necessary in order to transfer the findings of the evaluation of the implemented intervention programs to the development of further strategies for promoting a healthy lifestyle of the population.

Key words: obesity, CINDI workshop, weight loss, lifestyle, health promotion

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PROMOCIJA ZDRAVLJA KROZ TJELESNU AKTIVNOST KOD STARIJIH HEALTH PROMOTION THROUGH PHYSICAL ACTIVITY FOR THE ELDERLY

SAŽETAK

Uvod: Udio starog stanovništva u ukupnom broju stanovnika razvijenih zemalja ubrzano raste. Gerontološka istraživanja potvrđuju kako će ubrzanim starenjem pučanstva doći do izrazito rastuće pojavnosti skupina funkcionalno sposobnih starijih ljudi u dubokoj starosti od 80 i više godina. Danas većina starijih osoba duže živi samostalno, te im je podrška ili pomoć u samozbrinjavanju potrebna tek u dubokoj starosti. Kod uključivanja starijih osoba u neki od oblika tjelesnih aktivnosti treba se imati na umu kako se radi o izrazito heterogenoj skupini, čiji pripadnici imaju različite stavove ovisno o stupnju funkcionalnog oštećenja, osobnosti, socioekonomskom statusu, životnim stavovima, razini obrazovanja i socijalnom funkcioniranju.

Metoda: Pretraživanje domaće i strane znanstvene i stručne literature po pojmovima vezanima uz starenje i sudjelovanje u tjelesnim aktivnostima.

Razrada: Često kod starijih osoba uslijed opadanja tjelesnih i kognitivnih funkcija, dolazi do sužavanja društvene mreže, čime dolazi do socijalne izolacije koja može uzrokovati daljnje psihičko i fizičko propadanje osobe. Prilikom planiranja tjelesnih aktivnosti namijenjenih starijim osobama treba se voditi računa o promjenama koje starije osobe proživljavaju, a one su biološke, psihološke, socijalne i ekonomske, čime se uvelike utječe ne samo na tjelesne aspekte zdravlja (značajan gubitak mišićne jakosti i mišićne mase, smanjena izdržljivost, smanjenje gustoće kostiju, te povećanje potkožnog masnog tkiva), nego i na psihičke aspekte zdravlja (depresija, loše pamćenje, nesanica).

Zaključak: Brojna istraživanja govore o višestrukim prednostima sudjelovanja starijih osoba u tjelesnim aktivnostima, njihovom pozitivnom učinku na poboljšanje kako tjelesnog, tako i psihološkog i socijalnog aspekta. Još uvijek ostaje pitanje na koji način uključiti veći broj starijih osoba u programe vježbanja, te koji su to osobni i okolišni faktori koji utječu na njihovo uključivanje. Razvojem novih tehnologija, poput telemedicine, pružaju se mogućnosti novih programa pomoću kojih bi pristup starijim osobama bio olakšan posebice u slučajevima fizičke udaljenosti i izolacije.

Ključne riječi: starije osobe, tjelesna aktivnost, kvaliteta života.

ABSTRACT

Introduction: The share of the elderly population in the total population of developed countries is growing rapidly. Gerontology researches confirm that an accelerated ageing of the population is taking place and that there will be a significantly pronounced growth of groups of functionally capable elderly people at the age of 80 and over. Today, most elderly people live longer on their own, and they require help from others in everyday activities only in advanced old age.

When involving older people in some form of physical activity, it should be considered that they are an extremely heterogeneous group whose members have different needs depending on the degree of functional impairment, personality, socioeconomic status, lifestyle, educational level and social functioning.

Method: Domestic and foreign scientific and professional literature search by terms related to aging and participation in physical activities.

Discussion: Often, due to the decline in the elderly people's physical and cognitive functions, social network declines lead to social isolation that may cause further mental and physical deprivation of the old person. When planning physical activities for older people, it is important to take into account the changes that older people experience, which are biological, psychological, social and economic, thus greatly affecting not only the physical aspects of their health (significant loss of muscle strength and muscle mass, reduced endurance, reduction of bone density, and increase of subcutaneous fat tissue), but also psychological aspects (depression, bad memory, insomnia).

Conclusion: Numerous researches state the multiple benefits of elderly people's participation in physical activity, their positive effect on improving both physical and psychological and social aspects. The question still remains of how to include a larger number of elderly people into exercise programs, and which personal and environmental factors influence their inclusion into exercise programs. The development of new technologies, such as telemedicine, provides opportunities for new assistance programs to be developed that would provide easier access to the elderly, especially in cases of physical distance and isolation.

Key words: the elderly, physical activity, quality of life

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GEROS SUSTAV – PRIMJER PROCJENE NUTRITIVNOG RIZIKA METODOM NRS2002

GEROS SYSTEM – AN EXAMPLE OF NUTRITIONAL RISK ASSESEMENT BY THE NRS2002 METHOD

SAŽETAK

Nutritivni status definira se nizom međusobno povezanih čimbenika, a utvrđuje se sintezom informacija prikupljenih različitim metodama. Metode za procjenu pojedinih sastavnica nutritivnog statusa dijele se na anketne, antropometrijske i biokemijske, kao i klinički pregled. Godine 2002 razvijen je i validiran upitnik za procjenu nutritivnog rizika (Nutritional Risk Screening 2002). Tu jednostavnu metodu sastavljenu od dvije cjeline preporučuje Europsko društvo za kliničku prehranu (ESPEN). Inicijativu za primjenu i izradbu Web servisa NRS 2002 za gerontološkog osiguranika i gerijatrijskog bolesnika pokrenuo je Referentni centar Ministarstva zdravlja za zaštitu zdravlja starijih osoba – Centar za zdravstvenu gerontologiju Nastavnog zavoda za javno zdravstvo "Dr. Andrija Štampar" Cilj izrade novog Web servisa za izračun nutritivnog statusa (metodom NRS 2002) je praćenje i izvještavanje o nutritivnom statusu gerontoloških osiguranika i gerijatrijskih bolesnika zbog učestale pojavnosti pothranjenosti u starijih u dubokoj starosti (stariji od 85 godina). Web servis primjene NRS 2002 koristit će zdravstveni djelatnici u bolnicama, osobito za dugotrajno liječenje, u domovima za starije, ali i svi liječnici, timovi SOM-a, gerijatrijske sestre u domovima za starije te patronažne sestre u primarnoj zdravstvenoj zaštiti. Prednost povezivanja Web servisa i centralnog zdravstvenog sustava, a osobito poveznica putem GeroS-a / podsustava CEZIH-a za praćenje i evaluaciju zdravstvenih potreba i funkcionalne sposobnosti gerontoloških osiguranika i gerijatrijskih bolesnika, po razinama zdravstvene skrbi je važan podatak i pokazatelj dostupan svim liječnicima u sustavu zdravstva. Navedeno ima svrhu unaprjeđenja zdravstvene zaštite za starije osobe, a time i racionalnije rastuće gerijatrijske zdravstvene potrošnje.

Cilj rada: Prikazati GeroS sustav i metodu procjene nutritivnog rizika gerijatrijskih osiguranika, metodom NRS2002.

Ključne riječi: gerijatrijski osiguranik, procjena, nutritivni rizik.

ABSTRACT

Nutritional status is defined by a series of interrelated factors and determined by the synthesis of information collected through different methods. The methods for evaluating certain nutritional status constituents are divided into surveys, anthropometric and biochemical as well as clinical examinations. In 2002, a Nutritional Risk Screener (2002) was developed and validated. This simple method consisting of two units is recommended by the European Society for Clinical Nutrition (ESPEN). The initiative for the implementation and development of the NRS 2002 website service for gerontologic and geriatric patients has been launched by the Reference Centre of the Ministry for the Protection of the Elderly People - The Centre for Health Gerontology of the Teaching Institute of Public Health "Dr. Andrija Štampar". The aim of developing a new web service for the calculation of nutritional status (by NRS 2002) is to monitor and report on the nutritional status of gerontologic and geriatric patients due to the frequent occurrence of malnutrition in older adults (adults older than 85 years). The NRS 2002 web service will be used in hospitals, in particular for long-term treatment, in homes for the elderly, as well as by all doctors, family care physician teams, geriatric nurses in homes for the elderly and visiting nurses in primary health care. The advantage of connecting the web service and the central healthcare system, in particular the link through the GeroS / CEZIH subsystem to the monitoring and evaluation of health needs and functional abilities of gerontologic and geriatric patients throughout all levels of health care, lies in the transmission of valuable information and is an important indicator available to all physicians in health system.

Aim: To present the GeroS system and the method of assessing the nutritional risk of geriatric patients, via the NRS2002 method.

Key words: geriatric patients, assessment, nutritional risk

**SOCIALNA GERONTOLOGIJA /
SOCIAL GERONTOLOGY**

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PRIMERJALNA ŠTUDIJA: SPODBUJANJE PODALJŠEVANJA DELOVNE AKTIVNOSTI V SLOVENIJI IN AVSTRIJI KOT DEL DRUŽBENO ODGOVORNE SOCIALNOGERONTOLOŠKE STRATEGIJE

A COMPARATIVE STUDY: ENCOURAGEMENT OF PROLONGED WORK ACTIVITY IN SLOVENIA AND AUSTRIA AS A PART OF A SOCIALLY RESPONSIBLE SOCIAL GERONTOLOGY STRATEGY

IZVLEČEK

Zaposlenost starejših je ena od vsebin socialne gerontologije, če je družba družbeno odgovorna. Slovenija po stopnji delovne aktivnosti starejših v starostni skupini od 55 do 64 let zaseda predzadnje mesto v Evropi. Delež zaposlenih v starostni skupini od 55 do 65 let v Republiki Avstriji je znašal leta 2005 okoli 31,8 odstotka, kar je več kot v Sloveniji. Evropska sredstva za krepitev kompetenc starejših zaposlenih in spodbujanje podaljševanja delovne aktivnosti spodbujajo države članice k družbeno odgovornim akcijam. Evropski socialni sklad s sofinanciranjem programov v višini 80 odstotkov ponuja vrsto dejavnosti, ki bodo prispevale h krepitvi kompetenc starejših zaposlenih, ozaveščale o negativnih demografskih trendih in potrebnih prilagoditvah nanje ter zagotavljale podporo delodajalcem za učinkovito upravljanje starajoče se delovne sile. Družbeno odgovorni ukrepi republik Slovenije in Avstrije spodbujajo podaljševanja delovne aktivnosti z namenom zmanjšati obseg predčasnega upokojevanja, odpraviti negativne stereotipe o starejših delavcih in izboljšati kadriranje starejših delavcev.

Ključne besede: socialna gerontologija, starejši zaposleni, krepitev kompetenc, družbena odgovornost, Slovenija, Avstrija.

ABSTRACT

Employment of the elderly is a topic of social gerontology in a socially responsible society. In terms of employment of elderly persons, aged 55-64 years, Slovenia is the second to last in Europe. In Austria, the percentage of employed persons in the age group 55-65 was 31.8 in 2005; this is more than in Slovenia. European funds aimed at increasing older employees' competencies and longer work activity encourage EU member states to undertake socially responsible actions. The European Social Fund (ESF) co-finances programs by up to 80%, offering several activities contributing to: stronger competencies of the older employees; the awareness of the negative demographic trends and the necessary adaptations to them; and supporting the employers in efficiently managing their aging workforce. The contribution will cover socially responsible Slovenian and Austrian measures encouraging a longer work activity aimed at reducing early retirement, discharging negative stereotypes about older employees, and improving the employment of older workers.

Key words: social gerontology, older employees, stronger competencies, social responsibility, Slovenia, Austria

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SOCIJALNA IZOLACIJA KRONIČNO BOLESNIH OSOBA STARIJE ŽIVOTNE DOBI SOCIAL ISOLATION OF ELDERLY WITH CHRONIC DISEASES

SAŽETAK

Proces starenja čovječanstva donosi nove izazove koji zahtijevaju progresivna promišljanja i ideje na svim društvenim razinama, zdravstvenim, ekonomskim, socijalnim i psihološkim. Iz niza do sada provedenih istraživanja na području gerontologije, postaje jasno da starenje sa sobom donosi probleme u fizičkom, psihičkom i socijalnom funkcioniranju.

Najčešće bolesti koje se javljaju kod starijih osoba vezane su za promjene na organima osjeta (vid, sluh), u kardiovaskularnom sustavu, moždanim funkcijama, lokomotornom sustavu, probavi, metabolizmu, te u pojavi malignih bolesti.

Za osobe starije životne dobi karakteristično je da boluju od više bolesti u isto vrijeme, npr. od bolesti srca i dijabetesa. Također je poznato da s godinama slabe kognitivne funkcije i osjetila.

Mnoge starije kronično bolesne osobe gube mogućnost samostalnog života i brige za sebe, te zahtijevaju neki od oblika dugotrajne skrbi.

Socijalna izolacija i slabljenje mreže društvenih kontakata dovode do pojave osjećaja usamljenosti, depresije, te gubitka smisla života i želje za oporavkom.

Isključenost pojedinca iz bliže i šire društvene okoline može uzrokovati pogoršanje trenutne bolesti i stanja, ali i uzrokovati ubrzano slabljenje funkcija inače zdravih starijih osoba.

U radu ćemo prikazati probleme koji dovode do pojave socijalne izoliranosti starih i bolesnih pojedinaca, te ukazati na važnost društvene angažiranosti u prevenciji negativnih učinaka socijalne isključenosti.

Ključne riječi: socijalna izolacija, usamljenost, starenje, kronične bolesti, nemoć.

ABSTRACT

The process of aging of humanity brings new challenges that require progressive reviews and ideas at all social levels, ranging from health, economic, and psychological. Based on researches conducted so far in the field of gerontology, it is becoming clear that aging brings problems in physical, psychological and social functioning.

The most common illnesses occurring among elderly are related to changes in sensory functions (vision, hearing), cardiovascular system, brain function, locomotor system, digestion, metabolism, and malignant processes.

A characteristic of elderly people is that they often suffer from multiple illnesses at the same time, e. g. from heart disease and diabetes. It is also known that cognitive and sensory functions weaken with age.

Many elderly chronically ill people lose their ability for independent living and caring for themselves, and require some form of long-term care.

Social isolation and weakening of the social contact network lead to feelings of loneliness, depression, to losing of the meaning of life and desire for recovery.

Exclusion of an individual from immediate and wider social environment can cause worsening of the current illness and condition, but can also cause a rapid weakening of functions of otherwise healthy elderly people.

In this paper we will present problems that lead to emergence of social isolation of old and sick individuals, and point out importance of social engagement in the prevention of negative effects of social exclusion.

Key words: social isolation, loneliness, aging, chronic illness, helplessness

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RAZISKOVANJE ORALNEGA ZDRAVJA V POVEZAVI Z MOTNJAMI HRANJENJA IN SAMOZAVESTJO PRI STAREJŠIH

RESEARCH OF ORAL HEALTH IN RELATION TO EATING DISORDERS AND SELF-ESTEEM OF THE ELDERLY

IZVLEČEK

Oralno zdravje pri starejših predstavlja pomemben sestavni del njihovega splošnega zdravja in blagostanja, vendar neoskrbljeno in nepopolno zobovje lahko vodi v prehranjevalne motnje, predvsem pa v izgubo dobrega počutja in samospoštovanja. Nasprotno pa dobro oralno zdravje pomembno vpliva na njihovo samozavest in socialno umestitev v postmoderno družbo, v kateri je za vsakega posameznika zelo pomembno, da oblikuje podobo o sebi in lastni subjektivnosti. Večina zobnih in ustnih boleznih pri starejših je povezana z neprimerno ustno higieno, ki odstrani zobne obloge in izboljša zdravje dlesni, izogibanjem obiskom pri zobozdravniku, nezdravimi prehranskimi navadami, motnjami v gibanju, ročnih spretnostih, vidu, okusu in zaznavanju. Večina starejših je podhranjenih, čeprav jim živili ne primanjkuje. Posledice podhranjenosti pri starejših so mnogoštevne. Najprej se pokažejo na manj pomembnih delih telesa kot upadanje mišične mase, slabšanje kakovosti zob, las, nohtov in kože, saj oslabele telo namenja mikrohraniva predvsem za prehrano in regeneracijo vitalnih organov, pozneje pa opešajo tudi ti.

Poznamo veliko epidemioloških študij o pogostosti kariesa in parodontalnih boleznih pri otrocih in mladini, podatkov o stanju oralnega zdravja in z njim povezanega stanja prehranjenosti starejših pa je manj. Študij, ki bi raziskovale še tretjo komponento, tako imenovano samozavest, v povezavi z oralnim zdravjem, v Sloveniji ni.

Namen naloge je ugotoviti, kakšno je stanje oralnega zdravja starejših oseb (65+) v Sloveniji in na podlagi ugotovljenega stanja spoznati vzročno povezavo med oralnim zdravjem, prehranjenostjo in samozavestjo pri starejših.

V nalogi bomo na osnovi strokovne literature v teoretičnem delu opisali zgradbo ustne votline in najpogostejše spremembe v njej pri starejših ter ugotavljali in primerjali razvoj zobozdravstvene preventive v Sloveniji z drugimi državami.

Izsledki naloge bodo pomembno prispevali k učinkovitejši preventivi in večji informiranosti o pomembnosti ustnega zdravja za zmanjšanje patologije v ustni votlini, ustrezno prehranjenost in splošno počutje starejših.

Ključne besede: oralno zdravje, starejša oseba, motnje hranjenja, samozavest.

ABSTRACT

Oral health presents an important integral part of the general health and wellbeing of older people, and neglected and incomplete teeth can lead to the development of eating disorders and can also result in a decrease of well-being and self-esteem. On the contrary, good oral health significantly affects self-esteem of the elderly and social placement within the postmodern society, where individuals find it very important to form their self-image and subjectivity. Most dental and oral disease of the elderly relates to a lack of adequate dental hygiene which eliminates plaque and improves the health of gums, avoiding appointments at the dentist, unhealthy eating habits, movement disorders, manual skills, sight, taste and perception. Most of the elderly are malnourished, despite having an abundance of food at their disposal. The consequences of malnourishment in the elderly population are substantial. They first appear and affect the less significant parts of the body, i.e. in the form of loss of muscle mass, decreased quality of teeth, hair, nails and skin, since the weakened body reserves micronutrients mainly for the nutrition and regeneration of vital organs, before those as well start to deteriorate.

There are many epidemiological studies on the presence of caries and paradental disease in children and youth, whereas there is far less information on the state of oral health and the nutritional status of the elderly population. There are no studies in Slovenia that would focus on the third component, the so-called self-esteem, in relation to oral health.

The purpose of the thesis is to establish the state of oral health of the elderly population (65+) in Slovenia and, based on the findings, to establish the correlation between oral health, nutritional status and self-esteem of the elderly population.

In the theoretical part of this thesis and based on the research, we shall describe the structure of the oral cavity and the most common changes occurring in the oral activity of the elderly, while establishing and comparing the development of dental health in Slovenia and comparing it with other countries.

The results of the thesis will substantially contribute to more efficient oral health and an increased awareness of the significance of oral health in lowering pathology in the oral cavity, for appropriate nutrition habits and the general well-being of the elderly.

Key words: oral health, elderly person, eating disorder, self-esteem

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POMEN IN VLOGA PROPRIOCEPTIVNEGA TRENINGA PRI STAREJŠIH

THE IMPORTANCE AND ROLE OF PROPRIOCEPTIVE TRAINING IN THE ELDERLY

IZVLEČEK

Staranje sproži spremembe na različnih področjih človekovega delovanja, kot so motorično, senzorično, kognitivno in psihosocialno področje. Eden izmed dejavnikov, povezanih s staranjem, je tudi upad proprioceptivnih občutkov. Propriocepcija je definirana kot sposobnost zaznavanja položaja in gibanja delov telesa, njen upad pa lahko bistveno vpliva na zmanjšano gibljivost in poveča tveganje za padce. Proprioceptivni trening je temeljnega pomena pri rehabilitaciji in preventivi pred športnimi poškodbami, vedno večjo vlogo pa dobiva tudi pri preprečevanju padcev pri starejših. Občutek zaznavanja in zavedanja položaja telesa je namreč ključen, da lahko organizem učinkovito komunicira z okoljem. S staranjem se namreč pojavijo tudi spremembe na področju propriocepcije, kar vodi k slabši zaznavi položaja telesa v prostoru. Zaradi sprememb v propriocepciji se spremenita biomehanika sklepov in nevromišični nadzor okončin, posledično pa se poslabša tudi ravnotežje in se poveča možnost za padce. Primerna in pravilna fizična dejavnost lahko upočasni s starostjo povezan upad propriocepcije. Ustresen proprioceptivni trening, ki poteka v sodelovanju s fizioterapevtom in socialnim gerontologom, je pomemben za vzdrževanje čim boljše fizične kondicije in zajema vadbo tekočih in koordiniranih gibov, spodbuja motorično učenje, stremi k vzdrževanju ustrezne drže, uri ravnotežje in izboljša nadzor telesa. Ključne besede: propriocepcija, trening, starejši, padci, gibanje.

ABSTRACT

Aging causes alterations in various body functions, such as motor, sensory, cognitive and psychosocial functions. One of the factors associated with aging is also the decline in the proprioceptive function. Proprioception is defined as the body's ability to detect the position and movement of joints. Its decline may significantly affect mobility and increase the risk of falls. Proprioceptive training is fundamental in the rehabilitation and the prevention of sports injuries. With the loss of proprioception during aging, the biomechanics of joints and the neuromuscular control of the limbs may change, resulting in impaired balance and a higher possibility of falls. Appropriate and correct physical activity can slow the age-related decline in proprioception. An appropriate proprioceptive training, conducted in cooperation with physiotherapists and social gerontologists, is important for maintaining the best possible physical fitness. It encompasses exercises for stability and coordination, stimulates motor learning, helps in maintaining proper body posture, balance and improves body control.

Key words: proprioception, training, elderly, falls, movement.

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VPLIV PLESA NA GIBALNE SPOSOBNOSTI IN ZADOVOLJSTVO Z ŽIVLJENJEM STAREJŠIH LJUDI THE IMPACT OF DANCE ON MOTOR ABILITIES AND LIFE SATISFACTION AMONG ELDERLY PEOPLE

IZVLEČEK

Uvod: Spremembe, ki so značilne za proces staranja, so naravne in neizogibne, vendar lahko v določeni meri nanje tudi vplivamo. Pri upadu gibalnih sposobnosti v starosti lahko z ustreznimi telesnimi dejavnostmi blagodejno vplivamo na njihovo ohranitev ali celo izboljšanje. Pri tem pa lahko izboljšamo tako kakovost življenja starostnikov kakor tudi njihovo zadovoljstvo z življenjem.

Metode: Z raziskavo smo želeli ugotoviti, ali obstajajo razlike v izboljšanju gibalnih sposobnosti med udeleženci in neudeleženci 12-mesečnega organiziranega plesa za starejše. Raziskava je temeljila na kvantitativnem raziskovalnem pristopu (eksperimentalna metoda in metoda anketiranja). Podatke smo pridobili z začetnim in končnim testiranjem (pred izvedbo projekta in po njej) s testi za ocenjevanje gibalnih sposobnosti, anketiranjem z vprašalnikom o zadovoljstvu z življenjem in vprašalnikom o zadovoljstvu z izvedbo projekta Ples za starejše. V raziskavo smo vključili 24 starostnikov, oskrbovancev Doma Danice Vogrinec Maribor, enote Pobrežje, ki so bili razporejeni v kontrolno in eksperimentalno skupino.

Rezultati: Z ustreznim vključevanjem starejših v tovrstne dejavnosti pripomoremo k višji kakovosti njihovega življenja in tako še bolj osmislimo njihovo življenje.

Razprava in zaključek: Ugotovili smo, da ima organizirana telesna dejavnost – ples – za starejše pozitiven vpliv na gibalne sposobnosti, saj se je v večji meri pojavilo njihovo izboljšanje, prav tako pa izboljša zadovoljstvo z življenjem starejših, ki so ples kot telesno dejavnost ocenili z zelo dobro oceno.

Ključne besede: starost, telesna dejavnost, ples za starejše, gibalne sposobnosti, zadovoljstvo z življenjem.

ABSTRACT

Introduction: Changes that typically occur in ageing are natural and unavoidable. However, it is possible to prevent them to a certain extent. Although motor abilities decline with age, adequate physical activity can help preserve or even improve them. In turn, the quality of life of elderly people improves along with their life satisfaction.

Methods: The purpose of this research was to determine potential differences in motor abilities between participants and non-participants in the 12-month dance course for elderly people. The research was based on a quantitative approach, i.e. experiment and surveying. Data was acquired during initial and final testing (before and after the project), with motor ability assessment tests and a questionnaire about life satisfaction and satisfaction with the Dance for the Elderly project. A total of twenty-two elderly people from the Pobrežje unit of the Danica Vogrinec Maribor nursing home took part in the research. They were divided into a control and an experimental group.

Results: If elderly people are engaged in similar activities, their quality of life will improve, and they will be able to lead a more meaningful life.

Discussion and conclusions: Our findings indicate that organised physical activity, such as dance, has a positive impact on people's motor abilities. In our case, the participants' abilities improved along with their satisfaction with life in general. They were also highly satisfied with the project.

Key words: old age, physical activity, dance for the elderly, motor abilities, life satisfaction

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NEKATERI VIDIKI POSLEDIČ VDOVSTVA NA OSAMLJENOST STAREJŠIH SOME ASPECTS OF THE CONSEQUENCES OF WIDOWHOOD ON THE LONELINESS OF ELDERLY PEOPLE

IZVLEČEK

Veliko starostnikov se srečuje z osamljenostjo potem, ko ovdovijo. To lahko doživljajo kot trenutne občutke ali pa kot trajno stanje, iz katerega ne najdejo poti. Osamljenost ima na starejše tako velik vpliv, kot ga ima slab socioekonomski status; oba dejavnika namreč znatno povečata tveganje za prezgodnjo smrt. Izguba partnerja starejše še posebej prizadene, saj s smrtjo izgubijo osebo, s katero so preživeli svoj partnerski odnos. V dolgih letih partnerskega odnosa so si izoblikovali skupne navade, prilagodili so se na dobre ali manj dobre, včasih tudi na zelo boleče odnose s človekom, s katerim so preživeli veliko časa. Toda vseeno po njegovi smrti občutijo praznino. V sodobni postmoderni družbi je tema smrti še precej tabuizirana. O smrti se na splošno ne razpravlja veliko, kot da bi se bali lastne minljivosti in minljivosti drugih; nenamenoma družba človeku ne pusti javno žalovati. Prav tako se ne govori o osamljenosti kot posledici vdovstva. Velikokrat si celo okolica ne upa in/ali ne zna pravilno odzvati, s tem pa žalujočemu drugi nevede spodbudijo občutek nerazumljenosti.

Za potrebe empiričnega dela smo izvedli individualni intervju z 12 starejšimi, ki so ovdoveli. Ugotavljamo, da je žalovanje po izgubi partnerja imanentna izkušnja, ki ima za posledico osamljenost. Le-to pa ovdoveli starejši glede na čas dogodka smrti, način in kraj bivanja ter kakovost partnerskega odnosa s pokojnim doživljajo različno.

Ključne besede: starostniki, vdovstvo, žalovanje, osamljenost, družina.

ABSTRACT

Many of the elderly are faced with loneliness after they become widowed. Loneliness can be experienced as a temporary feeling or as a permanent condition from which they cannot find their way out. Loneliness has such a major influence on the elderly as poor socio-economic status; both factors namely significantly increase the risk of premature death. The loss of a partner affects the elderly especially, because with the death they have lost the person with whom they spent their life. During the long years of the partner relationship, they were creating and sharing common habits, had adapted to a good or less good, sometimes even very painful relationship with the person they spent a lot of time with. After their death, they feel a void. In contemporary postmodern society, the topic of death is still taboo. We generally do not discuss death much, as we are afraid of our own transience and the impermanence of others; unintentionally, society does not allow a person to mourn publicly. Often, the surrounding community does not dare and/or does not know how to talk about loneliness resulting from widowhood and how to react properly; thereby, they unwittingly make the grieving person not feel understood.

For the purposes of empirical work, we carried out individual interviews with 12 elderly people who are widowed. We find that grief after the loss of a partner is an immanent experience that has the effect of loneliness, which the widowed elderly, depending on the time of the event of death, the manner and place of residence, as well as the quality of the partner relationship with the deceased, are experiencing differently.

Key words: elderly, widowhood, grief, loneliness, family

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NEW INNOVATIVE METHODS OF CARE OF OLDER PERSONS: GERIATRICS MEETS SPACEFLIGHT

ABSTRACT

This presentation gives a general overview of key physiological consequences of microgravity experienced during spaceflight and of important parallels and connections to the physiology of aging. While head-down bedrest is used as a model to study the effects of spaceflight deconditioning due to reduced gravity, older persons are often confined to the bed, either due to hospital admissions arising from pneumonia or kidney/bladder infections or due to a variety of chronic diseases. Like spaceflight-induced deconditioning, bedrest-induced deconditioning in older persons can contribute to a downward spiral of increasing frailty, bone loss, dizziness upon standing, even falls, and fall-related injury.

As astronauts in space spend a lot of time doing exercise training to counteract the weightlessness-induced deconditioning and to prevent dizziness upon standing up post-spaceflight, it is natural to suggest some of these interventions for bed-confined older persons (Geriatrics meets spaceflight!). Such integration, in particular, can lead to the development of new methodologies that address the deconditioning associated with bedrest confinement during hospitalization, which could potentially reduce the rising health care costs associated with geriatric care.

Key words: spaceflight, aging, exercise, nutrition, gerontology, orthostatic intolerance

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SOCIALNI GERONTOLOG – POKLIC SEDANJOSTI IN PRIHODNOSTI SOCIAL GERONTOLOGIST – A PROFESSION FOR THE PRESENT AND THE FUTURE

IZVLEČEK

Uvod: Starostna struktura prebivalcev Slovenije se intenzivno spreminja in zaradi daljšanja življenjske dobe ter posledično staranja prebivalstva bo vse več ljudi potrebovalo pomoč. Znanje socialne gerontologije postaja vedno bolj pomembno in kot odgovor na omenjene spremembe se v Sloveniji uveljavlja poklic socialnega gerontologa. Z raziskavo smo želeli opozoriti na nujnost uveljavitve socialnih gerontologov, ki bodo s specifičnimi kompetencami in znanjem o procesih staranja na različne načine skrbeli za kakovost življenja starejših.

Metode: S kvalitativno metodo raziskovanja smo na slovenskem spletu poiskali socialnogerontološke objave, ki niso bile starejše od petih let. Tako pridobljene informacije smo povezali z izkušnjami strokovnjakov iz prakse, ki so jih predstavili na Okrogli mizi z zaposlovalci v Ljubljani. Na osnovi zbranih informacij smo z metodo dedukcije izpostavili potencialna področja zaposlovanja socialnih gerontologov in poiskali mogoče rešitve aktualne problematike njihovega zaposlovanja.

Rezultati: Potrebe starejših in njihovih bližnjih so v Sloveniji spodbudile ukrepe na področju socialne gerontologije kot interdisciplinarne stroke in uveljavljanje novega poklica – socialni gerontolog. Socialni gerontologi po končanem študiju pridobijo številne kompetence, ki jim omogočajo raznoliko zaposljivost na področju dela s starejšimi in zanje. Čeprav je zaposljivost socialnih gerontologov visoka, pa se trenutno kaže kriza v njihovem zaposlovanju, delno zaradi nepoznavanja profila, pa tudi zaradi zakonskih ovir.

Razprava in zaključek: Uveljavljanje novega poklica, ki je izrazito interdisciplinaren in je na stičišču različnih strok, bo proces, znotraj katerega bo treba izpostaviti specifične tega poklica brez ogrožanja ostalih poklicev, s katerimi bo socialni gerontolog sodeloval. Zaradi specifičnih kompetenc je socialni gerontolog nepogrešljiv na številnih področjih skrbi za stare in se lahko umesti kot povezovalni člen med socialno in zdravstveno stroko. Za promocijo stroke in ustrezno zakonsko ureditev je nujno povezovanje in enoten nastop socialnih gerontologov, predvsem pa njihovo srčno in predano delo.

Ključne besede: socialni gerontolog, skrb za stare, poklic, kompetence, zaposlovanje.

ABSTRACT

Introduction: The age profile of the population in Slovenia is changing at a quick pace. Due to the longer life-expectancy and the aging of the population, more and more elderly people will need specialised help. The knowledge of social gerontology and the profession itself are therefore becoming increasingly important. The aim of this article is to emphasize the importance of social gerontology services, the knowledge of aging processes and the role of gerontologists in the elderly care.

Methods: With the qualitative method of research, an Internet search of the publications on topics of social gerontology was conducted. This information was paralleled with the experience of the experts from practice that were presented at the round table discussion with employers in Ljubljana. On the basis of the collected information, the potential areas for the employment of social gerontologists and possible solutions for their services were highlighted.

Results: The needs of the elderly and their relatives influenced the development of social gerontology as an interdisciplinary profession and started the promotion of a new profession - social gerontologist. After graduation, social gerontologists acquire a number of competences that enable them to diversify their employability in working with and for the elderly. Although the employability of social gerontologists is high, there are currently difficulties with their employment, partly because of lack of experiences in this profile and as a result of various legal obstacles.

Discussion and conclusions: The promotion of a new profession that is highly interdisciplinary and located at the intersection of various disciplines will be a process requiring emphasis to be placed on the specifics of this profession without compromising other specialities that interact with the social gerontologist. As a result of specific competences, social gerontologists are vital in many areas of elderly care and can be positioned as a link between the social and health professions. For the promotion of this type of profession and for proper regulations in this area, professional connections and a uniform affirmation of social gerontologists is important, as is their enthusiastic and dedicated work.

Key words: social gerontologist, elderly care, profession, competences, employment

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DEJAVNIKI TVEGANJA V POVEZAVI S POMANJKANJEM VITAMINA D PRI STAREJŠI POPULACIJI VITAMIN D DEFICIENTY AND ASSOCIATED RISK FACTORS IN THE ELDERLY

IZVLEČEK

Uvod: Pomanjkanje vitamina D je postalo v zadnjem času pomemben zdravstveni problem pri populacijah vseh starosti in pravzaprav v državah vseh kontinentov, izpostavljene pa so mu lahko vse starostne skupine. Vitamin D je vključen v patogenezo številnih bolezni. Zaradi izjemnega pomena za zdravje dodajajo vitamin D že preventivno v prehrano dojenčkov in tudi nosečnic, še vedno pa je k pomanjkanju nagnjena predvsem starejša populacija. Namen raziskave je bil, določiti vrednosti plazemske koncentracije 25-hidroksivitamina D pri starejših ljudeh in odkriti dejavnike tveganja, povezane s tem pomanjkanjem.

Metode: V raziskavo smo vključili 80 ljudi, starejših od 50 let. Raziskovalna skupina je zajemala 42 stanovalcev doma starejših občanov, kontrolna skupina pa 38 ljudi, ki živijo doma. Podatke o dejavniki tveganja, ki so bili povezani s pomanjkanjem vitamina D, smo dobili z vprašalnikom. Vrednosti 25-hidroksivitamina D v plazmi smo izmerili z imunološkim analizatorjem.

Rezultati: Plazemska koncentracija 25-hidroksivitamina D je bila pri stanovalcih doma za starejše občane nižja kot pri starejših ljudeh, ki živijo doma. Višja je bila pri tistih, ki so bolj izpostavljeni sončnim žarkom in so uživali hrano, bogato z vitaminom D. Izmerjene vrednosti so bile višje pri fizično dejavnejših starejših. Povezave s pojavnostjo osteoporoze in padci ter z nizkimi vrednostmi hemoglobina in števila trombocitov v raziskavi nismo mogli potrditi.

Zaključek: Raziskava je pokazala, da so nizke vrednosti vitamina D v plazmi povezane z nekaterimi bolezenskimi stanji. Vzdrževanje ustrezne ravni vitamina D je zato pomembno za zdravje organizma. Opomnili smo na problematiko pomanjkanja vitamina D pri starejših in poudarili pomen zdravega življenjskega sloga, dejavne starosti in vseživljenjskega učenja.

Ključne besede: 25-hidroksivitamin D, plazma, plazemska koncentracija, starejši, pomanjkanje vitamina D.

ABSTRACT

Introduction: Vitamin D deficiency has become a significant health problem for populations of all ages and continents. All age groups may be affected. Vitamin D is involved in the pathogenesis of many diseases. Due to its exceptional importance for health, vitamin D is being supplemented in the diet of infants and pregnant women. Its deficiency is well-known also in the elderly population. The purpose of the study was to measure the plasma concentration of 25-hydroxyvitamin D in the elderly and determine the risk factors associated with this deficiency.

Methods: The study included 80 people over the age of 50. The control group encompassed 38 people living at home and the experimental group 42 institutionalized residents. The questionnaire provided information about risk factors associated with vitamin D deficiency. The plasma values were measured with an immunological analyser.

Results: Residents of the home for the elderly had a lower concentration of 25-hydroxyvitamin D than those living at home. The concentration was higher with a vitamin D rich diet, with sun exposure and in those individuals that were physically active. The effect of vitamin D on osteoporosis, falls, low haemoglobin level and platelet count was not confirmed.

Conclusions: According to our study, low levels of vitamin D in plasma are associated with certain disease conditions. Maintaining an adequate level of vitamin D is therefore important for the health and the normal functioning of the body. The problematic of vitamin D deficiency in the elderly was highlighted. Additionally, we have highlighted the importance of a healthy lifestyle, active aging and lifelong learning.

Key words: 25-hydroxyvitamin D, blood plasma, plasma concentration, elderly people, vitamin D deficiency

PRIMER DOBRE PRAKSE VKLJUČENOSTI DEMENTNE OSEBE V DRUŽINO AN EXAMPLE OF GOOD PRACTICE REGARDING THE INCLUSION OF A PERSON WITH DEMENTIA IN THE FAMILY

IZVLEČEK

Za demenco dandanes oboleva vse več starih ljudi. Bolezen se kaže z različnimi simptomi, ki vplivajo tako na obolelo osebo kot njeno družino. V prispevku bomo predstavili primere dobre prakse vključenosti dementnih oseb v družinsko življenje v dveh družinah. V prvi družini se je zdravstveno stanje dementne osebe hitro slabšalo, zato je bila bolnica priklenjena na bolniško posteljo. V drugi družini gre za primer dementnega para zakoncev, ki sta drug drugega zaradi svoje bolezni ogrožala. Z raziskovalnimi vprašanji smo poskušali ugotoviti, kako vključenost dementne osebe v družino oziroma prisotnost družinskih članov in njihova pripravljenost negovati takšno osebo vpliva na zdrave družinske člane in počutje dementne osebe. Uporabili smo kvalitativno raziskovalno metodo s polstrukturiranim intervjujem. V intervju smo vključili svojce, ki so živeli z dementnimi osebami. Rezultati raziskave so pokazali, da vključenost dementnih oseb v družino in nega, ki jo družinski člani zagotavljajo bolnikom, pozitivno vplivata na počutje dementne osebe. Od družine, ki dementno osebo oskrbuje, pa bolezen zahteva reorganizacijo življenja. Prispevek osvetli pomen vključenosti dementnih oseb v družinsko življenje. Z njim želimo tudi spodbuditi k raziskovanju in iskanju različnih načinov vključenosti starih dementnih oseb v družinsko okolje, kjer družinske razmere to dopuščajo.

Ključne besede: demenca, vključenost v družino, nega dementnega bolnika, reorganizacija družinskega življenja.

ABSTRACT

Nowadays, the number of people suffering from dementia is steadily increasing. The disease manifests itself with a variety of symptoms. The article focuses on the inclusion of people with dementia in the family life of two separate families that are considered to be examples of good practice. The condition of the person suffering from dementia in the first family was rapidly deteriorating, which rendered the patient bedridden, a state in which she remained for six years. In the second family, we studied the case of a married couple with dementia where the two spouses were endangering each other. With the help of research questions, we tried to establish how the inclusion of a person with dementia in the family and the presence of family members and their readiness to care for such a person affect the healthy family members and the well-being of the patient. We used a method of qualitative research, namely a semi-structured interview. We interviewed relatives who lived with the aforementioned dementia patients. Research results indicate that the inclusion of people with dementia in families and the care the family members provide positively affect the patients' well-being. Dementia, however, does require a reorganisation of life of the family caring for the patient. The article highlights how important it is for elderly people with dementia to remain a part of family life. It also serves as an encouragement to find different ways of including elderly people with dementia in a family environment as far as family conditions allow.

Key words: dementia, inclusion in the family, caring for a dementia patient, reorganisation of family life

ALZHEIMERJEVA DEMENCA IN DOŽIVLJANJE SMISLA PARTNERSKEGA ODNOSA OB OBOLELEM PARTNERJU

ALZHEIMER'S DEMENTIA AND SENSE OF PURPOSE IN THE PARTNER RELATIONSHIP WITH AN ILL PERSON

IZVLEČEK

V starosti pešajo fizične in psihične sposobnosti, pogosto je starost vzrok nekaterih bolezni, zaradi smrti bližnjih se spremenijo socialni stiki, pojavi se osamljenost in postavi se vprašanje smisla svojega življenja. Posameznik želi osmisliti svoje življenje, to še posebej občuti ob hudih preizkušnjah in trpljenju ob bolezni. Alzheimerjeva demenca, ki večinoma prizadene starejše, močno poseže v življenje obolelega in njegove družine, spremeni se dinamika partnerskega odnosa in celotne družine. Skrb za obolelega zakonca je zelo izčrpavajoča, tako na telesnem kot na duševnem področju. Zakonca kljub demenci ohranita navezanost, ki je posledica njunega medsebojnega odnosa in spoštovanja, vzpostavljenega pred obolevnostjo. Namen raziskave je ugotoviti, kako demenca vpliva na partnerski odnos pri starejših partnerjih in kako doživljata smisel takega odnosa.

Kot metodološki pristop smo uporabili empirično fenomenološko kvalitativno raziskovanje. Za zbiranje podatkov smo uporabili polstrukturirani intervju, ki smo ga izvedli s štirimi zakonskimi pari. Pri vsakem od zakonskih parov je pri enem od zakoncev prisoten blag kognitivni upad.

Rezultati so pokazali, da zakonski odnos spremlja strah pred izgubo partnerja, jeza zaradi prisotnosti demence, negotovost, kaj bo v prihodnosti in sedanjosti, hkrati pa zakonca povezuje močan občutek zavezanosti drug drugemu, občutek skupne identitete in empatija. Zdrav zakonec pogreša podporo, ki jo je prejemal od partnerja pred obolevnostjo. Doživljanje smisla odnosa ne povezujejo s trenutnim stanjem, ampak je vezano na njihovo skupno povezanost in spoštovanje ter podporo pred boleznijo.

Prispevek z vidika obravnave oseb z demenco omogoča nov pogled v odnos med zakoncema in njuno doživljanje smisla odnosa, ki se je oblikoval skozi čas skupnega bivanja ter se kljub osebnostnim in vedenjskim spremembam obolelega ohranja.

Ključne besede: Alzheimerjeva demenca, partnerski odnos, smisel, navezanost, čustva.

ABSTRACT

Old age brings many changes, such as a decline of physical and mental abilities, some types of illnesses and shifts in social networks due to death. It can also face a person with question of their purpose in life and brings loneliness. People often want to find purpose in their life, which is more common when they face tough challenges and suffering due to illness. One of them is also Alzheimer's dementia, which dramatically changes the life of the ill person and their family. It often reshapes the dynamics in partnership relationships and burdens the caretaker emotionally and physically. Even so, spouses tend to stay attached, because they love and respect each other.

The purpose of this research was to establish how dementia affects the relationship of elderly couples and how they find meaning in such a relationship. As a method of collecting data we conducted a half-structured interview with four couples, where one of the spouses has mild cognitive decline.

Results showed that the relationship is characterized by fear of losing the spouse, anger due to dementia, uncertainty about both future and present. It also contains strong feelings of commitment, shared identity and empathy. Healthy spouses also reported that they miss the support they used to receive before their spouse got ill. Furthermore, a sense of purpose is not tied to their current condition, but to their connectedness with each other, their respect and support before illness.

This research gives insight into relationships between spouses influenced by dementia and their sense of the relationship's purpose, which originates from their past and does not change because of personality and behavioural changes of the ill spouse.

Key words: Alzheimer's dementia, romantic relationship, purpose, commitment, emotions

Z ROKO V ROKI, MLADOST IN MODROST HAND IN HAND, YOUTH AND WISDOM

IZVLEČEK

Medgeneracijska problematika igra pomembno vlogo tudi v podjetjih, ki se soočajo z medgeneracijskimi spremembami. Na splošno je treba poskrbeti za optimalno mešanje generacij in optimalno oblikovanje medgeneracijskih odnosov. Za menedžment znanja v podjetjih imata pomembno vlogo pridobivanje znanja in transfer znanja med generacijami. Mlajši delavci imajo npr. več izkušenj z novimi tehnologijami, medtem ko imajo starejši delavci večjo mrežo stikov in več izkušenj, kako ravnati v spornih situacijah v podjetju, z zahtevnejšimi strankami ipd.

Pomembno je, da ustvarimo človeku možnosti za uspešno upokožitev in prilagoditev še dejavnega tako poslovnega kot zasebnega življenja. Predupokožitvene dejavnosti so tiste, s katerimi človek pridobi ustrezno znanje za načrtovanje tretje življenjske kariere.

Ustvariti je treba ustvarjalne medgeneracijske odnose ter združiti teorijo in prakso posameznika v doseganju skupnega cilja – v vizijo uspeha podjetja in srečo človeka.

Ključne besede: medgeneracijski odnosi, transfer znanja, pokoj, tretja življenjska kariera človeka.

ABSTRACT

Intergenerational issues play an important role in enterprises facing generational changes. In general, the optimum generational mix needs to be ensured and good inter-generational relations fostered. In terms of knowledge management in enterprises, knowledge acquisition and knowledge transfer between generations play an important role. Younger workers are usually well-versed in using new technologies, whereas older workers can rely on a wider network of contacts and have more experiences in dealing with conflict situations within the enterprise or when dealing with more demanding customers, etc.

It is important to create an environment where people can manage the transition into retirement successfully and where they can reconcile their work and family lives. Pre-retirement activities are activities related to acquiring the appropriate skills to plan for a third life career.

We need to facilitate creative intergenerational relations and combine theory and practice to make sure that reaching one's individual goals and happiness also contributes to the vision of success for the enterprise.

Key words: intergenerational relations, transfer of knowledge, retirement, third life career

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STORYTELLING KOT PRISTOP K DELU Z LJUDMI, KI JIM GROZI TVEGANJE SOCIALNE IZKLUČENOSTI STORYTELLING AS A PROFESSIONAL APPROACH IN WORKING WITH PEOPLE AT RISK OF SOCIAL EXCLUSION

IZVLEČEK

V prispevku je obravnavano strokovno področje storytellinga kot pristopa k delu z ljudmi, ki so na pragu tveganja socialne izključenosti, in kot ga vidi partnerski konzorcij mednarodnega projekta, ki naslavlja področje storytellinga. Predstavljene so osnovne poteze prihodnjega izobraževanja s tega področja skupaj s teoretskim ozadjem, na katero se pristop opira. Problem socialne izključenosti je predstavljen s primerjalnega vidika med državami projektne konzorcija in EU28. Prispevek raziskuje smeri oblikovanja prihodnjega izobraževanja za področje storytellinga kot enega izmed mogočih odgovorov na izzive starajoče se družbe. Pristop k raziskovanju je kvalitativen. Pri pripravi strokovnega prispevka konference so bile uporabljene naslednje raziskovalne metode:

- študij primarnih in sekundarnih virov,
- metoda deskripcije,
- metoda kompilacije.

Ob uporabi kvalitativnega pristopa k raziskovanju je pri interpretaciji že dostopnih podatkov narejena osnovna analiza ugotovitev, ki podpirajo nadaljnji razvoj pristopa storytellinga na poti do različnih možnosti uveljavitve le-tega kot poklicne usposobljenosti za delo z ranljivimi skupinami prebivalstva. Prispevek se opira na spoznanja iz raziskave o storytellingu med državami partnerskega konzorcija, pri čemer so vsa spoznanja osvetljena tudi z vidnejšimi strokovnimi prispevki na nacionalni ravni, ki bodisi pojasnjujejo zahteve po novih pristopih k delu z ljudmi ali pa raziskujejo smeri razvoja prakse dela z ljudmi. V zaključnem delu prispevek raziskuje možnosti uporabe metodološkega okvira storytellinga pri delu s starejšimi.

Ključne besede: storytelling, starejši, socialna izključenost, sodelovalno poizvedovanje, podporni poklici, osebna zgodba.

ABSTRACT

The article deals with the field of storytelling as an approach to working with people at risk of social exclusion and as seen by a partner consortium of an international project addressing the professional field of storytelling. The basic features of future education in this field are presented together with the theoretical background on which the approach relies. The problem of social exclusion is presented from a comparative perspective between the countries of the project consortium and the EU-28. The article explores the direction of designing future education in the field of storytelling as one of the possible answers to the challenges of an aging society. The approach to research is qualitative. The following research methods were used in the preparation of the expert contribution to the conference:

- *study of primary and secondary sources,*
- *the description method,*
- *compilation method.*

Using a qualitative approach to research, a basic analysis of findings from the partnership consortium supports the further development of the storytelling approach on the way to the various possibilities of establishing it as a professional qualification for work with vulnerable groups of population. This contribution builds on findings from the research on storytelling among the partner countries of the consortium, with all the findings highlighted by more visible professional contributions from interviewees who participated in the state-of-the-art analysis on storytelling (the focus is on the work profiles of care professions). These findings either explain the demands for new approaches to working with people at risk or explore the developmental direction of the practice within (professional) work with people. In the final part, the paper explores the possibilities of using the methodological framework of storytelling in working with the elderly.

Key words: storytelling, the elderly, social exclusion, collaborative inquiry, supportive professions, personal story

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STRATEGIJA DOLGOŽIVE DRUŽBE: ODGOVOR NA DEMOGRAFSKE SPREMEMBE IN IZZIV ZDRAVSTVENEMU VARSTVU THE STRATEGY FOR A LONG-LIVED SOCIETY: THE ANSWER TO DEMOGRAPHICAL CHANGES AND A CHALLENGE TO HEALTHCARE

IZVLEČEK

Uvod: Strokovna in znanstvena javnost nas že leta opozarjata na resnost demografskih sprememb, ki so tudi v funkciji sprememb drugih družbenih podsistemov. Paradigmo pri soočanju z demografskimi spremembami v Sloveniji identificiramo šele v letu 2017, ko je zaznati vsaj nekaj politične volje in družbene naklonjenosti do refleksije aktualnih demografskih razmer in relevantnih družbenopolitičnih rešitev. Prvi korak v tej smeri je bila vladna predstavitev osnutka Strategije dolgožive družbe, ki je zdaj v zakonodajnem postopku sprejemanja.

Namen raziskave je, na primeru Strategije dolgožive družbe identificirati pristope in podporne mehanizme na področju zdravstvenega varstva za soočanje z globalnimi demografskimi spremembami, kar bo nedvomno prispevalo k prilagajanju zdravstvenih storitev starajoči se družbi, optimiziranju organizacije zdravstvenega varstva in izboljšanju kakovosti zdravstvenih storitev za vse družbene skupine.

Metode: Raziskava temelji na kvalitativnem raziskovalnem pristopu. Kot metodo dela smo uporabili intervju in kvalitativno analizo dokumenta. Slednja metoda je bila uporabljena pri analizi Strategije dolgožive družbe. Dodatne podatke za raziskavo smo zbrali še z vprašanji polstrukturiranega intervjuja, v katerega smo vključili deset strokovnjakov, od tega pet s področja zdravstvenega varstva in pet s področja gerontologije. Raziskavo smo izvedli v novembru 2017.

Rezultati: V Strategiji dolgožive družbe le mestoma identificiramo aktualne dileme in izzive demografskih sprememb na področju zdravstvenega varstva. Še več, strategija ne ponuja skoraj nobenih konkretnih akcijskih načrtov in rešitev za spremembo stanja. Mogoče rešitve na ravni organizacijskih in sistemskih sprememb v zdravstvenem varstvu nam predstavlja konceptualni model.

Razprava in zaključek: Osnutek Strategije dolgožive družbe je prvi, sicer že dolgo pričakovan, in konkreten družbenopolitični premik k oblikovanju optimalnega modela odzivanja zdravstvenega varstva na aktualne demografske spremembe. Zdaj sta na potezi še zdravstvena stroka in znanost.

Ključne besede: demografske spremembe, zdravstvena demografija, staranje, zdravstveno varstvo, Strategija dolgožive družbe.

ABSTRACT

Introduction: For years, the technical and scientific community has been warning us about the seriousness of demographical changes and their impact on other social subsystems. The paradigm of dealing with demographical changes in Slovenia has only been identified in 2017, the year when the political will and social propensity towards acknowledging and reflecting on the current demographic conditions and relevant social-political solutions. The first step in this direction was the government presentation of a draft of the Strategy for a Long-Lived Society, which is now in the process of being adopted.

The purpose of this research is to identify, based on the Strategy for a Long-Lived Society, the approaches and support mechanisms of the healthcare system to facing global demographical changes. This will undoubtedly contribute to adjustments in healthcare of growing elderly society, furthermore it will contribute to optimisation of the healthcare organization and it will also contribute to improvement of the healthcare quality for all social groups.

Methods: The research is based on the qualitative research approach. As the method of work, we used an interview and the qualitative document analysis. The latter was used for the analysis of the Strategy for a Long-Lived Society. Additional research data was gathered through a semi-structured interview. We incorporated ten experts in this interview, five of whom were from the healthcare and five from the gerontology profession. The research was carried out in November of 2017.

Results: In the Strategy for a Long-Lived Society we are able to only partly identify the relevant dilemmas and challenges of demographical changes in healthcare. Furthermore, the strategy offers almost no concrete action plans and solutions to change the current state. The conceptual model presents us with possible solutions at the level of organizational and systemic changes in healthcare.

Discussion and conclusions: The Strategy for a Long-Lived Society draft is the first, long expected and definite social-political shift toward a formation of an optimal model of healthcare response to the relevant demographic changes. Now it is up to the healthcare profession and science to make a move.

Key words: demographical changes, healthcare demography, senescence, healthcare, the Strategy for a Long-Lived Society

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GIBANJE KOT POMEMBEN DEJAVNIK V STAROSTI PHYSICAL ACTIVITY AS A MAJOR FACTOR IN OLD AGE

IZVLEČEK

Teoretična izhodišča: Redna telesna dejavnost in gibanje sta ključna dejavnika ohranjanja in izboljšanja zdravja, ki starostniku omogočata samostojno in sprejemljivo kakovost življenja. Z raziskavo smo želeli ugotoviti pomembnost gibanja za starostnika in razliko v telesni dejavnosti glede na spol in bivanje.

Metoda: Za zbiranje podatkov smo kot instrument uporabili nestandardiziran anketni vprašalnik, ki smo ga oblikovali na podlagi pregleda literature. Uporabili smo neslučajnostni namenski vzorec. Od 60 razdeljenih anketnih vprašalnikov je bilo vrnjenih 52 vprašalnikov, od tega je bil eden neveljaven, kar predstavlja 85-odstotno realizacijo vzorca. Podatki so bili obdelani s programom Microsoft Office Excel.

Rezultati: Iz raziskave je razvidno, da je kar 80,4 % anketirancev telesno dejavnih. Raziskava je pokazala, da so moški bolj telesno dejavni kot ženske, vendar ženske za njimi zaostajajo le za nekaj odstotkov. Raziskava je pokazala, da tisti, ki so telesno dejavni vse življenje, ne potrebujejo pomoči druge osebe pri zagotavljanju nekaterih temeljnih življenjskih dejavnosti in lahko hodijo brez opore. Več kot polovica starostnikov živi na vasi in v hiši, kar je izrednega pomena za njihov dejavni življenjski slog.

Razprava: Ugotovili smo, da so starostniki telesno dejavni. Iz rezultatov je razvidno, da je bil njihov dejavni način življenja naložba za zdravo starost. Ukvarjanje s telesno dejavnostjo in rekreativnim športom starostnikom omogoča samostojno življenje, sposobnost samooskrbe, zadovoljstvo s svojim življenjem ter bivanje v svojem okolju, v svojem domu, kar jim omogoča sprejemljivo kakovost življenja.

Ključne besede: telesna dejavnost, gibanje, starostnik, samostojnost.

ABSTRACT

Theoretical starting points: Regular physical activity and movement are among the key factors of perseverance and improvement of health which enable elderly people to be independent and have an acceptable quality of life. The intention of the research was to determine how important physical activity is for the elderly, and that differences in physical activity exist in regard to gender and livelihood.

Method: For data gathering, the instrument used was a non-standardized survey questionnaire that was formulated on the basis of literature review. Purposive non-probability sampling was used. 52 of 60 distributed questionnaires were returned, one of which was invalid, thus a 85-percent realization of the sample was achieved. The data was processed using Microsoft Office Excel in November 2014.

Results: From the research it is evident that 80,4 % of respondents are physically active. The research showed that men are more physically active than women, but that women fall behind for only by a few percent. Those elderly who have been physically active their whole life, do not need any particular help from others for ensuring certain basic life activities and that they can also walk without support. More than half of the elderly live in a village and in a house, which has remarkable meaning for their active lifestyle.

Discussion: Research findings show that the elderly are physically active. Participating in physical activity and recreative sports enables the elderly to live independently, to care for themselves, makes them happy with their lives, as well as enabling them to continue living in their own environment and home. All the latter factors ensure an acceptable quality of life for the elderly.

Key words: physical activity, movement, the elderly, independent living, diplomatic nurse

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OGROŽENOST PRED PADCI MED DEJAVNIMI IN NEDEJAVNIMI STAROSTNIKI THE RISK OF FALLS AMONG ACTIVE AND INACTIVE ELDERLY PERSONS

IZVLEČEK

Teoretična izhodišča: Padci pri starostnikih so pravzaprav neizogiben pojav. Staranje je proces, ki vpliva na življenjske funkcije organizma. Z leti se pojavljajo spremembe na fiziološki ravni, kakor tudi v fizični zmogljivosti telesa.

Metoda: V raziskavi je sodelovalo 69 preiskovancev s povprečno starostjo 71,26 leta (v razponu 60–88 let), razdeljeni so bili v dve skupini, in sicer dejavni starostniki, ki so bili deležni vodene vadbe, ter nedejavni starostniki, ki niso bili deležni vodene vadbe. Za ocenjevanje ogroženosti pred padci starostnikov smo pri prvi meritvi in po 12 tednih uporabili test korakanja v štirih kvadratih (zanesljivost ICC 0,99 ter veljavnost 0,64–0,88).

Rezultati: Izboljšanje ravnotežne funkcije se je pokazalo pri vseh dejavnih starostnikih, med katerimi po koncu raziskave ni bilo nobenega ogroženega pred padcem. Rezultati testa korakanja v štirih kvadratih so po prvi meritvi dejavnih starostnikov znašali 8,60 s, po koncu raziskave pa 7,61 s, torej se je pojavilo izboljšanje za 0,99 s. Vrednost t-statistike pri dejavnih starostnikih je znašala 6,34 ($p = 0,00$), kar pomeni, da obstajajo statistično pomembne razlike. Pri nedejavnih je prva meritev znašala 11,86 s, druga meritev pa 11,91 s. Vrednost t-statistike je znašala $-0,732$ ($p = 0,469$), kar pomeni, da statistično pomembnih razlik med prvo in drugo meritvijo ni bilo.

Razprava: Večina starostnikov ($n = 65$) ni bilo ogroženih pred padcem in štirje so bili v skupini ogroženih. Po zaključku programa vodene vadbe je ugotovljeno zmanjševanje ocene ogroženosti pred padci med dejavnimi preiskovanci. V skupini nedejavnih starostnikov se ogroženost pred padci ni spremenila.

Ključne besede: motorične sposobnosti, padci, ravnotežje, ravnotežni test, staranje.

ABSTRACT

Theoretical grounds: Falls among the elderly are an inevitable occurrence. Aging is a process that affects the vital functions of an organism. Over the years, changes in the physiological as well as the physical capacity of the body appear.

Method: 69 individuals took part in our research, with the average age being 71.26 years (in the interval of 60–88 years). Participants were split into two groups – the active population that was subject to guided physical exercise and the inactive population that did not take part in such exercises. For the purpose of assessing the risk of falling we have used the four-square step test (ICC reliability 0.99, validity 0.64–0.88) at the beginning of the research and after 12 weeks.

Results: An improvement of the balance function was evident in all active participants, none of whom was subject to the risk of falling at the end of the research. The average result for the active population fell from 8.60 s at the beginning to 7.61 s after 12 weeks of exercise – an improvement of 0.99 s. The value of the t-statistic is 6.34 ($p=0.00$), meaning that there is a statistically significant difference. The inactive population started the research with an average time of 11.86 s and ended it with the time of 11.91 s. The value of the t-statistic is 0.732 ($p=0.469$), which means that there was no statistically significant difference between the two measurements.

Discussion: The majority of the elderly ($n=65$) were not at risk of falling, the remaining four were. After the guided exercise program, a decrease in the level of risk of falling is noticeable among the active participants. The risk of inactive participants remained unchanged.

Key words: aging, balance, balance test, falls, motor skills

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MOBILNOST I MOTIVI ZA TURISTIČKA PUTOVANJA STARIJIH OSOBA MOBILITY AND MOTIVES FOR THE TOURIST TRAVEL OF ELDERLY PERSONS

SAŽETAK

Uvod: Cilj ovog istraživanja je bolje razumijevanje motiva, navika i ponašanja starijih osoba koje odlaze na turistička putovanja, te kako to utječe na poboljšanje kvalitete života starijih osoba koje putuju. Razumijevanje motiva za starije osobe i ponašanje od temeljne je važnosti kako bi se starije osobe odlučile na turistička putovanja, ali i informacija svim zainteresiranima koji sudjeluju u organizaciji turističkih putovanja za starije osobe.

Metode: Pomoću kvalitativne metodologije ispitati motive dvije starije gospođe za turistička putovanja, njihove navike i ponašanja, aktivnosti i ograničenja te ispitati utjecaj turističkih putovanja na kvalitetu života tih ispitanica.

Rezultati: Rezultati istraživanja su nam ukazali na najčešće motive za putovanja ispitanica, a koje su se odnosile na kulturne motive, društvene motive, osobne motive i važnost sjećanja/nostalgije. Pri putovanjima je ispitanicama bila važna organizacija putovanja, informacije o putovanjima, te sigurnost i udobnost. Iako su tjelesno aktivne, svjesne su svojih ograničenja prilikom putovanja. Kroz razgovor s ispitanicama pokazala se pozitivna povezanost putovanja s kvalitetom života.

Zaključak: Rezultati ovog istraživanja pokazuju važnost sudjelovanja starijih osoba u turističkim putovanjima na svim područjima njihovog života. Rezultati ovog istraživanja potvrdili su većinu dosadašnjih istraživanja. Ovo istraživanje ima ograničenja, jer je rađeno na malom uzorku, ali nam može biti platforma i dati nam smjernice za buduća istraživanja. Sudjelovanje u turističkim putovanjima starijih osoba učinkovit je način za promicanje zdravog starenja.

Ključne riječi: starenje, starije osobe, motivacija, mobilnost, putovanja, kvaliteta života.

ABSTRACT

Introduction: The aim of this research is to better understand the motives, habits and behaviours of older people who go on tourist travels and how such travelling affects the quality of life of elderly people. Understanding the motives and behaviour of the elderly is of fundamental importance for facilitating elderly people's decision on tourist travel and provides information to all those interested in organizing tourist travel for the elderly.

Methods: Using qualitative methodology, we examined the motives of two elderly persons for tourist travel, their habits and behaviours, activities and limitations, and examined the impact of tourist travel on their quality of life.

Results: The results of the research have shown us the most frequent motives for the travel of the respondents, which related to cultural motives, social motives, personal motives and the importance of memory/nostalgia. In travelling, important travel organization, travel information, and safety and comfort were important for the respondents. Though they are physically active, they are aware of their limitations when traveling. The conversation with respondents showed a positive correlation between travelling and quality of life.

Conclusions: The results of this research show the significance of participation of older people in tourist travels in all areas of their lives. The results of this research have confirmed most of the research that has been performed so far. This research is limited by its small sample, but it can provide a platform and guidelines for future research. The participation of elderly people in tourist travels is an effective way of promoting healthy aging.

Key words: aging, elderly people, motivation, mobility, travel, quality of life

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EKONOMSKI VIDIKI STAROSTNIKOV V DOMOVIH ZA STAREJŠE PRI VKLJUČEVANJU V VSEŽIVLJENJSKO UČENJE ECONOMIC ASPECTS OF THE ELDERLY IN HOMES FOR THE ELDERLY ENGAGING IN LIFELONG LEARNING

IZVLEČEK

Uvod: Staranje je proces v življenju posameznika. V prispevku bomo odgovorili na raziskovalno vprašanje, kaj je značilno za zdravstvene, socialne in demografske vidike staranja, s poudarkom na ekonomski vidike staranja, saj se starejši po upokojitvi, tj. v tretjem in pozneje četrtem življenjskem obdobju, soočajo s finančnimi težavami ne samo doma, temveč tudi v domu za starejše, kar pomembno vpliva na kakovost njihovega življenja.

Metode: V raziskavo smo vključili starostnike vseh domov starejših v Pomurju, ki so starejši od 65 let. Raziskovalni vzorec je zajel 390 v domovih za starejše bivaajočih starostnikov, pri čemer je bila populacija 906 starostnikov. Uporabili smo deskriptivno analizo in kavzalno-neeksperimentalno metodo empiričnega pedagoškega raziskovanja. Podatke za potrebe raziskave smo zbirali z anketnim vprašalnikom, ki je vseboval 5 vprašanj zaprtega tipa, ki vključujejo vprašanja o objektivnih dejstvih o anketiranih (spol, starost, status, čas bivanja v domu za starejše) in predvsem vprašanje, ki se je nanašalo na ekonomske vidike starostnikov pri vključevanju v vseživljenjsko učenje v domovih za starejše, tj., kako se izvaja financiranje njihovega bivanja v domu za starejše.

Rezultati: Rezultati kažejo, da obstaja negativna in šibka povezanost med pogostostjo vključevanja v vseživljenjsko učenje in finančnim stanjem starostnikov (0,184). Povezanost je statistično značilna ($p < 0,05$). Negativna povezanost pomeni, da slabše kot je finančno stanje starostnikov, pogosteje se vključujejo v vseživljenjsko učenje v domu za starejše.

Razprava in zaključek: Iz raziskovalnih ugotovitev lahko zaključimo, da finančno stanje vpliva na vključevanje starostnikov v dejavnosti vseživljenjskega učenja v domu za starejše. Pogostost vključevanja je povezana z njihovim finančnim stanjem, ceno izobraževanja in plačljivostjo le-tega. V zadnjih letih se opažajo odhodi iz domov za starejše zaradi finančnih stisk, a ne starostnikov, temveč predvsem zaradi tega, ker so njihovi sorodniki (npr. otroci, vnuki) izgubili službe in morajo zdaj starejši plačevati obveznosti, ki jih njihovi bližnji ne zmorejo več, kakor tudi zaradi spremembe zakonodaje na področju socialnih prejemkov.

Ključne besede: starost, staranje, dom za starejše, ekonomski vidik, družba.

ABSTRACT

Introduction: Ageing is a process in the life of an individual. In the article, we will answer the research question of what is characteristic for the health, social and demographic aspects of ageing with an emphasis on the economic aspects of ageing, since the elderly after retirement, i.e. in the third and later fourth ages, face financial problems not only at home but also in homes for the elderly, which significantly affects the quality of their lives.

Methods: The survey included the elderly in all homes for the elderly in Pomurje, aged over 65 years. The research sample included 390 elderly people residing in homes for the elderly, whereby the entire population was 906. We used descriptive analysis and the causal-non-experimental method of empirical pedagogical research. The data for the research was collected using a survey questionnaire containing 5 closed-ended questions which included questions about objective facts about the respondents (sex, age, status, time of residence in the home for the elderly) and, in particular, a question about economic aspects of the elderly engaging in life-long learning in homes for the elderly, i.e. how is their residence in the home for the elderly financed.

Results: The results show that there is a negative and weak correlation between the rate of engagement in life-long learning and the financial situation of the elderly (0.184). The correlation is statistically significant ($p < 0.05$). Negative correlation means that if the financial situation of the elderly is worse, more often they engage in life-long learning in the home for the elderly.

Discussion and Conclusion: From the findings of the research we can conclude that their financial situation affects the engagement of the elderly in the activities of life-long learning in the home for the elderly. The frequency of engagement is related to their financial situation, cost of education and the fact that it is payable. In recent years, it has been noted that the elderly leave homes for the elderly due to financial distress – not the distress of the elderly, but mainly because their relatives (e.g. children and grandchildren) have lost their jobs and now the elderly have to pay the obligations that their relatives can no longer pay – and also due to changes in the legislation on social benefits.

Key words: old age, ageing, homes for the elderly, economic aspect, society

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ADAPTACIJA STARIJIH OSOBA NA UMIROVLJENJE ADAPTATION OF OLDER PEOPLE TO RETIREMENT

SAŽETAK

Uvod: Prilagodba na umirovljenje predstavlja proces u određenom vremenu. Karakteristike ovog procesa ovise o mnogim intrapersonalnim i ekstrapersonalnim karakteristikama svakog umirovljenika, pa se taj proces može promatrati kroz nekoliko teorija. Svrha ovog istraživanja bila je ostvariti bolji uvid u stanje pojedinaca koji su umirovljeni tijekom protekle godine i njihovu prilagodbu na umirovljenje.

Metode: Proveden je nestrukturirani intervju s dvoje umirovljenika u dobi od 65 godina koji su se povukli prije manje od godinu dana. Nakon razgovora, napravljena je kvalitativna analiza ključnih sadržaja za opisivanje njihovog odlaska u mirovinu, a sadržaj je uspoređen s različitim teorijama starenja i umirovljenja.

Rezultati: Kroz različite faze umirovljenja umirovljenici imaju određena ponašanja kroz koja oni pokazuju prilagodbu na novu situaciju. Svaki ispitanik je proživio je svoj vlastiti "rite de passage" kod odlaska u mirovinu na drugačiji, pozitivan ili negativan način.

Rasprava i zaključak: Prilagodba ovisi o više čimbenika. Različite teorije i modeli prilagodbe primjenjivi su kroz različite faze procesa umirovljenja. Odlazak u mirovinu i mirovina dinamični su procesi kroz vrijeme kroz koje svaka umirovljena osoba prolazi na individualan način.

Ključne riječi: umirovljenje, prilagodba, stariji ljudi, proces, teorije.

ABSTRACT

Introduction: The process of adapting to retirement takes a certain time. The characteristics of this process depend on many intrapersonal and extrapersonal characteristics of each retiree, so it can be observed through several theories. The purpose of this research was to gain better insight into the situation of individuals who retired in the past year and their adaptation to retirement.

Methods: an unstructured interview was conducted with two retirees at the age of 65, who had retired less than a year ago. Following the conversation, a qualitative analysis of the key content for describing their retirement was performed, and the content was compared with various aging and retirement theories.

Results: Through various phases of retirement, retirees exhibit certain behaviors through which they manifest the adaptation to the new situation. Each respondent experienced their own "rite of passage" when retiring in a different, more positive or negative way.

Discussion and Conclusion: Adaptation depends on multiple factors. Different theories and adaptation models are applicable through various phases of the retirement process. Retirement and pension are a dynamic process through the time that each retired person spends in an individual way.

Key words: retirement, adaptation, older people, process, theories

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SOCIJALNA UKLJUČENOST OSOBA STARIJE ŽIVOTNE DOBI U VARAŽDINSKOJ ŽUPANIJU

SOCIAL INCLUSION OF ELDERLY PRSONS IN VARAŽDIN COUNTY

SAŽETAK

Populacija stari, a problem socijalne uključenosti osoba starije životne dobi možemo sagledati s medicinskog i sa socijalnog aspekta. Veliki problem predstavlja socijalna isključenost iz društvenog života lokalne zajednice, problemi u interakciji s članovima obitelji i prijateljima, te prisutnost osjećaja osamljenosti i pripadnosti. Svrha istraživanja bila je utvrditi samoprocjenu osjećaja usamljenosti, te socijalnu podršku. O socijalnim zalihamu rađena su mnoga istraživanja, čiji rezultati prepoznaju kompleksnost međuljudskih odnosa. U istraživanju je slučajnim odabirom odabrano sto ispitanika starijih od 65 godina s područja Varaždinske županije. Ispitanici su ravnomjerno odabrani s ruralnih i gradskih područja. Istraživanje je anonimno. U ispitivanju je korišten upitnik "Skala socijalnih zaliha" (Curton i Russell, 1987). Upitnik se sastoji od šest subskala, koje uključuju vođenje, privrženost, socijalnu integraciju, brigu za druge, potvrdu vlastitih vrijednosti, te pouzdani oslonac u životu. Upitnik sadrži mogućnost odgovora na Lickertovoj skali od 1-5, na kojoj 1 označava potpuno neslaganje, a 5 potpuno slaganje s tvrdnjom. Nakon analize svake pojedinačne subskale, koeficijent pouzdanosti kreće se u rasponu od $\alpha=64$ za subskalnu socijalnih integracija, do $\alpha=80$ za subskalnu pouzdani oslonac. Pouzdanost cijele skale iznosila je $\alpha=95$. Kao zaključak, možemo reći – da bi osobe starije životne dobi bile socijalno uključene, potreban im je osjećaj zadovoljstva životom, potrebno je uvažavanje i potvrda da su kompetentni i sposobni, potrebna im je integriranost i pripadnost grupi njima sličnih, a posebno je potrebna emocionalna povezanost s barem jednom osobom i osjećaj sigurnosti u životu.

Ključne riječi: socijalna uključenost, zadovoljstvo životom, starije osobe, povezanost, emocije.

ABSTRACT

With today's ageing population, the problem of social inclusion of elderly people can be seen from a medical and social point of view. A major problem is social exclusion from the social life of the local community, problems with interaction with family members and friends, and the presence of feelings of loneliness and belonging. The purpose of the research was to determine the self-assessment of feelings of loneliness and social support. Many studies have been conducted on social inventories whose results recognize the complexity of interpersonal relationships. In the survey, a random sample of 100 respondents aged 65 and older from the Varaždin County area was selected. Respondents were equally selected from rural and urban areas. The research was anonymous. In the questionnaire, the "Social Inventory Scale" (Curton and Russell, 1987) was used. The questionnaire consisted of six subscales that included leadership, affection, social integration, caring for others, confirmation of their own values and a reliable foundation in life. The questionnaire contained the possibility of answering the Lickert scale from 1 to 5, whereby 1 indicates complete disagreement and 5 complete agreement with the statement. After the analysis of each individual subscale, the confidence coefficient ranged from $\alpha = 64$ for social integration to $\alpha = 80$ for the reliable dependence. The reliability of the whole scale was $\alpha = 95$. In conclusion we can say that in order for elderly people to be socially included, they need a sense of satisfaction with life, acknowledgement and confirmation that they are competent and capable, integration and belonging to a group of their peers, and especially an emotional connection with at least one person and a sense of security in life.

Key words: social inclusion, life satisfaction, elderly people, connectivity, emotions

INDIVIDUALNI DEJAVNIKI IZGORELOSTI ZAPOSLENIH V CENTRU STAREJŠIH MEDVODE

INDIVIDUAL FACTORS OF BURNOUT OF EMPLOYEES AT THE CENTRE FOR THE ELDERLY MEDVODE

IZVLEČEK

Uvod: V Sloveniji je izgorevanje na delovnem mestu dokaj pereč problem, še posebej v javnem sektorju, kjer so postavljeni določeni kadrovske normativi, ki so stari že več kot tri desetletja in se ne razvijajo. Namen raziskave je vpogled v razsežnosti pojava izgorelosti na delovnem mestu v Centru starejših Medvode in s katerimi individualnimi dejavniki je povezana izgorelost.

Metode: Anketiranje je potekalo marca 2017. Zaposlenim v Centru starejših Medvode je bil razdeljen vprašalnik zaprtega tipa. Raziskovalni vzorec je obsegal 31 zaposlenih v Centru starejših Medvode in je bil pridobljen z neslučajnostnim priložnostnim vzorčenjem. Poleg osnovne opisne statistike so bili uporabljeni Shapiro-Wilkov test normalnosti, parametrični t-test, t-test neodvisnih vzorcev, Spearmanov test ranga korelacije, test ANOVA in Tukeyjev test.

Rezultati: Rezultati kažejo, da ni statistično pomembne razlike med povprečnima vrednostma pri spolu ($p = 0,728$, $p > 0,05$), torej je izgorelost pri ženskah ($m = 32,71$) enaka kot pri moških ($m = 31,57$). Med strahom pred izgubo službe in izgorelostjo ne obstaja statistično pomembna povezanost ($p > 0,05$). Rezultati tudi kažejo, da obstajajo statistično pomembne razlike med povprečnimi vrednostmi izgorelosti in delovno dobo ($p = 0,006$, $p < 0,05$).

Zaključek: Raziskava je pokazala, da je dolžina delovne dobe pomemben dejavnik pri izgorelosti v Centru starejših Medvode, spol ne vpliva na izgorelost, zaposleni pa strahu pred izgubo službe ne povezujejo z izgorelostjo. Podobne rezultate kažejo tudi druge raziskave na področju izgorelosti.

Ključne besede: izgorelost, individualni dejavniki, zaposleni, dom starejših.

ABSTRACT

Introduction: In Slovenia, burnout in the workplace is quite a severe problem, especially in the public sector where certain staffing norms have been set up over three decades ago and have not been adjusted. The aim of the research is to examine the extent of burnout in the workplace at the Centre for the elderly Medvode and the individual factors linked to burnout.

Methods: A survey was conducted in March 2017. A closed-type questionnaire was distributed to employees of the Centre for the elderly Medvode. The research sample consisted of 31 employees of the Centre and was obtained via random occasional sampling. In addition to the basic descriptive statistics, the Shapiro-Wilks normality test, the parametric t-test, the t-test of independent samples, the Spearman correlation test, the ANOVA test and the Tukey test were used.

Results: The results show that there is no statistically significant difference between the mean values for gender ($p = 0.728$, $p > 0.05$), meaning that burnout in women ($m = 32.71$) is the same as in men ($m = 31,57$). There is no statistically significant association between the fear of losing employment and burnout ($p > 0.05$). The results also show that there are statistically significant differences between average burnout values and the length of service ($p = 0.006$, $p < 0.05$).

Conclusions: The survey showed that the length of service is an important factor in burnout at the Centre for the elderly Medvode, that gender does not affect burnout and the employees' fear of losing employment does not correlate with burnout. Similar results are also shown by other studies in the field of burnout.

Key words: burnout, home for the elderly, individual factors, employees, working age

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POGLEDI NA STARANJE IN SMRT PRI RAZLIČNIH GENERACIJAH PERSPECTIVE ON AGING AND DEATH IN DIFFERENT GENERATIONS

IZVLEČEK

Uvod: Ljudje imajo zelo različne predstave in mišljenja o staranju in smrti. Starejši ljudje se v starosti srečujejo s popolnoma drugačnimi težavami, kot jih imajo mlajši ljudje. Veliko starostnikov živi v slabih socialnih razmerah in osamljenosti. Marsikdo si bivanja v domu starostnikov ne more privoščiti. Namen raziskave je ugotoviti poglede različnih generacij na starost in smrt ter kateri strahovi se jim ob tem pojavljajo.

Metode: Pri interpretaciji rezultatov in teoretičnih izhodišč smo uporabili kvantitativni raziskovalni pristop in deskriptivno metodo dela. Za zbiranje podatkov smo uporabili anketni vprašalnik, ki je vseboval 16 vprašanj. Sodelovanje pri anketiranju je bilo anonimno in prostovoljno. Anketiranih je bilo 50 ljudi, po 10 predstavnikov generacije veteranov, rojenih v letih 1922–1943, 10 predstavnikov »babyboom« generacije, rojenih v letih 1944–1960, po 10 predstavnikov generacije X, rojenih v letih 1961–1980, 10 predstavnikov generacije Y, rojenih v letih 1981–1990, in 10 predstavnikov generacije Z, rojenih od leta 1991 naprej. Anketiranje smo izvajali v decembru 2017 med prebivalci na območju koroške, celjske in štajerske regije. Rezultate ankete smo analizirali s statističnim računalniškim programom IBM SPSS Statistics 22 in programom Microsoft Excel 2016.

Rezultati: Na podlagi rezultatov smo ugotovili, da se ljudje, ki jih uvrščamo v skupino »srednjih« starejših oseb (v starosti 75–84 let), pogosteje pogovarjajo o smrti, umiranju in o željah, ki jih imajo glede tega sami ali njihovi družinski člani. Prav tako je iz rezultatov razvidno, da imajo ljudje, ki živijo na vasi, drugačne poglede na starost in umiranje kot ljudje, ki živijo v mestu.

Razprava in zaključek: Ljudje se pogovarjajo o smrti in staranju. V veliki večini jemljejo smrt kot naravni dogodek in staranje kot normalen življenjski proces.

Ključne besede: smrt, staranje, skrb, negotovost, generacije.

ABSTRACT

Introduction: People have very different ideas and opinions on aging and death. Older people in later stages of life encounter completely different problems compared to younger people. Many elderly people live in bad social conditions and solitude. Many people cannot afford to stay in homes for the elderly. The purpose of this research is to examine the perspectives of different generations on age and death and what fears they have concerning these themes.

Methods: For the interpretation of results and theoretical starting points, we used the descriptive method and the quantitative method of work. For the quantitative method of work, a questionnaire was used, containing 16 questions. Participation in the survey was anonymous and voluntary. There were 50 participants, 10 representatives from the generation of veterans, born between the years 1922 and 1943, 10 representatives from the »baby boom« generation, born between the years 1944 and 1960, 10 representatives from generation X, born between the years 1961 and 1980, 10 representatives from generation Y, born between the years 1981 and 1990, and 10 representatives from generation Z, born after the year 1991. The results were collected in December 2017, among residents in the regions of Carinthia, Celje and Styria. The results were analysed with the statistics software IBM SPSS Statistics 22 and Microsoft Excel 2016.

Results: Based on the results, we have found that people who belong to the »middle« elderly group (between the ages of 74 and 84), more often talk about death, dying, and about wishes they have for themselves or their family members. From the results, it is also apparent that people who live in the countryside have different views concerning old age and dying than people who live in the city.

Discussion and conclusions: People are talking about death and aging. Most people see death as a natural event and aging as a normal life process.

Key words: death, aging, worry, insecurity, generations

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PREMAGOVANJE ARHITEKTONSKIH OVIR PRI STAREJŠIH INVALIDNIH OSEBAH SURMOUNTING ARCHITECTURAL BARRIERS FACED BY OLDER DISABLED PEOPLE

IZVLEČEK

Izhodišča: Vedno bolj se zavedamo prihajajočih sprememb, ki jih prinaša staranje prebivalstva, zato posledično že poskušamo iskati odgovore na nove izzive. Dostop do stanovanjskih prostorov in ureditev širšega bivalnega okolja v kraju bivanja je za starejše invalidne osebe v novonastajajočih razmerah ključnega pomena za to populacijo. Z raziskavo smo iskali odgovor na glavno raziskovalno vprašanje, v kolikšni meri arhitektonske ovire ovirajo starejše invalidne osebe.

Metode: Empirična raziskava je bila izvedena po kvantitativni metodi dela z anketnim vprašalnikom na vzorcu 50 invalidnih oseb z živčno-mišičnimi boleznimi, starejših od 60 let, stanujočih v različnih okoljih, kot so mestno, primestno in podeželsko okolje, ter lokacijsko razpršenih po vsej državi.

Rezultati: Raziskava je pokazala, da ima večina starejših invalidnih oseb pri vходу v svoje stanovanje stopnice. Za premagovanje stopnic imajo starejše invalidne osebe različne prilagoditve in pripomočke, tako da jih je velika večina pri premagovanju stopnic samostojnih. Veliko slabša pa je situacija glede dostopnosti do javnih ustanov v širšem bivalnem okolju.

Razprava in zaključek: Arhitektonske ovire za starejše invalidne osebe predstavljajo ovire do samostojnosti in jih postavljajo v odvisnost od drugih. Samostojnost in neodvisnost pri dostopu do ožjega in širšega bivalnega okolja je pri starejših invalidnih oseb ena njihovih največjih vrednosti, zato je prva naloga odstranitev vseh arhitektonskih ovir, ki jim otežujejo dostop do njihovih prebivališč in do javnih ustanov. S tem bi bil narejen velik korak k izenačevanju možnosti.

Ključne besede: starejši, invalidne osebe, arhitektonske ovire, samostojnost, dostop.

ABSTRACT

Introduction: We are increasingly aware of the upcoming changes brought about by the aging of the population, and consequently, we are already trying to find answers to new challenges. Access to housing facilities and the arrangement of a wider living environment in the place of residence is of key importance for older people with disabilities in the new emerging situation. We examined the answer to the main research question, namely to what extent do architectural barriers hinder older people with disabilities.

Methods: The empirical study was carried out according to the quantitative method of work with a questionnaire on a sample of 50 disabled people with neuromuscular diseases aged over 61 years, living in different environments, such as urban, suburban and rural environments, throughout the country.

Results: The survey showed that the majority of older disabled people had stairs at the entrance to their apartment. To overcome stairs, older people with disabilities have different adaptations and accessories, so the vast majority of them can overcome the stairs on their own. The situation of accessibility to public institutions in a wider living environment is much worse.

Discussion and conclusion: Architectural barriers represent obstacles to the independence of older people with disabilities and make them dependent on others. Independence in the access to the narrower and wider living environment has great value for the elderly with disabilities, so the first task is to remove all architectural barriers that impede their access to their homes and public institutions. This would be a big step towards equalizing opportunities.

Key words: the elderly, disabled people, architectural obstacles, independence, access

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„STAROST NIJE BAUK“ ERASMUS + MEDICINSKE ŠKOLE PULA „OLD AGE IS NOT SCARY“ ERASMUS + OF THE MEDICAL SCHOOL PULA

SAŽETAK

U sklopu Europskog projekta "Starost nije bauk" 2017/2018. godine, prateći smjernice Europske unije aktivnog starenja, provodimo projektne aktivnosti. Početkom projekta učenicima koji su odabrani za mobilnost u Irsku za 80 sati praktične nastave, podijeljen je upitnik o osnovnim značajkama starenja, preventivnim aktivnostima – smjernicama. Obzirom da su učenici usmjerenja medicinska sestra opće njege trećih, četvrtih i petih razreda, te usmjerenje fizioterapeutski tehničar – tehničarka razreda drugih i trećih razreda, provedena je stručna, pedagoška i kulturološka priprema.

Provedenim upitnikom među učenicima dobit će se rezultati znanja, upućenosti učenika od 16-18 godina o samom starenju, fazama starenja, zastupljenosti starijih osoba u društvu u Hrvatskoj i Europskoj Uniji. Željelo se prikazati poznavanje rada Europske Unije u stvaranju smjernica aktivnog starenja, u cilju povezivanja europskog društva, razvoja strukovnih kompetencija, te povećanja zapošljivosti na EU razini.

Ključne riječi: starost, aktivno starenje, projekt, učenici.

ABSTRACT

Within the European project "Old Age Is Not Scary" 2017/2018, we carry out project activities following the guidelines of the European Union of Active Aging, At the beginning of the project, students who were selected for mobility in Ireland for 80 hours of practical classes were given a questionnaire on the basic features of aging, preventative activities – guidelines. Given that students of general nursing are of the third, fourth and fifth grade, and the students of the physiotherapy technician programme of the second, third grade classes, expert, pedagogical and cultural preparation was conducted.

Based on the survey conducted among the students, we will obtain the level of knowledge of 16-18-year-old students about aging, aging phases, the presence of the elderly in society in Croatia and the European Union. We wanted to show the students' level of knowledge of the European Union's work on creating active aging guidelines, in order to link European society, to develop professional competence and increase employability at the EU-level.

Key words: aging, active aging, project, students

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POMEN PREHRANE PRI STAROSTNIKU S KRONIČNO RANO: SISTEMATIČNI PREGLED LITERATURE THE IMPORTANCE OF NUTRITION IN CHRONIC WOUNDS HEALING AMONG ELDERLY

IZVLEČEK

Pomen zdravega prehranjevanja predstavlja pomembno vlogo skozi celotno življenje ter pozitivno vpliva na zdravje in dobro prehranjenost v starosti. Starostniki se srečujejo z različnimi tegobami in težavami, predvsem s kroničnimi obolenji in kroničnimi ranami, ki zelo težko zacelijo. Predstavljen je pomen prehrane pri celjenju kroničnih ran pri starostniku v domačem okolju. Za hitrejše celjenje kroničnih ran je pomembna dobra prehranjenost starostnika in celoživljenjsko zdravo prehranjevanje ter normalna telesna teža. Zdravljenje kroničnih ran predstavlja dolgotrajni postopek, z nepravilno prehrano pa se še podaljša.

Uvod: Vedno več je starejše populacije ter vedno več bolezni in kroničnih ran. Starostniki so neosveščeni o zdravem prehranjevanju in normalni telesni teži pri celjenju kroničnih ran. Pri starostnikih in tudi ostalih je bistvenega pomena vseživljenjsko učenje. Tudi patronažna medicinska sestra zelo pomaga pri kakovostni obravnavi in hitrejšem celjenju kroničnih ran z ustreznimi oblogami.

Metode: Raziskavo smo izvedli s kvalitativno analizo študij, s sistematičnim pregledom znanstvenih in strokovnih člankov, temelječih na študijah primerov, ki vključujejo pomen prehrane pri starostnikih s kronično rano. Osredotočili smo se predvsem na pomen mikro- in makrohranil, ki vplivajo na hitrejše celjenje ran. Vključili smo tudi pomen stanja prehranjenosti starostnikov in prav tako njen vpliv na celjenje ran. Članke in primere študij smo izbirali na osnovi potrjenih dokazov, ki so mlajši od 5 oz. 10 let. Na koncu smo pridobljene rezultate analizirali z metasintezo in jih prikazali v obliki preglednice.

Rezultati: Prispevek preučuje pomen nekaterih prehranskih hranil, ki pomembno pripomorejo pri celjenju ran. Pregled tujih raziskav, ki so jih izvajali pri osebah z različnimi ranami, je potrdil, da imajo nekatera makro- in mikrohranila ključno vlogo pri preprečevanju in hitrejšem celjenju ran.

Razprava in zaključek: Zdravljenje kroničnih ran predstavlja dolgotrajni postopek, z nepravilno prehrano pa se ta postopek še podaljša. S pregledom študij smo ugotovili, da prehrana pomembno vpliva na hitrejše celjenje ran in njihov nastanek.

Ključne besede: domače okolje, telesna teža, kronične rane, zdrava prehrana, starostnik.

ABSTRACT

Introduction: Healthy nutrition is important for individuals throughout their entire life. It has a positive influence on health in the later stages of life, especially for elderly people suffering from chronic wounds that are steadily becoming a serious medical issue. Due to their unawareness of the influence of healthy food on the healing of chronic wounds, the elderly are particularly at risk. Research shows that nutrition plays a significant role in the healing and prevention of chronic wounds. If people want to spend their old age in good health, they must work on it early on, and focusing on a healthy diet plays a large role in this.

Methods: The study was conducted with a qualitative analysis of studies with a systematic review of the scientific and technical articles, based on case studies including the importance of nutrition in elderly persons with chronic wounds. We focused primarily on the importance of micro and macro nutrients that promote faster wound healing. We also included the importance of the nutritional status of the elderly, as well as its impact on wound healing. Articles and examples of studies have been selected based on validated evidence obtained in the last 5 or 10 years. In conclusion, the results obtained have been analysed using meta synthesis and presented in the form of a spreadsheet.

Results: The article examines the importance of some nutrients that are important in promoting wound healing. An overview of foreign studies carried out in individuals with various wounds confirmed that some macro and micro nutrients play a key role in preventing and accelerating wound healing.

Discussion and conclusions: Treatment of chronic wounds is a long-term procedure, and this process is prolonged by improper diet. By reviewing the studies, we found that nutrition significantly influenced faster wound healing and its formation.

Key words: home environment, body weight, chronic wound, healthy food, elderly

RAZUMEVANJE DUHOVNOSTI IN DUHOVNE OSKRBE PRI ZAPOSLENIH V DOMU ZA STAREJŠE SPIRITUALITY AND SPIRITUAL CARE AS UNDERSTOOD BY EMPLOYEES AT THE HOME FOR THE ELDERLY

IZVLEČEK

Uvod: Različni raziskovalci so si edini le v tem, da duhovnosti ni mogoče definirati. Vprašalnik, ki ga je razvil Wilfred McSherry s sodelavci, omogoča, da koncept duhovnosti in duhovne oskrbe tudi merimo. Za domove za starejše, ki poskušajo nuditi celovito oskrbo stanovalcem, je prepoznavanje njihovih duhovnih potreb izhodišče za nadaljnje delo. Da duhovne potrebe ne bi ostale prezrte, je potrebno dodatno izobraževanje zaposlenih. Ugotovitve te raziskave bodo v pomoč pri sestavi izobraževalnega programa.

Metode: Podatke smo zbrali z anketiranjem, na vzorcu zaposlenih v enem od domov za starejše. Za obdelavo zbranih podatkov smo uporabili program IBM SPSS in opisno statistiko ter neparametrične teste za dva ali več neodvisnih vzorcev. Uporabljena je bila tudi komparativna metoda, saj smo naše ugotovitve primerjali z ugotovitvami drugih raziskav, ki so bile izvedene v Sloveniji.

Rezultati: Ugotovili smo, da ni statistično značilnih razlik pri razumevanju duhovnosti in duhovne oskrbe glede na spol, starost ali delovno dobo. Med duhovnostjo in duhovno oskrbo z našo raziskavo nismo ugotovili povezave.

Zaključek: Ugotovitve bomo uporabili za načrtovanje nadaljnjega izobraževanja s področja duhovnosti in duhovne oskrbe.

Ključne besede: duhovnost, duhovna oskrba, SSCRS, domovi za starejše.

ABSTRACT

Introduction: Different researchers are unanimous only in the statement that it is not possible to define spirituality. The questionnaire that was developed by Wilfred McSherry and associates offers the possibility of measuring the concept of spirituality and spiritual care. The identification of the elderly's spiritual needs is the starting point for elderly care homes that aim to offer holistic care to their residents. Additional education of employees is required to ensure that spiritual needs do not remain unmet. The findings of this research will aid in the preparation of the educational programme.

Methods: The data was collected with a questionnaire distributed to employees working in one of the homes for the elderly. The collected data was processed with the SPSS IBM software, and descriptive statistics as well as non-parametric tests for two or more independent samples were applied. To compare our findings with the findings of previous research conducted in Slovenia, the comparative method was used.

Results: We found that there are no statistically significant differences regarding gender, age or work experience in understanding of spirituality and spiritual care. We did not find any correlation between spirituality and spiritual care.

Conclusions: Our findings will be used to plan for the further education in spirituality and spiritual care.

Key words: spirituality, spiritual care, SSCRS, elderly care homes

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PALIJATIVNA I HOSPICIJSKA SKRB PALLIATIVE AND HOSPICE CARE

SAŽETAK

Palijativna skrb je aktivna i cjelovita briga, kako za osobu čija bolest više ne reagira na liječenje, tako i za bolesnikovu obitelj. Palijativna skrb nastoji ublažiti bol i patnju, te poboljšati kvalitetu života bolesnika i njegove obitelji. Ona ne ublažava samo fizičke simptome, već pomaže i kod psihičkih, socijalnih i duhovnih poteškoće. Putem palijativne skrbi pruža se podrška članovima obitelji tijekom bolesti i u žalovanju nakon bolesnikove smrti. Ona ne ubrzava niti ne odgađa smrt, jer smrt smatra dijelom normalnog životnog procesa. Vrijednosti koje palijativna skrb naglašava su bolesnikovo dostojanstvo, samostalnost, odlučivanje o vlastitom životu i liječenju te cjeloviti pristup svakom bolesniku kao pojedincu. Hospicij je ustanova palijativne zdravstvene skrbi, cjelovite skrbi za one čija bolest više ne reagira na postupke liječenja. Stacionarna palijativna skrb namijenjena je umirućima, to jest onima kojima prema prosudbi liječničkog tima preostaje još najviše 3 mjeseca života. Misija hospicija je fizička, psihološka, duhovna i socijalna potpora bolesnicima u terminalnoj fazi bolesti. Potrebno je shvatiti da je smrt više od tjelesnog zbivanja. Umrijeti znači rasti se, i to za obje strane – za bolesnike i za one koje oni ostavljaju za sobom. Bolesnikovim bližnjima nije lako, moraju izići na kraj s teretom samoće.

Ključne riječi: dostojanstvena smrt, palijativna skrb, sestre milosrdnice, terminalna faza bolesti.

ABSTRACT

Palliative care is an active and complete support for a cancer patient whose illness is no longer responding to treatment, as well as to the patient's family. It aims to relieve pain and suffering and to improve the quality of life of patients and their families. Through palliative care, family members, caregivers during the illness and persons in distress after the patient's death, are supported in their suffering. It does not speed up or delay death, because death is considered a part of a normal life process. Values that palliative care emphasizes are patient's dignity, self-determination, decision-making about quality of life, and total access to each patient as an individual. Hospice is the institution of palliative health-care, for those terminal patients whose illness no longer responds to treatment procedures. Terminal cancer patients are likely to die within the next 3 months. Hospice care involves a team-oriented approach to expert medical care, pain management, and emotional and spiritual support tailored to the patient's needs and wishes. Hospice mission is to help understanding that death is more than a mere physical occurrence. The death is separation, and causes fear of saying goodbye, for both sides – for the patients and for those they leave behind. It is not easy for a patient's family to face the truth that the beloved person is not here anymore. It is not easy to live with the burden of loneliness.

Key words: death with dignity, palliative care, sisters of charity, terminal phase

NAVEZANOST NA BIVALNO OKOLJE IN KAKOVOST ŽIVLJENJA STAREJŠEGA PREBIVALSTVA V PODEŽELSKIH KONTEKSTIH PLACE ATTACHMENT AND THE QUALITY OF LIFE OLDER POPULATIONS IN RURAL CONTEXTS

IZVLEČEK

Uvod: Navezanost na bivalno okolje je večdimenzionalni koncept, ki zajema ključne vidike medsebojne odvisnosti ljudi in krajev. Fizični vidiki so skupaj s socialnimi odnosi ključni elementi za opredeljevanje kakovosti življenja. S staranjem ljudi zgoraj omenjeni elementi dobivajo vse večji vpliv na osnovne življenjske potrebe in jih je tako treba dobro preučiti, da bi lahko izpostavili izzive staranja v prostoru. To velja zlasti za območje na podeželju. V tem prispevku se preučuje večdimenzionalnost koncepta navezanosti na prostor, s poudarkom na heterogenosti podeželskih območij v Češki republiki.

Metode: Faktorska analiza je namenjena identifikaciji v sklopu podatkov »Izbrani vidiki življenja starejših ljudi na podeželju« (2016-GACR16-20873S) in povezav z izbranimi indikatorji življenjskih potreb na podeželju ugotovljenih faktorskih struktur navezanosti na kraje, ki se razvije v poznejšem življenju. Sklop podatkov sestoji iz reprezentativnega vzorca anketirancev, ki živijo v enem izmed šestih vrst majhnih podeželskih mest v Češki republiki. Izvedeni so bili računalniško podprti intervjuji (CAPI) 1235 anketirancev, starih 60 let in več.

Rezultati: Po čeških podatkih ima navezanost na kraj v podeželskem okolju štiri medsebojno povezane, a obenem različne poddimenzije: kakovost pešcem prilagojenega območja, estetiko, nevarnosti v okolju in občutek negotovosti. Razsežnost estetike se glede na tipologijo podeželja ali zaznana raven ruralnosti bivalnih območij ne razlikuje. Druge tri dimenzije prikazujejo različne vzorce navezanosti na kraj. Fizične razsežnosti so tesno povezane s socialnimi lastnostmi skupnosti, kot jih dojemajo starejši anketiranci, in lahko povečajo pripravljenost zapustiti svojo skupnost.

Razprava in zaključek: Pri večdimenzionalnosti koncepta navezanosti na mesto je treba biti pozoren tudi na fizične razsežnosti. Raziskava potrjuje, da je pri vrednotenju kakovosti poznejšega življenja na podeželju treba upoštevati tudi fizične lastnosti prostora.

Ključne besede: navezanost na mesto, podeželje, estetika, nevarnosti v okolju, staranje v kraju.

ABSTRACT

Introduction: Place attachment is a multidimensional concept encompassing key aspects of the mutual dependence of people and places. The physical aspects of place together with social relationships are key elements that determine quality of life. As people age, these elements tend to have a greater influence on general life satisfaction and need to be studied in order to address some of the challenges of ageing-in-place. This holds particularly true for rural areas. In this paper, the multidimensionality of the concept of place attachment is explored with respect to the heterogeneity of rural areas in the Czech Republic.

Methods: Exploratory factor analysis is used to identify factor structures of place attachment in later life in the data set "Selected aspects of life of older people in rural areas" (2016) and associations with selected indicators of life satisfaction are followed. The data set consists of a representative quota selection sample of respondents living in six types of small towns and rural areas in the Czech Republic. Face-to-face computer-assisted interviews (CAPI) with 1235 respondents aged 60 and older were conducted.

Results: In the Czech data, place attachment in the rural context has four related but distinct sub-dimensions: walkability, aesthetics, environmental risk, and feelings of insecurity. The aesthetic dimension does not vary according to the typology of rurality or the perceived level of rurality of inhabited areas. The other three dimensions show distinctive patterns of place attachment. Physical dimensions are closely related to the social features of the community as perceived by older respondents and can contribute to an increased willingness to leave the community.

Discussion and conclusion: The multidimensionality of the concept of place attachment needs to be observed also within the physical dimension. The importance of including the physical qualities of place when evaluating the quality of later life in rural areas was confirmed.

Key words: place attachment, rural, aesthetic, environmental risks, ageing-in-place

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SPORAZUMEVANJE S STAROSTNIKOM IN EMPATIJA COMMUNICATION WITH AN ELDERLY PERSON AND EMPATHY

IZVLEČEK

Kot v vsakem življenjskem obdobju ima tudi v starosti sporazumevanje velik pomen. Starostniki so ena od skupin prebivalstva, ki potrebujejo posebno obravnavo, saj so zaradi bioloških lastnosti ter spremenjenih življenjskih razmer zdravstveno in socialno ogroženi. Čeprav je sporazumevanje zelo pomembno za vzdrževanje dobrih medosebnih odnosov, pa se ljudje dandanes vse manj sporazumevamo, čedalje več časa preživimo pred televizijo in računalnikom. Časi so se zelo spremenili, saj vse te tehnologije, ki jo imamo danes, nekoč ni bilo in ljudje so se več družili ter vsakodnevno sporazumevali na ulici, igrišču ali kje drugje. Namen raziskave je bil ugotoviti, kakšno je sporazumevanje med zaposlenimi in stanovalci doma starejših, katere teme vključujejo njihovi pogovori ter v kolikšni meri zaposleni v medsebojnih odnosih s starostniki vključujejo empatijo. Zanimalo nas je tudi, kako stanovalci gledajo na sporazumevanje in pomen vključevanja empatije.

Uporabili smo kvantitativno metodo ter metodo deskripcije s študijem domače in tuje literature. Podatke smo pridobili z anketiranjem. Naredili smo vzporedno anketo zaposlenih in stanovalcev Doma Janka Škrabana Beltinci, saj smo tako dobili objektivnejšo oceno kakovosti medsebojnega sporazumevanja. Pridobljene podatke smo pregledali in jih statistično obdelali glede na spol, starost in poklic.

Rezultati, ki smo jih dobili s kvantitativno analizo, prikazujejo, da je empatija v veliki meri pri zaposlenih in stanovalcih prisotna. Ugotovili smo, kakšno je sporazumevanje med zaposlenimi in stanovalci doma starejših ter katere teme vključujejo njihovi pogovori. Ugotovili smo tudi, da zaposleni v večji meri v medsebojnih odnosih s starostniki vključujejo empatijo. Tudi glede stanovalcev doma je bil naš namen dosežen, empatija je zelo pomemben dejavnik v medsebojnem sporazumevanju. V veliki meri lahko pripomore k dobrobiti starostnika, kljub temu pa se še vedno zdi, da je premalo uporabljena, zato bi ji v prihodnje morali nameniti več pozornosti.

Ključne besede: starostnik, sporazumevanje, sporazumevanje s starostnikom, uspešno sporazumevanje, empatija.

ABSTRACT

As in any other life period, communication bears great importance in old age as well. The elderly are a population group which requires special treatment, since their health and social situation are at risk due to their biological characteristics and changed living conditions. Even though communication is essential for maintaining good interpersonal relationships, people nowadays communicate less and less and spend an increasing amount of time in front of television and computers. Times have changed significantly. The technology that is available to us today was not present in the past; consequently, people socialised more as well as communicated daily on the street, at the playground or elsewhere. The purpose of our research was to establish the characteristics of communication between the employees and the residents of a home for the elderly, to determine which topics are covered in their conversations and to ascertain to what extent employees apply empathy in their interpersonal relationships with the elderly. We were further interested in exploring the residents' opinion on communication and the importance of applying empathy.

The quantitative method and the description method based on the study of home and foreign literature were adopted. Data was gathered through a questionnaire survey. A parallel survey was conducted among the employees and the residents of the Janko Škraban Beltinci home for the elderly, which enabled us to obtain a more objective qualitative assessment of interpersonal communication. The acquired data was reviewed and statistically processed according to gender, age, and profession.

The results obtained through quantitative analysis have revealed that empathy is largely present in both employees and residents. We have established the characteristics of communication between employees and residents as well as the topics covered in their conversations. Moreover, we have found that in interpersonal relationships with the elderly empathy is used to a large extent by the employees. We have also achieved our purpose in regard to the residents and have revealed that for them, empathy is an important factor in interpersonal communication. It can greatly contribute to the well-being of an elderly person; however, it still seems to be underused and should therefore be paid more attention.

Key words: elderly person, communication, communication with an elderly person, successful communication, empathy

VPLIV MODERNIZACIJE NA DRUŽENJE STARIH STARŠEV IN VNUKOV

THE INFLUENCE OF MODERNIZATION ON THE WAY GRANDPARENTS AND GRANDCHILDREN SPEND TIME TOGETHER

IZVLEČEK

Stari starši imajo že od nekdaj posebno vlogo v vsaki družini. Staršem nudijo oporo in pomoč pri vsakodnevni opravi ter nasvete pri vzgoji otrok, vnukom pa omogočajo drugačen vpogled v svet odraslih, saj je navadno njihov odnos s starimi starši bolj sproščen kot odnos s starši. Vsaka generacija se sooča z določenimi izzivi, ki jih prinese napredek na vseh področjih. Medtem ko otroci zelo hitro usvajajo tehnološke inovacije, se starejši težje navadijo nanje. Ob tem se poraja vprašanje, kako modernizacija vpliva na odnos med starimi starši in vnuki.

Zanimalo nas je, na kakšen način otroci v starosti od 10 do 13 let preživljajo skupni čas s svojimi starimi starši. Pri tem smo se osredotočili na pogostost druženja, najpogostejše skupne dejavnosti, vzroke za druženje, pomoč starih staršev vnukom pri učenju, oblike pomoči vnukom stari staršem in udeležbo starih staršev pri projektu Simbioza giba.

Pri raziskovanju je bila uporabljena kvantitativna raziskovalna paradigma, podatki pa so bili pridobljeni na podlagi anketnega vprašalnika, ki so ga izpolnjevali otroci, stari od 10 do 13 let.

Ugotovili smo, da so stari starši precej vključeni v življenje osnovnošolcev tega starostnega obdobja in se z njimi večinoma družijo nekajkrat na teden. Ko vnuki preživljajo čas s svojimi starimi starši, se največkrat pogovarjajo, še posebno radi pa se družijo s svojimi starimi starši zaradi dobre družbe. Pogosteje se družijo z babico kot z dedkom. Stari starši vnukom včasih pomagajo pri učenju, največkrat pri matematiki. Stari starši vnuke včasih prosijo za pomoč, največkrat pri uporabi mobilnega telefona in drugih modernih naprav ter pri hišnih opravilih. Vnuki menijo, da bi s svojimi starimi starši morali preživeti več časa. Večina starih staršev se nikoli ni udeležila projekta Simbioza giba.

Ključne besede: stari starši, vnuki, osnovna šola, modernizacija, Simbioza giba.

ABSTRACT

Grandparents have always had a special role in every family. On the one hand, they offer help and support to parents in everyday tasks as well as advice on upbringing. On the other hand, they enable their grandchildren a different insight into adult life since grandchildren often have a more relaxed relationship with their grandparents than with their parents. Each generation faces certain challenges that are caused by progress in all areas of life. The question arises whether modernization influences the relationship between grandparents and grandchildren.

We were interested in the ways children aged 10-13 spend time with their grandparents. We focused on the frequency, the most common activities, the causes for spending time together, how grandparents help their grandchildren study, in what way grandchildren help their grandparents and the grandparents' attendance at the project Symbiosis of Movement.

The quantitative research paradigm was used and the information was obtained with the help of a questionnaire which was given to children aged 10-13.

The research has revealed that grandparents are very much involved in the lives of primary school students aged 10-13 and mostly see them several times a week. When grandchildren spend time with their grandparents, they mostly talk and they particularly like spending time with their grandparents because they enjoy their company. Grandchildren spend more time with their grandmothers than their grandfathers. Grandparents sometimes help their grandchildren study and they most frequently help them with Math. Grandparents sometimes ask their grandchildren for help when using mobile phones and other modern devices and when they do daily chores. Grandchildren feel that they should spend more time with their grandparents. The majority of grandparents have never participated in the project Symbiosis of Movement.

Key words: grandparents, grandchildren, primary school, modernisation, Symbiosis of Movement

POSLOVNI NAČRT ZA USTANOVITEV CENTRA STAREJŠIH NOVO MESTO

BUSINESS PLAN FOR THE ESTABLISHMENT OF THE CENTRE FOR THE ELDERLY NOVO MESTO

IZVLEČEK

Uvod: Z večanjem števila prebivalstva se med drugim povečuje tudi potreba po ukrepih na področju bivalnih oblik za starejše. Ustrezno bivališče starejšim nudi zatočišče, vpliva na kakovostno staranje in njihovo dobro počutje. Namen raziskave je bil, ugotoviti potrebo po dodatni bivalni obliki v Mestni občini Novo mesto in upravičiti investicijo za izgradnjo Centra starejših Novo mesto.

Metode: Za ugotavljanje potreb starejših na področju institucionalnega varstva, oskrbovanih stanovanj in dnevnih dejavnosti smo izvedli anketiranje. Anketni vprašalnik je bil sestavljen iz desetih vprašanj zaprtega tipa. V raziskavo, ki smo jo izvedli aprila 2017, smo vključili 134 prebivalcev Mestne občine Novo mesto.

Rezultati: Anketiranci menijo, da je v Mestni občini Novo mesto treba zgraditi oskrbovana stanovanja ter da se povpraševanje po tovrstni obliki bivanja in dnevnem centru povečuje. Anketiranci so potrdili, da bi bivanje v oskrbovanih stanovanjih v obliki atrijskih hiš pozitivno vplivalo na kakovost njihovega življenja in bi lastništvo le-tega predstavljalo finančno varnost.

Razprava in zaključek: Rezultati raziskave so potrdili, da je v Mestni občini Novo mesto treba zgraditi oskrbovana stanovanja in da se bo povpraševanje po tovrstni obliki bivanja v prihodnosti povečevalo. Skozi poslovni načrt smo upravičili investicijo za izgradnjo Centra starejših Novo mesto z ekonomskih vidikov in vidika potreb starejših ter predvideli odprtje omenjenega centra v začetku leta 2019.

Ključne besede: staranje, kakovost življenja, oskrbovana stanovanja, center starejših, bivanje.

ABSTRACT

Introduction: With the population growth, the need to take measures in the field of forms of habitation for the elderly also increases. The appropriate residence offers a shelter to seniors, it affects the quality of their senescence and their well-being. The purpose of this research was to establish the need for additional form of habitation for the elderly in the Municipality of Novo mesto and to justify the investment into the construction of the Centre for the Elderly Novo mesto.

Methods: We used a survey questionnaire for the purpose of finding out elderly people's needs in the field of institutional care, supervised apartments and daily activities. The questionnaire consisted of 10 closed questions. In the research, performed in April 2017, we included 134 habitants of the Municipality of Novo mesto.

Results: According to the interviewees, the construction of supervised apartments is required in Novo mesto. Furthermore, the demand for this sort of residence and for a daily centre is increasing. The interviewees' answers confirmed the positive effect that living in the supervised apartments in the form of atrium houses has on the quality of elderly people's lives. The interviewees also agreed that the ownership of the supervised apartments would mean financial security.

Discussion and conclusion: The results of the research confirmed the need for the construction of supervised apartments in the Municipality of Novo mesto and an increase in the demand for this sort of residence. Through the business plan, we justified the investment into the construction of the Centre for the Elderly Novo mesto from the economical point of view and also from the point of view of seniors' needs. The opening of the Centre is expected to be at the beginning of 2019.

Key words: senescence, quality of live, supervised apartments, Centre for the Elderly, residence

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KVALITETA ŽIVOTA OSOBA STARIJE ŽIVOTNE DOBI U ZAJEDNICI QUALITY OF LIFE ELDERLY PEOPLE IN THE COMMUNITY

SAŽETAK

Uvod: S obzirom na rastući broj starijih osoba 65 i više godina u ukupnoj populaciji Republike Hrvatske kojima je potrebna bolja socijalna i zdravstvena skrb, povećava se i interes za istraživanje i mjerenje kvalitete života starijih osoba. Svjetska zdravstvena organizacija definira kvalitetu života kao individualnu percepciju osobne pozicije u kontekstu kulture i vrijednosnog sustava u kojem pojedinci žive, i u odnosu na ciljeve, očekivane vrijednosti i želje, uključujući tjelesno zdravlje, psihološko stanje, razinu samostalnosti, društvene odnose, osobna uvjerenja i slično. Kako bi dobili uvid u kvalitetu života starijih osoba, provedeno je istraživanje u Varaždinskoj županiji. Cilj istraživanja je bio multidimenzionalno ispitati subjektivnu kvalitetu života starijih osoba u Varaždinskoj županiji te relativnu važnost pojedinih područja života za njihovu opću kvalitetu života.

Metodologija: Ispitivanje je provedeno na uzorku od 119 ispitanika s područja Varaždinske županije, od kojih je 57 bilo ženskog spola i 62 muškog spola. Dob ispitanika bila je u rasponu od 65 do 94 godine. Pri anketiranju je korišten upitnik kvalitete života prema COMQoL-u. Analizirala se procjena zadovoljstva i važnosti pojedinih područja u životu (materijalno blagostanje, zdravlje, postignuće u životu, bliski odnosi s drugim osobama, sigurnost, pripadnost zajednici, emocionalno blagostanje i osjećaj sreće).

Rezultati: Starije osobe, sudionici ispitivanja su ukupnu kvalitetu života ocijenili prilično dobro. Najlošije je procijenjeno zadovoljstvo zdravljem, dok su najzadovoljniji osjećajem sigurnosti i emocionalnim blagostanjem.

Rasprava i zaključak: Društvo treba kontinuirano raditi na poboljšanju uvjeta života starijih osoba u zajednici kako bi se povećalo njihovo zadovoljstvo te im se omogućilo kvalitetan život.

Ključne riječi: kvaliteta života, starije osobe, domovi za starije i nemoćne osobe, zajednica.

ABSTRACT

Introduction: Given the growing number of elderly people of 65 years and above in the total population of the Republic of Croatia, who need better social and health care, there is an increasing interest in research and measurement of the quality of life of the elderly people. World Health Organization (WHO) defines the quality of life as an individual perception of personal position in the context of culture and value system in which individuals live, in relation to goals, expected values and desires, including physical health, psychological state, level of independence, social relationships, personal beliefs. In order to get an insight into the quality of life of elderly people, research has been conducted in Varaždin County. The aim of the research was to examine the subjective quality of life of elderly people in Varaždin County and the relative importance of certain areas of life for their overall quality of life.

Methods: The survey was conducted on a sample of 119 respondents from the Varaždin County, of which 57 were female and 62 males. The age of respondents ranged from 65 to 94 years. Questionnaire of quality of life was used in the survey by COMQoL. It analyzed the assessment of the satisfaction and importance of certain areas in life (material well-being, health, life achievement, close relationships with other people, security, community affiliation, emotional well-being and happiness).

Results: Elderly persons, the participants of the study, assessed the overall quality of life quite well. The worst is the estimated satisfaction with health, while they are most satisfied with the sense of security and emotional well-being.

Discussion and conclusion: Society needs to continually work to improve the living conditions of elderly people in the community, to increase their satisfaction and provide a higher quality life.

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

**UMETNOST PLESA V
NACIONALNI KULTURI,
ZNANOSTI IN IZOBRAŽEVANJU
/ THE ART OF DANCE IN THE
NATIONAL CULTURE, SCIENCE
AND EDUCATION**

ETNO PLESI NA AKADEMIJI ZA PLES – AMEU ETHNIC DANCE AT THE ACADEMY OF DANCE – AMEU

IZVLEČEK

Nov idejni projekt na Akademiji za ples – AMEU, katerega realizacija se je začela v študijskem letu 2017/2018, je usmerjen na področje ljudskega oz. etno plesa. Koncept novega študijskega oddelka je zasnovan na etno plesih in glasbi nam najbližjih držav in narodnosti, predvsem tistih, ki jih povezuje reka Donava. Bogastvo ljudske glasbe in plesa se kaže tudi v Sloveniji, saj poleg domicilnega prebivalstva na tem območju živi večje število pripadnikov različnih etničnih skupnosti, ki se s kulturo in umetnostjo, predvsem z glasbo in plesom, ukvarjajo že nekaj desetletij. Potrebe se kažejo v strokovnem vodenju, raziskovanju, poučevanju, ustvarjanju, kot tudi znanstveni obdelavi etno prvin skozi ples in glasbo. Prisluhniti potrebam sodobnega izobraževanja in ponuditi možnosti za plesno izobraževanje v etno plesih, so tudi vodilni motivi Akademije za ples. Poleg skupnih predmetov s študijskih smeri Sodobni ples in Balet se specifičnost oddelka Etno ples in glasba Podonavja kaže v povezovanju različnih znanstvenih disciplin, med njimi so pomembnejše: etnokoreologija, etnomuzikologija, koreografija ljudskega plesa, etnologija in teatrologija. Nosilni predmet je Ples in glasba podonavskih regij, znotraj le-tega se predstavijo plesi različnih narodov in narodnosti: od Nemčije, Avstrije prek Slovaške, Madžarske, Slovenije, Hrvaške, Srbije, Bolgarije, Romunije do Moldavije in Ukrajine. Posebno specifičnost bodo zajemali tudi romski plesi in glasba. V izvedbi zastavljenega študijskega programa se bo Akademija za ples – AMEU povezovala z drugimi izobraževalnimi institucijami, ki imajo v svojem kurikulumu etno plese. Med njimi je Inštitut za umetniški ples iz Beograda, Srbija (Институт за уметничку игру), Akademija za glasbo, ples in lepe umetnosti v Plovdivu, Bolgarija (Академията за музикално, танцово и изобразително изкуство), Akademija za glasbo in ples v Limericku, Irska (The Irish World Academy of Music & Dance) idr. Novi oddelek Etno ples in glasba Podonavja bo nedvomno imel veliko vlogo pri uveljavljanju folklornikov v Sloveniji, ki v dosedanjem času še vedno nimajo formalnega izobraževanja, folklor pa temelji le na ljubiteljski dejavnosti. S tem študijskim programom se bo odprla pot k njihovemu uveljavljanju na področju umetniškega plesa, hkrati bo to tudi motivacija za prihodnje generacije v naporih za ohranjanje in razvoj kulturne dediščine.

Ključne besede: etno ples, glasba, Podonavje, tradicija.

ABSTRACT

The new conceptual project at the Academy of Dance - AMEU, whose realization has already begun with the academic year 2017/2018, is focused on the field of folk, i.e. ethnic, dance. The concept of the new study department is based on the ethnic dance and music of the countries and nationalities nearest to us, especially those connected by the Danube River. The richness of folk music and dance is also evident in Slovenia, since in addition to the domicile population a large number of members of different ethnic communities are living in this area and have been involved in culture and art, especially with music and dance, for several decades. The need for professional leadership, research, teaching, creativity, as well as scientific processing of ethnic elements through dance and music is evident. Listening to the needs of modern education and offering possibilities for dance education in the direction of ethnic dance are also among the leading motives of the Academy of Dance. In addition to common subjects from the study courses of contemporary dance and ballet, the specificity of the department Ethnic Dance and Music of the Danube region is reflected in the integration of various scholarly disciplines. The more important among them are: ethnochoreology, ethnomusicology, choreography of folk dance, ethnology, teatrology. The main subject is Dance and Music of the Danube Region, where dances from different nations and nationalities are presented: from Germany, Austria, through Slovakia, Hungary, Slovenia, Croatia, Serbia, Bulgaria, Romania, Moldova and Ukraine. As an additional specificity, Roma dances and music will be included. In the implementation of the program, the Academy of Dance - AMEU will connect with other educational institutions that have ethnical dances in their curriculum. Among them is the Belgrade Dance Institute, Serbia (Институт за уметничку игру), the Academy of Music, Dance and Fine Arts in Plovdiv, Bulgaria (Академията за музикално, танцово и изобразително изкуство) and The Irish World Academy of Music & Dance in Limerick, Ireland, etc. The new department of Ethnic Dance and Music of the Danube Region will undoubtedly play a major role in the promotion of folklore dancers and Slovenian musicians, who in the past did not receive formal education since folklore in Slovenia is based only on amateur activities. This study program will open the way to their promotion in the field of artistic dance, and at the same time this will provide motivation for future generations in the efforts to preserve and develop cultural heritage.

Key words: ethnic dance, music, Danube, tradition

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BALLET PEDAGOGY, CREATIVITY AND THE USE OF MODERN TECHNOLOGIES FOR ENSURING THE QUALITY OF DANCE EDUCATION IN THE REPUBLIC OF MACEDONIA

ABSTRACT

The main focus of this paper is creativity and the use of two new innovative methods in teaching classical dance in ballet pedagogy - the progressing ballet technique and flexibility. The abundance of dance folklore in the national culture is a directly relevant indicator for researching the phenomenon of classical dance. The article approaches the art of dance as an inalienable part of Macedonian cultural life. The authors describe the historical context of the art of dancing but also propose teaching and learning processes for understanding the genesis of the classical ballet system in Macedonia. The authors underline that the most important role in qualitative dance education lies within the perfect command of the classical system in ballet arts. However, information technology and innovations in the field of art and choreography transform artistic reality by means of modern communication. This interaction allows teachers and choreographers to reach a new reception level. The most important ability is to identify creative potential in the educational process. It is the essence of the teaching method for developing a spiritual element in dancing.

Domestic research and experiences in teaching classical dance in ballet pedagogy is the basis for the research question in this paper. At the same time, to substantiate the thesis, the authors use the position and point of view of world-renown theorists in the field of Ballet Theatre science (both qualitative and quantitative method). The present article discusses the creative collaboration between the educational process and the parameters of contemporary performance.

Key words: ballet pedagogy, education, classical system, creativity, modern technologies

INTEGRACIJA PLESNE UMETNOSTI V UČNI PROCES – KAJ PRIDOBIMO UČENCI IN KAJ UČITELJI? INTEGRATION OF DANCE ARTS INTO THE LEARNING PROCESS – WHAT TO STUDENTS AND TEACHERS GAIN?

IZVLEČEK

V tehnološko razvitih družbah potreba po fizičnih, utelešenih dejavnostih v vsakdanjem življenju, izražanju in sporazumevanju izginja. Izginjanje fizične dejavnosti je za otrokov razvoj kritično, saj je raznolika fizična dejavnost osnova za zdrav razvoj in učenje. V prispevku so povzeti glavni zaključki raziskave o prepričanjih in stališčih 112 učiteljev o vlogi gibalnih dejavnosti pri učenju in poučevanju, načinih vključevanja giba v pouk in učinkih, ki jih zaznavajo učitelji pri učencih. Pridobljeni podatki so primerjani v odnosu do učiteljeve zaznave samoučinkovitosti in izgorelosti pri poučevanju. V raziskavi so uporabljene kvantitativni in kvalitativni raziskovalni pristopi. Glavni rezultati raziskave kažejo, da je izobraževanje iz ustvarjalnega giba pripomoglo k pozitivnim stališčem učiteljev o učenju skozi gib. Po izobraževanju so se stališča učiteljev do ustvarjalnega giba in načini uporabe giba pri učencih spremenili v smeri celostnega in izkustvenega učenja in poučevanja. Pozitivni učinki pristopa se po mnenju učiteljev odražajo predvsem na čustveno-socialnem in kognitivnem razvoju otrok. Prav tako se je po izobraževanju in uporabi ustvarjalnega giba v praksi povečala zaznava učiteljeve samoučinkovitosti, občutje izgorelosti pa se je zmanjšalo. Rezultati kažejo, da uporaba giba pri učenju in poučevanju pripomore k psihičnemu blagostanju tako učencev kot tudi učiteljev. Z integracijo giba v učni proces namreč otrokom poleg lažjega razumevanja učne snovi omogočamo občutenje lastnega telesa, igro, usmerjanje misli v gibne kreacije, sprostitvev, povezanost s sošolci. Otrok (in učitelj) se ob tem zaveda svojih misli, zaznav, počutja, čustev in telesa.

Ključne besede: plesna umetnost, celostno učenje in poučevanje, izobraževanje učiteljev, ustvarjalni gib kot učni pristop, utelešena kognicija.

ABSTRACT

The need for physical, embodied activities in everyday life, for expression and communication, is gradually disappearing in technologically advanced societies. Since diverse physical activity is the basis for healthy development and learning, the lack of daily physical activity may critically influence children's development. This paper summarizes the main conclusions of the research on the beliefs and attitudes of 112 teachers, concentrating on the role of physical activity in learning and teaching, the integration of movement into teaching and the effects on pupils as perceived by the teachers. The data obtained was compared in relation to teachers' perceptions of self-efficacy and burnout in teaching. The study used quantitative and qualitative research approaches. The main results of the research show that training on the use of creative movement contributed to the positive attitudes of teachers about learning through movement. After the training, the teachers' attitudes toward creative movement and the use of movement in the classroom changed in the direction of holistic and experiential teaching and learning. According to the teachers, the positive effects of the method were reflected mainly in the children's socio-emotional and cognitive development. Likewise, the use of creative movement in practice increased the perception of teachers' self-efficacy and decreased feelings of burnout. The results show that the use of movement in learning and teaching contributes to the psychological well-being of both pupils and teachers. In addition to the ease of understanding the subject matter, the integration of the movement into the learning process facilitates the perception of one's own body, play, directing our thoughts to movement creations, relaxation and connecting with classmates. During the process, children (and the teacher) are more aware of their thoughts, perceptions, feelings, emotions and their body – in other words, their state of consciousness at a given moment.

Key words: dance, holistic learning and teaching, teacher training, creative movement as a teaching approach, embodied cognition

NEUSTRAŠNOST IN STOLETNA ZGODOVINA SLOVENSKEGA SODOBNEGA PLESA *FEARLESSNESS AND THE ONE-HUNDRED-YEAR HISTORY OF SLOVENIAN MODERN DANCE*

IZVLEČEK

Članek obravnava pozicijo sodobnega plesa v Sloveniji, ki se je zgodovinsko začel v enakem obdobju kot balet (neposredno po I. svetovni vojni), a si v stotih letih ni uspel zagotoviti zadostne institucionalne in širše družbeno-politične podpore, da bi lahko zaživel znotraj področja umetnosti in kulture kot samostojna dejavnost. Kljub temu da imamo izredno veliko število visokokakovostnih plesalk in plesalcev ter koreografov in koreografinj na tem področju, se ta premik ne zgodi. Članek ponudi krajši zgodovinski in kontekstualni vpogled v stoletno »neustrašno« zgodovino sodobnega plesa na Slovenskem.

Ključne besede: zgodovina slovenskega sodobnega plesa, sodobni ples in balet.

ABSTRACT

The article deals with the position of contemporary dance in Slovenia, which historically began in the same period as ballet (immediately after the First World War) but failed to secure sufficient institutional and wider socio-political support over the century in order to live within the area of art and culture as an independent activity. Despite our having an extremely large number of high-quality dancers and choreographers in this field, this shift has not happened. The article provides a brief historical and contextual insight into the "fearless" 100-year history of contemporary dance in Slovenia.

Key words: history of Slovenian contemporary dance, contemporary dance and ballet

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PEDAGOŠKI PRISTOPI V PLESNEM IZOBRAŽEVANJU PEDAGOGICAL APPROACHES IN DANCE EDUCATION

IZVLEČEK

Organizirane plesne dejavnosti danes zajemajo najrazličnejše plesne zvrsti, vključujejo ljudi različnih starostnih obdobij in potekajo v različnih pojavnih oblikah. Ples je del državnega kurikula vrtcev in šol. Poučuje se na različnih izobraževalnih ravneh. Tako kot na drugih izobraževalnih področjih se tudi pri učenju in poučevanju plesa pojavljajo različni pedagoški pristopi. Vsak pedagoški pristop se kaže v slogu poučevanja, ki je značilen za posamezne plesne zvrsti. Klasični balet se tradicionalno povezuje z avtoritarnim vzgojnim slogom, kjer učitelj kot edini ekspert svoje znanje prenaša na otroke v takšni obliki, ki daje pomembnost produktu, končnemu plesu. Poučevanje nekaterih sodobnih plesnih zvrsti se povezuje s permisivnim vzgojnim slogom, ki v ospredje postavlja na otroka usmerjen učni proces ter poudarja njegov čustveni razvoj. Pričujoči prispevek bo kritično ovrednotil oba pristopa, ki sta se razvijala skozi 20. stoletje, hkrati pa predstavil reproduktivne in produktivne sloge ter integrirani model poučevanja, ki omogočajo v plesnem poučevanju celostni osebni razvoj posameznika. Integrirani model je sprejemljiv za učenje in poučevanje plesa na kateri koli izobraževalni ravni in uporaben pri vseh plesnih zvrsteh. Organizirane plesne dejavnosti, ne glede na to, ali gre za plesno dejavnost v vrtcu ali za ples v eni izmed izobraževalnih ustanov, ki lahko pripelje posameznika do poklica plesalca, naj bi po vzoru integriranega modela udeležencem zagotovile optimalni razvoj njihovih plesnih sposobnosti, hkrati pa privzgajale estetske, kulturne in umetniške vrednote. Tako lahko ples prispeva k celostnemu razvoju posameznika in gradi družbo, ki ji plesna umetnost ne bo tuja.

Ključne besede: plesno izobraževanje, slogi poučevanja plesa, integrirani model, balet, sodobne plesne tehnike.

ABSTRACT

Today, organised dancing activities appear in diverse dance genres, include people of various ages and occur in different forms. Dance is part of the state curriculum for pre-schools and schools. It is taught at different educational levels. Just as in other educational areas, there are different pedagogical approaches in teaching and learning dance. Every pedagogical approach is demonstrated in the teaching style which is significant for particular dance types. Classical ballet is traditionally linked to the authoritative educational style, where the teacher as the only expert passes on his/her knowledge to pupils in a manner that emphasises the product - the final dance. The teaching of some contemporary dance styles is linked to the permissive educational style, in which the child-centred learning process is dominant and underlines the child's emotional development. This paper critically assesses both approaches that have been developing throughout the 20th century and at the same time presents the reproductive and productive styles and the integrated model of teaching that allow dance teaching to facilitate complete personal growth of each participant. The integrative model is appropriate for learning and teaching dance at any educational level and is applicable to all dance types. Following the integrated model, organised dance activities would attain an optimal development of the individual's dancing abilities and simultaneously nurture aesthetic, cultural and artistic values, regardless of whether they relate to pre-school dance activities or dance activities at an educational institution that might lead the individual to become a professional dancer. In this manner, dance can contribute to the complete development of an individual and create a society that will be well familiar with dance art.

Key words: dance education, dance teaching styles, integrated model, ballet, contemporary dance techniques

MOČ USTVARJALNEGA GIBA THE POWER OF CREATIVE MOVEMENT

IZVLEČEK

Ustvarjalni gib je umetnost, katere medij je telo v gibanju. Napačna je predstava, da poučevanje plesa poteka na način, da učitelj stoji pred razredom in kaže gibe, ki se jih potem učenci učijo in utrjujejo. Pri tem načinu ni prostora za razvoj ključnih kompetenc, kot so osebne lastnosti in medosebno sporazumevanje, kritično in ustvarjalno mišljenje. V okviru poučevanja z metodo ustvarjalnega giba otrok sam odkriva in kreira ples, učiteljeva vloga pa je spodbujanje učenja in ustvarjalnosti. Telo je otrokov prvi stik s svetom, zato mu je treba zlasti v predšolskem in predpubertetnem obdobju nuditi čim več možnosti za gibanje in izražanje skozi gib. Otroci se premikajo naravno. Premikajo se, da dosežejo mobilnost, da raziskujejo, da izrazijo misli in občutke in ker jim je lepo. Ko njihovo gibanje postane zavestno strukturirano in se izvaja z zavedanjem, pa lahko postane ples. Ples je naravna metoda za učenje in osnovna oblika izražanja. Pomembno je, da izobraževanje otrokom nudi razvojne prednosti in edinstvene priložnosti za učenje, ki lahko izhajajo tudi iz organiziranja gibanja v estetsko doživetje plesa. Ples je močan zaveznik za razvoj številnih lastnosti razvijajočega se otroka. Fizične koristi plesa so splošno sprejete, čustveni, socialni in kognitivni atributi pa so se šele nedavno začeli ceniti. Pri plesu se uporablja celotno telo, ples nudi pot za razširitev možnosti in sposobnosti gibanja, saj vključuje več raznolikega gibanja kot večina drugih telesnih dejavnosti. Ples spodbuja psihološko zdravje in zrelost. Otroci uživajo v priložnostih, pri katerih izrazijo svoja čustva ter se zavedajo sebe in drugih na osnovi ustvarjalnega gibanja. Sodelovanje v plesu je prijetna izkušnja za večino in spodbuja samozavest, samospoštovanje in močan občutek identitete. Ples spodbuja srečanje, interakcijo in sodelovanje. Otroci se učijo delati v skupini in skozi proces sodelovanja se naučijo razumeti sebe v odnosu do drugih. Ples je osnova učenja, saj vključuje kinestetično učenje z razumevanjem. Otroci se najlažje učijo iz fizičnih in senzoričnih izkušenj. Ples je človekova potreba in pravica. Je prirojen način odzivanja na svet, preden se začnejo uporabljati besede, zato bi morali vsi otroci imeti pravico do ustvarjalnega giba.

Ključne besede: ustvarjalni gib, plesna umetnost, otrok, telo, kritično mišljenje, identiteta.

ABSTRACT

Creative movement is an art, whose medium is the body in motion. The notion of a dance teacher standing in front of the class demonstrating movements that the students then learn and practice is wrong. Such a method does not allow for the development of key competencies, such as personal traits and interpersonal communication, critical and creative thinking. Within the framework of teaching through the use of the creative movement method, children themselves discover and create dance, while the teacher facilitates learning and creativity. Their body is the child's first contact with the world, and thus they must be given as many opportunities as possible to move and express themselves through movement in the pre-school and pre-teen periods.

Children move naturally. They move to achieve mobility, to explore, to express their thoughts and because they enjoy it. When their movement becomes consciously structured and is carried out through awareness, it can become dance. Dance is a natural method for learning and a basic form of expression. It is important for education to offer children the developmental advantages and unique opportunities for learning, which can also come from organising movement into the aesthetic experience of dance.

Dance is an important ally in developing numerous characteristics of a growing child. The physical benefits of dance are generally recognised, while its social and cognitive attributes have only recently begun to be appreciated. Dance uses the entire body and provides a way to expand the possibilities and capabilities for movement, as it includes more diversified motion than most other physical activities. Dance encourages psychological health and maturity. Children enjoy opportunities to express their emotions and become aware of themselves and others through creative movement. Taking part in dance is a pleasant experience for many. It bolsters self-confidence, self-respect and a strong sense of identity. Dance encourages meetings, interaction and cooperation. Children learn to work in a group and understand themselves in relation to others through a process of cooperation. Dance forms a backbone of learning, as it mixes kinaesthetic learning with understanding. Children learn best from physical and sensory experience. Dancing is a human need and right. It is an innate way of reacting to the world before words are used and thus all children should have the right to creative movement.

Key words: creative movement, dance art, child, body, critical thinking, identity

KRATEK PREGLED STOLETNE ZGODOVINE SLOVENSKEGA BALETA A BRIEF SURVEY ON THE HUNDRED-YEAR HISTORY OF THE SLOVENIAN BALLET

IZVLEČEK

Prispevek prof. dr. Henrika Neubauerja ponuja vpogled v zgodovino slovenskega baleta v zelo skrajšani obliki. Popisuje dogajanje ob ustanovitvi prvega slovenskega baletnega ansambla v Ljubljani jeseni leta 1918 in nato še ustanovitev baletnega ansambla v Mariboru leta 1946. Poglavja so razdeljena na različna obdobja, od katerih so nekatera poimenovana po baletnih šefih (vodjih baletnih ansamblov), ki so bili na tem položaju po več kot deset let. Prvo poglavje je posvečeno začetnemu obdobju baletnega ansambla v Ljubljani, ki je trajalo od leta 1918 do 1928, drugo je obdobje Petra Golovina - Gresserova od leta 1928 do 1946, ki je zaslužen predvsem za to, da se je slovenski balet kljub velikim personalnim in finančnim težavam ohranil. Tretje obdobje se začne leta 1946 s prihodom Pie in Pina Mlakarja iz tujine. V Slovenijo sta prenesla nekaj baletov, ki sta jih koreografirala v tujini, slovensko baletno sceno pa sta obogatila z nekaterimi baleti, ki sta jih v Ljubljani predstavila prvič. Tretje obdobje je obdobje Henrika Neubauerja, ki je vodstvo ljubljanskega baletnega ansambla prevzel leta 1960 po upokojitvi Pie Mlakar. To je obdobje, ko so v Ljubljano prihajali koreografi svetovnega slovesa in so ljubljanski ansambel spremljali številni tuji strokovni časopisi. V zadnjem obdobju ljubljanskega Baleta, od leta 1972 do danes, ni bilo več osebnosti, ki bi ostala na vodstvenem položaju dalj časa, menjavali so se slovenski in tuji vodje. Tudi v Mariboru je trajalo začetno obdobje vse do leta 1959, ko je postal šef baleta Iko Otrin, ki je na tem mestu ostal do leta 1984 s presledkom med letoma 1964 in 1970, ko je zaradi Otrinovega odhoda v Novi Sad mariborski Balet vodil Albert Likavec, prvi solist. Otrin je bil posebej zaslužen za razvoj baleta in baletne šole. Po letu 1984 so na čelu Baleta spet različna imena vse do leta 2003, ko je bil na to mesto imenovan Edward Clug, ki je direktor Baleta še danes.

Ključne besede: zgodovina slovenskega baleta, baletni direktorji, ljubljanski balet, mariborski balet, baletni repertoar.

ABSTRACT

The contribution of prof. dr. Henrik Neubauer offers an insight into the history of the Slovenian ballet in a very shortened form. The first ballet ensemble was established in 1918 in Ljubljana, the second one in Maribor in 1946. The chapters are divided into different periods, some of which are named after the ballet directors who held their directorial position for more than ten years. The first chapter is dedicated to the initial period of the ballet ensemble in Ljubljana from 1918 to 1928; the second is the period of Peter Golovin Gresserov from 1928 to 1946, who is credited with the fact that despite considerable staffing and financial problems the Slovenian ballet has been preserved. The third period began in 1946 with the arrival of Pia and Pino Mlakar from abroad. They have shown some of their ballets, which they have previously choreographed abroad, whilst they also enriched the Slovenian ballet scene with some ballets that were presented in Ljubljana for the first time. The third period is the period of Henrik Neubauer, who took over the leadership of the Ljubljana Ballet Ensemble in 1960 after the retirement of Pia Mlakar. This is the period when renowned world choreographers came to Ljubljana and numerous foreign professional magazines reported on the achievements of the Ljubljana Ballet. In the last period of the Ljubljana Ballet from 1972 to the present, the ballet directors changed frequently and there was no longer a personality that would remain in the leadership position for a longer period of time. In Maribor, too, the initial period lasted until 1959, when Iko Otrin became the head of the ballet and remained there until 1984 with an interval between 1964 and 1970, when due of Otrin's departure the leadership was taken over by the first soloist Albert Likavec. Otrin was especially credited with the development of the ballet school. After 1984, ballet was again headed by various directors until 2003, when Edward Clug was appointed as the director of the ballet and is still in that function.

Key words: history of Slovenian ballet, ballet directors, Ljubljana Ballet, Maribor Ballet, ballet repertoire

ACADEMIC BALLET: A NATIONAL AND TRANSNATIONAL PERSPECTIVE

ABSTRACT

Drawing on historical perspectives, the paper follows the main diachronic line of world ballet history, and from a broad perspective focuses on Slovenia and the concept of national ensembles that were dominant in 20th-century Europe. A real challenge for national companies emerges at the turn of the century, when national companies increasingly become transnational. The repertoire becomes eclectic, and the new readings of canonical works are susceptible to the concept of intertextuality, hybridisation of genres and co-mixing of cultural influences. The academic, scientific approach has a significant role in following this vivid and vibrant process in ballet art. It studies dance art from numerous analytical perspectives that surpass the acquiring of technical dancing skills and the factual history of dance but rather involve semiotics, anthropological, philosophical, psychoanalytical, socio-political and feminist and gender perspectives, as well as kinesiology, anatomy and physiology in the context of safe practice. In the previous academic year, Slovenia acquired its dance academy which offers studying and teaching of ballet on an entirely new level. It produces not only future professionals, but indirectly facilitates the education of a wider population relating to the significance of dance for the culture of the 21st century. It will potentially secure a double result: the preservation of the autochthonic culture and tradition and the opening up to new tendencies and philosophies as an integrative factor within Europe and worldwide.

Key words: ballet, dance academy, dance education, transnationality

KREATIVNI PLES – PLESNA TERAPIJA PO METODI MARIJE FUX: IZVOR, RAZVOJ, POZITIVNI UČINKI CREATIVE DANCING – DANCE THERAPY METHOD MARIA FUX: ORIGINIS, DEVELOPMENTS, BENEFITS

IZVLEČEK

Curt Sachs definira ples kot »mater vseh umetnosti«, ker nobena druga umetnost kot ples ne more vključiti človeka v celoti. Temelji na neverbalnem, neposrednem in konkretnem jeziku, ki omogoča verodostojno komunikacijo med ljudmi.

Izvor plesa je bistven za človeka: danes je vedno večja potreba po odnosu do telesa in ponovni uporabi telesa, ki smo ga uporabljali, pa ga ne uporabljamo dovolj. Rojeni smo in gibamo se, toda z leti smo prekinili to kontinuiteto s svojim telesom. Živimo brez razumevanja, ne prisluhnemo si in ne izražamo notranjega gibanja. Plesna terapija / ustvarjalni ples po metodi Fux izhaja iz umetniške in pedagoške poti argentinske plesalke Marie Fux. Ta pristop k plesu vodi do večje individualne, fizične, čustvene in domiselne integracije, pa tudi do medosebne integracije.

Ta metodologija je del raznolikega področja sodobnega plesa, iz katerega izhajajo njena načela. V šolah na področju izobraževanja se lahko obravnava kot oblika spremljajočega čustvenega, relacijskega in telesnega razvoja na področju rehabilitacije in terapije pri odraslih in starejših s fizičnimi in/ali kognitivnimi omejitvami.

Ključne besede: izvor, razvoj, koristi, ples.

ABSTRACT

Curt Sachs defines dance as "the mother of all the arts", since no other art than dance is able to involve humans in their totality. In fact, it is based on non-verbal, direct and concrete language, which allows authentic communication between people. The origin of dance is intrinsic to humans: today, there is a growing need to rediscover the relationship with our body and to resume the body language that we are not accustomed to use. We are born and we are in motion, but over the years we interrupt this continuity with our body. We inhabit it without understanding it, without perceiving it, without expressing its inner motions. The dance therapy/creative dance according to the Fux method originates from the artistic and pedagogical path of the Argentinian dancer Maria Fux. This approach to dance leads to the achievement of individual integration – on the physical, emotional and imaginative level, but also to interpersonal integration. This methodology belongs to contemporary dance, from which its principles are drawn. It can be used in schools as accompaniment to emotional, relational and bodily development, in the field of rehabilitation and therapy of adults and the elderly with physical and/or cognitive limitations.

Key words: origins, developments, benefits, dancing

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STATISTIČNA ANALIZA OMEJITVENEGA PROGRAMA PLESA RUMBA V LATINSKO-AMERIŠKIH TEKMOVALNIH PLESIH STATISTICAL ANALYSIS OF THE BASIC SYLLABUS FIGURES OF RUMBA IN LATIN-AMERICAN BALLROOM DANCING

ABSTRACT

The principle of gradually developing choreographies in ballroom dancing is essentially achieved by the separation into basic and open program dance figures. Basic figures are further divided into difficulty levels by different international dance organisations without considering objective criteria of difficulty, and that is one of the main reasons why the classifications differ. The goal of this research was to statistically analyse the basic syllabus figures of the Latin-American dance Rumba and to discover the potential of objectively determining the difficulty levels in ballroom dancing. We have analysed 34 dance figures from the basic rumba syllabus from two Latin-American technique books – the Imperial Society of Teachers of Dancing (ISTD) and the International Dance Teachers' Association (IDTA). Based on the literature we have determined the value of each figure based on seven variables: number of steps, amount of turns, number of actions, difficulty of actions, asymmetry, number of positions, and progression. We have analysed the data using hierarchical cluster analysis and have discovered that two main difficulty levels of dance figures are being clearly distinguished. There was a possibility for a third difficulty level, however the differences between the second and third level were small. 16 figures have been classified into the first group (less difficult) and 18 figures into the second group (more difficult). All seven variables were significantly important in determining the two groups. The results are comparable with the existing classifications – including the latest by the World DanceSport Federation (WDSF). The observed differences are supported by empirical evidence and represent the foundation for discussing the adequacy of the existing classifications. We recommend our statistical approach as a model for verification of all ballroom and Latin basic dance figures classifications. We hope that our method and classification can be used as a guide for choreographers and teachers of ballroom dancing.

Key words: Rumba basic syllabus figures, Latin-American ballroom dancing

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UMIRANJE VAROVANCEV V DOMOVIH ZA STAREJŠE OBČANE: DOJEMANJA MED ZAPOSLENIMI V ZDRAVSTVENI NEGI *PERCEPTION OF DYING IN ELDERLY HOMES FROM THE PERSPECTIVE OF THE NURSING STAFF*

IZVLEČEK

Uvod: Smrt je enaka rojevanju, enkratna in unikatna. Oba sta v času silnega napredka in hitrega tempa življenja avtomatizirana dogodka, razosebljena in potisnjena v zdravstvene institucije. Prav zato čas umiranja vključuje pri posamezniku občutja zanikanja, jeze in strahu. Od zaposlenih v zdravstveni negi se pri tem pričakuje visoka strokovnost in profesionalnost, čeprav so tudi ti samo ljudje z vsemi svojimi strahovi in slabostmi.

Namen naše raziskave je bil, ugotoviti življenjska izkustva in doživetja umiranja s strani zaposlenih v zdravstveni negi v domovih starejših občanov. Cilj raziskave je tako dobiti vpogled, kakšno je doživljanje, izkušnje in odziv na umiranja varovancev v domovih za starejše pri zaposlenih v zdravstveni negi na študiji primera doma za starejše občane v štajerski regiji s primerjalno študijo v domu starejših v sosednji Avstriji.

Metode: Raziskava temelji na empirični kvalitativni metodi dela z interpretativnim fenomenološkim raziskovalnim pristopom. Podatke smo pridobili s polstrukturiranim intervjujem. Dobljene rezultate smo pregledali in jih kvalitativno analizirali.

Rezultati: Raziskava prikazuje, kako se zaposleni v domovih starejših občanov soočajo z umiranjem, kako so nanj psihično pripravljene, poučeni, kako se odzovejo na umiranje, kako slednje učinkuje na njihovo življenje zunaj delovnega okolja in/ali bi potrebovali dodatna izobraževanja in podporo na tem področju.

Razprava in zaključek: Raziskava prispeva k razumevanju pomena doživetja umiranja med zaposlenimi v zdravstveni negi tako v delovnem okolju kot tudi zunaj njega. Ugotovitve izvedene raziskave kažejo pomembnost in potrebnost izobraževanja, ki bi zaposlenim v domovih starejših dalo znanje za soočanje z umiranjem varovancev.

Ključne besede: medicinske sestre, starostnik, obremenitve pri delu, soočanje s smrtjo, supervizija.

ABSTRACT

Introduction: Death is like birth, once-in-a-lifetime and unique. In this era of huge progress and fast-paced lifestyle, however, both have become automated occurrences, impersonalised and shoved into healthcare institutions. This is why the process of dying involves feelings of denial, anger and fear in individuals. Healthcare employees are therefore expected to be highly professional and proficient, despite the fact that they are just regular people, with all of their fears and weaknesses.

The objective of our research was to ascertain the life experiences and perception of dying from the point of view of healthcare employees in nursing homes. The goal of our research was to gain an in-depth view on the comprehension and experiences of and the reaction to the dying of elderly people in nursing homes, from the perspective of healthcare employees. A comparative study of a nursing home in the region of Styria and a nursing home in the neighbouring Austria was performed.

Methods: The research is based on the empirical qualitative method of work with an interpretative phenomenological research approach. We acquired data via a half-structured interview. We examined and qualitatively analysed the acquired data.

Results: Research shows how healthcare employees in nursing homes cope with the process of dying of the residents, how mentally well-prepared they are for it, how educated they are, how they react to dying, how it affects their lives outside of the work environment and whether they might need additional education and support in their field of work.

Discussion and conclusion: The research contributes to the understanding of how healthcare employees cope with dying both within and outside their work environment. The findings of this research show the importance and necessity of education, which provides the necessary knowledge for healthcare employees in nursing homes when it comes to coping with the dying of the persons in their care.

Key words: medical nurses, elderly, workloads, coping with death, supervision

SPOZNAVANJE MORALNO-ETIČNIH VREDNOT NA POTI ZA POKLIC V ZDRAVSTVENI NEGI – PRIMERI DOBRE PRAKSE GETTING TO KNOW MORAL-ETHICAL VALUES ON THE WAY TO A NURSING PROFESSION – AN EXAMPLE OF GOOD PRACTICE

IZVLEČEK

Poznavanje, spoštovanje in življenje moralno-etičnih vrednot medicinske sestre je ključnega pomena za njeno profesionalno delovanje v zdravstveni negi, etično obnašanje, delovanje v korist pacienta, zagotavljanje kakovosti zdravstvene nege in gojenje ter vzdrževanje medčloveških odnosov. Primer dobre prakse Srednje zdravstvene šole Celje o poudarjenih moralno-etičnih vrednotah, potekajočih skozi celo šolsko leto v obliki okroglih miz, prikazuje med drugim tudi osredotočenost vzgojno-izobraževalnega dela na pomen spoznavanja, razmišljanja, privzganja in motiviranja dijakov za človečnost do sočloveka. Obravnavane vrednote so spoštovanje, odgovornost, sočutje, ustvarjalnost, poštenost, tradicija, vedrina, varovanje zdravja in okolja, strokovnost in medpredmetno povezovanje. Ob obravnavanju posameznih vrednot se prek osebnih razmišljanj strokovnjakov s posameznih področij prepleta vzgoja dijakov z razvijanjem njihove duhovne inteligence, smisla njihovega delovanja, bivanja, sposobnosti doživljanja in težnje k nečemu višjemu. Poznavanje in razvijanje moralno-etičnih vrednot v zdravstveni negi v skladu s Kodeksom etike v zdravstveni negi in oskrbi in življenjske modrosti, ki jih dijaki pridobijo v Srednji zdravstveni šoli Celje, so podlaga za etično, moralno in profesionalno rast prihodnjega študenta zdravstvene nege.

Ključne besede: etika, vrednote, zdravstvena nega.

ABSTRACT

Knowing, respecting and living the moral-ethical values of a nurse is crucial for their professional activity in nursing, ethical behavior, acting in the patient's benefit, ensuring quality nursing care and cultivating and maintaining interpersonal relationships. An example of the good practice of the Secondary School of Nursing Celje concerning the emphasis on moral-ethical values throughout the school year in the form of round tables shows, among other things, the focus of educational work on the importance of getting to know, thinking, stimulating and motivating students for humaneness to their fellow man. The values considered are respect, responsibility, compassion, creativity, honesty, tradition, cheerfulness, health and environment protection, professionalism and cross-curricular integration. When dealing with individual values, through personal thoughts of experts in individual fields, the education of students is interwoven with the development of their spiritual intelligence, the sense of their functioning, their living, the ability to experience and the tendency towards something higher. Knowing and developing moral-ethical values in nursing care in accordance with the Code of Ethics in nursing and supply, as well as the life wisdom that students attain in Secondary School of Nursing Celje, form the basis for the ethical, moral and professional growth of a future nursing student.

Key words: ethics, values, health care

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POMEN GIBALNE DEJAVNOSTI PRI OBVLADOVANJU SRČNO-ŽILNIH BOLEZNI – POGLED UDELEŽENCEV VADBE KORONARNEGA KLUBA

THE IMPORTANCE OF PSYISICAL ACTIVITY IN MANAGING CARDIOVASCULAR DISEASES FROM THE POINT OF VIEW OF THE PARTISIPANTS IN THE CORONARY CLUB EXERCISE PROGRAM

IZVLEČEK

Uvod: Redna gibalna dejavnost je poglavitni del zdravega življenjskega sloga pri bolnikih s koronarno boleznijo, saj preprečuje napredovanje srčno-žilnih boleznih in ublaži njihove simptome. Bolnikom s koronarno boleznijo se v skladu z veljavnimi smernicami priporoča predvsem dinamična aerobna vadba, ki ima ugodne učinke na delovanje srčno-žilnega sistema in dejavnike tveganja za napredovanje boleznih. Redna gibalna dejavnost, ki je ustrezno načrtovana, pravilno odmerjena ter prilagojena glede na telesne sposobnosti in spremljajoča obolenja posameznika, izboljšuje uravnavanje krvnega tlaka, sladkorja in maščob v krvi, kognitivno delovanje in psihično stanje, splošno počutje ter kakovost življenja. Namen naše raziskave je bil, dobiti vpogled v gibalno dejavnost koronarnih bolnikov z vidika njihovega pogleda na pomen vadbe, ki ga pripisujejo obvladovanju svoje boleznih in dejavnikov tveganja ter pomenu za telesno in duševno počutje.

Metode: Raziskava temelji na empirični kvalitativni metodologiji. Podatki so bili pridobljeni s polstrukturiranim intervjujem kot kombinacijo vnaprej določenih vodilnih vprašanj in obliko prostega pogovora. V raziskavo je bilo vključenih osem udeležencev vadbe, ki so bili vključeni v Koronarni klub Maribor. Zbrani podatki so bili analizirani s kvalitativno vsebinsko analizo.

Rezultati: Prispevek prikazuje mnenja udeležencev o pomenu strokovno vodene vadbe za obvladovanje lastnih zdravstvenih težav in dejavnikov tveganja, njihove razloge za udeležbo na vadbi, pogostnost, obliko in vsebino gibalne dejavnosti, ki jo vključujejo v svoj vsakdan, evalvacijo zadovoljstva z vadbo v Koronarnem klubu Maribor z vidika pogostnosti, zahtevnosti in počutja med vadbo in po njej ter druženja in socialnih stikov.

Razprava: Dobljene ugotovitve dajejo vpogled, kako pomembno je vključevanje posameznika v strokovno vodeno vadbo in kako pomembna je vadba za bolnika z dejavniki tveganja za srčno-žilne bolezni ter kako skupinska vadba kot oblika gibalne dejavnosti motivira vadečega za druženje, pogovore, sprostitev in zdrav življenjski slog.

Ključne besede: vadba, dejavniki tveganja, življenjski slog, promocija zdravja.

ABSTRACT

Introduction: Regular physical activity is the main ingredient of a healthy lifestyle of patients suffering from coronary diseases, as it prevents the progression of cardiovascular diseases and relieves their symptoms. The current guidelines advise patients with coronary disease to participate in dynamic and aerobic exercises that have favourable effects on cardiovascular system functions and risk factors. Regular physical activity that is appropriately planned, timed and adapted to the participant's physical abilities and accompanying diseases, regulates blood pressure, blood sugar and blood fats, cognitive function and mental state, and generally improves the patient's state of health and quality of life. The purpose of our survey was to gain insight into how coronary patients perceive the role of physical activity in managing and improving their disease and risk factors, and its importance for their physical and mental state.

Methods: The survey is based on empiric qualitative methodology. The data was acquired with half-structured interviews that combined specified leading questions and unguided conversation. The survey included eight exercise program participants that are enlisted into the Coronary Club Maribor. The collected data was analysed with a qualitative content analysis.

Results: This contribution will show the opinions of the participants about the importance of expertly guided exercises to control and manage one's health issues and risk factors; their explanations as to why they take part in the exercise, how often they take part, the kind of exercise they include in their everyday life; the evaluation of the exercise program in the Coronary Club, how often they come, how challenging it is, how they feel during and after exercise, how satisfied they are with the socialising and social contact.

Discussion: The results of our survey show how important it is to include an individual into expertly guided exercise programs, how important such exercise is for patients with risk factors for coronary disease, and how group exercise as a form of a physical activity motivates the participant into socialising, talking, relaxing and leading a specific lifestyle.

Key words: exercise, risk factor, lifestyle, health promotion

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SKRB ZA ZDRAVJE IN OBVLADOVANJE STRESA PRI MEDICINSKIH SESTRAH V CENTRU ZA TRANSFUZIJSKO MEDICINO MARIBOR HEALTH CARE AND STRESS MANAGEMENT IN NURSES AT THE CENTRE FOR TRANSFUSION MEDICINE MARIBOR

IZVLEČEK

Stres je vsakodnevni spremljevalec, ki je lahko vzajemno z zdravim življenjskim slogom koristen, saj prispeva k uspešnemu obvladovanju vsakodnevnih obveznosti in delovnih zahtev. Medicinska sestra je zaradi narave dela izpostavljena stresnim situacijam in neuspešno prepoznavanje ter obvladovanje le-teh s spremljajočo pomanjkljivo skrbjo za lastno zdravje lahko privede do slabega počutja na delovnem mestu, posledic na osebem psihofizičnem stanju ter v hujših primerih tudi do sindroma izgorlosti. Z empirično kvalitativno raziskavo smo želeli ugotoviti ključne dejavnike, ki so pomembni za prepoznavo in obvladovanje stresnih situacij z vidika skrbi za lastno zdravje in počutje na delovnem mestu medicinske sestre v Centru za transfuzijsko medicino Maribor. V raziskavi je sodelovalo 10 medicinskih sester, ki so odgovarjale na polstrukturirani intervju v novembru 2017. Kvalitativna vsebinska analiza je pokazala 6 osrednjih dejavnikov, ki vplivajo na doživljanje in obvladovanje stresa pri medicinskih sestrah: 1) zdrav način življenja, 2) dejavniki stresa na delovnem mestu, 3) neustrezne delovne razmere, 4) pomoč v stresnih situacijah na delovnem mestu, 5) pomoč v stresnih situacijah v domačem okolju in 6) počutje na delovnem mestu. Posebno pozornost je treba nameniti promociji zdravja s strani delovne organizacije v obliki izobraževanj in učnih delavnic ter zagotoviti ustrezne delovne razmere za boljše počutje in obvladovanje stresa medicinskih sester.

Ključne besede: življenjski slog, delovno okolje, obremenitve v zdravstveni negi, medsebojni odnosi, izgorlost.

ABSTRACT

Stress is our daily companion that can be useful when in conjunction with a healthy lifestyle, as it helps us to successfully manage our daily duties and work requirements. Due to the nature of their work, nurses are exposed to stressful situations; unsuccessful identification and management of these situations, accompanied by insufficient care for one's own health, may lead to ill-being in the workplace, affect one's psychophysical condition, and in worse cases lead to burnout syndrome. Empirical qualitative research was conducted to determine the key factors that are important for identifying and managing stressful situations from the aspect of how nurses at the Centre for Transfusion Medicine Maribor care for their own health and how they feel in the workplace. The research encompassed 10 nurses who answered a semi-structured interview in November 2017. A qualitative content analysis has shown the 6 core factors that influenced how these nurses experienced and managed stress: 1) Healthy lifestyle, 2) Stress factors in the workplace, 3) Unsuitable working conditions, 4) Help during stressful situations in the workplace, 5) Help during stressful situations at home, and 6) Well-being in the workplace. Special attention should be placed on the work organisation's promotion of health in the form of training programmes and learning workshops, while suitable working conditions for improving well-being and stress management among nurses should be ensured.

Key words: lifestyle, working environment, burdens in nursing, relations, burnout

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PROMETNA NESREČA S POLITRAVMATIZIRANIM PONESREČENCEM CAR ACCIDENT WITH A POLYTRAUMATISED VICTIM

IZVLEČEK

Število prometnih nesreč se v današnjem času povečuje, pri katerih so glavni vzrok za umrljivost so poškodbe. Nujna medicinska pomoč zahteva hitro ukrepanje in visoko stopnjo usposobljenosti zdravstvenih delavcev. Zelo pomemben dejavnik je odzivni čas, od katerega je odvisno preživetje ponesrečenca. Reševanje politravmatiziranega ponesrečenca zahteva večdisciplinarni pristop in hitro ukrepanje, saj so največkrat potrebni tudi nujni operativni posegi. Pri triaži ponesrečenca imamo na eni strani težo poškodb in možnost preživetja, na drugi strani pa oskrbo, prevoz ter zdravljenje. V primeru množičnih nesreč je treba ponesrečenca evidentirati s triažnim kartonom, ki zagotavlja njegovo sledenje. Članek je zasnovan na podlagi znanstvene in strokovne literature.

Ključne besede: politravma, triaža na terenu, množične nesreče, medicinska sestra.

ABSTRACT

The number of traffic accidents, with injuries as the main cause of death, is increasing. Emergency medical service requires rapid action and a high level of competence of health professionals. A very important factor is the response time, on which the survival of the patient depends. Management of a polytraumatized patient requires a multidisciplinary approach and quick action, as it often involves emergency surgery. In triage patients, we have the severity of injuries and the possibility of survival on one hand, and care, transportation and treatment on the other. In case of mass accidents, the patient needs to be recorded with a triage card, which ensures their tracking.

Key words: polytrauma, triage in the field, major accidents, nurse

VLOGA PRIMERNE PALIATIVNE ZDRAVSTVENE NEGE IN OSKRBE ZA UMIRAJOČEGA PACIENTA THE ROLE OF APPROPRIATE PALLIATIVE CARE AND CARE FOR THE DYING PATIENT

IZVLEČEK

Danes velika večina ljudi umre pri visoki starosti. Vzrok smrti so dolgotrajne kronične bolezni, ki že leta pred smrtjo človeku zmanjšujejo kakovost življenja. Spreminja se struktura družine, saj je prisotna velika obremenitev posameznih družinskih članov s službenimi obveznostmi, otroci pa so podvrženi šolskim obveznostim. Postavlja se vprašanje, kdo bo znotraj družine skrbel za umirajočo osebo. Ob tem postaja vse bolj bistvena in nujno potrebna institucionalno organizirana paliativna zdravstvena nega. Ob tem si postavljamo vprašanje, ali imamo pri nas organizirano kakovostno paliativno zdravstveno nego in oskrbo. Na tem področju je bistveno ustrezno znanje zaposlenih delavcev v paliativni zdravstveni negi in oskrbi. Članek je zasnovan na pregledu znanstvene in strokovne literature.

Ključne besede: paliativa, zdravstvena nega, oskrba, umiranje.

ABSTRACT

Today, the vast majority of people die at an old age. The cause of death is long-standing chronic diseases, which have been reducing the quality of life for many years before their death. The structure of the family changes, as there is a large burden placed on individual family members with official obligations, and children are subject to school obligations. The question of who will take care of the dying person within the family poses itself. At the same time, an institutionally organized-palliative nursing service is becoming more and more essential. In addition, we ask ourselves whether we have well organized palliative and nursing care in our country. In this area, the relevant knowledge of employees in palliative and nursing care is essential. This article is based on a review of scientific and technical literature.

Key words: palliative, nursing, care, dying

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ZOBOZDRAVSTVENA VZGOJA PREDŠOLSKIH OTROK DENTAL HEALTH EDUCATION OF PRESCHOOL CHILDREN

IZVLEČEK

Uvod: Ustno zdravje je pomemben dejavnik kakovosti življenja in zdravja. Zobozdravstvena vzgoja je temeljni preventivni ukrep, s katerim osveščamo družbo in posameznike, da bi si prisvojili dobre navade, ki pomembno vplivajo na življenje. Cilji zobozdravstvene preventive so informiranje, obveščanje in prisvajanje veščin o skrbi za zdrave zobe, pri čemer so poleg tehnik o pravilni ustni higieni pomembne tudi vsebine o zdravi prehrani, razvadah in uporabi zobnih pripomočkov.

Metode: V članku smo uporabili kvantitativno metodo dela. Raziskovalni del je potekal s strukturiranim anketnim vprašalnikom. Sodelovali so starši predšolskih otrok, ki obiskujejo Vrtec Tišina (enota Plavček), Vrtec Beltinci in Vrtec Murska Sobota (enote Gozdiček, Ringa raja, Urška, Krtek, Srnica in Veverička).

Rezultati: Raziskava je pokazala, da večina staršev meni, da so preventivni zobozdravstveni pregledi in zobozdravstvena vzgoja predšolskih otrok pomembni. Več kot polovica anketiranih staršev dobi največ informacij o pravilni ustni higieni svojih otrok od medicinske sestre, ki prihaja v vrtec izvajati preventivno zobozdravstveno vzgojo. Večina jih meni, da je nadzor pri izvajanju ustne higiene v predšolskem obdobju pomemben. Dobljeni rezultati kažejo, da je imelo skoraj 80 % otrok anketiranih staršev vsaj eno od razvad. Največ anketirancev je odgovorilo, da je njihov otrok sesal dudo, veliko pa jih je pilo sladke pijače po steklenički ali grizlo različne predmete.

Razprava in zaključek: Medicinska sestra v okviru zobozdravstvene vzgoje in preventive obiskuje predšolske otroke v vrtcih, kjer se skupaj z vzgojiteljicami s primernim pristopom trudi za dobro ustno zdravje otrok. Diplomirana medicinska sestra, ki izvaja zobozdravstveno vzgojo, mora imeti jasno izoblikovana stališča, pričakovanja, cilje, da lahko uspešno dela in sodeluje s starši, otroki, vzgojitelji, učitelji ter drugimi sodelavci v zdravstvenem timu. Imeti mora široko paleto znanja s področja zdravstva, zobozdravstva, vzgoje, preventive, sporazumevanja, psihologije, nenehno se mora izobraževati, pridobivati znanje in izkušnje ter gojiti ljubezen do otrok.

Ključne besede: preventiva, zobje, otroci, zobozdravstvena vzgoja, diplomirana medicinska sestra.

ABSTRACT

Introduction: Dental health presents an important factor of quality of life as well as quality of health. Dental education is a basic prevention measure which serves to make society as well as individuals aware of the importance of acquiring healthy habits that effectively impact our lives. Dental health prevention aims to inform people and help them acquire the skills for maintaining good oral hygiene, which does not only include good oral hygiene techniques, but also focuses on healthy diet, bad habits and the use of dental hygiene tools.

Methods: In the article we used quantitative research methodology. Results were obtained using a structured questionnaire. The interviewees were parents of preschool children of kindergartens in Tišina (Plavček Unit), Beltinci and Murska Sobota (kindergarten units named Gozdiček, Ringa Raja, Urška, Krtek, Srnica and Veverička).

Results: The results of the research have shown that most of the parents believe that preventive dental examinations together with dental education are of great importance. More than one half of the parents surveyed for this research mostly receive information about good oral hygiene for their children from a nurse who carries out preventive dental care education in kindergartens. Most of them agree that it is important to control oral hygiene in kindergartens. The results obtained have shown that almost 80 % of children possessed at least one bad habit. According to the respondents' answers, most of their children sucked a pacifier, many of them drank sweet beverages from their feeding bottles, or bit different objects.

Discussion and conclusions: For dental education and preventive purposes, a nurse visits preschool child in kindergartens, where he/she endeavours to maintain good oral health in children. He/she does this using an appropriate approach and with the help of kindergarten teachers. A graduate nurse in dental education needs to have clearly formed points of view, expectations, and objectives in order to work and cooperate with parents, children, kindergarten teachers, teachers and other health care workers in a successful way. They must have a wide spectrum of knowledge related to the area of health care, dental care, education, prevention, communication, psychology, and moreover, they constantly need to participate in additional trainings, accumulate knowledge and experience and give cultivate their love for children.

Key words: preventive dental care, teeth, children, dental health education, graduate nurse

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TRANSPLANTACIJA ORGANOV IN TKIV: POZNAVANJE IN ETIČNE DILEME MED SPLOŠNO POPULACIJO TRANSPLANTATION OF ORGANS AND TISSUES: KNOWLEDGE AND ETHICAL DILEMMAS AMONG GENERAL POPULATION

IZVLEČEK

Uvod: S strani etičnih vidikov oz. moralnih vrednot so transplantacije organov in tkiv pogostokrat izpostavljena tabu tema strokovnih razprav, pa vendar se le-te pogosto izvajajo v klinični praksi tako po svetu kot tudi pri nas. Po poročanju Slovenija transplanta se je v letu 2016 opravilo kar 146 različni transplantacij, iz leta v leto pa narašča tudi število darovalcev. Z empirično raziskavo smo želeli ugotoviti, kakšno je znanje in osveščenost splošne populacije o transplantaciji organov in tkiv ter njihov pogled na transplantacijo z etičnega vidika.

Metode: Raziskava temelji na empirični kvalitativni metodi dela z interpretativnim raziskovalnim pristopom. Uporabili smo tehniko intervjuja, v katerega smo zajeli 12 priložnostno izbranih oseb splošne populacije, ki so bile pripravljene sodelovati v raziskavi. Intervjuji so potekali v novembru 2017, po vnaprej pripravljenem polstrukturiranem vprašalniku, ki je vseboval 8 glavnih tematskih vprašanj. Vsi intervjuju so bili posneti in pozneje dobesedno prepisani. Zbrani podatki so bili analizirani s kvalitativno vsebinsko analizo ob uporabi programa NVivo, verzija 11.0 Starter.

Rezultati: Prispevek prikazuje ugotovitve, kako je splošna populacija seznanjena s programom transplantacij organov in tkiv, kakšen je njihov pogled na promocijo programa transplantacij v slovenskem prostoru ter na darovanje organov z vidika odprtih etičnih vprašanj. Prav tako smo želeli ugotoviti, kakšna je pripravljenost intervjuvancev za podpis soglasja, ki dovoljuje odvzem organov njihovih bližnjih v namen darovanja.

Razprava in zaključek: Ugotovitve naše raziskave prispevajo k ozaveščanju splošne populacije o potrebi po vključitvi transplantacije organov in tkiv kot načina zdravljenja ter razširitvi zavesti splošne populacije o pomembnosti darovanja organov za zdravje in kakovost življenja pacientov.

Ključne besede: presaditve organov, etična vprašanja, zdravstvena nega, darovanje organov, stališče javnosti.

ABSTRACT

Introduction: From ethical aspects, the moral values of organ and tissue transplantations are often exposed as the taboo of expert debates, but they are often carried out in clinical practices not only in the world, but also in our country. According to Slovenija transplantat, 146 different transplants were carried out in the year 2016, and the number of donors is increasing from year to year. With an empirical study, we wanted to determine the knowledge and awareness of the general population about organ and tissue transplantation and their view of transplantation from the point of view of ethical issues.

Methods: The research is based on an empirical qualitative method of work with an interpretive research approach. We used an interview technique in which we included 12 randomly selected individuals of the general population who were willing to participate in the survey. Interviews were held in November 2017, in accordance with a semi-structured questionnaire containing 6 main thematic issues. All interviews were recorded and later copied literally. The collected data was analysed with qualitative content analysis using the NVivo program, version 11.0 Starter.

Results: The article will show how well the general population is acquainted with the organ transplantation program, what their view of promoting the transplantation program in Slovenia and the donation of organs from the point of view of open ethical issues is. We also wanted to find out the rate of the interviewees' willingness to sign the consent, which allowed the removal of the organs of their loved ones for the purpose of donation.

Conclusion and discussion: The findings of our research contribute to raising awareness of the general population about the need to incorporate transplantation of organs and tissues as a way of treatment, and extending the awareness of the general population to the importance of organ donation for health and patients' quality of life.

Key words: organ transplants, ethical issues, nursing, organ donation, public opinion

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OZNAČEVANJE IN POSTAVITEV OPREME IN ZDRAVIL V REANIMACIJSKIH VOZIČKIH LABELLING AND POSITION OF EQUIPMENT AND DRUGS IN REANIMATION CARTS

IZVLEČEK

Uvod: Oprema v reanimacijskih vozičkih je različno razporejena znotraj zdravstvenih ustanov in tudi med samimi oddelki v isti ustanovi. Namen prispevka je, analizirati možnosti ustreznega označevanja posameznih predalov reanimacijskega vozička ter tako standardizirati postavitev opreme in zdravil z oznakami.

Metode: V eksperimentalni študiji smo analizirali ergonomsko zasnovo reanimacijskih vozičkov. Označevanje smo izvedli z mnemoniki, ki smo jih sestavili iz primarnih in sekundarnih simbolov.

Rezultati: Opremo smo razdelili v šest primarnih skupin: airway (dihalna pot), breathing (dihanje), circulation (cirkulacija), drugs (zdravila), equipment/electricity (pripomočki), fluids (tekočine). Opremo za vzpostavljanje in vzdrževanje umetne poti smo označili z A-1 in A-2 glede na zaporedje izbora uporabe. Vsi pripomočki za ventilacijo spadajo pod oznaki B-1 in B-2. Pripomočke za nastavitve intravenske kanile smo označili s C-1, infuzijski in transfuzijski sistemi pa spadajo pod C-2. Pod E-1 spadajo defibrilator, elektrode za defibrilator in EKG, pod E-2 pa vsi pripomočki, ki jih drugam ne moremo razvrstiti. Zdravila prvega izbora smo označili z D-1, zdravila drugega z D-2. Zdravila v predalu smo leže razporedili v premičnem razdelilniku. Predal z raztopinami smo označili s F-1 za NaCl in Ringerjevo raztopino ter s F-2 za glukozo in Voluven.

Razprava in zaključek: Označevanje opreme in zdravil reanimacijskega vozička lahko pripomore k zmanjšanju časa, potrebnega za iskanje, kar lahko močno prispeva k poteku in izidu reanimacije.

Ključne besede: reanimacija, medicinski pripomočki, označevanje, zdravila, varnost bolnikov.

ABSTRACT

Introduction: The placement of equipment in resuscitation carts varies among health institutions and also between wards of the same institution. The aim of this paper was to analyse the possibilities of labelling individual drawers of the resuscitation cart and thus to standardize the positions of equipment and drugs with the use of labels.

Methods: We used experimental study to analyse the ergonomics of resuscitation carts. Labelling was performed with mnemonics, composed out of primary and secondary symbols.

Results: We divided the equipment into 6 primary groups: Airway, Breathing, Circulation, Drugs, Equipment, Fluids. Airway equipment was labelled with A-1 and A-2 according to the selection sequence. All ventilation equipment belongs under B-1 and B-2. Accessories for placing intravenous cannula were labelled with C-1, infusion and transfusion systems with C-2. E-1 includes the defibrillator, defibrillator pads and ECG electrodes. All equipment that cannot be classified anywhere else is placed under E-2. Drugs of first choice were labelled with D-1, drugs of second choice with D-2. We arranged the drugs in the drawer lying down with a moveable divider. The drawer with solutions was labelled with F-1 for NaCl and Ringer solutions, and F-2 for Voluven solution and glucose.

Discussion and conclusions: Equipment labelling in reanimation carts can help reduce the time required to search for items, which can greatly contribute to the course and outcome of the resuscitation.

Key words: resuscitation, medical devices, labelling, medications, patient safety

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POTREBE PO ZNANJU USTREZNEGA RAVNANJA Z DOJENČKOM MED MATERAMI

THE NEEDS FOR KNOWLEDGE ABOUT APPROPRIATE BABY HANDLING AMONG MOTHERS

IZVLEČEK

Uvod: Pravilno ravnanje z dojenčkom (angl. baby handling) je povezano z razvojem otrokove telesne drža in temeljnih gibalnih vzorcev. Zato je poznavanje pravilnega ravnanja ter prepoznavanje in odpravljanje nepravilnih ravnanj z dojenčkom ključnega pomena za nadaljnji razvoj otroka. Namen naše raziskave je bil, ugotoviti poznavanje pravilnega ravnanja mater z dojenčki, starimi do enega leta, ter njihove potrebe na tem področju vzgoje otrok.

Metode: Raziskava je temeljila na empirični kvalitativni metodologiji, podatki so bili pridobljeni s polstrukturiranim intervjujem, ki je vseboval 11 vprašanj. Vzorec raziskave je vključeval matere, ki so bile pred začetkom intervjuja seznanjene z etičnimi vidiki sodelovanja v raziskavi, kot so varovanje osebnih podatkov, anonimnost in možnost prekinitve udeležbe v raziskavi brez posledic. Analiza podatkov je potekala na kvalitativni način in v programskem orodju NVivo. Za kvalitativno vsebinsko analizo smo uporabili odprto kodiranje, združevanje kod v kategorije ter določitev osrednjih tem in odnosov med njimi na področju razumevanja potreb mater po znanju ustreznega ravnanja z dojenčkom.

Rezultati: Prispevek prikaže seznanjenost mater s pravilnim ravnanjem z dojenčkom in pomenom pravilnega ravnanja za otrokov gibalni razvoj, kakor tudi zmožnost prepoznavanja nepravilnih gibalnih vzorcev.

Razprava in zaključek: Dobljene ugotovitve imajo pomen za fizioterapevtsko prakso, saj kažejo na potrebo po delavnicah za starše na področju pravilnega ravnanja z dojenčkom in ozaveščanja o povezavah med ravnanjem z dojenčkom in njegovim gibalnim razvojem.

Ključne besede: dojenček, gibalni razvoj, ravnanje, znanje mater, kvalitativna raziskava.

ABSTRACT

Introduction: Appropriate baby handling is associated with the development of a child's posture and foundational movement patterns. Therefore, the knowledge of correct handling, the identification and correction of incorrect handling of the infant are crucial for a child's further development. The purpose of the study is to determine the knowledge of correct handling among mothers with infants up to 1 year old, and their needs in regard to children raising.

Methods: The research was based on empirical qualitative methodology, data was obtained by a semi-structured interview containing 11 questions. The sample of the research was represented by six mothers, who were acquainted with the ethical aspects of cooperation in a study, such as personal data protection, anonymity and the possibility of interrupting participation in a study without any consequences prior to participating in the interview. Data analysis was carried out qualitatively and with the NVivo software tool. For qualitative content analysis, we used open coding, the grouping codes into categories, and determination of the central themes and relationships between them in the field of understanding the needs of mothers for knowledge of appropriate baby handling.

Results: The article presents mothers' knowledge of appropriate baby handling and the importance of proper handling for children's motor development, as well as the ability to identify incorrect movement patterns.

Discussion and conclusions: The findings have significance for physiotherapy practice because they showed a need for workshops on appropriate baby handling for parents and awareness about the link between baby handling and babies' motor development.

Key words: infant, motor development, handling, knowledge of mothers, qualitative research

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HIPOHIDRACIJA – POGOSTO SPREGLEDANA SPREMEMBA TEKOČINSKEGA RAVNOVESJA STAROSTNIKA HYPOHYDRATION – THE OFTEN OVERLOOKED CHANGE OF HYDRATION STATUS OF THE ELDERLY

IZVLEČEK

Uvod: Kljub temu da je o homeostazi tekočin v povezavi z dejavniki procesa staranja veliko znane-ga, so motnje tekočinskega ravnovesja pri starostnikih še vedno pogoste. Največkrat gre za teko-činski primanjkljaj. Ker znaki blagega tekočinskega primanjkljaja skozi daljše obdobje niso vidni, se problema nezadostne hidracije pogosto zavemo šele, ko starostnik zboli. Namen raziskave je bil ugotoviti, kolikšna je pojavnost hipohidracije med starostniki, ko znaki tekočinskega primanjkljaja še niso vidni, vendar že lahko škodljivo vplivajo na starostnikovo zdravje.

Metode: Uporabljena je bila kvantitativna metoda raziskovanja. V raziskavi, ki smo jo opravili na podatkih, pridobljenih za potrebe v preteklosti objavljanega doktorskega dela, smo status hidriranosti ocenjevali s serumskimi laboratorijskimi označevalci. Hipohidracijo smo opredelili s serum-sko osmolalnostjo med 295 in 300 mOsm/kg. Za opis vzorca populacije smo uporabili opisno stati-stiko, za spremenljivke smo podali frekvenčno in odstotno porazdelitev. Obdelavo podatkov smo opravili s statističnim programom SPSS.

Rezultati: V raziskavo je bilo vključenih 410 preiskovancev, starih 65 in več let, ki so zaradi zdra-vstvenih težav obiskali ambulantno internistične nujne pomoči. Hipohidracijo smo ugotovili pri 85 (20,7 %) v raziskavo vključenih starostnikih (55 ženskah in 30 moških). Pri hipohidriranih starostni-kih smo ugotavljali tudi različno pojavnost povišanih vrednosti označevalcev dehidracije (vrednosti serumskega natrija, kreatinina, sečnine in razmerja sečnina : kreatinin).

Razprava in zaključek: Starostnikova potreba po tekočini presega zgolj zagotavljanje zadovoljive količine tekočine. Brez skrbnega spremljanja prehranskega in tekočinskega vnosa je nemogoče vedeti, koliko tekočine posameznik resnično zaužije. Naša raziskava je pokazala veliko pojavnost hipohidracije med starostniki, še preden se le-ta klinično izrazi, in tako potrjuje nujno po dodatni skrbi za ustrezno hidracijo starostnikov.

Ključne besede: žeja, tekočina, starostnik, hipohidracija.

ABSTRACT

Introduction: Despite extensive knowledge of the homeostasis of fluids and the factors connected with the process of ageing, the fluids disbalance in the elderly is a common occurrence: in most cases it is a fluid deficiency. The signs of dehydration usually remain undiscovered for long time and become a medical problem when the elderly get sick. The purpose of this study was to determine the incidence of hypohydration among the elderly, when signs of the fluid deficit are not yet visible, but it can already adversely affect the health of the elderly.

Methods: The quantitative method of researching was used to identify the hydration status of the participants and the data collected for the previously published PhD thesis was analysed. Hypohydration was defined as serum osmolality between 295 and 300 mOsmol/kg. We used descriptive statistics and presented distributions (frequencies and percentages) of data. SPSS was used for statistical analysis.

Results: We enrolled 410 subjects aged 65 and older admitted to the outpatients' clinic for internal emergency care. In 85 (20.7%) of older people, hypohydration was found (55 women and 30 men). Additionally, in hypohydrated older people different prevalence of increased value of dehydration markers was found (levels of serum sodium, creatinine, urea and urea-creatinine ratio).

Discussion and conclusions: The elderly person's need for fluids exceeds merely ensuring the adequate amount of fluids. Without the strict control of fluids and nutritional intake among the elderly, it is impossible to know precisely how much fluids an elderly person ingests. The high prevalence of hypohydration in the elderly enrolled in our study has shown that additional care for sufficient hydration in older people is needed.

Key words: thirst, fluid, elderly, hypohydration

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UČINAK SAMOSTALNOG VJEŽBANJA NA SPOSOBNOST HODA KOD PACIJENTA NAKON MOŽDANOG UDARA THE EFFECT OF SELF-EXERCISE TO THE ABILITY OF WALKING WITH PATIENTS AFTER STROKE

SAŽETAK

Uvod: Moždani udar drugi je uzročnik smrti u Americi i Europi, a jednako tako i u Hrvatskoj. Jedna od posljedica moždanog udara je oštećenje mobilnosti, koje dovodi do straha od pada, depresije i socijalne isključenosti. U rehabilitaciji se provode različite metode fizioterapijskih postupaka, a jedan od pristupa je i integracija samostalnog vježbanja u slobodno vrijeme pacijenta kako bi se poboljšao oporavak.

Cilj: istraživanje ispituje učinkovitost samostalnog vježbanja (home program) koje pacijent s preboljenim moždanim udarom provodi po uputama fizioterapeuta u slobodno vrijeme, izvan vremena provedenog na terapiji, na sposobnost hoda.

Metode: Uzorak čini 40 ispitanika nakon preboljenog moždanog udara, starijih od 60 godina, bez kognitivnih deficita. Kontrolna skupina provodi standardne metode fizioterapije za oporavak nakon moždanog udara, dok su pacijenti u eksperimentalnoj skupini provodili i samostalne vježbe po preporuci fizioterapeuta. Provedeno je mjerenje sigurnosti hoda testom Timed up and go, na početku i kraju istraživanja, a dobiveni podaci su obrađeni Mann-Whitney U testom za utvrđivanje značajnosti učinaka tretmana između dvije skupine ispitanika. Svi izračuni su rađeni na razini značajnosti $p < 0,05$.

Rezultati i rasprava: Provedenim Mann-Whitney U Testom razlike srednjih vrijednosti učinaka terapije između dvije skupine ispitanika, vidljivo je da ne postoji statistički značajna razlika ($p = 1, p < 0,5$) u učincima standardne terapije i terapije koja je uz standardne postupke uključivala i samostalno vježbanje pacijenta u vlastito slobodno vrijeme.

Zaključak: Istraživanje nije pokazalo razliku u učincima pacijenata koji vježbaju samostalno i onih koji dodatno vježbaju samostalno.

Ključne riječi: moždani udar, samostalno vježbanje, sposobnost hoda, gerontologija, fizioterapija.

ABSTRACT

Introduction: Stroke is the second cause of death in America and Europe, as well as in Croatia. The consequences of stroke are the impairment of mobility that leads to fear of falling, depression and social exclusion. Different methods of physiotherapy are being implemented in rehabilitation, and one of the approaches is the integration of self-directed exercising in the patient's own free time, to improve recovery.

Objective: The study investigates the effectiveness of a self directed exercising program (home program) to the ability of walking. The program is created by a physiotherapist, and patients conduct it in their own free time.

Methods: The sample of respondents was 40 subjects who suffered a stroke, older than 60, without cognitive deficits. The control and experimental group carried out standard physiotherapy methods for stroke patients, while patients in the experimental group additionally conducted self-exercising. Measurement of the safety of walking with the Timed up and go test at the beginning and at the end of the study was performed, and data obtained were processed by Mann-Whitney Test to determine the significance of treatment effects between two groups of respondents. All calculations were made at the significance level $p < 0.05$.

Results and discussion: In the Mann-Whitney Test, the difference between mean values of therapeutic effects between the two groups of patients show that there was no statistically significant difference ($p = 1, p < 0.5$).

Conclusion: The study did not show any difference in the effects of standard physiotherapy and therapy that includes additional self-exercising.

Key words: stroke, self-exercising, walking ability, gerontology, physiotherapy

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POTREBE PO ZDRAVSTVENI NEGI V ENOTI INTENZIVNE TERAPIJE III: POGLED VODIJ TIMA ZDRAVSTVENE NEGE NURSING CARE NEEDS AT THE INTENSIVE CARE UNIT III: OUTLOOK OF NURSE TEAM LEADERS

IZVLEČEK

Potrebe po zdravstveni negi pacienta se spreminjajo od njegovega sprejema v enoto intenzivne terapije III med zdravljenjem do premestitve v enoto intenzivne terapije II oz. na negovalni oddelek. Kategorizacija zahtevnosti bolnišnične zdravstvene nege je pomemben del v obravnavi pacienta, saj na ta način ugotavljamo obremenjenost negovalnega osebja in potrebe po kadru. Namen naše raziskave je, pridobiti vpogled v sistem kategorizacije zdravstvene nege v enoti intenzivne terapije III z vidika medicinskih sester. Zanimalo nas je njihovo mnenje, ali trenutni sistem kategorizacije dejansko odraža potrebe pacientov ter obseg in zahtevnost opravljenega dela v zdravstveni negi v enoti intenzivne terapije III. Naša raziskava temelji na empirični kvalitativni metodologiji s tehniko intervjuja. Raziskava je potekala na Oddelku za intenzivno interno medicino v Splošni bolnišnici Celje na vzorcu šest medicinskih sester vodij tima, za kar smo predhodno pridobili soglasje zavoda in udeležencev v raziskavi. V prispevku predstavljamo pogled medicinskih sester o ustreznosti obstoječega sistema kategorizacije bolnišnične zdravstvene nege pacientov v enoti intenzivne terapije III. Pacienti, ki so na zdravljenju v enoti intenzivne terapije III, so v večini primerov kategorizirani z najvišjo stopnjo zahtevnosti bolnišnične zdravstvene nege, znotraj te kategorije pa obstajajo različne potrebe pacientov, ki zahtevajo tudi različen obseg in zahtevnost dela s strani negovalnega osebja. Prispevek izpostavlja tudi predloge intervjuvanih medicinskih sester o potrebnih izboljšavah obstoječega sistema kategorizacije oz. ocenjevanja potreb pacientov po oskrbi zdravstvene nege v enoti intenzivne terapije.

Ključne besede: intenzivni oddelek, bolnišnično zdravljenje, kategorizacija zdravstvene nege, negovalna diagnoza, pacient.

ABSTRACT

Patients' medical needs differ upon their acceptance into the intensive care unit III onwards, during the treatment and after their move to the intensive care unit II or to the treatment care unit. Modern care of the patient is implemented by a work process methodology, of which a crucial part is the hospital's nursing care intensity categorisation. The aim of our research was to gain insight into the current nursing care categorisation system at the intensive care unit III from the nurses' perspective. We were interested to discover whether they think the current system actually corresponds with patients' needs and the extent of work they carry out on them or not. Our research is set on the empirical qualitative methodology, accompanied by the interview. The research took place at the intensive care department of internal medicine at the General Hospital Celje. The sample is represented by ten nurse team leaders, whereby the institution's and participants' consensus were already acquired beforehand. In the paper, the nurses' outlooks on the suitability of the existing hospital nursing care categorisation system for the patients at the intensive care unit III, are presented. Patients who are undergoing treatment at the intensive care unit III are mostly categorised with the highest level of nursing care intensity. Within this categorisation, the patients' needs differ; consequently, the amount of time spent by the nursing staff on treating the patients also varies. The paper also presents the interviewees' suggestions about the necessary improvements of the current categorisation system, i.e. of the process of assessing patients' medical needs at the intensive care unit.

Key words: intensive care department, hospital treatment, nursing care categorisation, nursing diagnosis, patient

OTROK IN MLADOSTNIK S POSEBNIMI POTREBAMI Z OKVARO SLUHA THE CHILD AND ADOLESCENT WITH SPECIAL NEEDS WITH HEARING IMPAIRMENT

IZVLEČEK

Otroci so občutljiva skupina ljudi, zlasti v primeru otrok oz. mladostnikov s posebnimi potrebami. Med otroke in mladostnike s posebnimi potrebami sodijo tudi gluhi in naglušni. Slab sluh in gluhost vplivata na medsebojne odnose, razumevanje, sporazumevanje in izobraževanje takšnih oseb. Življenje gluhih in naglušnih je podobno kot pri ostali populaciji. Gre le za pomanjkanje čuta – sluha. Prav tako je otrok in mladostnik, ki slabo sliši ali celo ne sliši, zelo oškodovan za slušne dražljaje iz okolja. Velikega pomena pri vključevanju v izobraževanje in v delovni proces sta njihov strokovno vodeni razvoj in način življenja. Realno gledano, družba še vedno povsem ne sprejema drugačnih ljudi. Povod za nastanek referata je bil, spoznati življenje gluhih in naglušnih ter odnos slišočih do njih. Na primeru je razloženo, kako se razvija dijak v času šolanja na srednjem strokovnem izobraževanju, med študijem in po končanem študiju. Opisani so njegovi vzponi, padci, dileme, strahovi in dosežki na osebnem, izobraževalnem ter poklicnem področju. Ugotovili smo, da sta gluhost in naglušnost v družbi sprejeti, ljudje so ozaveščeni in pomanjkljivost otroka ali mladostnika sprejemajo dobro ter mu želijo pomagati. Na večjo oviro naletijo po končanem šolanju, saj so kljub spodbudam države težje zaposljivi.

Ključne besede: otrok, mladostnik, posebne potrebe, okvara sluha.

ABSTRACT

Children are a sensitive group of people, especially when a child is a youth with special needs. Deaf and hard-of-hearing children also belong to the group of children and adolescents with special needs. Poor hearing and deafness affect the mutual relations, understanding, communication and education of such a person. The lives of the deaf and hard-of-hearing are similar to those of the rest of the population. There is only a lack of the sense of hearing. That is why a child or adolescent who does not hear well or does not hear at all is badly damaged for hearing stimuli from the environment. Their professionally guided development and lifestyle are of great importance in their involvement in education and the work process. In reality, society still does not completely accept people who are different. The aim of this paper is to learn about the life of the deaf and the hard-of-hearing and the attitude of the hearing to them. The example explains how a student develops during schooling in secondary vocational education, during academic study, and after completing his studies. His ascents, falls, dilemmas, fears and achievements in his personal, educational and professional field are described. We have found that deafness and partial deafness in society are accepted, people are aware, and accept the limitations of deaf and hard-of-hearing children and adolescents and want to help them. The hearing impaired encounter a major obstacle after completing schooling, as despite the country's incentives, they are more difficult to employ.

Key words: child, adolescent, special needs, hearing impairment

SPLOŠNA SAMOUČINKOVITOST, VŠAKODNEVNE AKTIVNOSTI IN ZADOVOLJSTVO Z ŽIVLJENJEM

GENERAL SELF-EFFICACY, DAILY ACTIVITIES AND LIFE SATISFACTION

IZVLEČEK

Uvod: Samoučinkovitost, determinanta človekove dejavnosti, vpliva na splošno zadovoljstvo z življenjem. Samostojnost, učinkovitost in zadovoljstvo z izvedbo dejavnosti so posebej pomembni pri osebah z zmanjšano zmožnostjo. Namen raziskave je bil, ugotoviti stopnjo splošne zaznane samoučinkovitosti in ali se povezuje s kazalniki izvedbe vsakdanjih dejavnosti in splošnega zadovoljstva z življenjem.

Metode: Preiskovanci v kvantitativni raziskavi so bili razdeljeni v tri skupine: skupina 1 so bili preiskovanci brez zmanjšane zmožnosti (N = 128), skupina 2 preiskovanci s trajno gibalno oviranostjo (N = 109) in skupina 3 preiskovanci z dolgotrajno motnjo v duševnem zdravju (N = 107). Za zbiranje podatkov so bili uporabljeni lestvica splošne samoučinkovitosti, samoocenitveni vprašalnik izvedbe dejavnosti in lestvica splošnega zadovoljstva z življenjem. Podatki so bili analizirani s programom SPSS.

Rezultati: Stopnja zaznane splošne samoučinkovitosti je najnižja pri preiskovancih z motnjo v duševnem zdravju. Samoučinkovitost se najmočneje povezuje s kazalniki izvedbe dejavnosti pri preiskovancih z dolgotrajno motnjo v duševnem zdravju, pri vseh preiskovancih se povezuje z zadovoljstvom z življenjem. Osebe brez zmanjšane zmožnosti izkazujejo višjo stopnjo zadovoljstva z življenjem.

Razprava in zaključek: V obravnavo izvedbe vsakodnevnih dejavnosti oseb z dolgotrajno motnjo v duševnem zdravju moramo vključiti splošno samoučinkovitost, pri osebah s trajno gibalno oviranostjo moramo raziskati specifične oblike samoučinkovitosti. Zadovoljstvo z življenjem zvišujemo s krepitvijo splošne samoučinkovitosti.

Gljučne besede: dejavnost, izvedba, splošna samoučinkovitost, zadovoljstvo.

ABSTRACT

Introduction. Self-efficacy as a determinant of human activity is associated with life satisfaction. Independence, efficacy and satisfaction with the performance of activities are very important for people with disabilities. The purpose of the research was to establish the level of perceived general self-efficacy and whether it is linked with the indicators of the performance of daily activities and life satisfaction.

Methods: A total of 344 participations, divided into three groups, participated in the quantitative research. The first group consisted of 127 participants with no disability, the second of 109 participants with a physical disability and the third of 107 participants with a long-term mental health disorder. The data was collected through the general self-efficacy scale, the activity performance scale and the life satisfaction questionnaire. The data was analysed with the SPSS software.

Results: The lowest level of self-efficacy has been identified in people with mental health disorders. There is no significant connection between self-efficacy and performing everyday activities among participants with a physical disability. General self-efficacy is related to life satisfaction. The highest level of life satisfaction was identified among people without disability.

Discussion and conclusion: When planning treatment, the occupational therapist must take into account the interconnection between independence, satisfaction with the performance of activities and the users' awareness of their general self-efficacy. Resources of general self-efficacy are important for a high level of life satisfaction.

Key words: general self-efficacy, activities, performance, life satisfaction

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DOPRINOS MEDICINSKE SESTRE K DVIGU STOPNJE ZDRAVSTVENE PSIMENOSTI STARIH LJUDI

THE NURSE'S CONTRIBUTION TO RAISING THE LEVEL OF HEALTH LITERACY OF THE ELDERLY

IZVLEČEK

Uvod: Starost prinaša upad fizičnih in kognitivnih funkcij, poveča se pojavnost nenalezljivih kroničnih bolezni. V ranljivejših skupinah, kamor uvrščamo tudi stare ljudi, je stopnja zdravstvene pismenosti običajno nizka, kar pomeni, da se posameznik slabše znajde v zdravstvenem sistemu, slabše razume navodila, povezana z zdravstvom, in posledično slabše/pomanjkljivo skrbi za svoje zdravje. Medicinske sestre v procesu zdravstvene nege delujejo zdravstveno vzgojno. Z raziskavo smo želeli ugotoviti vlogo medicinskih sester pri dvigu stopnje zdravstvene pismenosti starih ljudi.

Metode: Raziskava je temeljila na kvalitativnem raziskovalnem pristopu. Uporabili smo metodo utemeljene teorije. Podatki so bili pridobljeni s tehniko intervjuvanja. Uporabljen merilni instrument je bil intervju, ki smo ga oblikovali na osnovi pregleda domače in tuje strokovne in znanstvene literature. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili tri diplomirane medicinske sestre, ki so izpolnjevale vključitvena merila za sodelovanje v raziskavi. Pridobljeni podatki so bili analizirani s programom Microsoft Word 2010, sodba je bila izdelana s programom MS Visio.

Rezultati: Medicinske sestre v vsaki interakciji s starim človekom delujejo zdravstveno vzgojno in tako doprinesejo k dvigu njihove stopnje zdravstvene pismenosti. K izboljššanemu ozaveščanju in opolnomočenju starih ljudi pomembno pripomore individualni, holistični pristop, večkratno ponavljanje zdravstvenovzgojnih vsebin, podajanje zdravstvenovzgojnih vsebin na razumljiv način, uporaba preprostih slikovnih gradiv, podajanje jasnih navodil o jemanju predpisane terapije, razumljivi in nedvoumni napisi v zdravstvenih ustanovah ter uporaba dovolj velikih črk na navodilih za uživanje zdravil.

Razprava in zaključek: Medicinske sestre lahko s poznavanjem koncepta zdravstvene pismenosti in holistično obravnavo starega človeka, z zdravstvenovzgojnim delom in promocijo zdravja zagotovo doprinesejo k dvigu stopnje zdravstvene pismenosti starih ljudi. Poseben izziv lahko medicinskim sestram v prihodnosti predstavlja vzpostavitev modela zdravstvene pismenosti starih ljudi, ki bi pripomogel k dvigu stopnje zdravstvene pismenosti v populaciji starih ljudi.

Ključne besede: zdravstvena pismenost, star človek, promocija zdravja, medicinska sestra, kakovost življenja.

ABSTRACT

Introduction: Age brings with it the decline in physical and cognitive functions, and the incidence of non-communicable chronic diseases increases. In more vulnerable groups, including the elderly, the level of health literacy is usually low, which means that the individual does not orient themselves properly in the health system, they understand health-related instructions poorly and consequently have less / insufficient care for their health. In the process of nursing, nurses play an educational role. Our aim was to examine the role of a nurse in raising the level of the health literacy of elderly people.

Methods: We used the qualitative research method, called the founded theory method. The data were obtained through an interview technique. The measuring instrument used was an interview that we designed on the basis of a review of domestic and foreign professional and scientific literature. Furthermore, we used purposive sampling in which we included 3 nurses who met the following inclusion criteria: they are registered nurses with at least 1 year of work experience. Data were analysed with Microsoft Word 2010, the evaluation was developed with the MS Visio program.

Results: In every interaction with an elderly person, nurses act in a health-educational manner, thus contributing to raising the level of health literacy of the elderly. An enhanced awareness and empowerment of the elderly is contributed to by an individual, holistic approach, the repeated repetition of health education content, the delivery of health education content in an understandable way, the use of simple imaging materials, the giving of clear instructions on taking prescribed therapy, understandable and unequivocal inscriptions in health institutions, and sufficiently large letters on the instructions for consuming medicines.

Discussion and conclusions: By knowing the concept of health literacy and holistic treatment of an elderly person, health education work and promoting health, a nurse can certainly contribute to raising the level of health literacy of the elderly. A particular challenge for nurses in the future can certainly be to establish a health literacy model for the elderly, which would help raise the level of health literacy in the population of the elderly.

Key words: health literacy, elderly, health promotion, nurse, quality of life

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STAVOVI STUDENATA SESTRINSTVA I MEDICINSKIH SESTARA PREMA STARIJIMA OSOBAMA – PREGLED LITERATURE THE ATTITUDE OF NURSING SCHOOL STUDENTS AND NURSES TOWARDS ELDERLY PEOPLE – LITERATURE REVIEW

SAŽETAK

Starenje stanovništva je činjenica u većini razvijenih zemalja svijeta. Danas se udio osoba starijih od 65 godina u nekim zemljama popeo blizu 20%. Kombinacija starenja i vanjskih utjecaja dovodi do promjena u organizmu koje mogu rezultirati nizom kroničnih bolesti. Zbog toga su starije osobe najveći korisnici zdravstvene skrbi. Pri tome je važno na koji način će zdravstveno osoblje zbrinuti stariju osobu i hoće li prepoznati njene potrebe. Na žalost, svjedoci smo da prema starijim osobama postoji niz predrasuda i stereotipa koje rezultiraju diskriminacijom ili zlostavljanjem starijih osoba i od strane zdravstvenih profesionalaca. Niz istraživanja je napravljeno na temu znanja i stavova zdravstvenih radnika prema starijim osobama.

Kombiniranjem ključnih riječi pretražene su baze podataka CINAHL plus with full text, CINAHL with full text i MEDLINE za period od 2007.-2017. godine, kako bi se izdvojili relevantni članci na temu znanja i stavova studenata i zdravstvenih radnika prema starijim osobama. Dobiveno je 68 cjelovitih članaka, od kojih je izdvojeno 18 koji se odnose na stavove studenata i medicinskih sestara o starijim osobama.

Rezultati i zaključci iz tih članaka ukazuju na to da su stavovi prema starijim osobama uglavnom negativni u početku studija sestrinstva, ali da se mogu promijeniti prema pozitivnima uz dovoljno edukacije i kontakta sa starijim osobama. Kada govorimo o zdravstvenim profesionalcima, oni na akutnim odjelima imaju uglavnom negativne stavove, dok oni koji već rade sa starijim osobama imaju pozitivne stavove prema starijim osobama. Zaključak je da je potrebna promjena edukacijskog modela koji bi trebao uključivati više kontakta i više edukacije studenata i medicinskih sestara iz područja gerontologije.

Ključne riječi: medicinske sestre, znanja, stavovi, starije osobe.

ABSTRACT

The ageing of society is a fact in most countries of the world. To date, the percentage of people older than 65 has climbed to nearly 20%. The combination of ageing and external influences is the reason for changes in the organism which can result in a series of chronic illnesses. That is the reason why elderly people are the most common users of health care. Here it is important how the medical staff is going to care for the elderly person and if they are going to recognize their needs. Unfortunately, even from medical professionals we witness a series of prejudices and stereotypes which result in discrimination or abuse of elderly people. A series of research has been conducted on the topic of knowledge and the attitudes of medical workers toward elderly people.

By combining the key words, databases 'CINAHL plus with full text', 'CINAHL with full text' and 'MEDLINE' have been searched for the period from the year 2007 until 2017, so that relevant on-topic articles could be sorted out. 68 complete articles have been found, 18 of which on the topic of the attitudes of students and medical workers towards the elderly have been sorted out.

The results and conclusions from these articles show that the attitudes toward elderly people are mostly negative at the beginning of nursing school, but that they can change into positive ones with enough education and contact with elderly people. When talking about medical professionals, those in acute departments mostly have negative attitudes, while those that already work with elderly people have positive attitudes toward elderly people.

The conclusion is that there is a need for changing the educational model in order to include more contact with the elderly and to educate students and nurses more in the field of gerontology.

Key words: nursing students, nurses, knowledge, attitudes, elderly people

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IZOBRAŽEVANJE ZA PREPREČEVANJE IN OBVLADOVANJE OKUŽB, POVEZANIH Z ZDRAVSTVOM IN OSKRBO EDUCATION TO PREVENT AND CONTROL INFECTIONS RELATED TO HEALTH AND CARE

IZVLEČEK

Uvod: Znanje in stalno strokovno izobraževanje je osnova dela vsakega poklica in napredka. Formalno in kontinuirano izobraževanje izvajalcev zdravstvene nege in oskrbe je pogoj za kakovostno in varno zdravstveno nego in oskrbo posameznega pacienta.

Metoda: Podatki so bili pridobljeni z anketnim vprašalnikom, ki so jih izpolnile medicinske sestre in zdravstveni tehniki kirurškega, internega in infekcijskega oddelka Splošne bolnišnice Murska Sobota. V raziskavo je bilo povabljenih 40 oseb, vrnjenih je bilo 33 anketnih vprašalnikov, kar pomeni 83-odstotno realizacijo vzorca.

Rezultati: V času formalnega izobraževanja si je 61 % anketiranih medicinskih sester v Pomurju pridobilo ustrezno znanje o okužbah, povezanih z zdravstvom. Šolski mentorji so dijake učili in jim pomagali v prakso prenesti pomembnost izvajanja varovalnih standardnih ukrepov za preprečevanje in obvladovanje okužb, povezanih z zdravstvom. V času pripravništva oz. uvajanja v delo s pacienti so klinični mentorji dosledno upoštevali standardne ukrepe, posebej ukrepe posameznih izolacij (70 %). 75 % anketiranih meni, da je dodatno znanje o okužbah, povezanih z zdravstvom, potrebno in smiselno. 85 % jih meni, da največ znanja in informacij pridobijo od članov negovalnega tima, 79 % jih veliko znanja in novosti pridobi tudi od SOBO (medicinska sestra za obvladovanje bolnišničnih okužb). 82 % se jih tudi strinja s trditvami, da si dodatno strokovno znanje pridobivajo na seminarjih strokovnih sekcij, na izobraževanjih v okviru bolnišnice in na seminarjih Društva medicinskih sester Pomurja.

Razprava in zaključek: Z raziskavo ugotavljamo, da si medicinske sestre v Pomurju pridobijo v času šolanja in med procesom uvajanja v delo s pacienti ustrezno znanje o okužbah, povezanih z zdravstvom. Mentorji se v času šolanja in uvajanja v delo s pacienti trudijo za prenos znanja ob zavedanju pomembnosti vzglada za prihodnje izvajalce zdravstvene nege in oskrbe. Delodajalec zaposlenim omogoča, da se stalno strokovno izobražujejo v okviru seminarjev in učnih delavnic, organiziranih v okviru bolnišnice in drugih dejavnosti, predvsem Zbornice zdravstvene in babiške nege – Zveze strokovnih društev medicinskih sester, babic in zdravstvenih tehnikov Slovenije v okviru organiziranih seminarjev strokovnih sekcij. Z raziskavo potrjujemo, da se medicinske sestre zavedajo pomena stalnega strokovnega izobraževanja in utrjevanja pridobljenega znanja, ki posamezniku omogoča delo v skladu s kazalniki kakovosti, ki so pokazatelj kakovostnega in varnega bolnišničnega okolja.

Ključne besede: okužbe, obvladovanje, preprečevanje, medicinske sestre, higiena rok.

ABSTRACT

Introduction: Knowledge and continuous professional education are the basis of every profession and progress. Formal education and continuous education of healthcare providers is a prerequisite for quality and safe health care and for individual patient care.

Method: The data were obtained using a survey questionnaire, administered to nurses and medical technicians of the surgical, internal and infectious disease departments of the General Hospital Murska Sobota. 40 people were invited to participate in the survey and 33 questionnaires were returned, representing 83% sample realisation.

Results: During formal education, 61% of the interviewed nurses in Pomurje received appropriate knowledge about health-related infections. School mentors taught students and helped them implement into practice the standard protective measures for preventing and controlling health-related infections. During traineeship and introduction into work with patients, clinical mentors consistently followed standard measures, especially measures of individual isolations, 70% of respondents answered. 75% of respondents believe that additional knowledge about health-related infections is necessary and sensible. The majority (85%) believe that most of the knowledge and information is gained from the members of the nursing team. 79% claim to also gain a lot of knowledge and novelties from SOBO, i.e. hospital infection control nurses. 82% also agree with the claim that additional expertise is obtained in seminars held by professional sections, through education provided by the hospital and in seminars held by the Pomurje Nursing Society.

Discussion and conclusion: The study shows that nurses in Pomurje acquire adequate knowledge of health-related infections during their schooling and during the process of introducing them into work with patients. During this time, mentors endeavour to transfer knowledge with the awareness of the importance of setting an example for future healthcare and care providers. The employer enables employees to continuously receive professional training in the framework of seminars and training workshops organized within the framework of the hospital and through other activities, in particular of the Chamber of Health Care and Midwife Care – the Association of Professional Societies of Nurses, Midwives and Medical Technicians of Slovenia, within the framework of organized seminars of professional sections. The research confirms that nurses are aware of the importance of continuous professional education and consolidation of acquired knowledge, which enables individuals to work according to quality indicators which point to a quality and safe hospital environment.

Key words: infections, control, prevention, nurses, hand hygien

PODOBA STAREJŠIH V OČEH OTROK IN ADOLESCENTOV THE IMAGE OF THE ELDERLY IN THE EYES OF CHILDREN AND ADOLESCENTS

IZVLEČEK

Uvod: Namen raziskave je predstaviti staranje prebivalstva z opredelitvijo kognitivne in fizične podobe starejših, pogostost stikov s starejšimi ter ugotoviti, kako podobo vidijo otroci različnih starostnih skupin iz ruralnega okolja.

Metode: V raziskovalnem delu naloge smo podatke pridobili z anonimnim anketnim vprašalnikom v oktobru in novembru 2017. S privoljenjem staršev je bilo anketiranih 178 učencev osnovnih šol Gorenjske, starosti 9 in 14 let, iz ruralnega območja. Odnos do starejših smo ocenili na petstopenjski lestvici in opravili t-test. Zaznavanje starosti smo opredelili na petstopenjski lestvici z naraščajočo starostjo in opravili test Pearsonove korelacije. Pogostnost stikov, kognitivne in motorične sposobnosti smo opredelili na petstopenjski lestvici in opravili frekvenčno analizo vseh skupin. Opredelili smo različni starostni skupini in njihov pogled na starejše ter dožemanje le-teh.

Rezultati: Odnos mlajših in starejših otrok je lep. Na podlagi rezultatov t-testa ničelno domnevo o enakosti povprečij potrdimo pri 5-odstotni stopnji značilnosti ($p = 0,067 > 0,05$), kar pomeni, da ni statističnih razlik v povprečni oceni odnosa do starejših med mlajšimi in starejšimi otroki. Pogostost druženja s starejšimi je pri obeh starostnih skupinah približno enaka, druženja so pogosta, in sicer 68 % otrok ima stike s starejšimi večkrat tedensko. Obdobje starosti se začne po 61. letu starosti, meni 78 % otrok. Gibalne sposobnosti starejših ocenjujejo kot dobre, še boljše pa njihove kognitivne lastnosti.

Razprava in zaključek: Na podlagi dobljenih rezultatov lahko sklepamo, da ni statističnih razlik v povprečni oceni odnosa do starejših med mlajšimi in starejšimi, odnosi so prav dobri in ni ageizma. Otroci imajo pogoste stike s starimi starši. Za otroke velja star človek nad 61. letom starosti. Kognitivne in motorične sposobnosti starejših ocenjujejo kot dobre. Dobljene rezultate bomo predstavili sodelujočim šolam kot možnost dopolnitve pri procesu načrtovanja, medpredmetnega povezovanja učno-vzgojnih vsebin, z namenom boljšega dožemanja pozitivnih stališč, ozaveščanja, ustvarjanja sinergij, pretoka informacij, znanja in veščin, ki lahko nastanejo med generacijami.

Ključne besede: kognitivna podoba, fizična podoba, starejši, otroci.

ABSTRACT

Introduction: The purpose of the research is to present the ageing of the population by defining the cognitive and physical image of the elderly, the rate of socialising with the elderly and how their image is perceived by children of different ages from a rural environment.

Methods: The data for the study was collected with a survey that was carried out in October and November 2017. We interviewed 178 children, aged 9 to 14, from the Upper Carniola region. The relation between the elderly and the youths was evaluated based on a five-degree scale and with the t-test. The awareness of aging was defined on a five-degree scale with increasing age and a Pearson correlation test was performed. Frequency of contact, cognitive and physical abilities were defined on a five-degree scale and a frequency analysis was performed on all groups. We defined the different age groups and their perspective on the elderly.

Results: The relationship between children and elderly is good. The results of the t-test prove that there are no differences in the average ratings of the attitude to the elderly among the two groups of interviewees. The frequency of socialising with elderly people is about the same in both groups. Children often spend time with elderly persons, 68% of children do so several times per week. According to 78% of the interviewees, old age begins at 61. Children rate the motor abilities of elderly people as good and their cognitive abilities as even better.

Discussion and conclusion: Based on the obtained results we can conclude that there are no statistical differences in the attitude of the two groups of children to elderly people; their relationship is quite good, and no ageism is apparent. Children have frequent contacts with their grandparents, they consider old age to start at the age of 61, and they rate the cognitive and motor skills of the elderly as good. The obtained results will be presented to the participating schools as a possible aid for complementing their cross-curricular integration of learning contents, promoting positive attitudes to the elderly, raising awareness and creating synergies that promote intergenerational exchange of information, knowledge and skills.

Key words: cognitive, physical, image, the elderly, children

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INFORMIRANOST POPULACIJE O POSTUPCIMA DIJAGNOSTICIRANJA ZA RANO OTKRIVANJE ANOMALIJA U TRUDNOĆI

INFORMATION OF POPULATION DIAGNOSIS PROCEDURES FOR EARLY DETECTION OF ANOMALIES IN PREGNANCY

SAŽETAK

Rođenje djeteta jedan je od najvažnijih događaja u životu. Sama objava vijesti o trudnoći velika je sreća za cijelu obitelj. Kako savjeti dolaze sa svake strane, među njima se najčešće nađu i pretrage koje bi trebalo obaviti. Tu se nalazi i rani kombinirani probir za otkrivanje najčešćih kromosomskih trisomija, a to su Down sindrom ili trisomija 21, Edwardsov sindrom ili trisomija 18, i Patau sindrom ili trisomija 13. Svaki od navedenih stanja dovodi do problema tijekom trudnoće i nerijetko do spontanog pobačaja.

U modernoj medicini postoje brojne invazivne i neinvazivne metode koje su sastavni dio organizirane prenatalne skrbi. Riječ je o prenatalnoj dijagnostici pomoću koje se dijagnosticiraju malformacije u genetskim, kromosomskim predjelima. Invazivni dijagnostički testovi, poput amniocenteze ili biopsije korionskih resica, primjenjuju se kod visokorizičnih trudnoća. S druge strane, neinvazivne metode poput biokemijskih i ultrazvučnih testova, testovi probira, primjenjuju se za sve trudnice, i to bez obzira na njihovu dob i bez obzira na osobno ili obiteljsko genetičko opterećenje. Svrha navedenih probira je utvrđivanje povećanog rizika za određeni poremećaj.

Cilj rada je utvrditi stavove populacije o ranom otkrivanju anomalija u trudnoći. Nastojao se steći uvid koliko je populacija upućena u provođenje dijagnostičkih pretraga za probir najčešćih trisomija, jesu li su se žene podvrgavale takvim testovima, što misle koliko su zapravo potrebni, te što bi učinile u slučaju pozitivnog testa na neku od kromosomopatija.

U istraživanju je sudjelovalo 225 osoba. Instrument istraživanja bio je anketni upitnik koji se sastojao od 15 pitanja. Prikupljeni podaci obrađeni su metodama deskriptivne statistike.

Iz statističke obrade vidljivo je da su mišljenja podijeljena kad je riječ o važnosti provođenja dijagnostičkih testova; međutim, većina žena koje su sudjelovale upoznate su s testovima i podvrgnule su se u prijašnjim trudnoćama testovima na najčešće trisomije koje se pojavljuju kod djece.

Ključne riječi: prenatalna dijagnostika, invazivne metode, neinvazivne metode, genetski poremećaji, stavovi, anomalija, probir.

ABSTRACT

Birth of a child is certainly one of the most important life events. The very announcement of the happy news about pregnancy is a great joy for the whole family. Tips come from all sides, and the most common among them are examinations that should be taken. There are also early combined screenings for detection of the most common chromosomal trisomies, such as Down syndrome or trisomy 21, Edwards syndrome or trisomy 18, and Patau syndrome or trisomy 13. Each of these conditions leads to problems during pregnancy and often to spontaneous abortion.

In modern medicine, there are numerous invasive and noninvasive methods which are an integral part of organized prenatal care. It is the prenatal diagnosis that is used to diagnose malformations in genetic, chromosome domains. Invasive diagnostic tests, such as amniocentesis or chorionic vil-lus biopsy, are applied in high-risk pregnancies. On the other hand, non-invasive methods, such as biochemical and ultrasound tests, screening tests, are applied to all pregnant women, regardless of their age and regardless of their personal or family genetic load. The purpose of the abovementioned screenings is to determine increased risk for a particular disorder.

The aim of this paper is to determine population attitudes about the early detection of anomalies in pregnancy. We tried to get insight in how much is the population informed about conducting diagnostic tests to screen for the most common trisomies, whether women had undergone such tests, their opinion on are they really needed, and what would they do in case of a positive test on some of the chromosomal abnormalities.

There were 225 persons involved in the study. The research instrument was a questionnaire that consisted of 15 questions. Collected data were analyzed using methods of descriptive statistic.

It is apparent from the statistical analysis that the opinions were divided when it comes to the importance of conducting diagnostic tests, but most of the women who participated were familiar with the tests and in previous pregnancies were subjected to the tests for trisomies most commonly occurring with children.

Key words: prenatal diagnosis, invasive methods, non-observational methods, genetic disorders, attitudes, anomalies, screening

STRATEGIJA RAZVOJA GERONTOLOŠKE PROBLEMATIKE – PRIMER ZDRAVSTVENOVZGOJNI CENTER, ZDRAVSTVENI DOM MARIBOR

THE STRATEGY OF DEVELOPMENT OF THE GERONTOLOGICAL PROBLEMATIC - CASE STUDY OF THE HEALTH EDUCATION CENTER, HEALTH CENTRE MARIBOR

IZVLEČEK

Teoretična izhodišča: Od leta 2005 deluje v Zdravstvenem domu dr. Adolfa Drolca Maribor Služba za promocijo zdravja in izobraževanje. Njen temeljni cilj je usmerjen v razvoj preventivnih in promocijskih ukrepov z namenom zmanjšanja obolevnosti in dejavnikov tveganja za razvoj kroničnih nenalezljivih bolezni. Služba izobražuje, ozavešča in svetuje o zdravem načinu življenja ter je v pomoč posameznikom pri ohranjanju zdravega načina življenja in obvladovanju tveganih življenjskih navad. Leta 2015 se je Služba za promocijo zdravja in izobraževanje preimenovala v Zdravstvenovzgojni center Zdravstvenega doma dr. Adolfa Drolca Maribor.

Metode: Izvedli smo analizo SPIN o delovanju zdravstvenovzgojnih centrov v Sloveniji. V analizi je sodelovalo osem diplomiranih medicinskih sester, vodij oziroma koordinatorik, ki so opredelile glavne slabosti, prednosti, izzive in nevarnosti zdravstvenovzgojne preventive in delovanja zdravstvenovzgojnih centrov. Najpogostejše odgovore smo prikazali v matriki SPIN in jih uporabili v štirih strategijah, s katerimi smo ugotavljali možnosti prihodnjega razvoja gerontološke problematike na področju preventivne dejavnosti.

Rezultati: Ugotovljene slabosti so: nenapnitev pacientov v vse delavnice s strani zdravnikov, premajhna dejavnost vseh deležnikov, ki so vključeni v izvajanje preventivne dejavnosti, neopravljene naloge regijskega zdravnika, previsoko postavljena realizacija preventivnega programa, preveč administracije, finančno neovrednotenje dodatno opravljenega dela. Največje prednosti so: brezplačne delavnice, strokovno vodene delavnice, podpora vodstva zavodov, veliko brezplačne literature, možnost dosmrtno spremembe življenjskega sloga, samostojna vloga medicinskih sester v promociji zdravja. Kot največje izzive so sodelujoče navedle: preoblikovanje v centre za krepitev zdravja in s tem več finančnih sredstev ter več zaposlenih, kot nevarnosti pa: izvajanje zdravstvenovzgojnega ozaveščanja in svetovanja s strani drugih zdravstvenih strokovnjakov ter prepočasne spremembe zakonodaje.

Razprava: Če želijo zdravstvenovzgojni centri graditi na svojih prednostih, izkoristiti izzive v okolju, zmanjševati slabosti in se izogniti nevarnostim, morajo učinkovito, brez dodatne birokracije, uvesti sisteme za kakovost, timsko delo, se usmeriti k stalnim izboljšavam in k večji učinkovitosti. Pomembno je, da je prisotna podpora vseh deležnikov na lokalni in nacionalni ravni.

Ključne besede: zdravstvenovzgojni centri, preventiva, kakovost življenja starih, zdravstvenovzgojne delavnice, analiza SPIN.

ABSTRACT

Theoretical starting point: Since 2005, the Service for Promotion of Health and for Education have been active at the dr. Adolf Drolc Health Centre Maribor. Its basic aim is to develop preventive and promotional measures with the purpose of reducing morbidity and the risk factors for the development of chronic non-contagious diseases. The service informs, educates and counsels on healthy life, and assists individuals in maintaining a healthy way of life and managing risky habits. In 2015, the Service for the Promotion of Health and for Education was renamed into the Health-Education Centre of the Health Centre Maribor.

Methods: We performed a SWOT analysis of the operation of health education centres in Slovenia. Eight graduate nurses, leaders or coordinators, participated in the analysis, defining the main strengths, weaknesses, opportunities and threats of the health education prevention and the operation of the health education centres. The most frequent answers have been depicted in the SWOT matrix and used in four strategies, with which we determined the possibilities of future development of the gerontological problematic in the field of preventive activity.

Results: The determined weaknesses were: non-referral of patients to all the workshops by doctors, insufficient activity of all shareholders who are included in the execution of preventive activity, the regional physician not performing their tasks, a too ambitious realisation plan of the preventive programme, too much administration, no financial compensation for the additional work performed. The most important strengths were: free workshops, expertly led workshops, support of the health centre management, a lot of free literature, the possibility of life-long change of lifestyle, the independent role of nurses in the promotion of health. As the biggest challenges, the participants listed: transformation into centres for improving health and thus more financial means and more employees. The perceived dangers were: the implementation of health education and counselling by other health experts, and a too slow change in legislation.

Discussion: If health care centres want to build on their strengths, take up the challenges in the environment, reduce the weaknesses and avoid the threats, they must efficiently, without additional bureaucracy, implement quality control systems, team work, and be oriented into continuous improvements and higher efficiency. It is important to have the support of all shareholders at the local and national level.

Key words: Health care centres, prevention, quality of life of the elderly, health education workshops, SWOT analysis

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RAZŠIRJENOST KAJENJA MED SREDNJEŠOLCI THE PREVALENCE OF SMOKING AMONG HIGH-SCHOOL STUDENTS

IZVLEČEK

Uvod: Kajenje je najbolj razširjena oblika zlorabe psihodejavnih snovi. Svetovna zdravstvena organizacija je ugotovila, da tretjina svetovnega odraslega prebivalstva kadi. V Sloveniji zaradi tobaka in njegovih posledic vsako leto umre približno 3500 ljudi. Kajenje je odvisnost od nikotina, ki jo spremljajo predvsem vedenjski, miselni in tudi fiziološki pojavi.

Metoda: Raziskava je temeljila na kvantitativni metodi dela. Kot instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni namenski vzorec, v katerega smo vključili 60 dijakov Srednje zdravstvene šole Slovenj Gradec in 60 dijakov Gimnazije Ravne na Koroškem. Dijaki Srednje zdravstvene šole so vrnili 57 anketnih vprašalnikov, gimnazijci Gimnazije Ravne na Koroškem pa 59 anketnih vprašalnikov, kar predstavlja 96,6-odstotno realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2007.

Rezultati: S kajenjem se je srečalo 97 (83,6 %) dijakov. Kot glavnik dejavnik tveganja za začetek kajenja je 81 (88,0 %) anketiranih navedlo radovednost, 107 (93,0 %) dijakov meni, da pasivno kajenje škoduje tudi nekadilcem, 95 (82,6 %) anketiranih dijakov se zaveda zdravstvenih težav, ki jih povzroča kajenje. 60 (51,7 %) anketiranih je navedlo, da t. i. lahke cigarete niso manj škodljive za zdravje. 86 (74,7 %) anketiranih meni, da bi se morali o škodljivosti kajenja med mladimi pogovarjati pogosteje.

Razprava in zaključek: Večina dijakov obravnavanih šol se je s kajenjem že srečala. Nekaj dijakov kadi redno, nekaj občasno, največ pa je tistih dijakov, ki so samo poskusili kaditi. Največ dijakov je prižgalo prvo cigareto med 14. in 16. letom starosti, do tega jih je v večini primerov privedla radovednost. Dijaki so dobro informirani o škodljivosti kajenja in pomenu pasivnega kajenja.

Gljučne besede: kajenje, mladostnik, cigarete, medicinska sestra, ozaveščanje.

ABSTRACT

Introduction: Smoking is the most widespread form of psychoactive substance abuse. The World Health Organization notes that a third of the world adult population is smoking. Every year, around 3,500 people in Slovenia die because of the effects of tobacco. Smoking is nicotine addiction which is accompanied by mental, physiological and behavioural phenomena.

Method: The study is based on quantitative methods of work. As the instrument, we used a questionnaire that was based on literature. We used a purposive sample in which we included 60 students from the Nursing School Slovenj Gradec and 60 students from the Gymnasium in Ravne na Koroškem. We received 57 filled-out questionnaires from the nursing school and 59 from the gymnasium, representing a 96,6% sample realization. The data was collected and processed with Microsoft Office Excel 2007.

Results: 97 (83,6%) students have tried smoking. 81 (88,0%) of respondents cited that they started smoking because of curiosity. 107 students believe that passive smoking affects non-smokers. 95 (82,6%) of the surveyed students are aware of the health problems caused by smoking. 60 (51,7%) respondents indicated that light cigarettes are not less harmful to health. 86 (74,7%) of respondents believed that the negative effects of smoking should be discussed more frequently among teenagers.

Discussion and conclusion: Most of the students from the Nursing School Slovenj Gradec and Gymnasium Ravne na Koroškem had already met with smoking. Some students are smoking regularly, some occasionally, but the majority of them only tried smoking once. Most students have tried their first cigarette when they were 14–16 years old. The main reason why they have tried it was curiosity. All the students were and are well informed about the harmful effects of smoking and the significance of passive smoking.

Key words: smoking, teenager, cigarette, nurse, awareness

SUPERVIZIJSKE DILEME ŠTUDENTOV ZDRAVSTVENE NEGE V KLINIČNEM OKOLJU

SUPERVISION DILEMMAS OF NURSING CARE STUDENTS IN THE CLINICAL ENVIRONMENT

IZVLEČEK

Uvod: Študentje zdravstvene nege se v kliničnem okolju srečajo s problemi, ki nanje pustijo različne posledice. Od njih v kliničnem okolju pričakujemo znanje, spretnosti in možnost prilagajanja novim situacijam. Vse to izzove pri njih stres. Supervizija jih uči prepoznati in spregovoriti o problemih, ki jih prepoznajo kot odstopanje od svojih vrednot, norm in pričakovanj. V prispevku želimo predstaviti najpogostejše dileme, ki so jih študentje doživeli v kliničnem okolju, in predstaviti njihov pogled na rešitve na koncu supervizijskega procesa.

Metode: Uporabili smo deskriptivno statistično metodo s kvantitativno analizo supervizijskih primerov, pri čemer smo z rangiranjem različnih situacij, ki se pojavijo, izračunali pogostost. S kvalitativno analizo smo sekundarne podatke razvrstili po pomembnosti in kategorijah z analizo SWOT. Torej, izvedli smo triangulacijo metod obdelave podatkov.

Rezultati: Z analizo podatkov smo dobili 5 kategorij podatkov. V ospredje smo postavili etične dileme, ki so jih študentje skozi analizo tudi začeli sami reševati in prišli do pozitivnih zaključkov.

Zaključek: Supervizija je proces, ki študentom pomaga razrešiti mnoga vprašanja in je odličen pripomoček, ki ga pozneje lahko uporabijo pri reševanju problemov na vseh področjih. Prav tako pa kliničnemu okolju pomaga prepoznati različne dileme, ki so prisotne v okolju.

Glavne besede: supervizija, zdravstvena nega, klinično okolje.

ABSTRACT

Introduction: Nursing care students are facing problems in the clinical environment on a daily basis and these problems can have different impacts on them. We expect them to possess knowledge, skills as well as the ability to adapt to new situations. All this can be very stressful. Supervision is a tool for recognizing and speaking out about problems they have in comparison with their values, standards and expectations. This article attempts to elucidate the most common dilemmas students have experienced in the clinical environment and to describe their point of view on solutions at the end of supervision's process.

Methods: We implemented a descriptive, statistical method together with quantitative analysis of supervision examples. During the analysis, we ranked different situations and calculated the frequency. With the help of the SWOT analysis tool, we classified and sorted secondary data by relevance and categories. In other words, we performed the triangulation method for data processing.

Results: With data analysis, we obtained five data categories. We foregrounded the ethical dilemmas that students started to solve themselves through analysis and came to positive conclusions.

Discussion: Supervision is a great tool that helps students solve many issues (problems, dilemmas) and can subsequently be utilised by them to solve problems in all areas. Supervision is also very useful in the clinical environment for recognizing different dilemmas that occur within the environment.

Key words: supervision, nursing care, clinical environment

PREDNOSTI IN SLABOSTI STAREJŠIH ZAPOSLENIH V ZDRAVSTVENI NEGI STRENGTHS AND WEAKNESSES OF ELDERLY EMPLOYEES IN NURSING CARE

IZVLEČEK

Uvod: Zaradi demografske situacije se danes večina delovnih organizacij sooča z večgeneracijsko strukturo svojih zaposlenih, in ker se upokojitvena starost dviguje, bo kmalu starejša generacija tista, ki bo v delovnih organizacijah prevladovala. Namen raziskave je bil ugotoviti, kako starejši zaposleni v zdravstveni negi, stari 50 let in več, dojemajo svoj položaj v delovnem okolju, s ciljem preveriti, ali imajo splošno znani stereotipi o starejših zaposlenih v njihovem primeru realno osnovo.

Metode: Izvedena je bila kvalitativna raziskava, v kateri so sodelovale štiri anketiranke, izvajalke zdravstvene nege na področju hospitalne zdravstvene nege, ki so dopolnile 50 let, vse so prostovoljno sodelovale v raziskavi. Instrument raziskave je bil delno strukturiran intervju. Poleg osnovnih demografskih podatkov smo se osredotočili na dve področji, in sicer na medgeneracijsko sodelovanje ter samooceno glede prednosti in slabosti zrelih let v delovnem okolju.

Rezultati: Z raziskavo smo ugotovili, da je na proučevanem oddelku dobro medgeneracijsko sodelovanje med zaposlenimi. Sicer pa anketiranke poročajo o težjem prilagajanju na spremembe, upočasnjenosti in zmanjšani koncentraciji. Njihova dodana vrednost je pridobljeno znanje, izkušnje in prenos obojega na mlajše generacije.

Razprava in zaključek: Številni avtorji opozarjajo, da je realnost precej bolj zapletena, kot kažejo rezultati. Starejši zaposleni niso homogena skupina in starost sama po sebi ne določa posameznikovih sposobnosti. Zavedanje tega je ključno za razumevanje starejših zaposlenih v delovnih okoljih.

Ključne besede: starejši zaposleni, zdravstvena nega, medgeneracijsko sodelovanje, stereotipi, diskriminacija.

ABSTRACT

Introduction: Due to the current demographic situation, most of the work organizations are facing a multi-generational employee structure because the retirement age is rising, and soon the older generation will be the one that will prevail in the work organization. The purpose of the research was to find out how the older employees in nursing care who are aged 50 and over, perceive their position in the work environment, with the goal of verifying whether in their case the generally known stereotypes about older employees have a realistic basis.

Methods: A qualitative research was carried out, involving four nursing care providers in the field of hospital nursing, who had reached the age of 50, and thus could participate voluntarily in the research. The research instrument was a partially structured interview. In addition to basic demographic data, we focused on two areas: intergenerational cooperation and self-assessment of the advantages and disadvantages of being an older worker.

Results: The results of the research showed that good intergenerational cooperation between employees is already taking place. Additionally, respondents reported difficulties in adapting to changes, experiencing slowdowns and reduced concentration. Their added value is the acquired knowledge, experience and the transfer of both to the younger generation.

Discussion and conclusions: Many authors point out that reality is much more complicated than results show. Older employees are not a homogeneous group and age itself does not determine the individual's abilities. Awareness of this is essential to understanding older employees in work environments.

Key words: Older employees, health care, intergenerational cooperation, stereotypes, discrimination

**ZDRAVSTVENE IN
DRUGE VEDE /
HEALTH STUDIES AND
OTHER SCIENCES**

ČLOVEŠKI GENSKI INŽENIRING: SISTEMI CRISPR ZA REGULATIVNO REŠITEV HUMAN GENETIC ENGINEERING: CRISPR SYSTEMS TOWARD A REGULATORY SOLUTION

IZVLEČEK

Raziskave in razvoj v biotehnoških sektorjih so dosegli široko razširitev in presenetljivo sposobnost spreminjanja genoma virusa, bakterij, kompleksnih živih bitij (rastlinskih in živalskih) in – nedavno – ljudi. Zmogljiv instrument za raziskave in hipotetične zdravilne učinkovine za klinično medicino je CRISPR-Cas9, preprosta, hitra in poceni tehnika, ki omogoča nadomestitev genov in vivo. Z biotehnoškimi posegi na genom lahko dosežemo več namenov: najprej izkoreninjenje genetskih bolezni pred začetkom razvoja zarodkov in njihovo implantacijo. Hipotetično bi se ta tehnologija lahko uporabljala za druge namene kot za urejanje genoma, na primer za krepitev človeških sposobnosti (fizične, intelektualne, psihološke in moralne izboljšave), tako se določajo lastnosti, ki jih je mogoče prenašati od posameznika na druge, kot razmišljajo nekateri transhumanistični znanstveniki. Ta tehnologija bi lahko pomagala ne le odpraviti bolezni, ampak bi jo lahko uporabili tudi za samo evolucijo živih vrst. V primeru genomov, ki sprožajo razpravo o moralni dopustnosti eksperimentiranja s človeškimi gametami, so zarodki in živa bitja dobro razviti, delno se prekrivajo z moralno razpravo o medicinsko podprti reprodukciji in genskem inženiringu na splošno, zato te teme ne predstavljajo neurejenega področja raziskav. Druga vprašanja nas zanimajo, predvsem tista, ki se ukvarjajo s predpisi, pooblastili, pregledi in preglednostjo poskusov, ki so potrebni za preverjanje hipotez in delovanja tehnologije CRISPR pri ljudeh. Težka tema je možnost ureditve te močne tehnologije v globaliziranem svetu, kjer je mogoče zakonito prepoved in kazenskopravni pregon v kateri koli zahodni državi premagati zgolj s prenosom znanstvenikov in laboratorijev v državo, kjer takšna pravna prepoved ne obstaja.

Ključne besede: človeški genski inženiring, smernice, bioetika, odgovorne inovacije, izboljšave.

ABSTRACT

Research and development in biotechnological sectors have reached a broad expansion and an astonishing ability to modify the genome of viruses, bacteria, complex living beings (plant and animal, and - very recently - human). A powerful instrument for research, and a hypothetical panacea for clinical medicine, the CRISPR-Cas9 is an easy, quick and cheap technique that permits gene substitution in vivo. Several purposes can be obtained by biotechnological interventions on the genome: first of all, the eradication of genetic diseases before the start of development of embryos and their implantation. Hypothetically, this technology might be used for purposes other than genome editing of embryos: for example, to enhance human abilities (physical, intellectual, psychological and moral enhancements) and thus determine traits that are transferable from one individual to another, via germline genetic modification, as some trans-humanist scholars are considering. This technology might help eliminate or cure diseases, but it would also be applied to the very evolution of a living species. In the case of genome editing, the debate on moral permissibility of experimentation with human gametes, embryos and living beings is well-developed and partially overlaps with the moral debate on medically assisted reproduction and genetic engineering in general, so these topics do not present uncharted territory of research. Other issues attract our attention, particularly those dealing with regulations, authorizations, oversights and transparency of the experiments that are necessary to verify the hypotheses and functioning of CRISPR technology in human beings. The difficult topic is the possibility of regulating this powerful technology in a globalized world, where legal prohibition and law enforcement in any Western State can be overcome simply by the transfer of scientists and laboratories to a country where such legal prohibition does not exist.

Key words: human genetic engineering, guidelines, bioethics, responsible innovation, enhancement

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EXAMINING THE MALPRACTICES OF DIABETIC INDIVIDUALS SELF-INJECTING INSULIN AND THE ASSOCIATED FACTORS

ABSTRACT

Introduction: This descriptive study was conducted to examine the malpractices of diabetic individuals who self-injected insulin as well as the associated factors.

Methods: The study was conducted with 110 patients with diabetes who were hospitalized in all internal medicine clinics at Gaziantep 25 December Public Hospital between 9 September and 30 December 2016 and were undergoing treatment in the dialysis unit. In the study, the data were collected by using a questionnaire and an insulin injection observation form. The data were evaluated by using the SPSS (Statistical Package for Social Sciences) packaged software and analysed by number, percentage, mean, the t test, One- Way ANOVA, correlation analysis, and the chi-square test.

Results: 72.7% of individuals who participated in the study were female; 86.4% were married and 42.7% were illiterate. 56.4% of the individuals were overweight (obese). 98.2% of the patients were self-injecting for more than one year; 40.9% self-injected insulin twice a day; 80% had no idea about the length of pen needles and 49.1% applied injection mostly in the abdominal area. 52.7% of the patients had a lump/swelling (lipohypertrophy) and 65.5% had bleeding/bruising in the injection area. It was determined that 69.9% of individuals were trained in administering insulin by a diabetes training nurse; 24.5% were trained within the past one year, and 70.9% had not had their injection sites checked by physicians or nurses.

Discussion and conclusion: Illiterate patients with diabetes had higher metabolic parameters than others ($p=0.016$). It was found that patients made malpractices at different rates in all stages of insulin application. A comprehensive and regular training on all aspects of diabetes and the use of insulin, as well as regular follow-up of individuals by physicians and nurses will increase the awareness of patients regarding diabetes, diabetes complications and insulin treatment, and decrease the rate of malpractices.

Key words: diabetes, insulin application, malpractices in insulin application, self-injecting insulin

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(NE)PRISTRANO IZVJEŠTAVANJE U HRVATSKIM ONLINE MEDIJIMA NA PRIMJERU MIGRANTSKE KRIZE (UN)BIASED REPORTING IN CROATIAN ONLINE MEDIA – EXAMPLE OF THE 2015 MIGRANT CRISIS

SAŽETAK

Rad se bavi istraživanjem sadržaja hrvatskih online medija, s ciljem utvrđivanja postojanja različitog načina prenošenja informacija s obzirom na to jesu li u javnosti percipirani kao liberalni ili kao konzervativni mediji. Rad razmatra problematiku medijske pristranosti, odnosno nepristranosti, na primjeru izvještavanja o migrantskoj krizi, na jednom – prema percepciji u javnosti – konzervativnom, i jednom liberalnom portalu. Analizom sadržaja utvrđen je velik broj razlika u izvještavanju o migrantima i migrantskoj krizi na analiziranim portalima, među kojima su se najviše istaknuli nejednak broj objavljenih tekstova između konzervativnog i liberalnog portala, različit način prenošenja istih informacija, te pribjegavanje senzacionalizmu kada su u pitanju izbjeglice i migranti. Cilj istraživanja bio je utvrditi razlike u prenošenju istih informacija objavljenih na različitim portalima prema njihovoj političkoj orijentiranosti. Krajnji cilj ovog rada je doprinijeti boljem razumijevanju medijske moći, te mogućeg utjecaja na stavove pojedinca s obzirom na stavove uredništva određenog medija. Svrha ovog rada je potaknuti na daljnja istraživanja na području nejednakog izvještavanja u medijima na slučaju migranata i migrantske krize.

Ključne riječi: mediji, izvještavanje, web portal, migrantska kriza, migrant.

ABSTRACT

This article focuses on determining whether there was a difference in reporting on the topic of the migrant crisis in Croatian media depending on their being perceived as either liberal or conservative by the public. Examples of reporting on the migrant crisis by one online media that was depicted as liberal and one that was depicted as conservative are included. The content analysis has determined a great number of examples in different reporting on the same topic. The biggest difference was an unequal number of published articles between the conservative and the liberal media in question. Other differences include different ways of reporting on the same topic as well as resorting to sensationalism while reporting on refugees and migrants. The goal of this research was to establish the differences in reporting on the same topics and information by two online media according to their perceived political orientation. The ultimate goal of this article is to contribute to a better understanding of the power of media and of the influence on individuals' opinion in correlation with the stance of the editorial board of a certain media. The purpose of this article is to encourage further research on uneven reporting in the media.

Key words: media, reporting, web portal, migrant crises, migrants

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ZA BOLNIKE GRE: ZNANSTVENO - RAZISKOVALNI IZZIVI V SPLOŠNI BOLNIŠNICI MURSKA SOBOTA ALL ABOUT THE PATIENT: SCIENTIFIC RESEARCH CHALLENGES AT THE GENERAL HOSPITAL MURSKA SOBOTA

IZVLEČEK

Uvod: Znanstveno-raziskovalna dejavnost je ključna za razvoj bolnišnice, saj s spodbujanjem, izvajanjem ter koordinacijo raziskovalnih dejavnosti prispeva v svetovno zakladnico medicinskega znanja in kliničnih izkušenj. Rezultati teh dejavnosti so prav tako osnova za rehabilitacije v pedagoške nazive na fakultetah in pridobitev nazivov klinične odličnosti posameznih medicinskih dejavnosti.

Metode: Program dela na področju znanstveno-raziskovalne dejavnosti smo v Splošni bolnišnici Murska Sobota v letu 2017 razdelili v več prioritetenih skupin. Ključne cilje s kazalniki smo umestili tudi v letne cilje bolnišnice in jih uskladili s strateškimi usmeritvami.

Rezultati: Pripravili smo strategijo za prijave na raziskovalne projekte doma in v tujini; oddanih je bilo 6 prijav. V sodelovanju z Nacionalnim inštitutom za javno zdravje izvajamo projekt ARRS Epidemiologija srčnega popuščanja v Sloveniji: prevalenca, hospitalizacije in umrljivost, v sklopu katerega med prebivalci mesta Murska Sobota poteka prevalenčna raziskava o srčnem popuščanju z imenom SOBOTA-HF. Pri koordinaciji dejavnosti te raziskave sodeluje zdravnik, ki je financiran s strani programa ARRS Mladi raziskovalci, pri izvedbi pa Zdravstveni dom Murska Sobota. S Centrom za zdravje in razvoj Murska Sobota sodelujemo pri izvajanju Programa ozaveščanja in opolnomočenja o srčnem popuščanju, ki ga sofinancira Ministrstvo za zdravje, in pri mednarodnem projektu RegioHelp. Vpeti smo v evropsko raziskovalno mrežo COST, kjer sodelujemo v projektu s področja integriranih pristopov obravnave v zdravstvu. Po posameznih oddelkih bolnišnice spodbujamo organizacijo rednih periodičnih strokovnih izobraževanj (z zagotovitvijo akreditiranosti dogodkov pri stanovskih zbornicah) in pripravljamo strokovna srečanja z naslovom Raziskovalna injekcija, v sklopu katerih izvajamo predavanja in krajše delavnice s poudarkom na podpori pri izvajanju raziskovalne dejavnosti oziroma predstavitvi lastnih znanstveno-raziskovalnih rezultatov.

Razprava in zaključek: Zavezanost znanstveno-raziskovalnemu delu je pomembna za osebni strokovni razvoj zaposlenih ter razvoj medicinske stroke. Pomembni elementi krepitve raziskovalnega dela v bolnišnici so ustrezna organizacija in koordinacija raziskovalnih dejavnosti ter razumevanje vodstev bolnišnic, kakšno vlogo imata pri razvoju ustanove ter obravnavi bolnikov raziskovanje in povezovanje. Ključne besede: znanstveno-raziskovalna dejavnost, bolnišnica, projekti, povezovanje, razvoj.

ABSTRACT

Introduction: Scientific research activity is crucial for the development of the hospital, as it contributes to the global treasury of medical knowledge and clinical experience through the promotion, implementation and coordination of research activities. The results of these activities are also the basis for habilitation in pedagogical titles at faculties and the acquisition of the accreditation of clinical excellence for individual medical fields.

Methods: At the General Hospital Murska Sobota, the program of work in the field of scientific and research activity was divided into several priority groups in 2017. The key goals with indicators were also added to the annual goals of the hospital and harmonized with strategic orientations.

Results: We have prepared a strategy for applying for research projects at home and abroad; 6 applications were submitted. In cooperation with the National Institute of Public Health, the SRA project Epidemiology of heart failure in Slovenia: prevalence, hospitalizations and mortality is being carried out, in which a prevalence study of heart failure with the name SOBOTA-HF is taking place among the residents of Murska Sobota. The coordination of the activities of this research involves a medical doctor financed by the SRA Young Researchers program, while the Community Health Centre Murska Sobota is implementing it. Together with the Centre for Health and Development Murska Sobota, we participate in the implementation of the Program for awareness and empowerment on heart failure, co-financed by the Ministry of Health, as well as in the international project RegioHelp. We are part of the European research network COST, where we participate in the project in the field of integrated healthcare approaches. Through individual departments of the hospital, we encourage the organization of regular periodic professional training (by ensuring accreditation of events by professional chambers) and we prepare expert meetings entitled Research Injection, in which we conduct lectures and shorter workshops with emphasis on support in carrying out research activities or presenting own scientific and research results.

Discussion and conclusions: Commitment to scientific and research work is important for the personal professional development of employees and the development of the medical profession. The important elements of strengthening research work in the hospital are the appropriate organization and coordination of research activities and understanding on part of the hospital management of the role that research and integration play in the development of the institution and the treatment of patients.

Key words: research, hospital, projects, integration, development

ZGODBE STAREJŠIH MIGRANTOV NEKEGA MESTECA V AVSTRIJI

THE STORIES OF THE OLDER IMMIGRANTS IN A SMALL AUSTRIAN TOWN

IZVLEČEK

Število mednarodnih migracij v svetu skokovito narašča. Ta fenomen preučujejo številne znanstvene discipline, med njimi tudi antropologija. Bistvena raziskovalna vprašanja, ki se zastavljajo antropologom, niso le kdo, kdaj in zakaj – skozi etnografijo želijo zajeti izkušnje, kako je biti migrant, in ugotoviti pomen in učinek migracije na kulturne in socialne spremembe ter na etnično identiteto. Mednarodne migracije so zelo značilne tudi za Avstrijo. Temu botruje že sama geografska lega, kot tudi številni zgodovinski, politični in socialni dejavniki. Naš prispevek preučuje 20 kratkih življenjskih zgodb starejših migrantov iz mesta Bad Vöslau v Avstriji, pridobljenih z nevsiljivim zbiranjem podatkov v okviru integracijskega projekta tega mesta. Z raziskavo smo želeli ugotoviti razloge za migracijo, življenjski slog ter počutje starejših migrantov v novi domovini. Zgodbe smo analizirali s kvalitativno vsebinsko analizo – z odprtim kodiranjem smo določili glavne teme, pojasnili odnose med njimi ter razlike, ki se pojavljajo med posameznimi skupinami. Povezavo med njimi smo prikazali s konceptualnim modelom. Ugotovili smo, da so bili glavni razlogi migracij v Bad Vöslau v preučevanih zgodbah ljubezen, ekonomski in politični razlogi. V povezavi z razlogom imigracije so bile opazne razlike v spolu, saj so zaradi ljubezni (poroke) v preučevanih zgodbah imigrirale predvsem ženske, moški pa bolj zaradi ekonomskih razlogov. Najmanj razlik se pojavlja na temo življenjskega sloga in sedanjega počutja. Izkazalo se je, da po nekaj letih bivanja v Bad Vöslau v počutju in življenjskem slogu migrantov glede na razlog migracije ni bistvenih razlik.

Ključne besede: mednarodni migranti, življenjske zgodbe, razlog migracije.

ABSTRACT

The number of international migrations in the world is rapidly increasing. This phenomenon is the subject of many scientific fields, including anthropology. The essential research questions occupying anthropologists are not only who, when and how - they are also interested in capturing experiences, like how it is to be a migrant, what effect it has on the cultural and social changes and how it influences the ethnical identity. International migrations are also very common in Austria. This is not influenced only by its geographical position, but also by multiple historical, political and social factors. Our article studies 20 short life stories of older immigrants of the town Bad Vöslau in Austria, obtained by non-invasive data collection as part of the city's integration project. Our purpose was to establish the reasons for immigration to Austria as well as the current lifestyle and well-being of the older migrants in their new home country. The stories were analysed via qualitative content analysis. On the basis of the established themes and the relationships among them we have developed a conceptual model. The results indicate that main reasons for immigration to Bad Vöslau were love, economic reasons and political reasons. Notable differences occurred in relation to the reason of immigration according to gender – significantly more women than men immigrated due to love, the latter immigrating mostly for economic reasons. There were no noticeable differences in current lifestyle and well-being in relation to the reason of migration.

Key words: international migration, life stories, reason of migration

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SIMULACIJA NAPAČNEGA USMERJANJA ANESTEZIJSKIH DIHALNIH SISTEMOV SIMULATION OF AN INCORRECT CALIBRATION OF ANAESTHETIC BREATHING SYSTEMS

IZVLEČEK

Uvod: Za prilagodljive anestezijske dihalne sisteme (ADS) je značilno, da se njihova dolžina lahko spremeni, vendar še ni povsem jasno, ali sprememba njihove dolžine vpliva na natančnost dovajanja dihalnih volumnov bolniku med mehansko ventilacijo. Namen raziskave je bil, proučiti vpliv dolžine prilagodljivih ADS na njihovo podajnost in s tem na natančnost dovajanja dihalnih volumnov med mehansko ventilacijo.

Metode: Prilagodljive ADS smo testirali na dolžinah popolnoma skrčen, raztegnjen na polovico in popolnoma raztegnjen. Dihalne volumne (200 ml, 300 ml, 600 ml in 800 ml) smo merili na nivoju simulatorja mehanskih pljuč in na nivoju ekspiracijske zaklopke anestezijskega aparata.

Rezultati: Podajnost prilagodljivega ADS se spreminja z njegovo dolžino ($p < 0,05$), le-ta pa vpliva na dihalne volumne, ki jih med mehansko ventilacijo anestezijski aparat dovaja do bolnika. Največja odstopanja med nastavljenimi dihalnimi volumni in izmerjenimi volumni na nivoju mehanskega simulatorja pljuč so bila, ko je bil ADS umerjen na dolžini popolnoma skrčen, mehanska ventilacija pa izvajana z dolžino popolnoma raztegnjen ADS, in sicer 14,08 %.

Razprava in zaključek: Sodobni anestezijski aparati, ki vsebujejo sistem kompenzacije podajnosti, dobro uravnavajo spremembo podajnosti prilagodljivih ADS, čeprav le-ta vpliva na natančnost dovajanja dihalnih volumnov. Ugotovitve kažejo, da je treba ADS umerjati na dolžini, kot bo uporabljena med operativnim posegom.

Gljučne besede: prilagodljivi anestezijski dihalni sistem, kompenzacija podajnosti, dihalni volumni, varnost bolnika, anestezijska medicinska sestra.

ABSTRACT

Introduction: The main characteristic of the adjustable anaesthesia breathing system (ABS) is the possibility of adjusting their length, but it has not yet been ascertained whether the change in length influences the accuracy in delivering tidal volume to the patient during mechanical ventilation. The purpose of our research was to investigate the influence of different ABS lengths to their compliance and, simultaneously, to measure the accuracy in delivering the tidal volume.

Methods: Adjustable ABS were tested fully compressed, half-compressed and fully extended. Tidal volumes (200, 300, 600 and 800 ml) were measured at the level of the mechanical lung and at the expiratory valve of the anaesthesia machine.

Results: Compliance of adjustable ABS changes according to the length ($p < 0,05$) which influences the tidal volumes delivered by the anaesthesia machine to the patient. The largest inconsistencies between set tidal volumes and delivered tidal volumes at the mechanical lung level (14.08 %) occurred when the adjustable ABS was tested fully compressed and the mechanical ventilation was performed with fully extended ABS.

Discussion and conclusions: New generations of anaesthesia machines that use compliance compensation are capable of compensating the changes in the compliance of the adjustable ABS, although the results demonstrated that the compliance has an influence on the accuracy of delivering tidal volumes. According to our findings, the adjustable ABS should be calibrated at the length used during the operation.

Key words: adjustable anaesthesia breathing system, compliance compensation, tidal volumes, patient safety, anaesthetics nurses

OPTOMETRIJA IN ERGONOMIJA DELA Z RAČUNALNIKOM ZA ZDRAVJE OČI

OPTOMETRY AND WORKPLACE ERGONOMICS FOR HEALTHY EYESIGHT

IZVLEČEK

Članek predstavlja pomembnost zdravega vida, težave in bolezni, ki so povezane z očmi, ter vlogo optometrista v procesu odkrivanja in lajšanja le-teh. Skrb za preventivo in zdravje ljudi, ki večino časa preživijo pred računalniki, je ne nazadnje sestavni del in ena od glavnih tem tega prispevka. Z ergonomijo računalniške opreme se optimizira delovni prostor, s tem se zmanjša nevarnost za nastanek sindroma računalniškega vida, bolečin v vratu in hrbtenici, sindroma karpalnega kanala in drugih motenj, ki vplivajo na mišice, hrbtenico in sklepe. Pravilna osvetlitev delovnega mesta, pravilna izbira pohištva in same računalniške opreme je poglavitna za uspešno delo ter prijazno in zdravo delovno okolje. Prispevek želi predstaviti morebitne zdravstvene težave in poslabšanje vidne ostrine pri zaposlenih in študentih, ki lahko nastanejo kot posledica sindroma suhih oči, zamegljenega vida zaradi dolgotrajnega dela na isti razdalji, posledično pomanjkanja sposobnosti fokusiranja (akomodacije) in ne dovolj pogostega mežikanja, ki je nujno za pravilno in zdravo mazanje in vlaženje oči. Pomembno vlogo pri zdravju naših oči imajo solzni aparat, kakovost solznega filma, količina solz oz. solzni meniskus, število mežikov v minuti in čas do prekinitve solznega filma na roženici.

Nadalje so predstavljene možnosti za pravilno korekcijo vidne ostrine pri kratkovidnosti (miopija), daljnovidnosti (hiperopija), astigmatizmu in starostni slabovidnosti (presbiopija). Nanizani so načini in smiselnost načinov korekcije vidne ostrine s korekcijskimi očali, kontaktnimi lečami in v zadnjem času zelo uspešnimi in vsekakor visokotehnološkimi in strokovnimi kirurškimi metodami. Prispevek predstavlja načine izboljšanja vida pri kotni nepravovidnosti, kot so strabizmi in forije, ter možnosti spodbujanja pravilnega delovanja mišic očesnega para. Prav posebna kategorija so zagotovo slabovidne osebe (ambliopi), ki jim lahko pri korekciji vida pomagamo z različnimi teleskopskimi sistemi in povečali.

Ključne besede: optometrist, ergonomija delovnega mesta, zdravje oči, korekcije vidne ostrine.

ABSTRACT

The presents the importance of healthy eyesight, some difficulties and diseases connected with our eyes, and the role of an optometrist in discovering and relief of these issues. Ensuring the healthy eyesight of people who spend a lot of time in front of computers is one of the most important focuses of this article. The ergonomics of computer equipment optimises the workplace and lessens the danger of the computer vision syndrome (CVS), neck and back pain, the carpal tunnel syndrome, and other inconveniences that affect the muscles, spine and joints. The right lighting of the workplace, the right choice of furniture and computer equipment are essential for a healthy work environment, especially when considering eyesight. The article presents potential health issues and poorer visual acuity in employees and students. These issues can result from the dry eye syndrome, blurred vision due to long-term working at the same distance, poor focus (accommodation) ability, and too little eye blinking, which is necessary for the proper and healthy eye lubrication and humidity. The lacrimal apparatus, the quality of the tear film, the quantity of tears or of the tear meniscus, and the number of blinks per minute are also of great importance.

Some possibilities for sight correction of near-sightedness (myopia), farsightedness (hyperopia) and the age-related loss of near-focusing ability (presbyopia) will be presented. The possibilities and reasonability of sight correction with correction eyeglasses, contact lenses and, lately, very successful and high-tech laser surgeries will be emphasized. The importance of sight correction in squint and phoria and the right functioning of eye muscles will be stressed. Persons with poor eyesight and low vision (amblyopia) are a special group that can be helped with various telescopic systems and magnifying glasses.

Key words: optometrist, workplace ergonomics, healthy eyesight, visual acuity corrections

RAZNOLIKA EVROPSKA ZAKONODAJA NA PODROČJU DUŠEVNEGA ZDRAVJA V LUČI SPOŠTOVANJA ČLOVEKOVIH PRAVIC DIVERSE EUROPEAN MENTAL HEALTH LEGISLATIONS IN THE LIGHT OF RESPECTING HUMAN RIGHTS

IZVLEČEK

Človek, ki danes kjer koli v Evropi zboli s hudo duševno motnjo take narave, da le-ta zahteva hospitalno psihiatrično zdravljenje, je lahko ob nestrinjanju z zdravljenjem v določenih primerih zdravljen brez soglasja – torej protivoljno. Huda duševna motnja spremeni človekovo razmišljanje in vedenje. V ozadju nestrinjanja s psihiatričnim zdravljenjem je najpogosteje odsoten bolezenski uvid, ki okvari bolnikovo sposobnost sprejemanja odločitev in je eden temeljnih problemov hudih duševnih motenj. V prispevku bodo orisana izhodišča za genezo zakonodaje na področju duševnega zdravja in primerjava meril v različnih nacionalnih zakonodajah, ki dovoljujejo oziroma narekujejo protivoljno zdravljenje. Predstavljeno bo, da je oboleli v vsaki državi deležen nekoliko drugačne obravnave. Kadar človek z duševno motnjo predstavlja nevarnost za druge ali samega sebe, kar imenujemo »nevarnostno merilo«, in/ali kadar preprosto obstaja »potreba po zdravljenju« – tudi brez ogrožanja, sta izpolnjeni merili, ki v nacionalnih evropskih zakonodajah predstavljata podlago za protivoljni sprejem v bolnišnico. Evropska komisija ugotavlja, da kljub odstopanjem v zakonodajah v nobeni od držav niso kršene človekove pravice. Na osnovi meril, ki omogočajo zdravljenje brez privolitve, bo izpostavljeno protislovje, ki nastane v primeru protivoljnega zdravljenja pri interpretaciji Splošne deklaracije o človekovih pravicah med pravico do svobode in pravico do enakovredne zdravstvene oskrbe.

Ključne besede: psihiatrija, protivoljno zdravljenje, Zakon o duševnem zdravju, človekove pravice, evropska zakonodaja.

ABSTRACT

A person who nowadays becomes sick with a serious mental illness that requires psychiatric inpatient treatment anywhere in Europe can be treated involuntarily in case of treatment refusal. Serious mental illnesses interfere with the way a person thinks and behaves. Loss of insight is the most frequent reason for treatment refusal and is thus one of the major problems of mental diseases. The author of this article will outline the background behind the genesis of legislations in the field of mental health and will try to explain why the patient is treated differently in different countries by comparing the criteria of the various national legislations that allow or indicate involuntary treatment. A person with a mental illness who may cause danger to others or themselves (a situation which is described by the »dangerousness« criteria) and/or simply has »need for treatment« (even without any dangerousness), meets the criteria established for involuntary inpatient treatment in European countries. The European Commission declared that no human rights are violated despite the existence of different criteria for involuntary treatment in national legislations. The author will stress the contradiction that we witness between the right to freedom and the right to medical care when interpreting the Universal Declaration of Human Rights.

Key words: psychiatry, involuntary treatment, mental health act, human rights, European legislations

VLOGA ODNOSOV Z JAVNOSTMI V POLICIJSKIH ORGANIZACIJAH THE IMPORTANCE OF PUBLIC RELATIONS IN LAW ENFORCEMENT AGENCIES

IZVLEČEK

Delo policije je nenehno na očeh javnosti in pogosto predmet kritične presoje medijev. A kot potrebuje policija novinarje za prenos informacij javnosti, potrebujejo za svoje teme in vire informacij policijo tudi mediji. Novinarji kot vir informacij pogosto uporabljajo kar predstavnike za odnose z javnostmi. Odnosi z javnostmi so si s tem priborili pomembno mesto v policijskih institucijah in predstavljajo neločljiv del policijskega dela, njihova kakovost pa vpliva na podporo javnosti, ki jo policija nujno potrebuje za svoje uspešno delo. S tehnološkim razvojem, zlasti z razmahom spleta, pa se njuno razmerje spreminja. Policijske institucije so vse manj odvisne od novinarjev. Postajajo »sam svoj medij«, zgodbe kreirajo same, jih posredujejo brez medijskega filtra in hitro razširjajo po lastnih digitalnih platformah. V prispevku se na osnovi pregleda literature lotevamo vprašanja odvisnosti novinarjev od informacij policijskih predstavnikov za odnose z javnostmi v policijskih organizacijah, ki smo ga podkrepili z analizo enomesečnega medijskega poročanja štirih slovenskih dnevnikov.

Ključne besede: policija, odnosi z javnostmi, policijske organizacije, novinarstvo.

ABSTRACT

Police work is constantly in public view and often subjected to critical media opinion. However, as much as the police needs journalists for the dissemination of information to the public, so do journalists need the police for their sources of information and writing ideas. Public relations officers are often the main source of information for journalists. That is why public relations has an important place in police institutions and is an inseparable part of police work. The quality of police public relations affects public support, which is crucial for successful police work. With technological developments, and especially the rise of the Internet, the relationship between journalists and police public relations officers is changing. Police institutions are less dependent on journalists. They are becoming "their own media", creating their own stories, disseminating them without a media filter, and disseminating them via their own digital platforms. In this article, we analyse the issue of journalist dependency on information provided by police public relations officers and substantiate this with a review of the media reports of four Slovenian daily newspapers.

Key words: police, public relations, police organisation, journalism

MEDKULTURNA STRPNOST / NESTRPNOST MED DIJAKI V RAZREDU INTERCULTURAL TOLERANCE / INTOLERANCE AMONG HIGH-SCHOOL STUDENTS IN THE CLASSROOM

IZVLEČEK

Izobraževanje in šola kot polje izobraževalnih in socializacijskih dejavnosti imata ključno vlogo pri vključevanju učencev priseljencev v novo okolje. Ravno v izobraževalnem procesu dijaki priseljenci pridobijo znanje, veščine in stkejo medsebojne vezi, ki jih potrebujejo za vključitev v novo družbeno okolje. Pomembno je izpostaviti, da lahko države s svojimi politikami vključevanja otrok priseljencev v izobraževalni sistem bistveno vplivajo na njihov uspeh v šoli in na nadaljnjo integracijo v družbo. O izobraževalnem sistemu v Sloveniji še ne moremo govoriti kot o večkulturnem izobraževanju, res pa je, da so v zadnjih letih v naši državi postavljeni nekateri temelji za razvoj tovrstnega izobraževanja.

Prav tako na Srednji zdravstveni šoli Celje vsakoletno vpisujemo dijake priseljence ter jim poskušamo omogočiti kakovostno in zanje prijazno šolanje. Število iz leta v leto precej narašča. Ne smemo pa pozabiti na obdobje adolescence, ki je lahko zanje precej občutljivo, medkulturne razlike se lahko izražajo na precej žaljiv način. Tukaj se pojavi naše vprašanje strpnosti/nestrpnosti.

Ključne besede: priseljenci, izobraževanje, adolescence, medkulturne razlike.

ABSTRACT

Education and school as a field of educational and socialization activities play a key role in integrating immigrant pupils into a new environment. It is in the educational process that student immigrants acquire knowledge, skills and the interconnections they need to become involved in the new social environment. It is important to emphasize that with their policies for integrating immigrant children into the education system, countries can significantly influence immigrant children's success at school and further integration into society. Although we cannot speak of the educational system in Slovenia as multicultural education, it is true that in recent years some foundations for the development of this kind of education have been set up in our country.

We also enrol immigrant students at the Central Health School Celje every year and try to provide them with quality and friendly education. Their number is growing year by year. However, we must not forget the period of adolescence, which can be quite delicate for students, who may express intercultural differences in a rather insulting manner. Here our question of tolerance / intolerance arises.

Key words: immigrants, education, adolescence, intercultural difference

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POLNILNI VOLUMNI INFUZIJSKIH TEKOČIN V POLIETILENSKIH PLASTENKAH FILLING VOLUMENS OF INFUSION FLUIDS IN POLYETHYLENE CONTAINERS

IZVLEČEK

Uvod: V prispevku smo ugotavljali povprečja volumnov infuzijskih plasten in rezidualne volumne po gravitacijski izpraznitvi skozi infuzijski sistem.

Metode: Skupno smo testirali 20 infuzijskih plasten Ecoflac® plus volumnov 100, 250 in 500 ml z vsebnostjo 0,9 % NaCl in 10 % glukoze. Trinajst smo jih prerezali in z menzuro izmerili volumen vsebine. Rezidualni volumen smo izmerili sedmim infuzijskim platenkam, ki smo jih izpraznili z infuzijskim sistemom Intrafix® SafeSet. Izmed omenjene količine infuzijskih plasten smo primerjali tudi dve z 10 % glukoze (500 ml), od katerih je eni rok uporabnosti že potekel.

Rezultati: Povprečni volumen 100 ml NaCl je 110 ml, 250 ml NaCl 264 ml in 500 ml NaCl 516 ml. V infuzijskem sistemu je pri vseh meritvah ostalo 11,5 ml tekočine zaradi mehanizma AirStop, ki preprečuje vdor zraka po izpraznitvi infuzijske platenke. Rezidualni volumen je v povprečju znašal 6,4 ml. Platenka volumna 500 ml z 10 % glukoze s pretečenim rokom uporabnosti (5/2016) je vsebovala 494 ml tekočine, še uporabna (5/2018) pa 519 ml.

Razprava in zaključek: Infuzijske platenke Ecoflac® plus vsebujejo večjo količino tekočine, kot je zapisano na embalaži. Razlog je v zagotavljanju nominalne vrednosti do poteka roka uporabnosti.

Ključne besede: rezidualni volumen, infuzija, IV-terapija, zdravila.

ABSTRACT

Introduction: In this study, we researched the average volumes of infusion containers and residual volumes after gravity drainage through infusion system.

Methods: Altogether we tested 20 Ecoflac® Plus infusion containers with volumes of 100, 250 and 500 ml, containing 0,9 % NaCl and 10 % glucose. We cut 13 of them and measured the volume of the content with a measuring cylinder. The residual volume was measured for 7 infusion containers, which were emptied by Intrafix® SafeSet infusion system. Among these quantities of infusion containers, we also compared two 10 % glucoses (500 ml), one of which was already its expiry date.

Results: The mean volume of 100 ml NaCl is 110 ml, 250 ml NaCl 264 ml and 500 ml NaCl 516 ml. In all measurements, the infusion system contained 11,5 ml of residual fluid due to the AirStop mechanism which prevents the intrusion of air after emptying infusion container. The mean residual volume was 6,4 ml. The expired (05/2016) 10 % glucose (500 ml) contained 494 ml of fluid and the still usable one (05/2018) contained 519 ml.

Discussion and conclusions: Ecoflac® Plus infusion containers contain a larger amount of fluid than stated on the packaging. The reason for that lies in ensuring the nominal value until the expiry date.

Key words: residual volume, infusion, IV therapy, medications

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DINAMIKA CEREBRALNE OKSIGENACIJE PRI HIPERVENTILACIJI IN HIPOVENTILACIJI THE DYNAMICS OF CEREBRAL OXYGENATION DURING HYPERVENTILATION AND HYPOVENTILATION

IZVLEČEK

Uvod: Možgani za svoje delovanje potrebujejo stalen dotok krvi, ki se med hiperventilacijo in hipoventilacijo spreminja. Namen študije je bil ugotoviti, ali lahko v teh dveh primerih zaznamo spremembe nasičenosti kisika v možganih (rSO₂).

Metode: Kvantitativno raziskavo smo izvedli na štirih zdravih prostovoljcih, pri katerih smo med kratkotrajno hiperventilacijo in hipoventilacijo spremljali rSO₂ v možganih s spektroskopijo v bližnjem infrardečem polju (NIRS INVOS). Monitorirali smo tudi ostale fiziološke spremenljivke: dihanje, pulz, delni tlak ogljikovega dioksida (PETCO₂) in nasičenost hemoglobina s kisikom v arterijski krvi (SpO₂).

Rezultati: Med hiperventilacijo ugotavljamo največji padec povprečne rSO₂ za 3 % (s 57 ± 1 % na 54 ± 2 %), pri tem zasledimo padec delnega tlaka PETCO₂ z 31 ± 2 mmHg na 21 ± 3 mmHg. Povprečna nasičenost hemoglobina s kisikom v periferni arterijski krvi je znašala 98 % in se je pri vseh preiskovancih dvignila za 1 do 2 %. Frekvenca srca se med hiperventilacijo poveča, med počitkom pa se ponovno zmanjša. Razlike v nasičenosti s kisikom med levo in desno možgansko hemisfero so bile od 2 % do maksimalnih 7 %.

Razprava in zaključek: Zaradi mehanizma hipokapnije se ožilje v možganih skrči in zmanjša se dostava kisika. Pojav zmanjšanja rSO₂ smo uspeli dokazati pri treh od štirih preiskovancih.

Ključne besede: možganska prekrvavitev, avtoregulacija, hipokapnija, vazokonstrikcija, spektroskopija v bližnjem infrardečem polju.

ABSTRACT

Introduction: Our brain requires constant supply of blood for its functioning, which changes during hyperventilation and hypoventilation. The purpose of this research was to determine whether changes in oxygen saturation in the brain (rSO₂) can be detected in these cases.

Methods: A quantitative research was performed on four healthy volunteers. During short-term hyperventilation and hypoventilation, we monitored rSO₂ in the brain with the use of near-infrared spectroscopy (NIRS INVOS). We also monitored other physiological variables: respiratory rate, pulse, partial pressure of end-tidal carbon dioxide (PETCO₂) and saturation of haemoglobin with oxygen in arterial blood (SpO₂).

Results: The greatest decrease in mean rSO₂ during hyperventilation was found to be 3 percent (from 57 ± 1 % to 54 ± 2 %), with a drop in the partial pressure of PETCO₂ from 31 ± 2 mmHg to 21 ± 3 mmHg. The mean saturation of haemoglobin with oxygen in peripheral arterial blood was 98 %, which increased by 1 % to 2 % in all participants. The participants' pulse increased during hyperventilation and again decreased during rest. Differences in oxygen saturation between the left and the right brain hemisphere were from 2 % to a maximum of 7 %.

Discussion and conclusions: The purpose of these study was to examine the mechanisms by which hypocapnia produces vasodilatation in brain. We managed to prove the occurrence of reduction of rSO₂ in three of four participants.

Key words: cerebral blood flow, autoregulation, hypocapnia, vasoconstriction, near-infrared spectroscopy

MERITVE TELESNE SESTAVE Z NAMENOM SPREMLJANJA TRENDA STANJA TEKOČINE V TELESU PRI FIZIČNO DEJAVNIH STAREJŠIH OSEBAH MEASUREMENTS OF BODY COMPOSITION IN ORDER TO MONITOR THE FLUID STATUS TREND IN PHYSICALLY ACTIVE OLDER PERSONS

IZVLEČEK

Uvod: Namen pilotne študije kot dela longitudinalnega raziskovalnega projekta z naslovom Gibalno-miselne tehnike (GMT) je bil, določiti prognostične parametre za hitro oceno količine tekočine v kontekstu ravnovesja vode v telesu pri zdravih in dejavnih starejših posameznikih ter olajšati odločanje svetovalca za zdrav način življenja, trenerja za moč in kondicijo ter splošnega zdravnika.

Metode: Študija je bila izvedena z 8 prostovoljci (5 ženskami – Ž in 3 moškimi – M), starimi 60 let in več, ki so bili člani Centra aktivnosti za starejše občane Koper. Orodja za ocenjevanje so vključevala antropometrične meritve. Telesna teža in sestava sta bili določeni z metodo bioelektrične impedančne analize (BIA), in sicer z uporabo večfrekvenčnega analizatorja telesne sestave (prenosni model Tanita MC-780 MA). Meritve so bile opravljene na istih ljudeh v različnih časovnih obdobjih. Prvič so bile izvedene v obdobju od septembra 2015 do februarja 2016 (skupina 1 – S1) in drugič od marca 2017 do julija 2017 (skupina 2 – S2). Zbrani rezultati meritev so bili med seboj primerjani v namen analiziranja količine vode v telesu skozi daljše časovno obdobje.

Rezultati: BIA je pri preiskovankah ženskega spola (Ž) iz S1 pokazala višji odstotek telesne maščobe (BFP), višji indeks telesne mase (BMI) ter višji odstotek, ki ga da razmerje med zunajcelično tekočino in celotno telesno tekočino (ECW/TBW) v primerjavi z Ž iz S2 (31,21 % proti 25,49 %; 25,51 proti 23,65 in 44,96 % proti 44,02 %). Preiskovanci moškega spola (M) iz S1 so prav tako imeli višji BFP in ECW/TBW v primerjavi z M iz S2 (22,11 % proti 21,51 % in 41,93 % proti 41,62 %), medtem ko so M iz S2 imeli rahlo višji BMI (28,53 proti 28,23). V obeh skupinah je bil le BMI višji pri M v primerjavi z Ž.

Razprava in zaključek: Sistematično vrednotenje parametrov, povezanih s stanjem vode v telesu, lahko poveča fizično sposobnost in telesno pripravljenost pri starejših odraslih, kar rezultira v dejavnem in kakovostnejšem staranju.

Ključne besede: starejše osebe, bioelektrična impedančna analiza, stanje vode v telesu, razmerje med zunajcelično in celotno telesno tekočino, dejavno staranje.

ABSTRACT

Introduction: The aim of this pilot study as a part of the longitudinal research project with the title Physical - cognitive techniques (PCT) was to identify the prognostic parameters for quickly assessing fluid volume status in the context of water balance in healthy and active elderly individuals and to facilitate the decision-making of the Senior Healthy Lifestyle Advisor, Strength & Conditioning Coach and General Practitioner.

Methods: This study was conducted with 8 volunteers (5 females - F and 3 males - M) aged 60 years and older who were members of the Senior Activity Centre in Koper. The assessment tools included anthropometric measurements. Weight and body composition analyses were determined by Bioelectrical Impedance Analysis (BIA) using the Tanita MC-780 MA multifrequency segmental Body Composition Analyser. Measurements were obtained from the same people at different times. The first period lasted from September 2015 to February 2016 (Group 1 - G1) and second one from March 2017 to July 2017 (Group 2 - G2). The collected results were compared with each other in order to analyse the fluid status trend.

Results: The BIA showed that F from the G1 had a higher body fat percentage (BFP), body mass index (BMI) and the ratio of extracellular to total body water (ECW/TBW) compared to F from G2 (31.21% vs 25.49%; 25.51 vs 23.65 and 44.96% vs 44.02%). M from G1 also had a higher BFP and ECW/TBW compared to M from G2 (22.11% vs 21.51% and 41.93% vs 41.62%), while M from G2 had a slightly higher BMI (28.53 vs 28.23, respectively). Of all measures, only the BMI was higher in M from the G1 and G2 than in F from G1 and G2.

Discussion and conclusions: A systematic evaluation of fluid status related parameters may increase exercise capacity and physical fitness in older adults, resulting in active ageing and better quality of life.

Key words: elderly, bioelectrical impedance analysis, fluid status, ratio of extracellular to total body water, active ageing

VAROVANJE OTROKOVIH PRAVIC V BOLNIŠNICI THE PROTECTION OF CHILDREN'S RIGHTS IN HOSPITALS

IZVLEČEK

Vsi ljudje imamo določene pravice, ki jih lahko uveljavljamo, če izpolnujemo svoje dolžnosti. Namen opredelitve človekovih pravic in svoboščin je omogočanje razvijanja in uporabe človekovih odlik, inteligence, talentov in vesti ter zadovoljevanja duhovnih in drugih potreb. Za dosledno spoštovanje človekovih pravic skrbi Urad za varovanje človeških pravic. Pravice otrok in mladih do 18. leta natančneje določa Konvencija o otrokovih pravicah, ki so jo podpisale številne države, med njimi tudi Slovenija. V celjski bolnišnici je bila sprejeta »Magna charta« otrokovih pravic na sestanku predstojnikov vseh bolnišničnih oddelkov, kjer se zdravijo otroci, dne 7. januarja 1994. S tem se je položaj bolnega otroka in njihovih spremljevalcev temeljito spremenil.

Ključne besede: varstvo otrokovih pravic, pravice otrok, pacientove pravice, bolnišnica.

ABSTRACT

People have rights but also duties which must be carried out if we want to exercise our rights. The purpose of the definition of human rights and freedoms is to enable the development and use of human qualities, intelligence, talent and conscience, and satisfying spiritual and other needs. The Office for Protection of Human Rights is the institution which monitors the full respect of human rights. The rights of children and youths up to the age of eighteen is specified by the Convention on the Rights of the Child signed by many countries around the world, including Slovenia.

On January 7th 1994, The Celje General Hospital adopted the "Magna Charta" of children's rights at a meeting of the Heads of the hospital departments that treat children. This act fundamentally changed the situation of ill children and their escorts.

Key words: protecting children's rights, children's rights, patient rights, hospital

