



UČNI NAČRT PREDMETA / COURSE SYLLABUS

Predmet:	OBVLADOVANJE DEJAVNIKOV TVEGANJA Z NEKONVENCIONALNIMI PRISTOPI V ZDRAVSTVU
Course title:	MANAGING RISK FACTORS WITH UNCONVENTIONAL APPROACHES IN HEALTHCARE

Študijski program in stopnja Study programme and level	Študijska smer Study field	Letnik Academic year	Semester Semester
Zdravstvena nega 2. stopnja	Integrirana obravnava pacientov s kroničnimi obolenji v napredni zdravstveni negi	2.	3.
Nursing Care master study programme	Integrated Treatment of patients with chronic diseases 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-B.1.2

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. Tamara Štemberger Kolnik / Asist. prof. Tamara Štemberger Kolnik, RN, PhD
prof. dr. Maria Kääriäinen / Prof. Maria Kääriäinen, RN, PhD

Jeziki /

Predavanja / Lectures: Slovenski, angleški jezik / Slovenian, English language

Languages:

Vaje / Tutorial: Slovenski jezik / Slovenian language

Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:

Prerequisites:

<ul style="list-style-type: none">Ni pogojev.	<ul style="list-style-type: none">No prerequisites.	<ul style="list-style-type: none">
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Vsebina:

Content (Syllabus outline):

<p>Javno zdravstveni sistem</p> <ul style="list-style-type: none">zakonodaja s področja promocije zdravja,organizacija javno zdravstvenega sistema v Sloveniji in drugod po Evropskih državah,organizacija preventivnih dejavnosti v Sloveniji in tujini,vloga zdravstvene nege v preventivnih dejavnostih na vseh ravneh zdravstvenega sistema,medresorsko in interdisciplinarno sodelovanje zaposlenih v zdravstveni negi pri uresničevanju preventivnih programov,pregled zdravstvenega stanja prebivalcev v

<p>Public health system</p> <ul style="list-style-type: none">legislation in the field of health promotion,the organization of the public health system in Slovenia and the rest of the European countries,organization of preventive activities in Slovenia and other countries,the role of nursing in preventive activities at all levels of the health system,interdepartmental and interdisciplinary cooperation of nursing staff in the implementation of prevention programs,review of the health status of the population in



Sloveniji in primerjava aktualnih problematik s tujino,

- predstavitev posebej ranljivih skupin prebivalstva,
- osnove projektnega dela v podporo snovanju promocije zdravja v ruralni skupnosti.

Dejavniki tveganja v povezavi z zdravjem:

- opredelitev zdravega življenjskega sloga in vedenja povezanega z zdravjem (Host-Agent-Environment, Health Belief Model in drug),
- opredelitev dejavnikov tveganja,
- veščine povezane s prepoznavanjem dejavnikov tveganja v vedenju posameznika,
- modeli podpore pri spreminjanju spreminjanja življenjskih navad (Model prepričanj o zdravju, Teorija kognitivne disonance, Teorija razumne akcije, socialno kognitivna teorija, Transteoretični model in druge)

Različna razumevanja zdravja in bolezni:

- teorije zdravstvene nege in promocije zdravja usmerjene v prepoznavanje dejavnikov tveganja in pristopi k razumevanju zdravja in bolezni (teorija Watson, Sorensen, Panell in druge),
- etični vidik zdravja.

Socialna pogojenost zdravja in interdisciplinarni pristopi pri obravnavi pacienta ob podpori pri ohranjanju in spreminjanju življenjskih navad:

- delovanje z lokalno skupnostjo,
- dejavnosti in pomen nevladnih organizacij,
- spretnost uporabe interdisciplinarnega pristopa pri obravnavi pacienta.

Slovenia and comparison of current issues in foreign countries,

- presentation of particularly vulnerable groups,
- the basics of project work in support of designing health promotion in the rural community.

Health risk factors:

- definition of a healthy lifestyle and health-related behavior (Host-Agent-Environment, Health Belief Model and others),
- identification of risk factors,
- skills related to identifying risk factors in an individual's behavior,
- models of support in changing life habits changes (Model of health beliefs, Theory of cognitive dissonance, Theory of reasonable action, social-cognitive theory, Transteoretical model and others).

Different understandings of health and disease:

- theories of nursing and health promotion aimed at identifying risk factors and approaches to understanding health and disease (theory of Watson, Sorensen, Panell and others),
- ethical aspect of health.

Social conditionality of health and interdisciplinary approaches in treating the patient with support in maintaining and changing life habits:

- working with the local community,
- activities and importance of non-governmental organizations,
- the ability to use an interdisciplinary approach in treating the patient.

Temeljni literatura in viri / Readings:



- Pahor, M., ed. 2018. *Zdrava skupnost : priročnik za razvoj skupnostnega pristopa k zdravju*. Ljubljana: Nacionalni inštitut za javno zdravje, pp. 13-39. Available at: http://www.nijz.si/sites/www.nijz.si/files/publikacije-datoteke/prirocnik_zdrava_skupnost_low_res.pdf.
- Kamin, T., Ule, M., Erjavec, K., 2006. *Zdranje na barikadah : dileme promocije zdravja*. Ljubljana: Fakulteta za družbene vede, Založba FDV.
- Sørensen, K., 2013. *Health literacy: a neglected European public health disparity*. Universitaire Pers Maastricht. Available at: https://inthealth.mumc.maastrichtuniversity.nl/sites/intranet.mumc.maastrichtuniversity.nl/files/inthealth_mumc_maastrichtuniversity_nl/e-reader_health_literacy_phd_thesis_kristine_sorensen_0.pdf.
- Štemberger Kolnik, T., Babnik, K., 2014. Zdravstvena pismenost in zaznana kompetentnost na področju zdravja kot determinante pozitivnega vedenja povezanega z zdravjem In: Skela-Savič, B., et al. eds. *7. mednarodna znanstvena konferenca Znanje, vrednote, prepričanja in dokazi za razvoj kakovostne zdravstvene obravnave: mesto in vloga zdravstvene nege, 12.-13. Junij*. Jesenice: Fakulteta za zdravstvo, pp. 99-106.
- Štemberger Kolnik, T., Babnik, K., 2014. Vloga postavljanja ciljev pri spreminjanju življenjskih navad, povezanih z zdravjem. In: Železnik, D. et al. eds. *Pomen kompetentne obravnave uporabnikov zdravstvenih in socialnih storitev v času krize: zbornik predavanj z recenzijo*. Slovenj Gradec: Visoka šola za zdravstvene vede, pp. 175-182.
- Koren, D., Štemberger Kolnik, T., 2014. Vpliv promocije zdravja na zdravje ljudi z vidika zdravstvene nege In: Štemberger Kolnik, T. et al. eds. *Zdravstvena nega v javnem zdravju: druga znanstvena konferenca z mednarodno udeležbo, Izola*. Koper: Založba Univerze na Primorskem, pp. 243-249.

Priporočena literatura:

- Ruotsalainen, H., Kyngäs, H., Tammelin, T., Kääriäinen, M., 2015. Systematic review of physical activity and exercise interventions on body mass indices, subsequent physical activity and psychological symptoms in overweight and obese adolescents. *Journal of Advanced Nursing*, 71(11), pp. 2461-2477.
- Männikkö, N., Billieux, J., Kääriäinen, M., 2015. Problematic digital gaming behavior and its relation to the psychological, social and physical health of Finnish adolescents and young adults. *J Behavioral Addictions*, 4(4), pp. 281-288.
- Kaakinen, P., Tarkiainen, K., Kyngäs, H., Kääriäinen, M., 2015. The effects of intervention on quality of telephone triage at emergency unit in Finland: nurses perspective. *International Emergency Nursing, International Emergency Nursing*, <http://dx.doi.org/10.1016/j.ienj.2015.09.002>
- Kivelä, K., Elo, S., Kyngäs, H., Kääriäinen, M., 2014. The effects of health coaching on adult patients with chronic diseases: a systematic review. *Patient counseling & Education*, 97(29), pp. 147-157.
- Oikarinen, A., Kääriäinen, M., Kyngäs, H., 2014. A Framework of Counselling for Patients with Stroke in Nursing - A Narrative Literature Review. *Journal of Neuroscience Nursing*, 46(5), pp. e3-e14.
- Kaakinen, P., Kyngäs, H., Kääriäinen, M., 2013. Predictors of good-quality counseling from the perspective of hospitalized chronically ill adults. *J Clin Nurs*, 22(19-20), pp. 2704-13.
- Matinoli, H. M., Kyngäs, H., Kääriäinen, M., 2012. The effectiveness of motivational interviewing as a form of care for adults with type 2 diabetes: a descriptive review. *J Nurs Educ and Pract*, 2(2), pp. 151-161.
- Kaakinen, P., Kääriäinen, M., Kyngäs, H., 2012. The chronically ill patients' quality of counseling in the hospital. *Journal of Nursing Education and Practice*, 2(4), pp. 114-123.
- Kääriäinen, M., Kyngäs, H., 2010. The quality of patient education evaluated by the health personnel. *Scandinavian Journal of Caring Science*, 24(3), pp. 548-556.

Cilji in kompetence:

- Študent pozna vlogo medicinske sestre pri vodenju aktivnosti za promocijo zdravja na individualni in populacijski ravni.

Objectives and competences:

- The student knows the role of the nurse in leading health promotion activities at the individual and population level.

Predvideni študijski rezultati:

- Intended learning outcomes:



Študent bo:

- sposoben kritično analizirati potrebe populacije po zdravstveno vzgojnih dejavnostih in promociji zdravja,
- sposoben prepoznati v posamezniku in v skupinah potrebe po zdravstveno vzgojnem delu in promociji zdravja in jih aplicirati v klinično okolje,
- sposoben kompleksnega uvida v zdravstveno vzgojno problematiko posameznikov in skupin in razumevanja povezanosti reševanja različnih problemov med seboj,
- spodoben prepoznavanja vzorcev zdravega obnašanja in dejavnikov tveganja, glede na to uporabo modela za spreminjanje življenjskih navad pri posamezniku in v skupnosti,
- sposoben vodenja promocije zdravja v lokalni skupnosti ali znotraj organizacije,
- usposobljen za načrtovanje, organiziranje, izvajanje, usklajevanja in nadziranja zdravstveno vzgojnih programov in promocije zdravja v lokalni skupnosti,
- sposoben timskega usklajevanja dejavnosti in učinkovitega delovanja na multisektorskem področju promocije zdravja,
- pripravljen na javno nastopanje in sodelovanje z mediji na področju promocije zdravja,
- razvil skrb za razvoj stroke zdravstvene nege in promocije zdravja, uvajanje sodobnih metod dela in upoštevanje standardov kakovosti v klinično prakso,
- izkazoval visoko profesionalnost pri delu.

The student will be:

- able to critically analyse the needs of the population for health education activities and health promotion,
- able to identify in the individual and in groups the needs for health education work and health promotion and apply them to the clinical environment,
- able to have a complex insight into the health education issues of individuals and groups and to understand the connection between solving various problems with each other,
- able to identify patterns of healthy behaviour and risk factors, given the use of the model to change life habits in the individual and in the community,
- able to lead health promotion in the local community or within the organization,
- trained to plan, organize, implement, coordinate and supervise health education programs and health promotion in the local community,
- able to coordinate activities within a team and work effectively in the multisectoral field of health promotion,
- prepared for public speaking and cooperation with the media in the field of health promotion,
- develop care for the development of the profession of nursing and health promotion, the introduction of modern methods of work and compliance with quality standards in clinical practice,
- demonstrating high professionalism at work.

Metode poučevanja in učenja:

- frontalna oblika predavanj za predstavitev osnovnih pojmov obravnavne tematike,
- uporaba elektronskih medijev za podajanje znanja (videokonferenca, spletna učilnica),
- aktivno sodelovanje študentov v obliki možganske nevihte, razgovora, razprav, vprašanja in odgovori, individualno in skupinsko delo,
- skupinsko delo pri pripravi in izdelavi projektne naloge,
- individualno delo študenta.

Learning and teaching methods:

- frontal form of lectures for the presentation of basic concepts of the topic,
- use of electronic media to impart knowledge (videoconferencing, online classroom),
- active participation of students in the form of a brainstorming session, interviews, discussions, questions and answers, individual and group work,
- group work in the preparation and preparation of the project task,
- individual student work.

Načini ocenjevanja:

Delež (v %) /
Weight (in %)

Assessment:



<ul style="list-style-type: none">• 80 % prisotnost na obveznih seminarских vajah.• Aktivno sodelovanje med predavanj in seminarскими vajami• Pripravljena in predstavljena individualna ali skupinska projektna naloga• Pisni/ustni izpit izveden v učilnici ali preko elektronskega medija• Ocenjevalna lestvica ECTS: nezadostno (1-5), zadostno 6, dobro 7, prav dobro 8), prav dobro 9, odlično 10.	10% 30% 60%	<ul style="list-style-type: none">• 80% attendance at mandatory seminars.• Active participation during lectures and seminars• Prepared and presented individual or group project task• Written / oral exam conducted in the classroom or via electronic media • 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:

doc. dr. Tamara Štemberger Kolnik

1. **ŠTEMBERGER KOLNIK, Tamara, HOZJAN, Dejan, BABNIK, Katarina.** Health literacy and health related lifestyle among nursing students. *Pielęgniarstwo XXI wieku.* jun. 2017, vol. 16, iss. 2, str. 42-46. ISSN 2450-646X. <https://www.degruyter.com/view/j/pielxxiw.2017.16.issue-2/pielxxiw-2017-0017/pielxxiw-2017-0017.xml?format=INT>, DOI: 10.1515/pielxxiw-2017-0017. [COBISS.SI-ID 1539976388]
2. **ŠTEMBERGER KOLNIK, Tamara, BABNIK, Katarina.** Vloga postavljanja ciljev pri spreminjanju življenjskih navad, povezanih z zdravjem = Goal settings as a strategy for health behavior change. V: **ŽELEZNIK, Danica (ur.), ŽELEZNIK, Uroš (ur.), GMAJNER, Saša (ur.)**. Pomen kompetentne obravnave uporabnikov zdravstvenih in socialnih storitev v času krize : zbornik predavanj z recenzijo = The importance of competent treatment of users of health and social activities in times of crisis : proceedings of lectures with peer review. Slovenj Gradec: Visoka šola za zdravstvene vede: = University College of Health Sciences, 2014. Str. 175-182. ISBN 978-961-93711-0-7. [COBISS.SI-ID 1536744132]
3. **ŠTEMBERGER KOLNIK, Tamara, MAJCEN DVORŠAK, Suzana, GORIČAN, Anita.** Informiranost kot ključno vodilo do kakovosti življenja pacientov s stomo = Stoma patient information as a key issue in their quality of life. *Obzornik zdravstvene nege : strokovno glasilo Zveze društev medicinskih sester in zdravstvenih tehnikov Slovenije.* 2009, letn. 43, št. 4, str. 253-260. ISSN 1318-2951. [COBISS.SI-ID 512099385]
4. **SKOK, Ines, ŠTEMBERGER KOLNIK, Tamara, BABNIK, Katarina.** Zdravstvena pismenost in sladkorna bolezen : študija primera na skupini pacientov v specialistični ambulanti za zdravljenje sladkorne bolezni = Health literacy and diabetes : a case study on a group of patients in specialist outpatient clinic for diabetes. *Obzornik zdravstvene nege : strokovno glasilo Zveze društev medicinskih sester in zdravstvenih tehnikov Slovenije.* 2019, letn. 53, št. 1, str. 49-56, tabele. ISSN 1318-2951. <https://obzornik.zbornica-zveza.si/index.php/ObzorZdravNeg/article/view/233>, <https://doi.org/10.14528/snr.2019.53.1.233>, DOI: 10.14528/snr.2019.53.1.233. [COBISS.SI-ID 528709913]
5. **DOVGAN, Patricija, ŠTEMBERGER KOLNIK, Tamara, RAVNIK, David.** Poznavanje funkcij mišic medeničnega dna in pomena komplementarnih konservativnih pristopov za njihovo krepitev pri ženskah = Knowing the functions of the pelvic floor muscles and the importance of complementary conservative approaches to pelvic floor muscles strengthening in women. *Obzornik zdravstvene nege : strokovno glasilo Zveze društev medicinskih sester in zdravstvenih tehnikov Slovenije.* 2018, letn. 52, št. 1, str. 29-37, tabele. ISSN 1318-2951. <https://obzornik.zbornica-zveza.si/index.php/ObzorZdravNeg/article/view/198>, DOI: 10.14528/snr.2018.52.1.198. [COBISS.SI-ID 527004441]

prof. dr. Maria Kääriäinen

1. Kivelä K, Elo S, Kyngäs H, Kääriäinen M. 2020. [The effects of nurse-led health coaching on health-related quality of life and clinical health outcomes among frequent attenders: A quasi-experimental study.](#) *Patient Education and Counseling* DOI: [10.1016/j.pec.2020.02.026](https://doi.org/10.1016/j.pec.2020.02.026)
2. Mäkelä K, Rajala M, Kivelä K, Kääriäinen M, Kaakinen P. Patient evaluations of asthma counselling quality in primary health care – cross-sectional survey. *Journal of Public Health* 2020, DOI: [10.1007/s10389-020-01278-z](https://doi.org/10.1007/s10389-020-01278-z)
3. Kaakinen P, Meriläinen M, Putila P, Kääriäinen M. The Quality of counseling of rehabilitation evaluated by surgery patients at university hospital – cross sectional study. *International journal of orthopaedic and trauma nursing* 2019, 37:100717.
4. Oikarinen A, Engblom J, Kyngäs H, Kääriäinen M. A study of the relationship between the quality of lifestyle



- counselling and later adherence to the lifestyle changes based on patients with stroke and TIA. *Clinical rehabilitation* 2018; 32 (4):557-567.
5. Rajala M, Kaakinen P, Fordell M, Kääriäinen M. The quality of patient education in day surgery by adult patients. *J PeriAnest Nurs* 2018; 33(2):177-187.
 6. Myllymäki L, Ruotsalainen H, Kääriäinen M. Adolescents' evaluations of the quality of lifestyle counselling in school health care. *Scand J Caring Sci* 2017; 31 (4), 647–1058.
 7. Kajula O, Kuismin O, Kääriäinen M, Kyngäs H. Developing genetic counseling for male BRCA1/2 mutation carriers on their own experiences. *Journal of Nursing Education and Practice* 2017; 10 (7), 119-128.
 8. Oikarinen A, Engblom J, Kyngäs H, Kääriäinen M. Lifestyle counseling intervention effects on counseling quality in stroke and TIA patients. *Journal of Neuroscience Nursing* 2017; 49(3), 137-141.
 9. Oikarinen A, Engblom J, Kääriäinen M, Kyngäs H. The effects of Risk Factor-Targeted Lifestyle Counselling Intervention on working-age stroke patients' adherence to lifestyle change. *Scand J Caring Sci* 2017; 31(3):555-568.
 10. Ruotsalainen H, Kyngäs H, Tammelin T, Heikkinen H, Kääriäinen M. Effectiveness of Facebook-Delivered Lifestyle Counselling and Physical Activity Self-Monitoring on Physical Activity and Body Mass Index in Overweight and Obese Adolescents: A Randomized Controlled Trial. *Nurs Researc Prac* 2015; ID 159205, 14 pages, <http://dx.doi.org/10.1155/2015/159205>