



UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	PALIATIVNA OSKRBA
Course title:	PALLIATIVE CARE

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega 2. stopnja	Integrirana zdravstvena in socialna obravnava starejših odraslih v napredni zdravstveni negi	2.	3.
Nursing Care master study programme	Integrated Health and Social care of the older adults in advanced nursing practice	2.	3.

Vrsta predmeta / Course type

Obvezni predmet izbrane študijske smeri /
Compulsory subject selected study field

Univerzitetna koda predmeta / University course code:

IM-MAG-A1.3

Predavanja Lectures	Seminar Seminar	Vaje Tutorial	Klinične vaje work	Druge oblike študija	Samost. delo Individ. work	ECTS
30	20	/	/	/	100	5

Nosilec predmeta / Lecturer:

doc. dr. Maja Šeruga / Assist. Prof. Maja Šeruga, PhD

Jeziki /

Predavanja / Lectures: Slovenski jezik / Slovene language

Languages:

Vaje / Tutorial: Slovenski jezik / Slovene language

Pogoji za vključitev v študijski program:

- Ni posebnih pogojev.

Prerequisites:

- No prerequisites.

Vsebina:

1. poglavje: Osnovni principi paliativne oskrbe in terminologija

- Definicija paliativne oskrbe
- Terminologija v paliativni oskrbi
- Organizacija paliativne oskrbe doma v Evropi in v svetu
- Filozofsko ozadje paliativne oskrbe in zdravstvene nege
- Komu je namjenjena paliativna oskrba
- Spekter paliativne oskrbe in zdravstvene nege.

2. poglavje: Kaj storimo ob vključitvi v paliativno oskrbo?

- Kako prepoznavamo **pacienta**, ki potrebuje paliativno oskrbo?
- Na kaj smo pozorni pri razgovoru ob vključitvi v paliativno oskrbo(PO)?
- Kašne so večšine prognoziranja?

Content (Syllabus outline):

Chapter 1: The principle of Palliative Care

- Definition of Palliative care
- The terminology in Palliative Care
- In which way is Palliative Care organise in Europe, in the World and in Slovenia
- The philosophic underground in palliative Care
- Who needs Palliative Care.
- The Spectrum of Palliative Care Nursing

Chapter 2: What should we do by decision for PC?

- How we identified patients for palliative care,
- The pitfall of conversation by decision for PC
- Who can make prognosis of diseases
- plane of PC ?
- Team work.

- Paliativni načrt.
- Timsko delo in kaj pomeni paliativni tim
- Obdobje umiranja.

3. poglavje: Pristop do obladovanja simptomov v paliativni oskrbi

- Pogosta zdravila, ki jih uporabljamo v PO
- Obvladovanje bolečine.
- Fiziologija in psihologija bolečine.
- Osnovna načela farmakološkega zdravljenja bolečine.
- Urgentna stanja v PO.

4. poglavje: Pristop k pacientu z neozdravljivo nerakavo kronično boleznijo

- **Pacient** s srčnim popuščanjem.
- **Pacient** s pljučnimi boleznimi.
- **Pacient** z odpovedovanjem ledvic.
- **Pacient z demenco.**

- Dying process.

Chapter 3: The control of symptoms in PC.

- Drugs in palliative care.
- Pain treatment possibilities.
- Physiology and psychology of pain.
- Basic principles of pharmacological pain treatment.
- Emergencies in PC.

Chapter 4: Palliative care in non-malignant chronic diseases

- Palliative care in heart failure.
- Palliative care in respiratory disease.
- Palliative care in chronic kidney diseases.
- Palliative care by dementia.

Temeljni literatura in viri / Readings:

- Matzo, M & Sherman, DW., 2010, *Palliative care nursing. Quality care to the end of life*. New York: Springer Pub. Co.
- Červek, J., 2012. *Najpogostejša vprašanja v paliativni oskrbi*. Ljubljana: Onkološki Inštitut.
- Lahajnar Čavlovič, S., Krčevski, N., Stepanovič, A., Čufer, T. Priporočila za zdravljenje bolečine pri odraslem bolniku z rakom, Slovensko združenje za zdravljenje bolečine, 2008.
- Earle, S., Komaromy, C., & Bartholomew, C., 2009, *Death and dying. A reader*, SAGE; Open University, Los Angeles, Milton Keynes, UK.
- Meier, D.E., Isaacs, S.L. & Hughes, R.G., 2009. *Transforming palliative care. Transforming the care of serious illness*, Jossey-Bass, San Francisco.

Cilji in kompetence:

- Cilj predavanj je razumeti osnove paliativne oskrbe.

Objectives and competences:

- The aim of this lesson is to understand the basis of palliative care.

Predvideni študijski rezultati:

Znanje in razumevanje:

Študent bo po končanem študiju zmožen:

- razumeti razvoj paliativne oskrbe v odnosu na fundamentalni pomen profesije zdravstvene nege,
- razumeti raznovrstnost izkušenj pri odločitvi za vključitev **pacienta** v PO
- razumeti bistvene pristope lajšanja simptomov v PO,
- razumeti timski pristop dela v PO
- primerjati svoje lastno obnašanje v primeru paliativne oskrbe in oskrbe ob koncu življenja z ICN etičnim kodeksom in znanimi definicijami paliativne oskrbe.

Intended learning outcomes:

Knowledge and Understanding:

The student will be able at the completion of this course:

- to understand the development of palliative care in regard to the fundamental signs of the nursing profession,
- to understand the experience of diversity in the face of decision for palliative care,
- to understand core elements of the philosophical underpinning of palliative care,
- to understand team work in PC
- to compare their own behaviour in palliative and end of life care with the ICN ethic codex and known definitions of Palliative Care.

Prenosljiva/ključne veščine in ostali atributi:

- prenos strokovnih znanj na ostale predmete s področja zdravstvene nege,
- povratne kompetence,
- raziskovanje v zdravstveni negi.

Transferable/Key Skills and other attributes:

- transversal skills to other subject areas of care
- reflexive competencies
- nursing Research

Metode poučevanja in učenja:

Predavanja, diskusije in skupinsko delo.

Learning and teaching methods:

As teaching methods lecture, discussions and group work will be used.

Načini ocenjevanja:

Delež (v %) /

Weight (in %)

Assessment:

<ul style="list-style-type: none"> • 80 % prisotnost na obveznih seminarjih. • Oddan in uspešno opravljen zagovor seminarske naloge. Opravljene obveznosti iz seminarske naloge so predpogoj za pristop k izpitu. • Pisni izpit • Ocenjevalna lestvica ECTS: nezadostno (1-5), zadostno 6, dobro 7, prav dobro 8), prav dobro 9, odlično 10. 	<p>40 %</p> <p>60 %</p>	<ul style="list-style-type: none"> • 80% attendance at mandatory seminars. • Submitted and successfully defended seminar work. Fulfilled obligations concerning project work are a prerequisite for the exam. • Written exam. • Grading scale ECTS: insufficient (1-5), satisfactory (6), good (7), very good (8), very good (9), and excellent (10).
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Reference nosilca / Lecturer's references:

1. CILENŠEK, Ines, ŠERUGA, Maja, MAKUC, Jana, ZAVRŠNIK, Matej, PETROVIČ, Danijel. The ALOXA5AP gene (rs38022789) is associated with diabetic nephropathy in Slovenian patients with type 2 diabetes mellitus. *Gene*. [Online ed.]. 2020, vol. 741, str. 1-4. ISSN 1879-0038. <https://www.sciencedirect.com/science/article/pii/S0378111920302201?via%3Dihub>, DOI: [10.1016/j.gene.2020.144551](https://doi.org/10.1016/j.gene.2020.144551). [COBISS.SI-ID [34738393](#)], [JCR, SNIP, Scopus do 10. 8. 2020: št. citatov (TC): 1, čistih citatov (CI): 1]
2. TEPEŠ, Bojan, VUJASINOVIĆ, Miroslav, ŠERUGA, Maja, STEFANOVIČ, Milan, FORTE, Alenka, JEVERICA, Samo. Randomized clinical trial comparing 10-day sequential, 7-day concomitant and 7-day standard triple therapies for Helicobacter pylori eradication. *European journal of gastroenterology & hepatology*. Jun. 2016, vol. 28, no. 6, str. 676-683. ISSN 0954-691X. DOI: [10.1097/MEG.0000000000000590](https://doi.org/10.1097/MEG.0000000000000590). [COBISS.SI-ID [33011929](#)], [JCR, SNIP, WoS do 3. 12. 2019: št. citatov (TC): 11, čistih citatov (CI): 10, Scopus do 3. 12. 2019: št. citatov (TC): 13, čistih citatov (CI): 12]
3. TEPEŠ, Bojan, KASTELIC, Marko, VUJASINOVIĆ, Miroslav, LAMPIC, Polona, ŠERUGA, Maja, BRGLEZ JURECIC, Nataša, NYSSSEN, Olga P., DONDAY, Maria G., O'MORAIN, Colm, MEGRAUD, Francis, MCNICHOLL, Adrian G., GISBERT, Javier P. Helicobacter pylori treatment results in Slovenia in the period 2013-2015 as a part of European Registry on Helicobacter pylori management. *Radiology and oncology*. [Print ed.]. 2018, vol. 52, no. 1, str. 1-6, i, ilustr. ISSN 1318-2099. DOI: [10.1515/raon-2017-0055](https://doi.org/10.1515/raon-2017-0055). [COBISS.SI-ID [93860353](#)], [JCR, SNIP, WoS do 15. 12. 2019: št. citatov (TC): 3, čistih citatov (CI): 3, Scopus do 29. 12. 2019: št. citatov (TC): 4, čistih citatov (CI): 4]
4. TEPEŠ, Bojan, ŠERUGA, Maja, VUJASINOVIĆ, Miroslav, URLEP, Dejan, LJEPPOVIC, Liljana, BRGLEZ JURECIC, Nataša, FORTE, Alenka, KEK-LJUBEC, Anita, SKVARČ, Miha. Premalignant gastric lesions in patients included in National colorectal cancer screening. *Radiology and oncology*. [Print ed.]. 2018, vol. 52, no. 1, str. 7-13, i, ilustr. ISSN 1318-2099. DOI: [10.1515/raon-2017-0054](https://doi.org/10.1515/raon-2017-0054). [COBISS.SI-ID [93861121](#)], [JCR, SNIP, WoS do 1. 12. 2020: št. citatov (TC): 5, čistih citatov (CI): 5, Scopus do 3. 12. 2019: št. citatov (TC): 5, čistih citatov (CI): 5]
5. ZAVRŠNIK, Matej, LETONJA, Jernej, MAKUC, Jana, ŠERUGA, Maja, CILENŠEK, Ines, PETROVIČ, Danijel, et al. Interleukin-4 (IL4) -590C/T (rs2243250) gene polymorphism is not associated with diabetic nephropathy

- (DN) in Caucasians with type 2 diabetes mellitus (T2DM). *Bosnian journal of basic medical sciences*. Nov. 2018, vol. 18, iss. 4, str. 347-351, tabele. ISSN 1840-4812. <http://www.bjbms.org/ojs/index.php/bjbms/article/view/2688>, DOI: [10.17305/bjbms.2018.2688](https://doi.org/10.17305/bjbms.2018.2688). [COBISS.SI-ID [17039412](https://www.cobiss.si/id/17039412)], [JCR, SNIP, WoS do 9. 8. 2020: št. citatov (TC): 7, čistih citatov (CI): 7, Scopus do 29. 7. 2020: št. citatov (TC): 8, čistih citatov (CI): 8]
6. MAKUC, Jana, ŠERUGA, Maja, ZAVRŠNIK, Matej, CILENŠEK, Ines, PETROVIČ, Danijel. Angiotensinogen (AGT) gene missense polymorphisms (rs699 and rs4762) and diabetic nephropathy in Caucasians with type 2 diabetes mellitus. *Bosnian journal of basic medical sciences*. Aug. 2017, vol. 17, iss. 3, str. 262-267. ISSN 1512-8601. <https://www.bjbms.org/ojs/index.php/bjbms/article/download/1823/319>, DOI: [10.17305/bjbms.2017.1823](https://doi.org/10.17305/bjbms.2017.1823). [COBISS.SI-ID [33323481](https://www.cobiss.si/id/33323481)], [JCR, SNIP, WoS do 10. 8. 2020: št. citatov (TC): 3, čistih citatov (CI): 1, Scopus do 10. 8. 2020: št. citatov (TC): 4, čistih citatov (CI): 2]
 7. ZAVRŠNIK, Matej, KARIŽ, Stojan, MAKUC, Jana, ŠERUGA, Maja, CILENŠEK, Ines, PETROVIČ, Danijel. PECAM-1 Leu125Val (rs688) polymorphism and diabetic nephropathy in caucasians with type 2 diabetes mellitus. *Analytical cellular pathology*. 2016, vol. 2016, str. 1-7, tabele. ISSN 2210-7185. <https://www.hindawi.com/journals/acp/2016/3152967/>, DOI: [10.1155/2016/3152967](https://doi.org/10.1155/2016/3152967). [COBISS.SI-ID [16054580](https://www.cobiss.si/id/16054580)], [JCR, SNIP, WoS do 3. 12. 2019: št. citatov (TC): 1, čistih citatov (CI): 1, Scopus do 3. 12. 2019: št. citatov (TC): 1, čistih citatov (CI): 1]
 8. ŠERUGA, Maja, MAKUC, Jana, ZAVRŠNIK, Matej, CILENŠEK, Ines, EKART, Robert, PETROVIČ, Danijel. Polymorphism of angiotensin-converting enzyme (rs4340) and diabetic nephropathy in Caucasians with type 2 diabetes mellitus. *Balkan journal of medical genetics*. dec. 2016, vol. 19, issue 2, p. 29-34, tabele. ISSN 2199-5761. <https://www.degruyter.com/downloadpdf/j/bjmg.2016.19.issue-2/bjmg-2016-0033/bjmg-2016-0033.pdf>, DOI: [10.1515/bjmg-2016-0033](https://doi.org/10.1515/bjmg-2016-0033). [COBISS.SI-ID [16477492](https://www.cobiss.si/id/16477492)], [JCR, SNIP, WoS do 10. 8. 2020: št. citatov (TC): 2, čistih citatov (CI): 2, Scopus do 10. 8. 2020: št. citatov (TC): 3, čistih citatov (CI): 3]
 9. ŠERUGA, Maja, KARIŽ, Stojan, MAKUC, Jana, ZAVRŠNIK, Matej, CILENŠEK, Ines, GAZDIKOVA, Katarina, CAPRNDA, Martin, KRUZLIAK, Peter, PETROVIČ, Danijel. Endothelin-1 gene polymorphisms rs5370, rs1476046, and rs3087459 are not associated with diabetic nephropathy in caucasians with type 2 diabetes mellitus. *Folia Medica*. 2017, vol. 59, no. 2, str. 95-102. ISSN 1314-2143. <https://www.degruyter.com/view/j/folmed.2017.59.issue-2/issue-files/folmed.2017.59.issue-2.xml?rskey=lmUt8Q>, DOI: [10.1515/folmed-2017-0033](https://doi.org/10.1515/folmed-2017-0033). [COBISS.SI-ID [33323993](https://www.cobiss.si/id/33323993)], [Scopus do 10. 8. 2020: št. citatov (TC): 1, čistih citatov (CI): 0]