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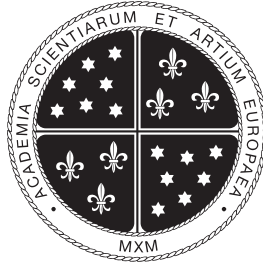
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ZA ČLOVEKA GRE: DRUŽBA IN ZNANOST
V CELOSTNI SKRBI ZA ČLOVEKA

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SCIENTIFIC CONFERENCE**
ALL ABOUT PEOPLE: SOCIETY AND SCIENCE
FOR INTEGRATED CARE OF PEOPLE

Maribor, 11. - 12. 3. 2016

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BOOK OF ABSTRACTS



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4th international scientific conference

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**PLENARNI DEL /
*PLENARY***

SCIENCE IN THE SERVICE OF PEOPLE

Science represents the knowledge acquired by scientific methods, which is the source of scientific theories. Epistemology has long discussed whether the operation of science has always been correct or the method has constantly been violated. The comparison of different aspects is still relevant.

The concretisation of scientific results in favour of people undoubtedly comes from the development of technology.

Therefore the technology is the ultimate tool, which permits the scientific results to become the element of human progress. If we pose a question whether scientific results and the consequential technological progress are always aimed to benefit people, the discussion becomes complex.

If we reflect how often scientific research has led to technological achievements that were used to attack people and nature we have to ask ourselves if, according to the last analysis, the science operates in the service of people or is an instrument of potentially negative values, such as economy and power.

Since the beginning of human history until the last decades, the results determined by the power of people through scientific findings have been dual; some positive and other fatal.

Particularly medicine has permitted to relieve pain and extend life. All discoveries associated with the armament and the exploitation of nature are leading humanity to a terrible risk of destruction. There is no other solution than for the social ethics to find a way to direct towards a more balanced use of scientific findings intended to serve people.

SCIENCE ON PSYCHE IN THE SERVICE OF PEOPLE AND IN ACADEMIC TRAINING

Psychology is a science that relates to the expanded area of knowledge in the service of people in a way that examines conscious and unconscious mental and cognitive processes by using a scientific method that is inextricably linked to intrapsychic and interpersonal factors of every person on an individual, group and environmental level.

Regardless of the type of approach, this method is focused on the psychological wellbeing of a person. Psychology together with psychiatry is among others defined as science in the service of people.

Regarding higher education, the main focus of psychology is obtaining specific tasks and roles that comprise broad areas: from knowledge, understanding and abilities on a psychosocial field to leadership, management, human resources development and health promotion especially in terms of primary, secondary and tertiary prevention to the achievement of specific knowledge on research methods and procedures as well as operational and applied professional competences in various disciplines and relevant skills regarding the use of specific areas to exchange general information that are inextricably connected to research techniques and theories.

Moreover, with regards to projects related to psychology used as an aid, it proves to be particularly useful in connection to the ability to analyse, plan and intervene both at the individual and on group level in particular in resolving crisis situations.

As a result, the science on psyche in the service of people and in the field of higher education has a lot of operational space today, which can be used in various sectors, like in the field of criminology, investigation activities and communication activities supported with appropriate content.

PROJECT MANAGEMENT FOR SERVING SOCIETY

There is no any sector or aspect of human activity without projects. Today world is a project world, and each individual, organization or community is dealing with several or many projects in parallel. Nevertheless, if it is sport, politics, health, education, army, business,....., projects are instrument for change from the present state to the future state which fits better for human needs driven by better-bigger-faster forces. Numerous distinguished sources (McKinsey, PWC, Fortune Magazine, Anderson Economic,..) label project and project management profession like essential human tool for advancing the community. It does not go for the business aspect only, but rather for overall quality of the life. Consequently, it changed the approach and criteria for a project success. Today, we seek for business success aligned with environment protection and benefit for society. It goes for all projects, and particularly for public projects within the human oriented sectors like health, education,...., so as for all types of mega projects which influence community at large. While dealing with limited resources, we are always faced with key question – how to use those resources and create maximum in terms of benefits. The paper deals with two project types, where project management is particularly focused to serve to the society like higher level goal. It goes for XXL projects or megaprojects, which are usually undertaken for major change which influence life of many people, possible like new infrastructure or radical change within the organization of a society. Due to the extremely complexity and long life cycle, such projects involve significant uncertainty and frequently suffer about the performance. Another type of interest are educational projects, not necessary as large projects, but often with high impact to the society. It particularly goes for project management curriculum, including master or PhD programs, which generate long term positive effect within the project oriented society. A case of such project is discussed in the paper.

Key words: society, project, project management, benefit

Laurence Hewick

BUSINESS ... "ITS ABOUT PEOPLE AND OUR SOCIETAL CHALLENGES".

The presentation will look at some of the major scientific and economic players within society and the role of business. It will then look at the challenges of business with respect to growth and labor within the European arts and scientific community.

A major concern is the global differential in GDP growth and unemployment in Europe. Attempts will be made to determine the cause of this slow growth and high unemployment with attention to youth unemployment and underemployment.

Possible alternatives will be presented with respect to entrepreneurship, intrapreneurship within corporations and within family businesses. Attention will be given to better understand family businesses, their role and scope and their challenges. The objectives of the International Family Business Institute will be introduced as well as a suggested solution to better integration of players within the European arts and scientific society.

M. Teresa Anguera

THE DIALOGUE BETWEEN SOCIETY AND SCIENCE: FROM NARRATIVE TEXTS TO QUANTITATIVE ANALYSIS AND BACK TO SOCIAL POLICIES

Society is characterized by multiple, intersecting levels, and every possible situation we can think of is replete with evidence that we need to learn how to tap into and use. Science, for its part, is a dynamic process of discovery that permeates all areas of knowledge, and recent years have witnessed an increase in the number and range of objective measures available for guaranteeing the ongoing construction and consolidation of knowledge.

In the social sciences, and the behavioral sciences in particular, many forms of personal communication have been wasted or processed with insufficient scientific rigor. I am referring to narrative texts that render accounts of personal experiences and embody emotional states that arise in certain situations of vulnerability. There is hope, however, this "waste" can be turned around, as considerable methodological advances in analyzing material of this type have been made in recent years. The thoughtful selection of dimensions to study, together with the building of purpose-designed instruments, the establishment of appropriate segmentation criteria, and the application of objective coding criteria, can produce impressive matrices of codes that constitute an extraordinarily rich source of primary data. The conversion of this initially qualitative data into a form that can be analyzed quantitatively makes it possible to detect "hidden" patterns that can provide sound, objective insights into complex realities and lay the ground for future interventions.

Each of these contributions, however small or specific, adds to the bigger picture, facilitating a multilevel transfer of knowledge that can pave the way for a true return of science to society and provide policymakers with rigorously obtained data to inform policies tailored to the needs of citizens.

Key words: personal documents, multidimensional coding, pattern detection, transferability of knowledge

Creston Davis

HOW ALMA MATER IS LEADING THE WAY TO EMPOWERMENT EDUCATION IN THE 21ST CENTURY"

Education has always been a tool for providing societies with knowledge, history, and critical thinking. Education is thus essential for a democratic society for the people, by the people, and of the people. But there is a dangerous trend that has rippled through education on all levels since the 1970s. This trend has to do with cutting public support to universities and public schools, which has resulted in several damaging consequences including 1.3 Trillion dollar debt for students, but also the gutting of subjects like the humanities which don't have so-called "job assets and corporate skills". In other words, education has structurally sold out to a business centered world-view a view without history, without the humanities, and without critical thinking. In other words, education has become a social obstacle for democracy. But there is good news. Alma Mater Europaea together with the Global Center for Advanced Studies has organized a partnership designed to address and correct these problems and this talk will explain how we are doing it.

**DRUŽBOSLOVNA IN
HUMANISTIČNA SEKCIJA /
*SOCIAL AND
HUMANISM SECTION***

ZGODBA – ZAPOSTAVLJEN ELEMENT GOVORA OZIROMA RETORIČNEGA NASTOPA STORY- AN OVERLOOKED ELEMENT OF SPEECH OR RHETORICAL PERFORMANCE

V središču članka je zgodba kot sicer nenujen, a pomemben element govora oziroma retoričnega nastopa, ki ga pojmuje kot govorno dejanje z govornikom kot naslavljalcem in občinstvom, sestavljenim iz posameznikov kot naslovnikov. Temeljno vprašanje je: Kaj vse zgodba (tj. kratka oblika pripovedi) govorniku omogoča in kaj govornik z njeno vključitvijo v govor, ki je že od antike ena izmed prepoznavnih oblik družbenega diskurza, lahko doseže ter kako z njo okrepi argumentativno razsežnost svojega govora? O zgodbi torej razmišljamo kot o nosilki pomembnega dela sporočilne vrednosti govora ter sredstvu za doseganje komunikacijskih ciljev. V izhodišču predpostavljamo, da je pripovedovanje zgodb obče, običajno in vseprisotno početje ter da orisi zgodb, ki so družbeno sprejemljive, v polju zavednega že obstajajo. Na teoretični ravni ugotavljamo pomen, ki ga zgodbi v govoru dajejo teorija retorike in teorija družbene komunikacije, pa tudi sodobni priročniki retorike. Na praktični, raziskovalni ravni pa iščemo funkcije zgodb v konkretnih govorih javnih govorcev. V teh zgodbah proučujemo elemente vplivanja na čustva poslušalcev (patos), izpostavljanja govornikovega odnosa do občinstva in etičnih vrednot (etos) ter razumske neoporečnosti zgodbe (logos). V zgodbe poskušamo prodreti z namenom, da bi ugotovili, ali se z njihovo uporabo lahko povečata identifikacija z občinstvom (predvidevamo, da to še posebno velja za osebno zgodbo) in prepričljivost. Razmišljamo tudi o tem, ali je zgodba primerna za vključitev v govor glede na osebne značilnosti govornika, kontekst javnega govora in prevladujoči tip kulture v konkretni družbeni skupnosti.

Ključne besede: retorika, zgodba, govor, govorno dejanje, komuniciranje

The paper is occupied by story as an unnecessary, yet an important element of the speech intended for the audience – as a speech act featuring a speaker as an addresser and the audience consisting of individuals as an addressee. The crucial questions are: What possibilities does a story (i.e. short form of narration) offer to a speaker, what can the speaker achieve by telling a story and is it possible to make the argumentation dimension with the use of a story stronger? A story is considered to be a carrier of the message communicated by the speech and as a mean to attain communication goals. It is assumed from the outset, that telling stories is a universal activity and that the depiction of stories that are socially acceptable already exists in the field of consciousness. Theoretically, the meaning of the story is examined through the theory of rhetoric and social communication theory as well as through advice, provided by practical manuals on rhetoric; on the practical and research level the thesis searches for the functions of the stories communicated by concrete speeches delivered by public speakers. These stories search for elements influencing emotions of the audience (pathos), emphases of speaker's attitude towards the audience and ethical values (ethos), and rational integrity of the story (logos). An attempt is made to find out whether or not the use of (personal) stories can increase the speaker's identification with the audience and the level of their credibility. The question we wish to answer is, whether or not a story is suitable to be used in a speech, taking into account various personal, situational and social aspects.

Key words: rhetoric, story, speech, speech act, communication

REGULACIJA SRAMU PRI SINU IN UPOŠTEVANJE NJEGOVE NARAVE VODI V FUNKCIONALEN SRAM *REGULATION OF SHAME IN SONS AND CONSIDERATION FOR THEIR NATURE LEADS TO FUNCTIONAL SHAME*

V našem prispevku želimo osvetliti doprinos očetovstva in materinstva na sinov funkcionalno reguliran sram. Različna nagnjenost k eksternalizaciji ali internalizaciji sramu po spolih je zapisana že v človeško naravo (hormoni, anatomske razlike možganov...). Vlogo pri ravnanju s sramom pa igra tudi starševstvo, ki lahko to naravo upošteva ali pa ne, oz. ki je s sramom v čustvenem stiku ali pa ga zaobide. Upoštevanje sinove narave in usmerjanje le-te ali pa po drugi strani zatiranje ali spregledanje, v sinu pušča različno uspešno zreguliran sram. Kot kažejo sodobne nevrofiziološke raziskave, so odnosi v družini tisti, ki možganske strukture najmočneje sooblikujejo, ter otrok v odnosu s starši močno oblikuje svoj čustveni svet, zato bomo večji del rokovanja s sramom opazovali v odnosu starš-sin. V naši raziskavi so bili udeleženci dijaki četrtil letnikov srednjih šol in gimnazij, stari 18 let in njihovi starši (udeleženci so bili znotraj iste družine indeksirani). V raziskavi je skupno sodelovalo 321 udeležencev. Od tega je bilo 109 dijakov ter njihovi starši – 109 družin. Za zbiranje kvantitativnih podatkov smo uporabili vprašalnik za merjenje nagnjenosti k sramu (Test of Self-Conscious Affect - TOSCA). Pri tem vprašalniku smo uporabljali za mladostnike in za starše ločeni različici (TOSCA-A – za mladostnike; TOSCA-3 - za odrasle). Raziskava je pokazala, da mamina nagnjenost k eksternalizaciji sramu korelira z eksternalizacijo sramu pri njenih otrocih, da je nagnjenost k internalizaciji sramu statistično pomembno bolj izražena pri hčerkah kot pri sinovih, nagnjenost k eksternalizaciji pa bolj pri sinovih kot hčerkah. Nagnjenost k internalizaciji sramu je pri mamah statistično pomembno bolj izražena kot pri očetih. Na podlagi rezultatov lahko razberemo, kako pomemben je stik s sramom pri starših, da so lahko čustva sramu v naslednji generaciji funkcionalno zregulirana.

Ključne besede: sram, družina, regulacija afekta, starševstvo, očetovstvo

This article aims to shed light on the contribution of fatherhood and motherhood to functionally regulated shame in sons. To begin with, proneness to either externalize or internalize shame depends on the sex and is thus encoded in human nature (hormones, differences in brain anatomy etc.). A role in shame handling management is also played by parenting, which may take this nature into consideration or not, in other words, the parent can be in emotional touch with shame or bypass it. How successfully shame is eventually regulated in the son depends on whether his nature was taken into consideration and guided or, on the other hand, repressed or overlooked. Modern neurophysiological research shows that family relationships are the key factor in the development of brain structures, as children shape their emotional world through the relationship with their parents. How shame is handled will therefore be observed primarily in the parent-son relationship. In our study the participants were 18-year-old fourth-year students from various secondary schools and their parents (participants from the same families were indexed). A total of 321 participants were included in the study, 109 of whom were students and their parents – 109 families. Quantitative data was collected with questionnaire for measuring shame proneness (Test of Self-Conscious Affect - TOSCA). The latter questionnaire consisted of two separate versions for teenagers and adults (TOSCA-A – for teenagers; TOSCA-3 – for adults). The study has shown that the mother's proneness to externalize shame correlates with her children's externalization of shame, that proneness to internalize shame is statistically significantly higher in daughters than in sons, while proneness to externalize is higher in sons than in daughters. Proneness to internalize shame is statistically significantly higher in mothers than in fathers. The results indicate how important being in touch with shame is in the parents for feelings of shame to be functionally regulated in the next generation.

Key words: shame, family, affect regulation, parenting, fatherhood

POMEN »KULTURE IZOBRAŽEVANJA« ZA KVALITETNEJŠE DRUŽINSKO ŽIVLJENJE Z VIDIKA POSTMODERNE PERSPEKTIVE THE IMPORTANCE OF »CULTURE OF EDUCATION« FOR HIGHER QUALITY FAMILY LIFE FROM A POSTMODERN PERSPECTIVE

Prispevek obravnava prikaz porasta medijske kulture v izobraževalnem sistemu, vpliv družbene in socialne neenakosti otrok v izobraževalnem sistemu na učno uspešnost otrok ter prisotnost pojava družbene neenakosti; s posebnim obzirom na revščino v slovenskih družinah in njenih posledicah. Otroci so v izobraževalnem procesu, zaradi nastale finančne situacije, prikrajšani za določene osnovne in dodatne izobraževalne dejavnosti. Različni avtorji sicer danes poudarjajo, jedro o tej problematiki pa je utemeljil že Bourdieu, da je kulturni kapital vezan na družbeni status posameznika. Po ugotovitvah raziskav ter teorije o družbeni neenakosti lahko potrdimo, da imajo otroci, ki izhajajo iz nižjega družbenega razreda, manjše možnosti za visoko šolsko uspešnost. Kot utemeljuje Bourdieu, se njihovo izobraževanje začne iz »nič«, saj nimajo predispozicije kulturnega kapitala. V postmodernej družbi se spopadamo s podobnimi težavami, le da so problemi le-te na eni strani osredotočeni na socio-ekonomsko krizo družbe, na drugi strani pa v porast medijske pismenosti in izobraževanja. Področje medijske vzgoje nudi neskončne možnosti izobraževanj, novih možnosti znanj, kot tudi novih načinov pri pridobivanju znanja, ki so »kulturo« izobraževanja v postmodernej zelo zaznamovali. V ta problem je vpet tudi izobraževalni sistem družine, ki temelji na postmodernizmu, ki je spremenil javno in zasebno sfero tako družinskega kot družbenega življenja, na porastu medijske pismenosti in izobraževanja na tem področju, na družbeni neenakosti, ki vpliva na uspešnost izobraževanja ter na ekonomsko-socialni stiski, ki se zajeda v vse sfere družinskega ter družbenega življenja. Pri slednji lahko govorimo o porastu in pojavu revščine, ki s svojo prisotnostjo vpliva na kakovost izobraževanja sodobne, postmoderne družine.

Ključne besede: postmodernizem, družina, izobraževanje, kulturni kapital, socialne in izobraževalne neenakosti

The paper discusses the increase of media culture in the education system, the influence of social inequality of children in the education system on their learning success, and the presence of social inequality, with special regard to poverty in Slovene families and its consequences. Due to the arisen financial situation, children in the education process are deprived of some basic and additional education activities. Nowadays, different authors stress, the core of these issues having been argued by Bourdieu before, that cultural capital is related to the social status of the individual. According to the findings of researches and the theory of social inequality, we can confirm that children, coming from a lower social class, have less possibilities to achieve great success at school. As argued by Bourdieu, their education starts »out of thin air«, as they do not have any predisposition of cultural capital. In postmodern society we face similar problems, however, here, its problems focus on the socio-economic crisis of the society and on the other side on the increase of media literacy and education. The field of media education offers endless possibilities of education, new possibilities of knowledge as well as new ways at gaining knowledge, which have rather marked the »culture« of education in post-modernism. This issue also involves the family education system, based on postmodernism, which has changed the public and private sphere of both, family and social life, the increase of media literacy and education in this field, social inequality, influencing the successfulness of education and on the economic-social distress, befalling all spheres of family and social life. With the latter, we can express an increase and the presence of poverty which, being present, has an influence on the quality of education of the modern and postmodern family.

Key words: postmodernism, family, education, cultural capital, social and education inequalities

ZDRAVO DRUŽINSKO OKOLJE ZA VZGOJO ODGOVORNE OSEBE HEALTHY FAMILY ENVIRONMENT FOR UPBRINGING RESPONSIBLE ADULTS

Otrok ima med odraščanjem v vsakem razvojnem obdobju drugačne potrebe, zato je vzgoja v antropološkem smislu prva človekova naloga. To nalogo opravljajo tako starši kot institucije, ki se ukvarjajo z otroki. Družinsko okolje in družinski vplivi so bili in ostajajo za človeka glavni dejavnik socializacije in osebnostnega oblikovanja, zato so starši prvi vzgojitelji svojih otrok. Hkrati v današnjem času otroci večino časa preživijo v različnih vzgojno izobraževalnih institucijah, zato so tudi delavci v teh institucijah pomembni pomočniki pri vzgoji otroka. Kljub temu so starši tisti, ki v prvih letih otrokovega razvoja skrbijo za njegovo duhovno jedro. So tisti, ki nudijo otroku varno in toplo zavetje v njegovih letih odraščanja in osamosvajanja. Prav tako so tisti, ki predstavljajo otroku varen stik z zunanjim svetom. Otrok bi naj odkrival radost nad bivanjem. Pogum za to bi naj dobil od svojih staršev, ki nikakor ne smejo omajati otrokove vere in zaupanja v življenje. Tako bodo otrokovi pogledi na življenje optimistični, to pa mu bo omogočilo odkrivanje osupljivosti življenja. Otroci morajo imeti pozitiven odnos do življenja, živeti prave vrednote, skozi katere potem pozitivno gledajo na svoje življenje in vidijo v njem smisel. Ob tem pa morajo imeti nekatere osnovne pogoje, skozi katere lažje vzpostavijo pravi odnos do življenja. Preko logoterapevtskih predpostavk bomo predstavili, kaj je bistvenega pri vzgoji otrok, da bodo v svojem življenju vedno znova odkrivali njegov smisel. Opredelili bomo, kako pomembna je vzgoja, ki jo je deležen otrok v svoji primarni družini, da odraste v samostojno in odgovorno osebnost, ter da se mu življenje v vsakem trenutku zdi smiselno.

Ključne besede: vzgoja, primarna družina, odraščanje, smisel življenja, logoterapija

While growing up, children have distinct needs in different development phases. In the anthropological sense, the upbringing is the first human assignment. Upbringing is performed by parents and different childcare institutions. For a person, family environment and influences within the family have been, and remain, the main factor for socialisation and formation of personality. Therefore, parents are primary educators of their children. At the same time, today's children spend most of their time in different educational institutions. This means that employees of these institutions are important assistants for upbringing. Nevertheless, parents are responsible for spiritual base of their children in their first years. Parents provide children with safe and warm shelter in the years of growing up and attaining independence. Even more, parents represent a safe contact with the outer world. Children should discover the joy of living. The courage for this should come from parents that are not allowed to shake children's faith and trust in life. This way children's view of the world will be optimistic, which will allow them to uncover amazements of life. Children have to take a positive stand towards life and live the right values. Through the latter, they see their own life in a positive perspective and can find its meaning. However, to develop the right stand towards life, certain prerequisites have to be met first. By using logotherapeutic suppositions, we will demonstrate the most important aspects of upbringing to raise children with ability to discover the meaning of their life over and over again. We will define in what way the upbringing in the primary family is important for children to grow up into independent and responsible adults and to be able to find meaning in their lives at any given moment.

Key words: upbringing, primary family, growing up, meaning of life, logotherapy

SVETOVANJE PAROM COUPLES COUNSELLING

Prispevek na teoretični ravni osvetljuje problematiko in krizo medosebnih odnosov, ki smo ji priča tako na družbeni (sociološki) ravni kot tudi na ravni družine. Strokovnjaki so poenoteni, da družina doživlja resno krizo. V zadnjih letih se tudi opaža velik porast povpraševanja po partnerskih in družinskih terapijah. S svetovanjem parom se ukvarjajo različni poklicni profili, ki so različno usposobljeni in uporabljajo različne strokovne pristope. V grobem bi lahko vse pristope razdelili v dve skupini: sistemske družinske terapije in k smislu osredotočene družinske terapije. Prispevek osvetljuje ključne distinkcije med obema pristopoma. K smislu osredotočena družinska terapija izvira iz logoterapevtske dediščine in se od sistemske družinske terapije razlikuje po obratu od funkcije k osebi. Oseba je znotraj sistemske družinske terapije obravnavana kot nosilec simptomov nekega notranjega sistema. Pri tem se celotna družina ali celotna okolica ocenjuje kot bolna ali razbolela. V skladu s tem je treba zdraviti sistem in ne posameznika. Tradicionalne psihološke teorije namreč pojmujejo človeka kot vase zaprt sistem. Ta sistem, ki mu pravijo človek, je naravnani k jazu, katerega formula se glasi: »Dobro je tisto, kar je dobro zame, oziroma, zdrav sem, če dobim tisto, kar je dobro zame, in zbolel bom, če ne bom dobil tistega, kar je dobro zame«. Podoba o človeku, ki nam jo predstavljajo tradicionalne psihološke teorije, torej zagovarja človeka, ki je bitje na lovu za srečo, in sicer za svojo lastno srečo. Frankl pa za bistvo človekove eksistence postavlja zmožnost preseganje samega sebe (samotranscendence), ki je bistvo duhovne narave. Človeku ne zadošča samo zadovoljitev svojih potreb, želja in gonov, ampak je predvsem bitje smisla oziroma bitje za smisel. Logoterapevtsko gledano more človek v svoje osebne odločitve vključiti blagor druge osebe. Logoterapija nudi načelne usmeritve, z upoštevanjem katerih zmora družina kljubovati različnim slabim vplivom, ki jih prinaša vsakdan.

Ključne besede: logoterapija, družina, svetovanje parom, smisel, družinska terapija

On a theoretical level, the paper enlightens the problem and the crisis of interpersonal relationships that we are witnessing on a social (sociological) level as well as on a family level. Experts agree that the institution of family is experiencing a serious crisis. In the last few years, an increase in the demand for couples and family therapy has been noticed. Various professionals with different qualifications, that use different approaches, are involved in couples counselling. Generally speaking, all approaches can be divided into two groups: systematic family therapy and meaning-focused family therapy. This paper highlights the key distinctions between the two approaches. Meaning-focused family therapy originates from logotherapy and differs from systematic family therapy by turning from the function to the person. In systematic family therapy a person is defined as a carrier of symptoms of an internal system. The entire family or all surrounding people are considered ill or in pain. In accordance with this, a whole system and not just an individual, must be treated. Traditional psychology theories understand a person as a self-contained system. This system, named human, is oriented to the ego by using the following formula: "Good is what is best for me; I am healthy if I get what is good for me and I will fall ill if I do not get what is good for me." Thus, according to traditional psychology theories, a person is a human being on the hunt for happiness, namely his or her own happiness. For the essence of human existence, Frankl places the possibility to exceed oneself (self-transcendence), which is the essence of spiritual nature. Mere fulfilment of one's needs, desires and impulses does not suffice to a human being. Most of all, people are human beings with a meaning or in search of a meaning. In accordance with logotherapy, people must include the welfare of others into their own personal decisions. Logotherapy offers the fundamental principles that allow a family to withstand various harmful influences that arise in everyday life.

Key words: logotherapy, family, couples counselling, meaning, family therapy

MNENJA OBOLELIH ZA RAKOM, O POMENU ODNOSOV V DRUŽINI V ZGODNJEM OTROŠTVU NA RAZVOJ BOLEZNI **CANCER PATIENTS' OPINION ABOUT IMPACT OF THEIR EARLY FAMILY RELATIONSHIPS ON DEVELOPMENT OF THE DISEASE**

Družinsko okolje je za razvoj trdne psihične strukture posameznika in preprečevanja obolenosti pomemben dejavnik, saj se neprijetna občutja iz neustreznih družinskih odnosov vcepijo v psiho-organsko strukturo posameznika, katere trdnost predstavlja manjšo možnost za obolenost telesa. Namen članka je opredeliti pomen odnosov v družini v zgodnjem otroštvu, dojemanje teh odnosov obolelih za rakom ter njihovo mnenje o povezanosti odnosov z razvojem bolezni. Zanimalo nas je, kako bolnik razmišlja o svoji družini, kako je doživljal družinsko dinamiko in kakšna vedenja je zavzel v odnosu do staršev ter kasneje v odnosu do drugih in sebe. Za metodološki pristop smo uporabili empirično fenomenološko kvalitativno raziskovanje. Za obliko zbiranja podatkov smo uporabili polstrukturirani intervju, ki smo ga izvedli s tremi posamezniki, starejšimi od 50 let, ki so oboleli za rakom. Rezultati so pokazali, da vsi trije intervjuvanci opisujejo družinsko okolje kot prostor, kjer je bil eden od staršev čustveno hladen in se na njegovo stisko ni odzival ustrezno. Izvedena raziskava daje vpogled v pomembnost družinskih odnosov pri razvoju vsakega posameznika ter s tem nudi izhodišča za boljše razumevanje ravnanja obolelih pri sprejemanju bolezni in vključevanju v socialno okolje.

Ključne besede: navezanost, družinski odnosi, psiho-organska struktura posameznika, rak

Different feelings that rise from dysfunctional family relationships, imprint themselves into psycho-organic structure of an individual. This leads to assumption that family environment is, firstly, crucial for development of an individuals' strong psychological structure, and secondly, it presents an important factor for preventing diseases. Therefore, we will try to determine impact of family relationships from early childhood, take a look into cancer patients' perception of this relationships and try to acquire their opinion about connection of these family relationships with their disease. Data was gained with half-structured interview, applied on three individuals, who are older than 50 years, and are diagnosed with cancer. Results show, that our participants report about family environment in which one of the parent was emotionally cold and did not respond to their distress correctly. This research, therefore, gives an insight to family relationships' importance on development of each individual and consequentially gives us a better understanding about cancer patients' way of coping with disease, and, at the same time, offers us guidelines on how to engage them into social environment.

Key words: attachment, family relationships, psycho-organic structure of individual, cancer

**STAVOVI O DEMENCIJI ZDRAVSTVENOG,
NEZDRAVSTVENOG OSOBLJA I KORISNIKA
DOMA ZA STARIJE I NEMOĆNE OSOBE**
*ATTITUDES TOWARD DEMENTIA: A CASE OF HEALTHCARE
STAFF, NON-HEALTHCARE STAFF AND USERS OF
LONG-TERM CARE IN RETIREMENT HOMES*

Demencija se definiše kao poremećaj kognitivnih aktivnosti koji uveliko otežava svakodnevnicu, kako obolelima tako i osobama koje ih okružuju. Incidencija demencije u svetu u velikom je porastu, pa samim tim potreba za edukovanim medicinskim osobljem i adekvatnom brigom i negom dementnih osoba postaje nezanemariva. S obzirom na isto, otvara se pitanje adekvatne institucionalizacije pacijenata koji boluju od demencije. U Hrvatskoj se danas osobe obolele od demencije smeštaju u ustanove socijalne brige, kao što su domovi za starije i nemoćne osobe. Pritom, stavovi o demenciji zaposlenih i korisnika domova do sada nisu ispitivani, iako je poznat njihov uticaj na adekvatnost brige o dementnim osobama. Skala stavova u demenciji (DAS) korišćena je kako bi ispitali stavove o demenciji na dva faktora: prijatnosti u kontaktu s dementnim osobama i znanju o demenciji. Ispitanici su bili podeljeni u tri grupe: zdravstveno i nezdravstveno osoblje koje je u svakodnevnom kontaktu s dementnim osobama te korisnike koji povremeno susreću pacijente s odeljenja za dementne osobe. Zdravstvene radnike u domu u kojem je sprovedeno istraživanje čine medicinske sestre, negovateljice, fizioterapeuti i radni terapeut. Nezdravstveno osoblje čine spremačice, pralje, servirke, domari i recepcionerke. Rezultati su pokazali da postoji potreba za edukacijom zdravstvenog i nezdravstvenog osoblja u radu s dementnim osobama. Pretpostavka je da bi primerena edukacija zdravstvenih i nezdravstvenih radnika o postupanju i brizi o dementnim osobama povećala znanje o bolesti i prijatnost u radu te stoga i kvalitetnije odrađenom poslu. Činjenica je kako je ova bolest vrlo progresivna te poprima epidemiju novog doba. Nesvrstavanje i nekategorizacija pružanja smeštaja i brige o dementnim osobama prema edukovanosti osoblja, direktno dovodi u pitanje njihov položaj i uskraćuje im kvalitetnu zdravstvenu brigu. Rezultati su takođe pokazali kako je potrebno edukacijom uticati na stavove o demenciji kod ostalih korisnika doma.

Ključne reči: demencija, stavovi o demenciji, zdravstveno osoblje, nezdravstveno osoblje, dom za starije i nemoćne osobe

The term dementia implies cognitive disabilities that complicate everyday life, not only for people suffering from dementia, but also for people nearby. A number of diagnosed people suffering from dementia, is constantly increasing, resulting in greater need for adequate care and educated healthcare workers. Considering this trend, it is important to address adequate institutionalisation – in Croatia, people suffering from dementia are often placed in retirement homes. There are no previous researches of how people, suffering from dementia in Croatian retirement homes, are taken care of, although their importance for adequate care is widely accepted. Dementia Attitudes Scale (DAS) was used to investigate attitudes toward dementia on two levels, knowledge on dementia and social comfort. Participants were divided into three groups: healthcare and non-healthcare staff, which are in everyday contact with people suffering from dementia, as well as users of long-term care in retirement homes. Healthcare staff included nurses, practice nurses, physiotherapists and occupational therapists. Non-healthcare staff included cleaners, food servers, laundresses, janitors and receptionists. Results show need for education of both, healthcare and non-healthcare staff for adequate work with people suffering from dementia. Adequate education of all retirement home employees about care and treatment of patients with dementia would increase knowledge on dementia and social comfort, resulting in greater quality of work. It is the fact that dementia is becoming epidemic, and lack of classification of institutions in respect to education of employees, could lead to a serious lack of adequate health care for people suffering from dementia. Results also show great importance of constant education of users of long-term care in retirement homes, resulting in higher knowledge on dementia and social comfort.

Key words: dementia, attitudes toward dementia, healthcare staff, non-healthcare staff, retirement home

ODNOS ŠTUDENTOV DO DEMENCE ATTITUDE OF STUDENTS TOWARDS DEMENTIA

Spremembe prinašajo različne izkušnje, stresna stanja in potencirajo bolezni. V zadnjem času beležimo vse pogostejši pojav demence kot bolezenskega stanja. Zato smo se odločili, da bomo raziskali odnos do demence med študenti socialne gerontologije in fizioterapije. Pri študentih socialne gerontologije in fizioterapije obstaja visoka stopnja poznavanja demence in pozitiven odnos do dementnih z vidika znanja o starostnikih, medtem ko je občutje ugodja v bližini starostnikov oziroma zadovoljstva že nekoliko slabše. Izmed merjenih vidikov odnosa do demence se kot najbolj problematična izkaže splošna naklonjenost dementnim osebam. Rezultati raziskave so pokazali, da ni statistično značilnih razlik v odnosu do demence glede na spol, smer študija in glede na to, ali je v družini študenta član z demenco; tudi starost študentov ni povezana z odnosom do demence. Sicer imajo študentje socialne gerontologije nekoliko bolj pozitiven odnos do dementnih oseb kot študentje fizioterapije. Študentje, ki imajo možnost srečevanja z dementnimi bolniki na delovnem mestu, so v statistično značilno večji meri naklonjeni dementnim osebam in se tudi počutijo bolj ugodno v njihovi družbi. Ugotovitve nakazujejo podrobnejše raziskovanje konkretnih izkušenj in srečevanja z dementnimi na delovnem mestu.

Ključne besede: študenti socialne gerontologije in fizioterapije, odnos do demence

Changes brought on by dementia bring various experiences, stress and intensify diseases. Lately we are noticing dementia more and more frequently. We therefore decided to research the attitude toward dementia among social gerontology and physical therapy students. The study showed that the social gerontology and physical therapy students already have a large knowledge of dementia and a positive attitude towards people with dementia regarding their knowledge of the elderly, yet they do not necessary feel comfortable in their presence. Among all the measured parameters of attitude toward dementia the most problematic showed to be a general affection toward people with dementia. Results of the research showed that there are no obvious statistical differences in students' attitudes toward dementia as to their gender, age, field of study or even with dementia being present among their family members. Social gerontology students do have a slightly better attitude toward people with dementia as do physical therapy students. Students who have the opportunity to work with dementia patients are statistically more affectionate toward people with dementia and also feel more comfortable around them. Findings suggest the need for further research of specific experiences in dealing with dementia patients in working environment.

Key words: social gerontology and physical therapy students, attitude toward dementia

SMRT ČLANA DRUŽINE – NUJA IN POTREBA PO SOCIALNO GERONTOLOŠKI POMOČI DEATH OF A FAMILY MEMBER – THE URGE AND NECESSITY FOR SOCIAL GERONTOLOGICAL HELP

Teoretična izhodišča: Smrt je v človekovem življenju pomemben dogodek, saj z nepovratnostjo trenutka opominja na minljivost življenja. Že samo pojmovanje smrti je zelo individualno, zato je takšno tudi soočanje s smrtjo člana družine. Če se za umrlega s smrtjo vse konča, se za svojce šele začne obdobje žalovanja, ki lahko še posebej pri starih bistveno vpliva na spremembo njihove kakovosti življenja, zdravje in psihofizično počutje ter interakcije s socialnim okoljem. Metodologija: Raziskava je zasnovana na kvalitativnem raziskovalnem pristopu. Uporabljena je bila metoda študija primera. Kot tehniko zbiranja podatkov smo uporabili polstrukturirani intervju. Vzorec raziskave predstavlja pet intervjuvancev z izkušnjo izgube člana družine. Rezultati: Ugotavljamo, da se ob izgubi člana družine zmanjša kakovost življenja in volja do smisla življenja ter povečajo tveganja za razvoj bolezenskih stanj. Anketiranci izpostavljajo odsotnost pravočasne, strokovno ustrezne in kontinuirane pomoči. Opozarjajo na odsotnost socialno gerontološke pomoči v okoliščinah izgube člana družine. Razprava: Obravnava starejših oseb, ki se soočajo s smrtjo člana družine mora biti multidisciplinarna, vključevati mora načela in pristope ustrezne socialno gerontološke skrbi in pomoči. Socialno gerontološka stroka se mora začeti v slovenskem okolju, po vzoru tujih uspešnih praks dela, kar pomeni bolj dinamično odzivanje na potrebe okolja, za opolnomočenje in ohranjanje kakovosti življenja osebe z izkušnjo smrti člana družine.

Ključne besede: smrt, žalovanje, kakovost življenja, izkušnje, socialno gerontološka pomoč

Theoretical framework: Death is an important event in human life, because the irrecoverability of the moment reminds us of the transience of life. The conception of death itself, as well as the confrontation with the death of a family member is very personal. For the deceased, everything ends with death, but for the bereaved, the mourning phase has yet to begin and can affect fundamental changes in the quality of life of the elderly, their health, psychophysical condition and interaction with the social environment. Method: The research is based on a quantitative approach. The method of exemplary case study was used. To collect data, the technique of the half structured interview was employed. The research sample represents 5 respondents who experienced the loss of a family member. Results: We conclude that with the loss of a family member, the quality of life and the will to find the meaning of life deteriorate and the risks of developing pathological conditions grow. The respondents stress out the absence of timely, professionally adequate and continuous help, whether in the form of counselling or any other type of help. They warn about the absence of social gerontological help in the event of a family member loss. Discussion: Discussion with the elderly, who have to deal with the death of a family member, needs to be multidisciplinary; it has to include the principles and approaches of adequate social gerontological care and help. The profession of social gerontology has yet to develop in Slovenia. It has to follow the role model of successful foreign practices and respond more dynamically and proactively to the needs of the environment. This helps to strengthen and preserve the quality of life of a person who experienced the death of a family member.

Key words: death, mourning, quality of life, experiences, social gerontological help

UMIRANJE, SMRT IN PALIATIVNA OSKRBA – TESNOBA IN TABUIZIRANJE

DYING, DEATH AND PALLIATIVE CARE – ANXIETY AND TABOO

Čeprav je smrt in s tem povezana minljivost ter končnost (načelo prigradnosti) neizpodbitno dejstvo človeškega življenja, so v sodobnem času to tabuizirane teme. Gre za teme, ki se jih sodobni človek izogiba ter jih velikokrat skuša odriniti, ker mu povzročajo občutek nelagodja in tesnobe. Duh sodobnega časa se izogiba vsemu, kar ga spominja na lastno končnost in smrt. Tovrstno tabuiziranje sicer ni novo, že jakobinci po francoski revoluciji so začeli z agresivno kampanjo proti »smrti«. Cilj razsvetljenega razuma je bil, da pokopališča ne smejo biti vidna iz vasi ali mesta. Kasneje so celo postavili visoke zidove, da so zakrivali pogled na pokopališče. Že pogled na pokopališče jih je obdajal s preveliko tesnobo. Po Heideggerju pa prav občutje tesnobe na eksistencialni ravni posameznika na najpristnejši način sooča s seboj in lastnim načinom bivanja. Gre za to, da tesnoba vzpostavlja posameznikovo avtentičnost oz. »dela« avtentičen način bivanja. Bolj kot se človek izogiba soočenju s tesnobo, manj pristno živi. Tesnoba se od strahu razlikuje v tem, da je človeka vedno strah nečesa ali nekoga (strah pred nečim znanim, konkretnim). V nasprotju z občutjem strahu lahko tesnobo opredelimo kot strah pred neznanim, pred nečim ne-bivajočim. Po Heideggerju tesnobo povzroča gola eksistenca, sama bit oz. biti-v-svetu. Vzroke, zakaj paliativna oskrba ni bolj uveljavljena in ovrednotena, vidimo prav v napačnem odnosu oz. tabuiziranju smrti in končnosti. Smrt ni neki »tujek« v človekovem življenju, nekaj, česar ne bi smelo biti, pa vendarle je, in nas le-to neizpodbitno dejstvo navdaja s tesnobo, toda, ravno nasprotno, smrt je del življenja. Še več, po Franklu človek svoje notranje izpolnitve s smislom ne doseže s svojim rojstvom, ampak šele s svojo smrtjo. Prispevek s fenomenološko in analitično-sintezno metodo preko filozofskih in psiholoških spoznanj aktualnih avtorjev na izviren način osvetljuje psihološki mehanizem tabuiziranja in odnos sodobnega človeka do obravnavane tematike.

Ključne besede: umiranje, smrt, logoterapija, paliativna oskrba, tabu, tesnoba

Although death, impermanence and finality (principle of contingency) are indisputable facts of life, these subjects are commonly perceived as a taboo. People in today's society generally avoid broaching these subjects because of the feeling of discomfort and anxiety that contemplating death may cause. The spirit of modern times avoids almost everything that reminds us of our own finality and fate. However, perceiving these subjects as a taboo is not a recent phenomenon. Following the French Revolution, the Jacobins began an aggressive campaign against "death". The aim of these enlightened minds of the times was to hide cemeteries, for example by building high walls around them, to prevent people seeing them from the village or town and feeling anxious. According to Heidegger, it is precisely this feeling of anxiety on an existential level that puts a human being in the position to confront himself and his own way of being. Anxiety thus leads to the creation of an authentic self or an authentic way of being. The more we try to avoid confronting anxiety, the less genuine our lives will be. Anxiety is different to fear in the sense that fear is defined by a particular thing or person (that is, of something known and determinate), whereas anxiety can be defined as fear of the unknown or indeterminate. As stated by Heidegger, anxiety can be caused by the mere existence of being or being-in-the-world. The reasons why palliative care is not better recognized and valued in today's society may lie in the historical, inappropriate attitude towards death and finality; that is, being perceived as a taboo. Death is not a "foreign object" in our lives, or something that is not supposed to exist, but instead is an indisputable fact for each and every one of us, and this fills us with anxiety; when instead we should accept death as a part of life. Furthermore, according to Frankl, a human being cannot achieve an inner sense of fulfilment with his birth, but only at his death. In an innovative way, this paper highlights the psychological mechanism of a taboo and the modern person's attitude towards the subject matter through philosophical and psychological knowledge of contemporary authors, and employing phenomenological and analytic-synthetic methods.

Key words: dying, death, logotherapy, palliative care, taboo, anxiety

**SPLOŠNA SEKCIJA /
*GENERAL SECTION***

AMERIKANIZACIJA EVROPE: ZAKAJ HOLLYWOOD VLADA EVROPSKI FILMSKI INDUSTRIJI IN EVROPSKIM GLEDALCEM? AMERICANISATION OF EUROPE: WHY HOLLYWOOD RULES THE EUROPEAN FILM INDUSTRY AND VIEWERS

Danes se na področju evropskega filma kaže močna prisotnost Hollywooda, saj povprečno 80 % vseh prikazanih filmov v evropskih kinematografih izhaja iz hollywoodske produkcije. Namen pričujočega prispevka je zato ugotoviti, zakaj je tako, oziroma kateri razlogi so vplivali na proces t. i. amerikanizacije evropskega filma in evropskih gledalcev. Ne glede na to, ali se evropski gledalci filmov zavedajo prevlade ameriškega Hollywooda nad Evropo ali ne, je tema izredno aktualna in pomembna ter ob podrobnejši raziskavi odkriva nekatere zanimive razloge za ta pojav. Analiza rezultatov je pokazala, da ni enotnega odgovora na to, kateri je glavni dejavnik za amerikanizacijo evropskega filma, saj je razlogov več in se med seboj prepletajo. Vendar je razlaga posameznih razlogov izredno zanimiva. Med pomembnejšimi sta obe svetovni vojni, različen način produkcije, drugačna ideologija in sporočilnost filmov, angleški jezik ter različno ekonomsko stanje Amerike in Evrope. Zanimivo dejstvo je tudi, da gre pri amerikanizaciji v resnici najprej za evropeizacijo Amerike in šele nato amerikanizacijo Evrope. Več podrobnosti, zakaj je tako, pa razkriva pričujoči pregledni članek.

Ključne besede: amerikanizacija, evropeizacija, evropska filmska industrija, Hollywood

Field of European film industry shows strong presence of Hollywood, as 80% of all films, shown in European cinemas, come from Hollywood production. The purpose of this paper is to find out why this is happening and what influenced the process of Americanisation of European film and European viewers. Irrespective of whether European film fans are aware of the dominance of American films or not, the topic is extremely relevant and important, and a detailed study has revealed some interesting reasons for this phenomenon. Analysis of the results showed that there is no single answer to this, because many reasons exist. However, the interpretation of individual reasons, is very interesting. Among the most important are the two world wars, a different mode of production, a different ideology and message of the film, the English language and different economic status of America and Europe. An interesting fact is that Americanisation is firstly Europeanisation of America, and then Americanisation of Europe. The present paper itself reveals more details in why this is so.

Key words: Americanisation, Europeanisation, European film industry, Hollywood

BEYOND ANTHROPOCENTRISM: HUMAN(E) ATTITUDES TOWARDS OTHER SENTIENT BEINGS

Approximately 60 billion animals are slaughtered every year for human needs, excluding fish. The rationale of this bloodshed has been theorized as carnism (Joy, 2010), an ideology imposed via a set of sophisticated power techniques forcing constantly desensitized and distracted consumer mind to no longer be able to create a mental and moral connection between the living animal and products derived from animals. Subsequently, animal slavery, suffering and mass slaughter are perceived by most societies as natural, normal and necessary, while sentient animals are considered things and property. This perception is firmly grounded in centuries' long domination of religious dogmas on the superiority of human species over other forms of life on Earth. In the modern era, industrialization and urbanization resulted in further alienation of man from other species leading to an unprecedented dehumanization of treatment of animals bred for human needs. However, in the last 50 years an important progress has also been achieved in theoretical considerations and political practices challenging anthropocentrism. Numerous activist groups and international nongovernmental organizations have emerged to give animals a voice of protest against "inhumane" treatment they are helplessly subjected to. Vegetarianism and veganism have been recognized as infrapolitical action and expressions of potentially subversive ecological citizenship (Clarke 1996; Toplak 2012). Finally, ethical issues on human treatment of animals have started influencing formal democratic processes: biocentric constitutions have been adopted by sovereign states; status of sentient beings has been accorded to animals in several Western countries, while animal welfare parties started crossing the thresholds of national parliaments. Abolition of animal slavery may become one of the most important social achievements of the twenty-first century, on par with abolition of human slavery in the nineteenth century and the implementation of universal human rights in the twentieth century.

Key words: meat industry; sentient animals; carnism; democracy

RELIGIOUS RADICALISM AND TERRORISM

If we want to argue about religious radicalism and its connections to terrorism, we must first define what religious radicalism stands for and what are the historical reasons for its emergence. We also must explain why religion has such an important impact on individual's identification processes and on social relations and discourse in human societies, even in modern era, where there are several identification tools and various explanations of human's emergence and the meaning of life and death to be as socially important as the religious ones. In the following contribution we will first make a historical overview of religious radicalisms and search for the possible reasons and circumstances of its emergence. Using the anthropological approach, we will analyze the connections between modern religious radicalism and violence, mostly expressed in the form of terrorism. Finally, we will profound our understanding of religious radicalism taking in consideration the actual Islamic radical or literal religious interpretations enforcing political goals through various organizations like Hamas, Al-Qa'ida and ISIS. For later analysis we will use the data gathered in short field-research among Islamic societies in Slovenia and Austria and already existing literature. We will also compare the representations of religious radicalism in mass media, with those of professional public, taking in consideration the perceptions of religious radicalism and terrorism in lay public. The main topics of our research will be the spatial, chronological, environmental and social reasons for emergence of religious radicalism. We will also question why terrorism is pointed toward the values of modern life in Europe or elsewhere in the world and why young European citizens decide to perform terrorism against proper society and its values, rules and beliefs.

Key words: religious radicalism, migrations, terrorism, cultural integration, religious co-existence

MISLEADING MAGIC MIRRORS OF (POST)SOCIALISM: WHO IS THE MOST VULNERABLE OF ALL?

This article presents findings of the FP7 INSPIRES European project. In its study of vulnerable groups in the population, social science usually relies on pre-determined categories: women, youth, the elderly, the disabled, and so on. In the wake of a quarter-century of radical social, economic, legal and political change, topped with a global financial crisis and experimental austerity alleviation techniques, the most vulnerable social groups in post-socialism societies are not readily recognisable. Perhaps the single most neglected category of modern social science analysis is the social class. In political and media discourse, talk about the "middle classes" is both a politically correct term for the masses of increasingly economically-deprived and politically silenced, and an oxymoron whose logical opposites, the upper and lower classes, are seldom if ever explicated. The historic existence and continuity of the middle classes are nevertheless taken for granted in "western" societies: a discourse that increasingly (mis)informs social scientific analysis. In post-socialism, however, class structures—rather than economic, legal or political ones—have experienced the most turbulent history in the course of the past quarter-century in Europe, and by extension, the seven decades since WWII. Neglected, also, is the fact that this history pertains to living generations, as opposed to a legacy of previous, extinct, historic generations. This paper presents some of the most salient discrepancies between traditional social scientific wisdom and emergent structures of permanent crisis in European post-socialism, based on an examination of class turbulences among living generations, and by detailing the case of Slovenia.

Key words: salariat, precariat, mercenariat, postsocialism, neoliberalism

TRANSNACIONALNE MIGRACIJE – IZAZOVI SUVREMENOGA DRUŠTVA *TRANSNATIONAL MIGRATION CHALLENGES IN MODERN SOCIETY*

Svakodnevno smo svjedoci vala migracije stanovništva iz zemalja Bliskog istoka koje su zahvaćene ratnim zbivanjima. Pojam migracija možemo promatrati s geografskog, ekonomskog, demografskog, povijesnog, sociološkog, političkog, antropološkog i medicinskog vidika. Standing (1984) naglašava četiri važne dimenzije migracije: prostor, vrijeme, ishodište migracije te aktivnosti i posljedice koje migracija izaziva. Martin Bell i Gary Ward (2000) predstavljaju termine migracije i prostorne pokretljivosti kao dva kraja istog kontinuuma s terminima unutar granica rezidualne pokretljivosti, urbane, intraurbane, ruralno-urbane, intraregionalne, interurbane i međunarodne pokretljivosti. Znanstveno istraživanje etničkih predrasuda i diskriminacije Emoryja S. Bogardusa (1926) provodi u okviru urbane sociologije kao fenomen socijalne distance koja je bila tipična za populacije koje su živjele na fizički bliskim područjima. Frans de Waal (1996) u svojim istraživanjima pokazuje kako ljudi i životinje pokazuju altruistično ponašanje prema potpunim strancima bez očekivanja ikakvih koristi. Bamshad (2003) u svojem istraživanju koje uzima vrlo raznovrsne genetske uzorke i stvara klastere prema kontinentima dovodi do zaključka da postoje preklapanja između pretpostavljenog geografskog porijekla i homogenosti klastera. Osim njega mnogi autori došli su do zaključka da su rase puno više od socijalnog konstrukta. Svaka migracija odvija se u određenom vremenu i na određenom prostoru, ima svoj put i izaziva posljedice u odnosima na više razina. Migracija preko granica kod pojedinca povezana je s potpunom promjenom socijalnog sustava i možemo ju gledati kroz model „optimalnog lokaliteta“ jer migranti žele isključivo u razvijene zemlje zapadnog svijeta. Međutim, osnovni razlog pokretanja migracije sagledavamo kroz „model strahovanja i spoznaje“ prema kojem je došlo do migracije kao reakcije na socijalni ili ekonomski pritisak. U središtu tog problema migracije trebao bi biti čovjek sa svojim bio-psiho-socijalnim karakteristikama i potrebama. Percepcija javnosti i društva trebala bi biti usmjerena prema pojedincu, a ne prema etničkoj i religijskoj pripadnosti.

Ključne riječi: migracija, predrasuda, kultura, društvo, etnička pripadnost

Currently, we are witnessing a continual wave of migrations from the Middle Eastern countries that are affected by war. The concept of migration can be examined from geographic, economic, demographic, historical, sociological, political, anthropological and medical perspectives. Standing (1984) highlights four important dimensions of migration; namely space, time, origin of migration, and the actions and consequences that arise. Bell and Ward (2000) suggest the terms migration and geographical mobility to represent the two ends of a continuum, on which lie the factors residual mobility, urban, intra-urban, rural-urban, intra-regional, inter-urban and international mobility. Scientific research of ethnic prejudice and discrimination by Bogardus (1926) was carried out within the framework of urban sociology as a phenomenon of social distance, which was typical of the population living close to the physical areas. De Waal (1996) argued that humans and animals show altruistic behaviour towards others without expecting any benefit. Bamshad (2003) took a variety of genetic samples and created clusters by continent, a study which revealed there to be overlaps between presumed geographic origin within homogeneous clusters. Many authors, including De Waal, came to the conclusion that race represents more than simply a social construct. Each migration event takes place at a certain time and in a certain area, and results in consequences for the relationship on many levels. Migration over the boundaries of the individual is associated with a complete change of social system and we had to look through the model of "optimal locations" for migrants wanting only to go to a developed country of the Western world. But the main reason for embarking on a migration is viewed through a model of "fears and cognition," which predicts migration to be a response to social or economic pressure. At the heart of the problem of migration are individuals with their bio-psycho-social characteristics and needs. The perception of migration by the public and in society should be directed to the individual, and not their ethnic and religious affiliation.

Key words: migration, prejudices, culture, society, ethnicity

RDEČI KRIŽ IN BEGUNCI SKOZI ZGODOVINO – DRUŽBENO ODGOVORNE AKTIVNOSTI RKS OBMOČNEGA ZDRUŽENJA MARIBOR OB NASTALI BEGUNSKI KRIZI HISTORY OF NON GOVERNMENTAL ORGANISATION RED CROSS - SOCIAL RESPONSIBLE ACTIVITIES OF RED CROSS REGIONAL ASOCIATION MARIBOR REGARDING REFUGEES CRISIS

Henryju Dunantu, Nobelovemu nagrajencu, ki velja za »očeta« Rdečega križa, se je kot oči-vidcu bitke pri Solferinu v Italiji porodila zamisel, da bi ustanovil organizacijo, ki bi nevtralnoma pomagala vsem ranjenim in pomoči potrebnim vojakom. Rdeči križ Slovenije (RKS) je ena od najstarejših humanitarnih organizacij v Sloveniji, ki je zavezana k poslanstvu: z močjo humanosti izboljšati življenje ogroženih ljudi. Deluje v skladu s sedmimi temeljnimi načeli: humanost, nepristranskost, nevtralnost, neodvisnost, prostovoljnost, enotnost in univerzalnost. Tudi RKS – Območno združenje Maribor, v izrednih razmerah, kot je begunska kriza v letu 2015, opravlja aktivnosti v okviru javnega pooblastila, v okviru katerega »Služba za poizvedovanje RK« poizveduje za izginulimi oz. pogrešanimi osebami, prenaša družinska sporočila in navezuje stike med svojci, ločenimi zaradi vojnih dogodkov, sodeluje pri združevanju družin, evakuacijah, vodi registre beguncev, razseljenih oseb in evakuirancev ter ostale aktivnosti s pomočjo prostovoljcev, strokovnih služb in njihovega predanega dela. Vsak ima pravico do svobodnega odločanja, kako bo živel in kako bo uveljavljal pravice, ki so navedene v Splošni deklaraciji o človekovih pravicah.

Ključne besede: RKS – Območno združenje Maribor, humanitarna pomoč, begunska kriza, ogroženost ljudi, družbena odgovornost

Henry Dunant, a Nobel Prize winner, is considered as the »father« of the Red Cross. As an eyewitness of the Battle at Solferino in Italy, he came up with an idea to set up an organisation that would be neutral and would help all wounded soldiers and soldiers in need. Slovenian Red Cross is one of the oldest humanitarian organisations in Slovenia, which is committed to improve the lives of people in need. It is acting in accordance with the seven fundamental principles: humanity, impartiality, neutrality, independence, voluntary, unity and universality. Red Cross Regional Association Maribor reacts in emergency situations, such as refugee crisis in 2015, and carries out public authorisation activities by inquiring on the whereabouts of missing persons in the emergency situations in other countries, by cooperating in reuniting families separated by armed conflicts through the Central Tracing Agencies, by collecting and distributing RC messages from and to affected areas, by keeping records of refugees and internally displaced persons and by other activities carried out with the help of volunteers, employed staff and their dedicated work. All people should have a right to make decisions about their lives and to live according to the rights, expressed in the Universal Declaration of Human Rights.

Key words: Red Cross Regional Association Maribor, humanitarian assistance, refugee crisis, people in need, social responsibility

OSAMLJENOST V ŽIVLJENJSKEM TOKU ČLOVEKA LONELINESS THROUGHOUT THE LIFE CYCLE

Osamljenost je eden izmed pojmov, ki v sodobni družbi stigmativno označuje starejšo populacijo. Mnoge znanstvene raziskave so pokazale, da se osamljenost pojavlja v vseh življenjskih obdobjih. Osamljenost je z značilnim načinom sodobnega življenja in zaradi posledic, ki jih povzroča, postala resen zdravstveni problem današnje družbe. Pregled strokovne literature iz omenjenega področja dopušča ugotovitev, da osamljenost ni nujno povezana s starostjo. Osamljenost ni splošna značilnost starejše populacije, ali drugače, starejši niso nujno osamljeni. Na pojav osamljenosti, kot duševnega stanja, vplivajo mnogi dejavniki, ki so lahko značilni za posamezna življenjska obdobja posameznika. Z osamljenostjo se sooča vsak posameznik na svoj način, dolgotrajna osamljenost in neuspešno soočanje posameznika z osamljenostjo ima lahko v različnih življenjskih obdobjih različne posledice.

Ključne besede: osamljenost, starejša populacija, sodobna družba, stigmatizacija

Loneliness is one of the terms used by the modern society to stigmatise the elderly population. A variety of different studies have shown that loneliness occurs in all stages of life. Due to the distinctive modern lifestyle, and its consequences, loneliness has become a serious health issue of today's society. A review of the literature in this field leads to the finding that loneliness is not necessarily associated with old age. Loneliness is not a general characteristic of the elderly, i.e. not all older people are lonely. Numerous factors, typical of individual stages of a person's life, impact the occurrence of loneliness as a mental state. Each person deals with loneliness in a unique way. Moreover, long-term loneliness in addition to the individual's unsuccessful coping mechanisms for it, may result in different consequences during different life stages.

Key words: loneliness, elderly population, modern society, stigmatisation

SMEJMO SE LET'S LAUGH

Smeh je zelo preprosta stvar, je dar, s katerim se rodimo. Že kot majhni otroci smo sposobni nasmeh/smeh velikokrat narisati na svoj obraz ter na obraz drugih. Žal odrasli ljudje velikokrat pozabljamo, kako veliko vrednost ima smeh. V svojem članku bi želela predvsem predstaviti, kako pomemben je smeh v vsakdanjem življenju, kako pozitivno vpliva na nas, na naše počutje in na ljudi, ki nas obdajajo. Želela bi povrniti željo in sposobnost smejanja ljudem, ki so smeh opustili zaradi natrpanega vsakdana, saj sem mnenja, da to prvinsko danost obvlada vsak izmed nas. Smeh je univerzalen, vsak iskren nasmeh izžareva zadovoljstvo, veselje, srečo, brezskrbnost. V članek bi želela vključiti smejalno terapijo, ki sem jo izkusila tudi sama, in raziskave, ki so nastale v času terapije. Dokazano je, da smeh pozitivno vpliva na srčno žilne bolezni, visok krvni pritisk, depresivna obolenja, demenco, Parkinsonovo bolezen, sladkorno bolezen, znižuje pa tudi raven stresnih hormonov ter zvišuje raven hormonov sreče. Spisek pozitivnih učinkov smeha na telo je torej resnično dolg, zato sem mnenja, da je potrebna čim večja osveščenost ljudi, da se začnejo ponovno smejati.

Gljučne besede: humor, smeh, zdravje, smejalna terapija, kronična obolenja

Laughter is a very simple thing; it is a gift we are born with. Even as small children we are able to smile and bring a smile to other people's faces. Unfortunately, as adults we often forget how valuable laughter is. In this article I would like to, above all, present how important laughter is in our daily life, and which positive effects it has on us, our feelings and on people around us. My aim is that people who have essentially given up laughing due to a hectic daily schedule would rediscover a desire and capacity to laugh, because in my opinion every person is a master of this primary gesture. Laughter is universal every sincere laugh radiates contentment, joy, happiness and carelessness. In this article I will also discuss laughing therapy, which I have experienced, and the research that was carried out during the therapy. It is proven that laughter has positive effects against cardiovascular disease, high blood pressure, depressive states, dementia, Parkinson's disease, and diabetes, and it also lowers stress hormones and raises the level of endorphins – the hormones of happiness. The list of benefits to the body derived from laughter is truly long; therefore, it is important for people to become aware that they should start laughing again.

Key words: humor, laughter, health, laughing therapy, chronic diseases

KATERE VLOGE IGRAMO V ŽIVLJENJU? WHAT ROLES DO WE PLAY IN LIFE?

Človek je družbeno bitje. Posameznik ne živi sam v svojem okolju. Živi v družbi, ki ga oblikuje od rojstva do smrti. Človek je po svoji naravi enkratno in ustvarjalno bitje. Napredek družbe in človeka je poln ustvarjalnih prispevkov posameznikov. Različne stvari, pojave in dejanja ocenjujemo v skladu z našimi vrednotami, v skladu s prepričanjem, kaj je dobro in kaj je prav. Večino ljudi vodi prizadevanje, da bi izboljšali kakovost svojega življenja tako, da bi ostali zvesti sebi in svojim vrednotam. Tisto, kar nas verjetno vodi, je osebna vrednota izražanja samega sebe ali samouresničevanja. Temeljna načela ali vrednote se ne spreminjajo. Če si ogledate svoje življenje z vidika vloge, ki jih igrate vsak dan, ustvarjate nepretrgan tok vrednot in si omogočate, da krepite občutek svojega jaza – občutek, da ste vi tisti, ki vodite igranje vsake vloge v svojem življenju. Pomislite na vloge, ki jih igrate vsak dan. Marsikdaj je treba opustiti stare vloge, dodati nove, nekatere zamenjati zaradi spreminjanja okoliščin. Prepričana sem, da se morate v eni od vlog osredotočiti na skrb za sebe - biti morate mentor ali skrbnik. Naprej morate poskrbeti zase, šele potem lahko poskrbite za druge in izpolnite svoje obveznosti. Poenostavite si življenje tako, da okrepite sposobnost osredotočenja. Če ste osredotočeni na eno vlogo, odkrijete nove ravni vztrajnosti in odločnosti: zavlada vaš pravi jaz.

Ključne besede: človek, vloga, vrednosti, okolje, prepričanja

Human beings are social; we do not live in isolation from our environment. People live in societies and are constantly shaped by them from the day of birth until they die. Intrinsically, people are unique and creative. The advance of society and of man is resplendent with the creative endeavours of individuals. We evaluate actions and phenomena in accordance with our values and beliefs in what is good and what is right. Most people strive to improve the quality of their lives by staying true to themselves and to their values. Our guiding principle is maintaining a personal virtue of self-expression or self-realisation whereby one's basic principles or values do not change. If one studies one's life from the point of view of the differing roles played each day, it will become clear that a continuous stream of values is being created. This subsequently strengthens the feeling of self: that is, the feeling of being the actor in each of the roles in one's life. We invite the reader to consider the roles they play each day. Old rules are often discarded, new ones incorporated, and roles of others may be altered due to changing circumstances. It is in all likelihood that in at least one of these roles it is necessary for the individual to focus on taking care of themselves – it might be required to act as a mentor or a custodian. One must take care of oneself in the first instance, and only then can it be possible to care for others and fulfil the responsibilities that come with the role. Life can be simplified through an improvement in the ability to focus; focussing on one role, for example, will allow for new levels of perseverance and determination to be revealed. One's true self will thus be revealed.

Key words: human beings, roles, virtues, environment, beliefs

POMEN ZNANSTVENEGA RAZISKOVANJA KONCEPTUALNEGA PRISTOPA PRI POUČEVANJU FIZIKE ZA KAKOVOST STROKOVNEGA DELA NA OMENJENEM PODROČJU ***THE IMPORTANCE OF SCIENTIFIC RESEARCH OF CONCEPTUAL APPROACH, USED IN TEACHING PHYSICS, FOR PROFESSIONAL WORK QUALITY IN THIS AREA***

Eno od temeljnih načel znanstvenega raziskovanja je aplikacija znanstvenih dognanj v strokovno delo na izbranih področjih. V zadnjih dveh desetletjih raziskovalci intenzivno raziskujejo nove učne pristope v poučevanju, s ciljem izboljšati učni proces. V prispevku predstavljamo pomembnejše raziskave konceptualnega pristopa pri poučevanju fizike. V nadaljevanju predstavimo ključne značilnosti mednarodne raziskave trendov znanja matematike in naravoslovja za maturante 2015 – Trends in International Mathematics and Science Study, Advanced (TIMSS). V zaključku prispevka predstavimo rezultate raziskave na izbrani slovenski gimnaziji, ki dokazujejo, da lahko izsledki znanstvenega raziskovanja izboljšajo kakovost strokovnega dela na izbranem področju.

Ključne besede: izobraževanje, novi učni pristopi, konceptualni pristop pri poučevanju fizike, razumevanje fizikalnih konceptov, mednarodna raziskava trendov znanja matematike in fizike (TIMSS).

One of the basic principles of scientific research is application of scientific discoveries on professional work in the selected fields. During the last two decades, the researchers have been looking for new teaching methods to improve teaching processes. In this paper, we present some important research on the conceptual approach in physics teaching. Furthermore, we present the key characteristics of the international research called Trends in International Mathematics and Science Study, Advanced (TIMSS). Finally, we present the results of the research in a selected Slovene grammar school, which prove that the discoveries of the scientific research can improve the quality of professional work in the selected field.

Key words: education, new teaching approaches, conceptual approach in physics teaching, understanding of physics` concepts, Trends in International Mathematics and Science Study (TIMSS)

ZAKAJ IN KAKO JE NASTAL SLOVAR MEDICINSKO – ROMSKIH IZRAZOV? HOW AND WHY A DICTIONARY OF MEDICAL TERMS IN ROMA LANGUAGE WAS CREATED

Izhodišče: Health literacy (zdravstvena pismenost) postaja vse pomembnejši dejavnik za zmanjševanje neenakosti v zdravju. Navodila, razlage, pojasnjevalna dolžnost, izvidi in druga medicinska dokumentacija, ki jo dobijo bolniki, vsebuje številne strokovne izraze, ki niso vedno najbolj razumljivi. Metode: Najprej smo izvedli kvalitativno analizo, v katero smo vključili 25 predstavnikov Romov, stratificiranih po spolu in starosti, in je potekala tri mesece v letu 2010. Romi so še posebej izpostavili težave pri razumevanju medicinskih izrazov, težave pri komunikaciji z zdravstvenimi delavci in pripravljenost za sodelovanje pri spreminjanju le-tega. Rezultati: V sodelovanju študentov Medicinske fakultete Maribor, zdravnikov družinske medicine Zdravstvenega doma Murska Sobota in Romov smo najprej izbrali 420 najpogostejših medicinskih izrazov, jih poenostavili v slovenščino in nato prevedli v romski jezik. Natisnjenih je bilo 500 izvodov slovarjev in večina razdeljena v romskih naseljih. Zaključek: Pomen razumevanja navodil in medicinske dokumentacije ni pomemben samo za izboljšano adherence bolnikov v procesu zdravljenja, ampak tudi za doseganje boljših rezultatov v opolnomočenju posameznikov v skrbi za lastno zdravje in kakovost življenja.

Ključne besede: medicinski izrazi, Romi, slovar, zdravstvena pismenost

Background: Health literacy is becoming an important factor for reducing inequalities in healthcare. Instructions, explanations, explanatory duty, medical records and results and other medical documentation that patients receive contains many professional terms that are not always clear. Methods: First, we conducted a qualitative analysis which included 25 Roma people, stratified by age and gender. It lasted three months in 2010. The Roma particularly pointed out issues in understanding medical terms, issues in communication with healthcare workers and readiness for cooperation in changing these. Results: In cooperation with medical students of the Medical Faculty in Maribor, family medicine doctors from Murska Sobota Health Centre, and Roma people. We first selected 420 most common medical terms, simplified them into Slovenian, and then translated into Roma language. 500 copies of dictionaries were printed; most of them were distributed in Roma settlements. Conclusion: The importance of understanding the instructions and medical records is not only important for improving adherence of patients treated in the process, but also to achieve better results in the empowerment of individuals to care for their own health and quality of life.

Key words: medical terms, Roma people, dictionary, health literacy

MOČ LOGOTIPA THE POWER OF LOGO

Poleg številnih novosti, ki se v 21. stoletju vrstijo na vseh znanstvenih področjih, se tudi proces vzgoje in izobraževanja razvija s podporo znanstvenega raziskovanja. V tem prispevku je predmet raziskave vpliv informacijsko-komunikacijske tehnologije (IKT) na poučevanje italijanščine v osnovni šoli s slovenskim učnim jezikom, na dvojezičnem območju slovenske Istre. Raziskava je posledica opazovanja zbranosti učencev pri klasičnem pouku in pri pouku s podporo IKT. Pouk italijanščine v zadnjem triletju osnovne šole postaja v 21. stoletju izziv upravljanja z vsemi razpoložljivimi metodami dela. Med poukom je opaziti večja zbranost in motiviranost učencev pri podajanju vsebine z uporabo IKT. Zato je bila sprejeta odločitev za raziskavo o priljubljenosti spletne strani YouTube med učenci. Spletna stran kot elektronski pripomoček bi jim pomagala pri učenju italijanščine tudi doma. Izhajajoč iz hipoteze, da logotip spletne strani YouTube izzove večjo zbranost, je raziskava med učenci zadnjega triletja osnovne šole ugotavljala moč psihološkega učinka logotipa spletne strani YouTube na zbranost in motivacijo učencev. Teoretični del raziskave povzema opredelitev vpliva IKT pri poučevanju v 21. stoletju. Empirični del raziskave je razdeljen na kvantitativni in kvalitativni del. Pri kvantitativni raziskavi se z vprašalnikom ugotavlja stališče učencev do logotipa spletne strani YouTube. Dodatno opredeljujemo vpliv logotipa na večjo zbranost in motivacijo v kvalitativnem delu raziskave s pomočjo metode fokus skupin.

Ključne besede: IKT, poučevanje, italijanščina, logotip, YouTube

In addition to many innovations the 21st century, lined up in all scientific fields, also the education process develops with the support of scientific research. This paper researched the impact of information and communication technology (ICT) on teaching Italian language in primary school with Slovenian teaching language in the bilingual area of Slovenian Istria. The research is a result of an observation of concentration of students in conventional teaching and in teaching with the ICT support. Teaching Italian in the last three years of primary school represents a challenge of managing all the available teaching methods of the 21st century. Certainly, there is a higher concentration and motivation of students by teaching with ICT support. Because of that, the research investigated the popularity of YouTube among students, as an electronic tool that can help them learn Italian even at home. Starting from the hypothesis that YouTube website logo causes a higher concentration, a survey among students of the last three years of primary school established the effect of the psychological power of YouTube website logo on concentration and motivation. The theoretical part of the research describes the impact of ICT on teaching in the 21st century. The empirical part of the research is divided into quantitative and qualitative part. In the quantitative part, a questionnaire survey observes the position of students in relation to the YouTube website logo. The impact of the logo on higher concentration and motivation additionally define the qualitative part of the research with the method of focus groups.

Key words: ICT, teaching, Italian, logo, YouTube

VPLIV NEKATERIH PSIHOSOCIALNIH DEJAVNIKOV NA UČNO ZAVLAČEVANJE THE EFFECT OF CERTAIN PSYCHOSOCIAL FACTORS ON ACADEMIC PROCRASTINATION

Lastnost ali vedenje se opredeli za zavlačevanje, kadar nekdo zaradi pomanjkanja samouravnava iracionalno odlaša s časom odmerjeno obvezno aktivnost, četudi se zaveda negativnih psihosocialnih posledic. Del definicije smo privzeli od tujih strokovnjakov in ji dodali pomen šolskega socialnega okolja, ki je pomanjkljivo raziskan. V naši raziskavi smo na vzorcu 284 slovenskih dijakov tretjega letnika, ki so obiskovali različna programa srednješolskega izobraževanja, ugotavljali, kateri psihosocialni dejavniki vplivajo na učno zavlačevanje. Uporabili smo samoocenjevalno lestvico APSI (Schouwenburg, 1995), ki meri učno zavlačevanje. S pomočjo faktorjske analize smo ekstrahirali tri dejavnike, in sicer pomanjkanje učne samodiscipline, neugodje in odpor do učenja. Dijaki so reševali tudi vprašalnik Nekateri značilnosti šolskega dela. S faktorjsko analizo smo izločili naslednje faktorje: uravnavanje časa, vloga sošolcev in učiteljeva aktivnost. Izid regresijskega modela je pokazal, da so vsi prediktorji, uravnavanje časa, vloga sošolcev in učiteljeva aktivnost, statistično značilni in skupaj pojasnjujejo 30 % variance kriterija pomanjkanje učne samodiscipline. Enaki prediktorji skupaj pojasnjujejo 12 % variance kriterija neugodje. Prav tako vsi trije prediktorji skupaj pojasnjujejo 12 % variance kriterija odpor do učenja. Rezultati kažejo, da je za učno zavlačevanje pomembno, kako dijaki ocenjujejo vlogo sošolcev v učni situaciji, kaj menijo o nekaterih učiteljevih aktivnostih, ki so del učnega procesa, in kakšen odnos imajo do časa oziroma kako ga uravnavajo. Rezultati kažejo na aktualnost problematike zavlačevanja, saj gre za prisotnost disfunkcionalne oblike vedenja, ki je povezana s psihološkimi in socialnimi dejavniki, ki so del šolskega učnega in vzgojnega polja.

Ključne besede: srednješolci, učno zavlačevanje, uravnavanje časa, vloga sošolcev, učiteljeve aktivnosti

A trait or behaviour is classified as procrastination when a person irrationally delays a time framed necessary activity due to a lack of self-regulation, although they are aware of the negative psychosocial consequences. Part of a definition has been borrowed from foreign experts and given a meaning in a school social environment, which has been insufficiently researched. In our research we were establishing which psychosocial factors affect academic procrastination among a sample of 284 Slovene students of 3rd year of secondary school, attending two different programmes. A self-report inventory APSI (Schouwenburg, 1995) was used for measuring academic procrastination. Three factors were excluded with the help of factor analysis, i.e. lack of academic self-discipline, discomfort and resistance towards studying. Students also filled a questionnaire: Certain characteristics of academic work. With factor analysis we also excluded factors time management, role of classmates and teacher's activities. Regression model results show all those three predictors are statistically significant and account for 30 % of variance in criterion 'lack of academic self-discipline'. All three predictors combined also account for 12 % of variance in criterion 'discomfort'. Also, they represent 12 % criterion "resistance towards studying". Results show that important variables in academic procrastination are student's assessments of role their classmates play in academic situations, how they perceive teacher's activities that are a part of educational process and what they think about time and how they manage it. Results show relevance of procrastination as a problem, as it is a dysfunctional form of behaviour, connected to psychological and social factors, and forms part of academic and educational field.

Key words: secondary school students, academic procrastination, time management, role of classmates, teacher's activities

UČENJE IN POUČEVANJE V ZDRAVSTVENI NEGI IN OSKRBI TEACHING AND LEARNING IN NURSING AND CARE

Kodeks etike v zdravstveni negi in oskrbi v Sloveniji narekuje izvajalcem zdravstvene nege in oskrbe pri svojem delu in življenju različne odgovornosti, ki jih ni mogoče opredeliti le z zakoni in predpisi. Medicinske sestre, učiteljice zdravstvene nege in oskrbe imajo tako dvojno odgovornost: učiti in naučiti bodoče izvajalce zdravstvene nege in oskrbe aktivnosti zdravstvene nege ter jim biti pomemben vzgled na njihovi profesionalni poti. V prispevku je predstavljeno šolanje medicinskih sester v Sloveniji skozi zgodovino do današnjih dni, sledijo programi in nazivi poklicev v zdravstveni negi, primerljivi s poklici zdravstvene nege v Evropi. Gre za reguliran poklic, ki določa minimalne izobraževalne zahteve za medicinske sestre za splošno zdravstveno nego. Te zahteve so: poznavanje strokovnih področij, na katerih temelji splošna zdravstvena nega, poznavanje narave in etike poklica z načeli zdravja in zdravstvene nege, ustrezne klinične izkušnje, sposobnost za sodelovanje pri praktičnem usposabljanju negovalnega osebja ter izkušnje pri delu s sodelavci drugih poklicev v zdravstvenem sistemu. Medicinske sestre, učiteljice zdravstvene nege in oskrbe se morajo stalno učiti tako na strokovnem področju kot na pedagoškem in didaktičnem. Učitelj oz. učiteljica zdravstvene nege, ki poučuje zdravstveno nego, mora imeti izobrazbo iz zdravstvene nege in bogate delovne izkušnje s pacienti v zdravstvenih ustanovah. Večletno delo v kliničnem okolju je pogoj za kakovostno poučevanje zdravstvene nege in oskrbe tako v srednjem strokovnem kot visokošolskem strokovnem izobraževanju. Da bodo učiteljice, učitelji zdravstven nege in oskrbe lahko učili, vzgajali, motivirali študente in dijake, morajo skrbeti za lastno zdravje in razvoj, kar je poleg običajnega dosegljivo s povezovanjem in skupnim iskanjem izboljšav pri poučevanju, rezultat le-tega pa je kakovostna in varna zdravstvena nega in oskrba pacientov.

Ključne besede: zdravstvena nega, oskrba, medicinska sestra, poučevanje

Code of ethics in nursing and care in Slovenia requires providers of health care in their work and life of the various responsibilities that cannot be defined only by laws and regulations. Nurses, teachers of nursing and health care have dual responsibility: to learn and to teach future operators of nursing care and nursing activities, and be role models in their professional career. The paper presents education of nurses in Slovenia through history to the present day, the followed programmes and titles of occupations in health care are comparable to the professions of nursing in Europe. This is a regulated profession, which sets out minimum educational requirements for nurse responsible for general care. These requirements are: knowledge of technical areas on which general nursing is based, knowledge of the nature and ethics of the profession to the principles of health and nursing, relevant clinical experience, the ability to participate in practical training of nursing personnel, and experience of working with colleagues of other professions in health system. Health care teachers must continuously learn, both in the professional field as well as in pedagogical and didactic. Person who teaches health care, should be trained in nursing and have working experience with patients in healthcare facilities. Several years of work in clinical environment is a prerequisite for quality teaching of health care, both in secondary professional and higher professional education. Teachers of nursing care can only learn, educate, motivate students and pupils if they take care of their own health and development, which, in addition to the usual, they can achieve by connecting with others and with joint search for improvements in teaching, which results in an excellent and safe medical care and treatment of patients.

Key words: nursing care, care, nursing, nurse, teaching

VKLJUČITEV BOLONJSKEGA PROCESA V TERCIARNO IZOBRAŽEVANJE- PRIMER SLOVENIJE

THE IMPLEMENTATION OF THE BOLOGNA PROCESS IN TERTIARY EDUCATION – THE CASE OF SLOVENIA

V prispevku bomo predstavili položaj slovenskega terciarnega izobraževanja in implementacijo Bolonjskega procesa, in sicer z vidika študentov in univerzitetnih profesorjev. Cilj Bolonjskega procesa v terciarnem šolstvu je predvsem skrajšati študijske programe in mladim diplomantom omogočiti hitrejši dostop na trg dela v primerjavi s bolonjskimi diplomanti ter izobraziti diplomante, ki bodo bolj konkurenčni na trgu dela, omogočiti mobilnost študentov in univerzitetnih profesorjev ter nenazadnje promovirati internacionalizacijo študijskih programov in nazivov. V raziskavo so vključeni študenti in univerzitetni profesorji z Univerze na Primorskem. Glede na izsledke raziskave in splošno mnenje vprašanih, je Bolonjski proces pozitivna in dobra zamisel, ki pa je žal slabo izvedena. V slovenskem prostoru je trenutno pet državnih univerz in nekaj zasebnih zavodov, ki delujejo v terciarnem izobraževalnem sektorju. V pričujočem prispevku bomo obravnavali proces centralizacije in decentralizacije terciarnega izobraževanja v slovenskem prostoru ter prednosti in slabosti tristopenjskih študijskih programov, ki so bili nedavno vključeni z Bolonjskim procesom. Predstavili bomo tudi zadovoljstvo študentov glede tristopenjskih študijskih programov, možnost internacionalizacije študijskih programov, možnosti in prednosti študentske izmenjave ter možnosti zaposljivosti mladih diplomantov po zaključku študija. Posebno pozornost bomo namenili položaju univerzitetnih profesorjev in njihovem stališču glede tristopenjskih študijskih programov, študentov in možnosti, ki jih nudi mobilnost. Osredinili se bomo na pripravljenost mladih za vstop na trg dela, nedavne spremembe študijskih programov, ki so študij podaljšale, ter tudi na pojav velikega števila novih študijskih programov, ki so se namnožili v zadnjih letih, ter težave, ki jih prinaša brezposelnost med mladimi diplomanti. Menimo, da bi z ustreznim sodelovanjem Bolonjski proces moral postati dobra ideja z odlično izvedbo.

Ključne besede: Bolonjski proces, Slovenija, tristopenjski študijski program, Univerza na Primorskem, študenti

Position of Slovene tertiary education system and the implementation of the Bologna Process, as seen from the perspective of students and university professors, is presented in the paper. The aim of the introduction of the Bologna Process in tertiary education is mainly to shorten study programmes and to enable young graduates to enter the job market earlier, compared to pre-Bologna graduates, and to be more competitive on the job market, as well as to enable student and teacher's mobility, and to promote internationalisation of study programmes and degrees. Survey included students and employees from the University of Primorska. According to them, the Bologna Process is seen as a positive idea with a bad implementation. Five public universities and several private institutions exist in Slovenia. The paper presents centralisation and decentralisation of tertiary education in Slovenia, as well as advantages and disadvantages of three-cycle study programmes introduced with the Bologna Process. We will present satisfaction of students concerning three-cycle study programmes, the possibilities of internationalisation, student's exchange and student's employability. Special attention will be dedicated to the position of university professors, their satisfaction concerning the Bologna Process programmes, their students and the opportunities of mobility. The question of preparing young individuals to enter the job market, changing the existing study programmes, the vast amount of new study programmes and the problems of unemployment of young graduates will be discussed. With cooperation, the Bologna Process should become a good idea with a great implementation.

Key words: Bologna Process, Slovenia, three-cycle study programmes, University of Primorska, students

STALIŠČA PODIPLOMSKIH ŠTUDENTOV DO RAZISKOVANJA Z INTEGRACIJO KVANTITATIVNE IN KVALITATIVNE METODOLOGIJE

POSITIONS OF POST-GRADUATE STUDENTS ON RESEARCH BY INTEGRATION OF QUANTITATIVE AND QUALITATIVE METHODOLOGIES

Integracija kvantitativne in kvalitativne metodologije je nastala kot nova dimenzija raziskovanja na zdravstvenem, socialnem, psihološkem, družboslovnem in pedagoškem področju znanosti. Nastanek integracije metod je spodbudila dihonomija med nasprotujočima si kvantitativno in kvalitativno paradigmo v zadnjih tridesetih letih. Uporaba te metodologije, ki temelji na paradigmi pragmatizma, omogoča raziskovalcem opredeliti bolj holistično sliko problema, ki ga raziskujejo. Uspešnost uporabe integracije metod pa je odvisna predvsem od raziskovalčevega poznavanja različnih raziskovalnih načrtov in pristopov dela, ki spremljajo ta raziskovalni pristop, ter osebnih stališč do njegove uporabe. Namen naše raziskave je bil ugotoviti mnenja in stališča do integracije metod pri podiplomskih študentih zdravstvenih in družboslovnih študijskih programov, ki se prvič srečujejo s to metodologijo. Zanimale so nas tudi razlike v stališčih glede na stopnjo študija (magistrski, doktorski), letnik študija in študijsko smer/področje dela. V raziskavi je sodelovalo 62 magistrskih in doktorskih študentov Alma Mater Europaea – Evropski center Maribor. Zbiranje podatkov je potekalo v mesecu januarju 2016 z vprašalnikom zaprtega tipa vprašanj. Podatke smo analizirali v statističnem programu SPSS z eno-faktorsko analizo variance, t-testom za neodvisne vzorce in korelacijsko analizo. V prispevku bomo predstavili rezultate mnenj in stališč podiplomskih študentov do integracije metod glede na odnos do samostojne kvantitativne in/ali kvalitativne metodologije, stališča do uporabe različnih tipologij raziskovalnih načrtov integracije metod ter mnenja o usposobljenosti za uporabo tovrstne metodologije na študentovem področju študija/ dela. Dobljene ugotovitve naše raziskave imajo doprinos k vpogledu v raziskovalno prakso podiplomskih študentov na področju njihovega odnosa do kvantitativne, kvalitativne in kombinirane metodologije ter predstavljalo izhodišča za zasnovo izobraževalnih programov za raziskovalce začetnike na področju integracije metod.

Ključne besede: tretja raziskovala pot, pragmatizem, stališča raziskovalcev, podiplomski študij, kakovost raziskovanja

Mixed methods research was developed as the new research dimension in health, social, psychological and pedagogical sciences. The establishment of the mixed methods research was encouraged through dichotomy between contradictory quantitative and qualitative paradigm in the last thirty years. The mixed methods use based on pragmatism paradigm and allows researchers to define more holistic picture of the research phenomenon. Successful implementation of the mixed methods research depends on researcher's knowledge about different research designs and procedures, which accompanying this research approach, and personal attitudes towards its application in the research practice. The purpose of our study was to investigate the opinions and attitudes of the postgraduate students in health and social study programmes towards the mixed methods research, in which they are the first time encounter. We are interesting as well in the differences in attitudes in relation with the study degree level (master, doctoral), year of study and study area/ work area. The research included 62 master and doctoral students at Alma Mater Europaea – ECM. Data collection was carried out in January 2016 with the structural questionnaire. For data analysis in SPSS was used one-way ANOVA, t-test for independent samples and correlation analysis. The paper will present the results of the opinions and attitudes of postgraduate students towards the mixed methods research in relation with the independent quantitative and/ or qualitative methodology, the attitudes to use different mixed methods research typologies, and opinions about competences to use this methodology approach on students' area of study/ work. The research findings have important contribution to obtaining insight of the research practice among postgraduate students on their attitudes towards quantitative, qualitative and mixed methods research. Further, the research findings represent the starting point for development of the mixed methods educational programmes for the novice researchers.

Key words: third research path, pragmatism, attitudes of novice researchers, postgraduate study, research quality

**SEKCIJA: INTEGRATIVNE
ZDRAVSTVENE VEDE /
*INTEGRATIVE HEALTH
SCIENCES SECTION***

SA NAUČNIM ISTRAŽIVANJEM I NA DOKAZIMA ZASNOVANOJ MEDICINI DO KVALITETNOG STRUČNOG RADA U SAVREMENOJ ZDRAVSTVENOJ ZAŠTITI *WITH SCIENTIFIC RESEARCH AND EVIDENCE-BASED MEDICINE TO THE QUALITY OF PROFESSIONAL WORK IN MODERN HEALTH CARE*

Savremena zdravstvena zaštita počiva na nekoliko svojih načela. Načelo pristupačnosti ostvaruje se obezbeđivanjem zdravstvene zaštite građanima, koja je fizički, geografski i ekonomski dostupna, odnosno, kulturno prihvatljiva. Načelo pravičnosti ostvaruje se zabranom diskriminacije po osnovu rase, pola, starosti, nacionalne pripadnosti, socijalnog porekla, veroispovesti, političkog ili drugog ubeđenja, imovnog stanja, kulture, jezika i vrste bolesti. Načelo sveobuhvatnosti ostvaruje se uključivanjem svih građana i primenu objedinjenih mera i postupaka, promociju zdravlja, prevenciju bolesti na svim nivoima, ranu dijagnozu, lečenje i rehabilitaciju. Načelo kontinuiranosti ostvaruje se organizacijom sistema zdravstvene zaštite, funkcionalno povezane i usklađene po nivoima, koja pruža neprekidnu zdravstvenu zaštitu građanima u svakom životnom dobu. Načelo stalnog unapređenja kvaliteta ostvaruje se merama i aktivnostima kojima se u skladu sa savremenim dostignućima medicinske nauke i prakse povećavaju mogućnosti povoljnog ishoda. Načelom efikasnosti postiže se najviši nivo zdravstvene zaštite uz najniži utrošak sredstava. Lečenje bolesnika samo na osnovu ličnog iskustva i znanja stečenog iz udžbenika, uz ignorisanje rezultata najnovijih, validno izvedenih studija, više nije ni stručno ni moralno prihvatljivo. Medicina zasnovana na dokazima pažljiva je i promišljena upotreba najboljih dokaza iz medicinske literature u donošenju odluke o lečenju konkretnog bolesnika. To znači da se individualno kliničko iskustvo mora integrisati s rezultatima kliničkih studija, koje su metodološki bile dobro postavljene, i čiji rezultati imaju klinički značaj. Medicina zasnovana na dokazima je integracija kliničkog iskustva, sistema vrednosti pacijenta i najboljih dokaza iz literature. Zahtevaju se nove veštine od lekara: pretraživanje literature i primenu određenih pravila za medicinske informacije i evaluaciju dokaza iz literature. Zdravstvena zaštita zasnovana na dokazima podrazumeva proširenje primene principa medicine zasnovane na dokazima na ceo sistem zdravstvene zaštite, tj. sve profesionalce uključene u obezbeđivanje zdravstvene zaštite.

Ključne reči: zdravstvena zaštita, medicinska nauka, medicina zasnovana na dokazima, kvalitet stručnog rada

Modern health care is based on a number of principles. The principle of accessibility is achieved by providing health care to citizens, which is physically, geographically and economically accessible, and culturally acceptable. The principle of fairness is achieved by prohibiting discrimination based on race, sex, age, national origin, social background, religion, political or other opinion, property status, culture, language, type of disease. 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 continuity is achieved by the organisation of the health care system, functionally linked and coordinated across levels, and providing continuous health care to citizens at any age. The principle of continuous quality improvement is realised by measures and activities that are in line with modern achievements of medical science and practice increases the possibility of a favourable outcome. The principle of efficiency by achieving the highest level of health care at the lowest consumption of resources. Treatment of patients solely on the basis of personal experience and knowledge gained from textbooks, with ignorance of recent results, validly executed studies, is no longer professionally or morally acceptable. Evidence based medicine is careful, thoughtful use of the best evidence from 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 methodologically well placed, and the results have clinical significance. Evidence based medicine is integration of clinical experience, value system of the patient and the best evidence from the literature. Evidence does not by itself lead to conclusions, but only to help in determining the best possible treatment of the patient. It requires new skills from doctors: literature search and the application of certain rules for medical information and evaluation of evidence from the literature. Health care, based on the evidence, includes an extension application of the principles of evidence based medicine in the whole health care system, ie. all professionals involved in the provision of health care.

Key words: health care, medical science, evidence-based medicine, quality of professional work

PROBIOTIKI V MEDICINI *PROBIOTICS IN MEDICINE*

Uporaba probiotikov, ki je do še nedavnega sodila v kontekst alternativne medicine, je danes velik „medicinski hit“. Dokazi, da je črevesna mikroflora pomemben del intestinalne imunološke in neimunološke obrambe, predstavlja osnovo koncepta probiotikov. To so živi mikroorganizmi, ki dodani hrani v zadostni količini vplivajo na izboljšanje črevesne flore in vplivajo na zdravje. Najpomembnejši mehanizmi delovanja probiotikov so sinteza protimikrobnih snovi, poraba hranil, ki so potrebna za rast patogene flore, zaviranje oprijemanja patogenih bakterij, sprememba toksinov in toksinskih receptorjev, aktivacija imunskega sistema z zvišanjem tvorbe sekrecijskih imunoglobulinov in citokinov (interleukin 10 in TGF) ter zmanjšano tvorbo citokinov, TNF- α , interferona in dr. Humana mikrobiota je kompleksna skupnost komenzalnih, simbiotskih in patogenih mikroorganizmov na telesu in v telesu človeka. Tvorijo jo mikroorganizmi: bakterije, virusi, glivice in arheje. Ta mikrobiološka skupnost presega količino somatskih in zarodnih celic v razmerju 10:1. Večina od teh 10–100 trilijonov mikrobov poseljujejo prebavno pot. Izraz humani mikrobiom opredeljuje skupni genom mikroorganizmov, ki se pojavljajo v določenem okolju. Celotni genetski potencial, torej mikrobiom, je vsaj 200-krat večji od humanega genoma. V medicini potekajo v zadnjih 20 letih številne raziskave s namenom opredeliti vlogo humane mikrobiote in probiotikov pri različnih bolezenskih stanjih, preprečevanju in zdravljenju akutnih in kroničnih gastrointestinalnih boleznih in prav tako pri drugih boleznih in motnjah, kot so alergije, respiratorne okužbe in drugo. Uporaba probiotikov je splošno ocenjena kot varna, saj so uporabljeni mikroorganizmi enaki tistim, ki se nahajajo v prebavilih zdravega človeka. Učinkovitost različnih probiotičnih sevov je raziskana pri mnogih gastrointestinalnih in ne-gastrointestinalnih boleznih. Pri mnogih je učinkovitost tudi dokazana.

Ključne besede: probiotiki, humana mikrobiota, mikrobiom, človek, bolezni

The use of probiotics, which was, until recently, part of the alternative medicine, is nowadays a 'medical hit'. Proof that intestinal microflora is an important part of the intestinal immune and non-immune system represents the basic context of probiotics. These are living microorganisms added to food in sufficient amount for improving intestinal flora and favourably influencing health. The most important mechanisms of probiotic activity are synthesis of antimicrobial agents, use of nutrients necessary for growth of pathogenic flora, inhibition of pathogenic bacterial adhesion, toxins and toxin receptors modification, activation of the immune system by increasing immunoglobulin secretion and cytokine production (interleukin-10 and transforming growth factor-TGF), and decreasing the production of cytokines, tumour necrotizing factor-TNF- α , interferon, and others. Human microbiota is a complex community of commensal, symbiotic and pathogenic microorganisms on and in the human body. It consists of different microorganisms: bacteria, viruses, fungi and archaea. This microbial community exceeds the amount of somatic and germ cells in a ratio of 10:1. Most of these 10-100 trillion microbes colonize the digestive tract. The term human microbiome defines a total genome of the microorganisms that occur in a given environment. The entire genetic potential (i.e. microbiome) is at least 200 times larger than the human genome. Numerous studies in medicine have been conducted in the last 20 years with the aim of defining the role of human microbiota and probiotics in different diseases – their use in the prevention and treatment of acute and chronic gastrointestinal diseases as well as of other diseases and disorders, such as atopies, respiratory infections, and others. The use of probiotics is generally estimated as safe since the used microorganisms are the same as those found in the digestive system of a healthy person. The efficiency of different probiotic strains has been investigated in many gastrointestinal and extra-intestinal diseases. In many of them the effect of probiotics was confirmed.

Key words: probiotics, human, microbiota, microbiome, diseases

POZNAVANJE IN UPORABA AKUPUNKTURE V NOSEČNOSTI KNOWING AND USING ACUPUNCTURE DURING PREGNANCY

Med komplementarnimi pristopi k zdravljenju je ena izmed najbolj prepoznanih in uveljavljenih tehnik akupunktura, ki izvira iz tradicionalne kitajske medicine. Pogosto se uporablja tudi v nosečnosti za lajšanje težav ali kot priprava na porod. Namen raziskave je bil oceniti poznavanje akupunkturo kot priprave na porod pri nosečnicah, ki obiskujejo Šolo za bodoče starše. Zanimalo nas je tudi, kolikšen delež nosečnic se odloča za tovrstno alternativno zdravljenje in glavne indikacije za izbiro te metode. Empirični del temelji na kvantitativni anketni metodologiji. Za zbiranje podatkov je bil uporabljen namenski vzorec 60 nosečnic, ki jim je bil razdeljen vprašalnik na dveh Šolah za bodoče starše v urbanem in vaškem okolju. Za analizo podatkov smo uporabili hi-kvadrat test. Prispevek bo predstavil ugotovitve raziskave o poznavanju in odločanju za akupunkturo pri nosečnicah ter primerjave ugotovitev med urbanim in podeželskim okoljem. Ugotovitve raziskave imajo doprinos za prakso, saj kažejo na potrebo po izobraževanju na področju akupunkturo in komplementarnih pristopov zdravljenja v Šoli za bodoče starše.

Ključne besede: komplementarno zdravljenje, akupunktura, nosečnica, priprava na porod

Among complementary approaches to healing is one of the most recognized and well-established techniques of acupuncture, which is derived from traditional Chinese medicine. Acupuncture is often used in pregnancy to relieve problems or as a preparation for childbirth. The purpose of this study was to assess the knowledge of acupuncture as a preparation for childbirth in pregnant women attending a school for future parents. We investigated the proportion of pregnant women who are opting for this type of alternative therapy and the main indications for their choice of this method. The empirical part of the study is based on a quantitative survey methodology. For data collection we used a purposive sample of 60 pregnant women, from two schools for future parents in the urban and rural environment where we distributed our questionnaires. We used the chi-square test to analyse our data. This article will present the findings of research into the knowledge and decision-making regarding acupuncture in pregnant women, and a comparison of findings between the urban and rural environment. The findings of the research have an important contribution in practice, as they demonstrate the need for education in the field of acupuncture and the development of complementary treatment approaches in schools for future parents.

Key words: complementary treatment, acupuncture, pregnant, preparation for childbirth

ZDRAVLJENJE BOLEČINE PRI FIBROMIALGIJI Z AKUPUNKTURO MEDICAL TREATMENT OF FIBROMYALGIA WITH ACUPUNCTURE

Izhodišča: Fibromialgija je kronična bolezen, za katero zboli okoli 6 % svetovne populacije. Glavni simptomi so bolečine, utrujenost, motne spanja in funkcionalne motnje. Patogeneza bolezni ni dokazana, vzrok je lahko povečan imunološki odgovor. Zaradi multifaktoriialne patogeneze in neznanega povzročitelja je akupunktura idealna terapevtska metoda za zdravljenje bolečin. Akupunkturski program zajema organske in psihoorganske simptome, je kombinacija elektroakupunkturo in antidepresivov. Koristi se tudi fizikalna terapija, predvsem tople kopeli, kineziterapija in stretching. Metode: Zajetih je bilo 21 bolnikov (20 žensk in en moški) povprečne starosti $47,57 \pm 12,20$ let, ki so bolehalo za primarno fibromialgijo v povprečnem času $91,38 \pm 86,49$ meseca. Tretirani so bili z dvema seansama akupunkturo in antidepresivov. Za testiranje bolečine smo uporabili McGillovo bolečinsko lestvico. Bolečinske sindrome smo merili 6 mesecev po končani terapiji. Rezultati: McGillova bolečinska lestvica je bila pred terapijo $34,76 \pm 15,31$ in se je po končani terapiji znižala na $14,19 \pm 10,54$, kar pomeni več kot 50 % zmanjšanje bolečine. Zadnje merjenje smo opravili 6 mesecev po zaključku zdravljenja.

Ključne besede: akupunktura, fibromialgija, bolečina, antioksidanti, fizioterapija

Background: Fibromyalgia is a chronic painful syndrome that affects up to 6% of the world population. It is associated with sleep and mood disorders, fatigue and functional disability. Its pathogenesis involves a disorder of the central modulation of pain, impairment of the descending inhibitory system, and hyperactivity of substance P. Because of the extensive symptomatology of patients with fibromyalgia and its multifactorial pathogenesis, the ideal treatment comprises an integrated approach combining therapies aimed at correcting the structural changes caused by the syndrome, restoring the altered functions of these patients, and influencing behaviour towards a healthy and active lifestyle. Therapy must involve all three levels in which this syndrome is structured: organic, functional and psychological. The structural alternations of the antinociceptive system can be compared between antidepressants and electro acupuncture. Method: A total of 21 patients (20 females and one male), with mean age 47.57 ± 12.20 years, affected by primary fibromyalgia for a mean period of 91.38 ± 86.49 months, were treated using an integrated approach: two sessions of electro acupuncture a week, a dose of amitriptyline varying from 10 to 30 mg in the evening, a warm bath in the morning to counteract muscle rigidity, an hour a day of aerobic and stretching exercises, and supplements of magnesium and antioxidants. A support group for fibromyalgic patients was provided once a week. Results: The results show a significant decrease in pain, measured using the McGill Pain Questionnaire, with the value of the total score of 34.76 ± 15.31 before therapy reducing to 14.19 ± 10.54 (for 50%) after therapy. Pain relief lasted until the last measurement was made six months after treatment.

Key words: acupuncture, fibromyalgia, pain, antioxidants, physiotherapy

Tomaž Velnar, Lidija Gradišnik, Mateja Hauser, Bojan Marič,
Zlatka Murtič, Uroš Maver

VSEBNOST VITAMINA D V TELESU KOT MOTIVACIJSKI DEJAVNIK ZA AKTIVNOST STAREJŠIH *THE BODY CONTENT OF VITAMINE D AS A MOTIVATIONAL FACTOR FOR THE ACTIVITY AMONG THE ELDERLY*

Osteoporoza je metabolna kostna bolezen z zmanjšanjem kostne jakosti in mase. Ta bolezen je pri starejši populaciji pogosta in povezana s številnimi zdravstvenimi težavami, ki vodijo v visoko smrtnost in invalidnost. Nastanek osteoporoze je povezan tudi s pomanjkanjem vitamina D v telesu ter z zmanjšano fizično aktivnostjo. Za zdravje kosti sta poleg gibanja namreč pomembna tudi zadostna količina kalcija in vitamina D. Osebe z nizkim nivojem vitamina D v telesu spadajo v rizično skupino za nastanek zlomov in spremljajočih zapletov. Tem lahko uspešno pomagamo z nadomeščanjem vitamina D in ustrezno fizično aktivnostjo. Ljudi je treba izobraževati in jih spodbujati k fizični aktivnosti v obliki predavanj in delavnic, kar bi bilo ugodno tudi za zdrave posameznike. Fizična aktivnost in gibanje sta namreč koristna za vse. Menimo, da bi k izboljšanju zdravja starejše populacije lahko pripomogli z ustrezno motivacijo in ozaveščanjem glede pomanjkanja vitamina D in osteoporoze, s promocijo zdravega življenjskega sloga, s poudarkom na aktivni starosti z izboljšavo mentalne in telesne komponente individuuma, krepitvijo in vzdrževanjem dobre psihofizične kondicije in vseživljenjskim učenjem.

Ključne besede: osteoporoza, vitamin D, motivacija, telesna aktivnost

Osteoporosis is a metabolic bone disease characterized by decreased bone mass and strength. Common in the elderly population, the disease is associated with numerous health problems eventually leading to high mortality and disability. The pathophysiology is associated with vitamin D deficiency and reduced physical activity. In addition to physical activity, a sufficient amount of calcium and vitamin D intake is vital for the bone health. People with low levels of vitamin D in the body are at risk for fractures and associated complications. The solution may be the vitamin D replacement and adequate physical activity. We believe the elderly population may benefit from proper motivation and awareness of vitamin D deficiency, osteoporosis, healthy lifestyle, maintenance of good physical and mental condition and lifelong learning.

Key words: osteoporosis, vitamin D, motivation, physical activity

UČINKOVITOST ZDRAVLJENJA GONARTROZE S POHORSKO ŠOTO

THE EFFECTIVENESS OF TREATMENT OF GONATHROSIS WITH POHORJE PEAT

Uvod: Ena od najpogostejših indikacij za zdravljenje s peloidno terapijo je gonartroza. Učinkovitost pohorske šote pri zdravljenju gonartroze še ni bila dokazana. Cilj: Potrditi učinkovitost pohorske šote pri zdravljenju gonartroze. Metode: V randomizirano in placebo kontrolirano prospektivno raziskavo je bilo vključenih 72 preiskovancev (40 žensk in 32 moških) povprečne starosti $60,9 \pm 9,3$ let s skupno 112 radiološko potrjenimi artrotičnimi koleni. Testna skupina (šota, 36 preiskovancev) je imela pravo terapijo (obloge pohorske šote), kontrolna skupina (magnetoterapija, 36 preiskovancev) pa lažno bioresonančno magnetoterapijo. Vsi preiskovanci so opravili deset terapij po trideset minut dnevno. Ocenjevali smo gibljivost in funkcijsko stanje kolen (po WOMAC-ovi lestvici), zadovoljstvo z zdravljenjem s šoto in stranske učinke. Opravljena je bila tudi termografska analiza kolen pred terapijo, neposredno po njej in eno uro po končani terapiji. Za statistično analizo so bili uporabljeni hi-kvadrat test, Wilcoxonov test parov in Mann – Whitneyev U test, statistična signifikantnost je bila opredeljena z verjetnostjo $P < 0,05$. Rezultati: V testni skupini se je statistično signifikantno izboljšalo počutje preiskovancev ($P < 0,001$), povprečne vrednosti skupne WOMAC-ove ocene in vseh njenih podocen (bolečina, okorelost in dejavnost) ($P < 0,001$). Gibljivost kolen se v nobeni skupini ni statistično signifikantno izboljšala. Zabeležili smo le tri stranske učinke prehodnega značaja, zaradi katerih terapija ni bila prekinjena (povečanje bolečin v kolenu in večjem delu spodnjega uda ter rdečina kože kolena). Vsi preiskovanci so bili zadovoljni z zdravljenjem s šoto. Termografska analiza je pokazala povprečen porast temperature kože kolena za 3 stopinje C neposredno po odstranitvi šotnih oblog in 1 stopinjo C po eni uri. Zaključek: V primerjavi z lažno magnetoterapijo je bila terapija s pohorsko šoto učinkovitejša. Doseženo je bilo statistično pomembno funkcionalno izboljšanje, merjeno po WOMAC-ovi lestvici, in ni bilo resnih stranskih učinkov.

Ključne besede: peloidna terapija, gonartroza, WOMAC lestvica, termografija

Introduction: One of the most common indication for treatment with peloid therapy is gonarthrosis. The effectiveness of the Pohorje peat in the treatment of gonarthrosis has not yet been established. Objective: To confirm the efficacy of the Pohorje peat in the treatment of gonarthrosis. Methods: In a randomized, and placebo-controlled prospective study included 72 subjects (40 women and 32 men), mean age 60.9 ± 9.3 years with a total of 112 radiologically confirmed arthrosis knees. Test group (peat, 36 subjects) had the right therapy (lining of the Pohorje peat), a control group (magnetic therapy, 36 patients) false magnetic therapy. All subjects performed ten therapies for thirty minutes a day. We evaluated the mobility and functional status of the knee (the WOMAC scale), satisfaction with treatment with peat and side effects. There is also a thermographic analysis of the knees prior to, immediately after, and one hour after the end of therapy. For the statistical analysis were used chi-square test, Wilcoxon test and Mann - Whitney U test, statistical significance was set at $P < 0.05$. Results: In the test group was statistically significantly improved the well-being of subjects ($P < 0.001$), mean total WOMAC and evaluations of all its subscore (pain, stiffness and function) ($P < 0.001$). The mobility of the knee in either group was not statistically significantly improved. We recorded just three side effects of a transitional nature for which therapy was not suspended (increased pain in the knee and a large part of the lower limb and the redness of the skin of the knee). All subjects were satisfied with treatment with peat. Thermographic analysis showed an average increase in the temperature of the skin of the knee to 3 degrees C immediately after the removal of the peat lining and 1 degree C after one hour. Conclusion: Compared with false magnet therapy was more effective Pohorje peat. There was a statistically significant functional improvement as measured by the WOMAC scale and there were no serious side effects.

Key words: peloid therapy, gonarthrosis, WOMAC scale, thermography

INTEGRATIVNA HOMEOPATIJA KOT CELOSTNI PRISTOP ZDRAVLJENJA INTEGRATIVE HOMEOPATHY AS A HOLISTIC APPROACH TO TREATMEN

Integrativna homeopatija predstavlja celostni pristop zdravljenja k obravnavi pacienta kot posameznika (personalizirana medicina). Predstavlja pomemben prispevek h kakovostni klinični zdravstveni obravnavi vseh skupin ljudi, tako tistih, ki so že bolni, in tistih, ki so še zdravi. Podano bo stanje integracije homeopatije v javni zdravstveni prostor v Evropi in po svetu, ter primerjava s stanjem v Sloveniji. Predavanje bo podkrepljeno s kliničnimi znanstvenimi študijami, ki potrjujejo, da gre za znanstveno dokazano kakovostno strokovno delo. Obravnavali bomo izbrane skupine obolelih, kot so duševni bolniki z različnih vidikov, tako preventive kot kurative zdravljenja s homeopatskimi zdravili. V nadaljevanju bo predstavljeno homeopatsko zdravljenje obolenj s področja onkologije s poudarkom na zmanjševanju stranskih učinkov kemoterapije in radioterapije. Zajeto bo področje homeopatskega zdravljenja menopavze. Prikazana bo francoska študija, ki potrjuje, da uporaba homeopatskega zdravljenja bistveno zmanjšuje uporabo antibiotikov pri mnogih boleznih in s tem preprečuje razvoj rezistence (odpornost mikrobov na delovanje antibiotikov).

Ključne besede: homeopatija, integrativna medicina, personalizirana medicina

Integrative homeopathy represents a holistic approach to addressing the treatment of the patient as an individual (personalized medicine). It represents an important contribution towards improving the quality of clinical medical treatment for all groups of people, including those who already present as sick and those who are healthy. This study will discuss the state of integration homeopathy in public health in Europe and globally, and will specifically assess the situation in Slovenia. The review will be supported by clinical scientific studies, confirming that integration homeopathy is a scientifically-proven high-quality professional intervention. We consider a selected group of cancer patients, for example mental patients, from different perspectives, and assess the role of homeopathic medicines in their preventive and curative treatment programs. Subsequently, we propose the homeopathic treatment of diseases in the field of oncology with a focus on reducing the side effects of chemotherapy and radiotherapy, and discuss the scope of homeopathic treatment of menopause. We present a French study which concludes that the use of homeopathic treatment significantly reduces the need for antibiotics in the treatment of many diseases, thus helping mitigate the problem of increasing antibiotic resistance (resistance of microbes to antibiotics).

Key words: homeopathy, integrative medicine, personalized medicine

REALIZATION AND PROBLEMS OF PHARMACOTHERAPY AT SENIORS IN COMMUNITY CARE IN THE SLOVAK REPUBLIC

Pharmacotherapy is the most commonly used method of treatment for seniors using home and ambulatory care. It is accompanied by more problems than in hospitalised elderly. According to current research, the most frequent belong to: self-medication, non-compliance, overprescribing, under prescribing and inappropriate prescribing of drugs, lack of control at risk drugs and lack of coordination of interdisciplinary care team. Field research helped to detect how pharmacotherapy of seniors is realised in two regions of Slovakia. The aim of the research was to find out how the treatment is realised in clinical practice, what problems accompany it and what interventions nurses realised during it. The main method was a semi-structure interview and supplementary methods were analyses of documentation and observation. By means of qualitative and quantitative analysis I discovered that seniors take 5.1 of drugs, than their prescribed drugs are at the risk. Further, the number of medications increases with age, women are taking more drugs, buy drugs and nutritional supplements and, on the other hand, men often do not cooperate in treatment. Most often side effects are gastrointestinal (loss of appetite, constipation, diarrhoea, dyspepsia, nausea). During taking medications, seniors had problems putting out the drugs from the container, dripping or swallowing the drug. Nurses most often directly intervene in the treatment of the elderly in a home environment and carry out even more intervention than in outpatient care. Among nurses' intervention belong: parenteral, local application of treatment, education of seniors and family members, watching required and side effects of drugs, drugs check and home environment, assessment of health and psychological state of seniors.

Key words: seniors, community care, pharmacotherapy of seniors, problems of treatment, nursing intervention

GIBALNO PLESNA TERAPIJA KOT PODPORNIA DEJAVNOST V SKUPNOSTNI SKRBI ZA DUŠEVNO ZDRAVJE *DANCE MOVEMENT THERAPY AS A SUPPORTIVE ACTIVITY IN COMMUNITY MENTAL HEALTH CARE*

V prispevku predstavimo osnovna teoretična izhodišča in predpostavke gibalno plesne terapije in jih postavimo v kontekst skupnostne skrbi za duševno zdravje. V okviru evalvacijske študije smo po modelu akcijskega raziskovanja in študije primera preučili vpliv gibalno plesne terapije na značilnosti gibalnega vedenja in komunikacije, počutje, doživljanje in spoprijemanje pri petih osebah, ki se srečujejo s težjimi, trajnejšimi in ponavljajočimi se težavami na področju duševnega zdravlja. Študija primera je potrdila spremembe v značilnostih gibanja - predvsem razvoj gibanja v osebnem, medosebnem in splošnem prostoru v povezavi z razvojem skupinske dinamike, interakcij in komunikacije («Lestvica primerjave kakovosti gibanja pred in po gibalno plesni terapiji» - prirejeno po Guthrie, 1999 in Opazovalno - ocenjevalni list »Gibanje v prostoru«, Simonič 2008). Dolgoročno se je razširil gibalni repertoar, izboljšalo se je zavedanje telesne drža, kontrola gibanja in kakovost izvedbe gibanja. Izboljšala se je sposobnost prilagajanja spremembam v okolju in samozaupanje v gibanje, povečala se je izraznost gibanja. Izboljšalo se je počutje in doživljanje v vseh ocenjevanih dimenzijah (Ocenjevalna lestvica psihičnega stanja »Heilderberger Befindlichkeitsskala (HBS)«, po Koch, Morlinghaus, Fuchs, 2007). Po oceni socialne delavke, prostovoljke in udeležencev samih so bile navedene spremembe opazne tudi v vsakodnevnem funkcioniranju in kakovosti življenja (apliciran je bil tudi evalvacijski vprašalnik). Prispevek zaključimo s kratko razpravo o možnostih in ovirah za uvajanje gibalno plesne terapije v programe skupnostne skrbi za duševno zdravje. Slednje povežemo tudi z izkušnjami svetovalnega dela z otroki, mladostniki in starši. Izpostavimo predvsem preventivni pomen ustvarjalnega gibanja, plesa in gibalno plesne terapije z vidika v prispevku obravnavanih.

Ključne besede: duševno zdravje v skupnosti, psihosocialna rehabilitacija, gibalno plesna terapija

The theoretical background of Dance Movement Therapy is vital for understanding the importance of creative movement and dance for community care and mental health services. Dance Movement Therapy is focused on movement behavior as it emerges in the therapeutic relationship. Expressive, communicative and adaptive behaviors are all considered. Body movement provides both the means of assessment and the mode of intervention. In the present evaluative study, multiple positive effects of Dance Movement Therapy were assessed through the application of different instruments (Movement quality observation check list, "Movement in space" observation and assessment, Heidelberger Befindlichkeitsskala (HBS), evaluation questionnaires) and through obtaining information from different sources (participants, social worker, volunteers, triangulation). The overall results of the evaluative research revealed positive effects of Dance Movement Therapy on different aspects of mental health. Beneficial effects on group dynamics and the development of interaction and communication were observed. The study confirmed positive effects on the use of personal, interpersonal and general space; on mood and well-being; and by helping develop a sense of vitality/energy in individuals. We observed the increase in movement vocabulary and repertoire, the development of nonverbal communication, and an increased and more adaptable use of personal, interpersonal and general space (Movement qualities observation checklist, Heidelberger Befindlichkeitsskala). We further noted, an improved total body awareness and alignment, an improved body feeling and mobility, higher energy and vitality levels, motivation, and improved self-confidence and self-efficiency. The overall evaluative study revealed a beneficial effect on daily life competences and the quality of life for regular participants. Finally, we discuss difficulties with the therapy, and the possibilities for incorporating Dance Movement Therapy approaches in community mental health care and prevention programs.

Key words: community mental health care, psychosocial rehabilitation, Dance Movement Therapy

FIZIOTERAPEVTSKI VIDIK UČINKOV TELESNE VADBE PO METODI PILATES NA POTEK NOSEČNOSTI, POROD IN OKREVANJE PO NJEM

PHYSIOTHERAPEUTIC VIEW ON THE IMPACT OF PILATES DURING PREGNANCY, CHILDBIRTH AND RECOVERY FROM CHILDBIRTH

Teoretična izhodišča: V zadnjem desetletju so mnoge znanstvene raziskave dokazale, da ustrežna prenatalna vadba ne predstavlja tveganja za nosečnico in/ali otroka, ampak je celo priporočljiva za nemoten potek nosečnosti in kasneje poroda. Metoda: V raziskavi smo s spletnim anketnim vprašalnikom pridobili podatke, s katerimi smo dokazali fizioterapevtske učinke prenatalne vadbe po metodi Pilates v času nosečnosti. Anketni vprašalnik je izpolnilo 37 žensk, ki so v zadnjem letu rodile vaginalno in so bile v času nosečnosti redno telesno aktivne. Hipoteze smo statistično testirali in jih potrdili. Rezultati: Rezultati kažejo, da prenatalna vadba po metodi Pilates v času nosečnosti pomembno krepi mišice trupa in medeničnega dna, kar uspešno preprečuje in/ali zmanjšuje značilne bolečine v križu in hrbtenici ter težave z nehotenim uhajanjem urina. Razprava: V Sloveniji sicer še nimamo izdelanih nacionalnih smernic in priporočil za varno telesno aktivnost v nosečnosti, a ena od oblik le-te je zagotovo t. i. Pilates za nosečnice in porodnice, tj. ustrezno prilagojena in strokovno vodena telesna vadba po principih Pilatesa, k je s fizioterapevtskega vidika priporočljiva predvsem kot preventiva ali način odpravljanja nosečniških težav.

Ključne besede: nosečnost, bolečine v križu in hrbtenici, urinska inkontinenca, Pilates

Theoretical basis: In last decade, numerous researches scientifically proved that physical exercise during pregnancy does not represent risks for mother and/or a child, but is actually recommended for healthy pregnancy and childbirth, and also in postnatal period. Method: In the research part, we used online questionnaire to present physiotherapeutic aspect of Pilates exercise on pregnancy and childbirth. Results: The results show that regular physical activity in form of Pilates exercise strengthens muscle torso and pelvic floor muscles and therefore decreases or even prevents low back pain and urinary incontinence. Discussion: In Slovenia, there are no national guidelines or recommendations for exercise during pregnancy and the postpartum period, but from physiotherapeutic aspect accordingly adopted Pilates exercise is definitely safe and recommended form of physical activity during pregnancy and in postnatal period.

Key words: pregnancy, lower back and spine pain, urinary incontinence, Pilates

POZNAVANJE IN UPORABA KOMPLEMENTARNIH METOD ZDRAVLJENJA MED DIJAKI IN ŠTUDENTI ZDRAVSTVENE NEGE

KNOWLEDGE AND USE OF COMPLEMENTARY METHODS OF TREATMENTS AMONG NURSING STUDENTS

Uradna medicina se sooča z dolgimi čakalnimi dobami in nezadovoljstvom pacientov. Pacienti si želijo kakovostne in hitre obravnave. Zato se tudi v Sloveniji vedno bolj pojavlja interes po uporabi različnih oblik komplementarnega zdravljenja, ki je v zadnjih dvajsetih letih doživelo velik razmah. Namen naše raziskave je bil ugotoviti poznavanje komplementarnih metod zdravljenja med dijaki Srednje zdravstvene šole Maribor in študenti dodiplomskega ter magistrskega študija na Fakulteti za zdravstvene vede Maribor. Zanima nas, ali med dijaki, dodiplomskimi in podiplomskimi študenti zdravstvene nege obstajajo statistično značilne razlike v poznavanju in uporabi komplementarnih oblik zdravljenja. Besedo in pomen »komplementarna medicina« najbolje poznajo študentke/-i magistrskega študija FZV Maribor, prav tako imajo več pozitivnega odnosa do komplementarnih oblik zdravljenja kot dijakinja/-i SZŠ Maribor in študentke/-i dodiplomskega študija FZV Maribor. Raziskava je empirična in temelji na kvantitativnem metodološkem pristopu. Podatki so bili zbrani s pomočjo anonimne ankete, ki je vsebovala 15 vprašanj zaprtega in 3 vprašanja pol-odprtega tipa. Anketo smo razdelili 50 dijakom SZŠ Maribor, 50 študentom dodiplomskega študija FZV Maribor in 50 študentom magistrskega študija FZV Maribor, smer Zdravstvena nega. Pred izvedbo raziskave je bilo pridobljeno soglasje vključenih zavodov. V članku bodo predstavljeni rezultati poznavanja in uporabe komplementarnih metod zdravljenja v času izobraževanja za poklic medicinske sestre glede na stopnjo izobrazbe. Raziskava prispeva k osvetlitvi potreb po vključitvi komplementarnih oblik zdravljenja v izobraževanje bodočih zdravstvenih delavcev.

Ključne besede: komplementarne oblike zdravljenja, zdravstvena nega, test znanja, srednješolsko in visokošolsko izobraževanje

Official medicine is facing a long waiting time and patient dissatisfaction. Patients are looking for quality and fast treatment. Therefore, also in Slovenia there is an increasingly emerging interest of using different forms of complementary therapy, that in the last twenty years, have seen quite important upgrading. The aim of our research was to find out the level of knowledge of complementary methods among students of Secondary Medical School, Maribor, as well as undergraduate and master's degree students at the Faculty of Health Sciences in Maribor. We have been interested if there were any statistical significant differences in knowledge and use of complementary therapy. The word and the meaning of »Complementary Medicine« are better known to the female students of Master's Degree FZV Maribor. There is a better positive attitude towards complementary therapies among the female students of Master's Degree FZV Maribor than among female students of Secondary Medical School, Maribor. The study is empirical and based on a quantity methodological approach. Data were collected through anonymous survey, which included 15 closed questions and 3 questions of a half- open type. The recipients of survey were 50 students of secondary Medical School, Maribor, 50 students of undergraduate study FZV Maribor and 50 master-level students of Nursing at FZV Maribor. The Management of all involved institution were informed prior to research. This paper will highlight the results of the knowledge and use of complementary methods of treatment during the study regardless the level of education. The research is highlighting the needs of including complimentary therapies in education of future health professionals.

Key words: complementary therapies, health care, test knowledge, secondary and higher education.

**SEKCIJA:
ZDRAVSTVENA NEGA /
*NURSING CARE SECTION***

SEZNANJENOST IN POTREBE PACIENTOV PO ZDRAVSTVENI NEGI NA DALJAVO FAMILIARITY AND NEEDS OF PATIENTS BY TELENURSING

Teoretična izhodišča: Zdravstvena nega na daljavo je sodoben pristop zdravstvene nege za spremljanje pacientov na daljavo. Novi način obravnave v zdravstveni negi omogoča pacientom partnersko sodelovanje z izvajalci zdravstvene nege. Pacientom ponuja možnost za podajanje svojega mnenja pri načrtovanju zdravstvene nege in aktivno sodelovanje pri njenem izvajanju. Namen raziskave je bil ugotoviti seznanjenost in potrebe pacientov do elektronsko podprte zdravstvene nege na domu ali zdravstvene nege na daljavo. Metoda: Uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije. Podatki so bili zbrani s pomočjo tehnike anketiranja. Anketni vprašalnik kot merski instrument smo oblikovali na podlagi pregleda literature. Izvedli smo spletno anketiranje. Za izdelavo e-ankete smo uporabili okolje 1ka.si. Izvedli smo neslučajnostno, priložnostno vzorčenje. V raziskavi je sodelovalo 263 oseb. Rezultati: 43,7 % anketiranih se je že srečalo z elektronsko podprto zdravstveno nego. Zbrani podatki kažejo, da se je na zdravstveno preiskavo preko elektronskega medija naročilo 26,2 % anketiranih. Virtualno medicinsko sestro za pridobivanje zdravstveno vzgojnih nasvetov bi uporabljalo 52,1 % vprašanih. Sodelovanje v elektronsko podprti zdravstveni negi na domu v smislu zdravljenja njihove bolezni na daljavo (v sodelovanju z medicinsko sestro in izbranim osebnim zdravnikom) je potrdilo 2,3 % anketirancev. Razprava: Skoraj polovica anketiranih pacientov se je že srečala z elektronsko podprto zdravstveno nego. Navajajo, da bi uporabljali virtualno medicinsko sestro za pridobivanje zdravstveno vzgojnih nasvetov. Ugotavljamo, da velika večina anketiranih še ni sodelovala v elektronsko podprti zdravstveni negi v smislu zdravljenja njihove bolezni na daljavo (v sodelovanju z medicinsko sestro in izbranim osebnim zdravnikom).

Ključne besede: zdravstvena nega, telezdravje, telemedicina, zdravstvena nega na daljavo, informacijsko-komunikacijske tehnologije

Theoretical background: Telenursing is a modern approach to nursing with the aim of monitoring patients at a distance. This new method of treatment in nursing enables patients to cooperate in partnership with nursing providers. It offers patients an opportunity to share their opinion on planning, as well as to actively cooperate in the implementation, of nursing. The aim of the research was to establish how familiar patients are, and what needs they have, with regards to electronically supported home nursing care, or telenursing. Method: The quantitative research method was used, i.e. the descriptive method. Data were gathered with the use of a survey. The questionnaire, as the measurement tool, was designed on the basis of literature research. An online survey was carried out. The 1ka.si platform was used for designing the online survey. A non-probability, convenience sample was used. Two hundred and sixty-three individuals were included in the research. Results: A total of 43.7% of respondents stated that they have already been acquainted with electronically-supported nursing. The data reveal that 26.2% of respondents had previously booked a medical examination through electronic media, while 52.1% would use a virtual nurse to acquire health education advice, and 2.3% would use electronically-supported home nursing care with regards to long-distance disease treatment (in cooperation with a nurse and a selected doctor). Discussion: Nearly 50% of the patients participating in the survey have already experienced electronically-supported nursing. They state they would use a virtual nurse to acquire health education advice. It was established that the great majority of respondents have not yet participated in electronically-supported nursing (in cooperation with a nurse and a selected doctor).

Key words: nursing, telehealth, telemedicine, telenursing, information and communications technology

DEVICE-ASSOCIATED INFECTION RATES AND RISK FACTORS IN THE INTENSIVE CARE UNIT OF THE CENTRAL MILITARY HOSPITAL – UNIVERSITY HOSPITAL IN RUZOMBEROK, SLOVAKIA

Theoretical basis: Healthcare-associated infection is a key factor in determining the clinical outcome among patients admitted to critical care units. The aim of this study was to determine device-associated, healthcare-associated infection (DA-HAI) in the Clinic of Anaesthesiology – Resuscitation and Intensive Medicine (respiratory ICU), in the Central Military Hospital in Ruzomberok, Slovakia. Methodology: From January 2014 to June 2015, we conduct a cohort prospective surveillance study of DA-HAI on 140 patients admitted to the respiratory ICU. The definitions employed by the Center for Disease Control and Prevention's (CDC) U.S. National Healthcare Safety Network (NHSN) were used for DA-HAI recording. Data were analyzed at the International Infection Control Consortium headquarters by proprietary software. Result: Of 140 patients hospitalized in the respiratory ICU for a total of 1,364 days, we diagnosed 65 DA-HAI. The rate of central-line-associated blood stream infections (CLABSI) was 4,98 per 1,000 catheter-days. Ventilator-associated pneumonia (VAP) rate was 34,84 per 1,000 ventilator-days. The urinary tract infection (UTI) rate was 16,69 per 1,000 catheters-days. Discussion: Some of our DA-HAI rates were higher than international standards. Infection control programs in the hospital must become high priority. It is necessary to continue to perform surveillance and implementation of control strategies to mitigate this problem.

VLOGA ZDRAVSTVENE NEGE OB ŠOKOVNIH STANJIH THE ROLE OF NURSING IN THE SHOCKABLE CONDITION

Teoretična izhodišča: Zdravstvena nega ima zelo pomembno vlogo ob razvijajočem se šoku, saj so medicinske sestre tiste, ki preživijo več ur dnevno s pacientom in tako najhitreje opazijo spremembo na njem. Šok je stanje, ki lahko pride nenadoma ali pa se razvija kar nekaj ur, zato je vedno zelo pomembna celostna individualna obravnava pacienta. To stanje je ozdravljivo, če ga znamo pravočasno odkriti, čeprav imajo lahko pacienti, ki preživijo šok, pogosto amnezijo za dogodke iz časa, ko so bili šokirani. Metodologija: Uporabili smo deskriptivno metodo dela. Analizirali smo strokovno slovensko in tujo literaturo ter internetne vire, ki so se nanašali na šokovna stanja. Pregledali smo tudi računalniški bazi podatkov ScienceDirect in Medline ter uporabili novejšo literaturo. Primerjali smo tudi oskrbo šokiranega pacienta v Sloveniji in na Irskem, predvsem, katere kompetence imajo medicinske sestre pri oskrbi šokiranega pacienta v omenjenih dveh državah. Rezultati: Na Irskem imajo člani pomožnega medicinskega osebja in reševalci veliko več formalnih dovoljenj za samostojno izvedbo določenih postopkov in posegov, ki so nujno potrebni in jih je treba izvesti v najkrajšem času pri dodatni oskrbi šokiranega pacienta pred prihodom zdravnika, kot jih imamo v Sloveniji. Razprava: Šok je stanje, ki se lahko kaže z nekaterimi tipičnimi kliničnimi znaki, pa čeprav lahko gre za različno vrsto šoka. Zelo pomembno je dobro poznati in prepoznati znake šoka, saj s tem pridobimo več časa za pravilno in pravočasno zdravljenje ter zmanjšamo možnost smrti pacienta. Vloga medicinske sestre je zelo pomembna, saj deluje znotraj tima po protokolu ali klinični poti, ki se razlikuje glede na ustanove, bolnišnice ter oddelke.

Ključne besede: šok, vrste šoka, adrenalna kriza, vloga medicinske sestre

Theoretical background: Nursing has a very important role when developing shock because nurses are the ones who spend several hours a day with the patient and notice changes. Shock is a condition that can occur suddenly or develop a few hours, so it is very important always comprehensive individual treatment of the patient. This condition is treatable if we detected at the right moment, although patients who survive often can have shock amnesia for the events of the time, when they were shocked. Methodology: We used descriptive method. We analysed Slovenian and foreign scientific literature and internet sources, which are related to shockable conditions. We also reviewed the computerised databases ScienceDirect and Medline and used the latest literature. We also compared shocked patient care in Slovenia and Ireland, in particular competences of nurses at caring for the shocked patient in those two countries. Results: In Ireland, members of the auxiliary medical personnel and paramedics have much more formal authorisations to independently carry out certain procedures and interventions that are urgently needed and should be implemented as soon as possible, prior to the arrival of a doctor. Discussion: Shock is a condition, which can present itself with some typical clinical signs, although several different types of shock exist. It is important to know and recognise the signs of shock, as this can provide more time for proper and fast treatment and reduce the possibility of patient's death. The role of nurse is very important because she acts within the team according to the protocol or clinical pathways, which varies depending on institutions, hospitals and departments.

Key words: shock, types of shock, adrenal crisis, the role of nurse

DOŽIVLJAJ ZDRAVLJA I KVALITETA ŽIVOTA OSOBA NAKON MOŽDANOG UDARA *EXPERIENCE OF HEALTH AND QUALITY OF LIFE AMONG STROKE SURVIVORS*

Uvod: Danas postoji opća suglasnost da pojam zdravlja podrazumijeva nešto više od odsutnosti bolesti ili nesposobnosti, odnosno da obuhvaća potpunu funkciju ili učinkovitost tijela i uma te socijalnu prilagodbu. U poimanju kvalitete života i doživljaja zdravlja bolesnika neophodno je uzeti u obzir njegov subjektivni osjećaj zdravlja koji je u vezi s njegovom bolešću. Procjena kvalitete života uvjetovane zdravljem uključuje utjecaj zdravlja na opće stanje bolesnika na ključnim područjima svakodnevnog funkcioniranja, a to su tjelesno i mentalno zdravlje, društveni život, uloga u društvu i opći osjećaja zdravlja. Cilj: Istraživanje je imalo za cilj ispitati subjektivni doživljaj zdravlja i kvalitete života u bolesnika nakon moždanog udara. Metode: U realizaciji postavljenog istraživačkog pitanja, odnosno dobivanja uvida u doživljaj zdravlja kod osoba nakon moždanog udara prikupili smo podatke polustrukturiranim intervjuom u kojem smo koristili pitanja preuzeta iz upitnika Svjetske zdravstvene organizacije o kvaliteti života WHOQOL-BREF te ih obradili postupkom kvalitativne analize prikaza slučaja u skladu s postupkom otvorenog kodiranja koji je proveden na tri razine: pripisivanje pojmova empirijskoj građi, pridruživanje pojmova srodnoj kategoriji te analiza značenja pojmova i kategorija. U kvalitativnoj analizi prikaza slučaja sudjelovale su tri osobe koje su preboljele moždani udar. Rezultati: Dobiveni rezultati pokazuju jasan uvid u kvalitetu života i doživljaj zdravlja te nam pokazuju da kvalitetu života pojedinca nije moguće procijeniti samo na osnovi poznavanja objektivnih uvjeta u kojima osoba živi ili eventualnih objektivnih poteškoća koje je opterećuju. Rasprava: Članak donosi prikaz doživljaja zdravlja i kvalitete života osoba koje su preživjele moždani udar te nam daje uvid u fizičko zdravlje, psihološki status, socijalne odnose i okolinu onako kako ih shvaća pojedinac. Zaključak: Uvidom u doživljaj zdravlja i kvalitetu života pojedinca s moždanim udarom dobivaju se vrijedne spoznaje kako pojedinci gledaju na svoje zdravlje i kvalitetu života te se na taj način olakšava razumijevanje tih osoba u procesu oporavka.

Ključne riječi: zdravlje, kvaliteta, moždani udar, subjektivna procjena, intervju

Introduction: It is generally accepted that the concept of health means something more than just the absence of disease or infirmity, and this includes full functionality or efficiency of body and mind, as well as social adjustment. To understand the quality of life and patient's health experience, it is necessary to take into account patient's subjective feeling of health that is related to patient's disease. Assessment of the quality of life that is caused by the impact of health includes the influence of the patient's health on general patient's condition in key areas of everyday functioning: the physical and mental health, social life, role in society and a general feeling of health. Objective: The objective of the study was to investigate the subjective experience of health and quality of life in patients after stroke. Methods: This paper presents the results of the qualitative analysis of the semi-structured interviews of patients related to their experience of health after stroke. In interviews, questions from questionnaires of the World Health Organization Quality of Life WHOQOL-BREF were used. Qualitative analysis procedure has been conducted by open coding on three levels, using attributing of relevant notions to the empirical material, association of notions to concepts and analysis of meaning of relevant notions and categories. Case studies involved three stroke survivors. Results: The results give us a clear insight into the quality of life and health experience of patients and indicate that the quality of life of an individual cannot be assessed only on the basis of objective living conditions or the possible objective life difficulties that burden those individuals. Discussion: This paper provides an overview of health experience and quality of life of stroke survivors and gives us an insight into their physical health, psychological status, social relations and the environment as perceived by individuals themselves. Conclusion: By having an insight in the experience of health and quality of life among stroke survivors, we get valuable findings on their health and quality of life that help in understanding them during the process of recovery.

Key words: health, quality, stroke, subjective assessment, interview

ŽIVLJENJE S CEREBRALNO PARALIZO LIFE WITH CEREBRAL PALSY

V teoretičnem delu članka najprej predstavimo sam pojem cerebralne paralize. Kaj sploh je cerebralna paraliza, kakšni so znaki te motnje, kakšna je kakovost življenja ljudi, ki živijo s to motnjo in kakovost življenja ljudi, ki so neposredno povezani z njimi, ter težavnost vključevanja teh ljudi v družbo. Osnova tega članka sta dve zgodbi, in sicer zgodba Nade Polajžer – Najtišje ure ter zgodba Alexandra Jolliena – Hvalnica šibkosti. Pri obeh zgodbah je v osredju življenje s cerebralno paralizo, le da nam prva zgodba opisuje, kako se s celotno izkušnjo soočata mati in družina, druga zgodba pa nam opisuje, kako se je fant, rojen s cerebralno paralizo, soočal s to motnjo ter vsemi napori, ki mu jih je življenje prineslo. Prav tako je v samih knjigah omenjen dom, kjer ljudje s cerebralno paralizo živijo, ter kako se z njimi ukvarjajo ljudje, ki delujejo v samem okvirju doma. Odnos delavcev je predstavljen skozi oči Alexandra, ki je v domu tudi živel. Namen tega članka je opisati ter raziskati različne vidike in izkušnje življenja s cerebralno paralizo. V ta namen bomo v empiričnem delu izvedli anketo v Zvezi društev za cerebralno paralizo Slovenije, kjer bomo anketirali ljudi, ki živijo s to motnjo, anketirali pa bomo tudi njihove starše. Z anketo bomo poskušali ugotoviti, kakšen je njihov pogled na življenje s to motnjo, katere stvari doživljajo kot zelo težavnostne, ali se čutijo sprejete v družbi ter kaj bi jim olajšalo življenje s to motnjo in pa njihove želje za prihodnost. Prav tako je naš cilj samega članka ugotoviti, kako je v Sloveniji poskrbljeno za ljudi s cerebralno paralizo.

Ključne besede: cerebralna paraliza, Zveza društev za cerebralno paralizo v Sloveniji, Nada Polajžer, Alexandra Jollien, družba

In theoretical part of the paper, we first present the concept of cerebral palsy. What cerebral palsy is, what are the signs of this disorder, what is the quality of people's life who suffering from this disorder, what is the quality of life of people who are closely connected with them, and how people with cerebral palsy are able to include themselves into society. The basis of this article are two stories. The first one is from Nada Polajžer – Najtišje ure (Quietest hours) and the second story is from Alexandrae Jollien – Hvalnica šibkosti (Hymn of weakness). Life with cerebral palsy is the focus of both stories. The first story describes how life with cerebral palsy looks like for the mother and the whole family, while the second story describes how life with cerebral palsy feels like for the boy who was born with this disorder. These two stories also mention a community where people with cerebral paralysis are living and what are their experiences with employees. In the second story, Alexandra describes us what were his experiences with people in the community. The purpose of this paper is to describe and explore different aspects and experiences of life with cerebral palsy. For this purpose, we decided to make a poll in the empirical part of this paper, we want to interview people who are suffering for this disorder and are part of the Association for people with cerebral palsy, Sonček. We decided to include their parents too. We will try to discover what their outlook on life is, which are the most difficult things they are facing with, do they feel accepted in society, what are the things that would make their life easier and what are their wishes for the future. The purpose of this paper is to find out how people with cerebral palsy in Slovenia are taken care of.

Key words: cerebral palsy, Association for the cerebral palsy Sonček, Nada Polajžer, Alexandra Jollien, society

STRESNA URINSKA INKONTINENCA PRI ŽENSKAH: NAJOPTIMALNEJŠI NAČIN ZDRAVLJENJA STRESS-RELATED URINARY INCONTINENCE IN WOMEN: THE OPTIMAL TREATMENT METHOD

Uvod: Mednarodna organizacija za kontinenco definira urinsko inkontinenco kot objektivno stanje nehotenega uhajanja urina, ki predstavlja velik socialni ali higienski problem. Urinska inkontinenca je še posebej neprijetno in psihično pretresljivo stanje s pomembnimi medicinskimi, socialnimi in ekonomskimi posledicami. Epidemiološke študije navajajo več kot 30% pogostnost pojava stresne urinske inkontinence pri odraslih ženskah na svetu. Do sedaj so bili predlagani različni načini zdravljenja stresne urinske inkontinence pri ženskah. Vendar, kateri od načinov je najbolj učinkovit? Metode: Za preučitev učinkov različnih načinov zdravljenja stresne urinske inkontinence pri ženskah je bila izbrana tuja strokovna in znanstvena literatura ter pregledani strokovni in znanstveni članki iz obdobja 2005-2015. Raziskave so analizirane po sledečih značilnostih: po vrsti raziskave, številu pacientk, intenziteti, trajanju, frekvenci postopka oz. zdravljenja in uspešnosti. Vsi članki so bili napisani v angleškem jeziku. Rezultati in razprava: Glede na vključitvene in izključitvene kriterije (raziskave s kontrolno skupino, odrasla populacija, pacientke s klinično dokazano stresno urinsko inkontinenco) je bilo po navedenih ključnih besedah izbranih 5 raziskav. Vse raziskave so randomizirane kontrolirane. Pregled raziskav je prikazan po vsebinskem in znotraj tega tudi po kronološkem zaporedju. Zaključek: Analiza raziskav učinkov različnih načinov zdravljenja stresne urinske inkontinence je pokazala, da je trening mišic medeničnega dna najučinkovitejši način zdravljenja stresne urinske inkontinence pri ženskah in bi moral biti prva metoda izbora pri tovrstnem zdravljenju.

Ključne besede: stresna urinska inkontinenca, konzervativno zdravljenje, ženske

Introduction: Urinary incontinence is defined by the International Continence Society as a condition in which involuntary loss of urine is a social or hygienic problem and is objectively demonstratable. Urinary incontinence is a particularly embarrassing and distressing condition with significant medical, social and economic implications. According to epidemiological studies, more than 30% of adult women in the world are affected with genuine stress urinary incontinence. Untill now, different treatment protocols have been proposed for treating genuine stress urinary incontinence in women. But, what is the most effective way? Methods: To study thoroughly the effects of different protocols in the treatment of genuine stress urinary incontinence in women a review of foreign professional and scientific literature and available articles from the years 2005-2015 has been selected. Researches have been analysed by the following characteristics: sort of researches, number of female patients, intensity, frequency, duration of treatment and effciacy. All articles had been written in English. Results and discussion: Analysis included 5 researches. All 5 researches are randomized controlled trials and they had been chosen concearning the stated key words based on the including and excluding criteria (studies with control group, adult population and female patients with clinical diagnosed stress urinary incontinence). Research review is shown in containing and chronological sequence. Conclusion: Analysis of researches has shown that pelvic floor exercises is the most effective way for treating genuine stress urinary incontinence in women. Studies indicate that the pelvic floor exercises should be first choice of treatment for genuine stress incontinence.

Key words: stress urinary incontinence, conservative treatment, women

OSEBE Z ŽIVČNO-MIŠIČNIMI BOLEZNIMI IN INFORMACIJSKO KOMUNIKACIJSKA TEHNOLOGIJA NEUROMUSCULAR DISEASE AND INFORMATION AND COMMUNICATION TECHNOLOGY

Teoretična izhodišča: Osebam z živčno-mišičnimi boleznimi (ŽMB) in drugim gibalno oviranim sodobna informacijsko-komunikacijska tehnologija (IKT) omogoča boljše funkcioniranje v zasebnem, profesionalnem in socialnem okolju. Nekatere osebe z ŽMB potrebujejo za nemoteno delo z napravami IKT dodatne pripomočke in prilagoditve. Gibalno ovirane osebe z možnostjo uporabe IKT imajo dokazano višjo kakovost življenja. Metode: Med osebami z ŽMB smo izvedli presečno študijo s kvantitativno metodo zbiranja podatkov. Uporabili smo anketni vprašalnik z vprašanji zaprtega in polodprtega tipa. Raziskovalni vzorec je bil priložnostni in je vključeval 265 anketirancev z živčno-mišičnimi boleznimi, udeleženih v programu obnovitvene rehabilitacije v letu 2013. Rezultati: 96 % anketiranih uporablja mobilni telefon, 75 % pa osebni računalnik. Na mobilnih telefonih in osebnih računalnikih velik delež anketiranih uporablja večje število različnih funkcij in vrst programske opreme. Več kot 70 % uporabnikov osebnega računalnika ga dnevno uporablja več kot 1 uro. 9 % uporabnikov potrebuje za delo z osebnim računalnikom pripomočke in prilagoditve. Diskusija: Večina oseb z ŽMB redno uporablja mobilni telefon in osebni računalnik. Glede na hudo gibalno oviranost večjega števila oseb, vključenih v raziskavo, je delež uporabnikov podporne tehnologije za delo z IKT napravami nizek. Potrebno bi bilo raziskati, ali med osebami z ŽMB obstajajo dodatne potrebe po podporni tehnologiji in prilagoditvah za uporabo IKT.

Ključne besede: živčno-mišične bolezni, informacijsko-komunikacijska tehnologija, osebni računalnik, mobilni telefon, podporna tehnologija

Theoretical background: Information and communication technology (ICT) can make the life of people with neuromuscular diseases (NMD) and other people with motor impairment easier by enabling them to be functional in their private, professional and social area of life. Some people with NMD need assistive devices and additional adaptations for the smooth operation of ICT facilities. People with motor impairment that have the possibility to use ICT have proven a higher quality of life. Methods: We performed a cross-sectional study with quantitative method of data collection among people with NMD. We used a questionnaire with closed and semi-open question types. We have used a convenience sample that included 265 respondents with NMD included in the follow-up rehabilitation program in 2013. Results: 96 % of respondents use mobile phones, 75 % use personal computers. Large proportion of respondents use a number of different functions and types of software on mobile phones and personal computers. More than 70 % of personal computer users use it more than 1 hour daily. 9 % of personal computer users need assistive devices and adaptations. Discussion: Most people with NMD regularly use a mobile phone and PC. According to the severe motor impairment of large number of people included in the survey, the proportion of users that need assistive technology to work with ICT devices is low. It would be necessary to perform a research among people with NMD about additional needs for assistive technology and adaptations for the use of ICT.

Key words: neuromuscular diseases, information and communication technology, personal computer, mobile phone, assistive technology

IZPOSTAVLJENOST ŠTUDENTOV DEJAVNIKOM TVEGANJA ZA NASTANEK KRONIČNIH NENALEZLJIVIH BOLEZNI EXPOSURE OF STUDENTS TO RISK FACTORS OF CHRONIC NON-CONTAGIOUS DISEASES

Izhodišča: V študentskih letih si izoblikujemo navade, ki nas bodo spremljale skozi celotno življenje. Izberemo si lahko svoj način življenja ter ga popolnoma prilagodimo našim potrebam. Način življenja skozi otroštvo in mladostništvo se namreč lahko odraža z boleznimi v starosti. Z raziskavo smo želeli ugotoviti, ali so dejavniki tveganja za nastanek kroničnih nenalezljivih bolezni ter bolezni same prisotne pri študentih zdravstvene nege. Metoda: Uporabili smo kvantitativno metodologijo dela. Kot raziskovalni instrument smo uporabili vprašalnik, sestavljen iz 27 vprašanj. Podatke smo statistično obdelali s pomočjo računalniškega programa Microsoft Office Excel, katerih rezultate smo prikazali v obliki grafov. Rezultati: Raziskava je pokazala, da imajo študentje pretežno dobre prehranjevalne navade in da niso v veliki meri izpostavljeni dejavnikom tveganja za nastanek kroničnih nenalezljivih bolezni, ampak se srečujejo predvsem s težavami v počutju. Kronične nenalezljive bolezni so prisotne pri 12 % anketiranih, pri več kot tretjini anketiranih pa imajo kronična nenalezljiva obolenja ožji družinski člani. Razprava: Pomembno je, da skrbimo za zdravje takrat, ko smo zdravi, to pomeni takrat, ko lahko še sami v veliki meri veliko storimo zase. Prav tako je ključnega pomena, da poznamo dejavnike tveganja za nastanek kroničnih nenalezljivih bolezni ter da prepoznamo tvegana vedenja, saj so kronične nenalezljive bolezni v porastu. Treba bi bilo opraviti dodatne raziskave, s katerimi bi odkrili vzroke težav v počutju študentov.

Ključne besede: Kronične nenalezljive bolezni, študentje, dejavniki tveganja, zdravstvena vzgoja

Introduction: As students we develop certain habits, which will follow us through our life. We choose our own way of living and adopt it to our needs. Habits and lifestyle, we have as children and adolescents, can later reflect with diseases we get as we grow old. With this research, we wanted to find out, if the risk factors for chronic non-contagious diseases and diseases themselves are present among students of health care. Method: We used quantitative methods of work. For quantitative method we used a questionnaire. It contained 27 questions, which help us to answer our research questions. Results: The research showed us good diet habits among students, low exposure to risk factors for chronic non-contagious diseases, but also problems with wellbeing. Chronic non-contagious diseases were present at 12% polled students. More than a third of polled students have chronic non-contagious diseases present among immediate family members. Discussion: It is important to take care for our health when we are still healthy and capable to do something for ourselves. Knowing the risk factors for development of chronic non-contagious diseases is of a major importance. It is also significant to recognise risk behaviour, because of an increasing rate of chronic non-contagious diseases. It would be necessary to make some more researches to discover the causes in students' wellbeing.

Key words: chronic non-contagious diseases, students, risk factors, health education

AKTUALNI IN POTENCIALNI NEGOVALNI PROBLEMI PRI PACIENTU PO OPERACIJI ZLOMLJENEGA KOLKA NA ODDELKU ZA PODALJŠANO BOLNIŠNIČNO ZDRAVLJENJE *CURRENT AND POTENTIAL NURSING PROBLEMS OF A PATIENT AFTER A HIP OPERATION AT THE NURSING CARE DEPARTMENT*

Teoretična izhodišča: Staranje prebivalstva je tako v Sloveniji kot tudi drugje po svetu proces, ki se mu ni mogoče izogniti. Ker se življenjska doba daljša, število rojstev pa pada, se starostna sestava prebivalstva zelo spreminja. S staranjem prebivalstva se večja število kroničnih bolezni, kot so rakave, srčno-žilne bolezni, bolezni dihal, gibal, osteoporoza in številne druge. Zaradi vsega naštetega se je tudi v Sloveniji pojavila potreba po ustanavljanju negovalnih bolnišnic in oddelkov. Negovalni oddelki oziroma bolnišnice izpolnjujejo vrzel med sekundarno in primarno zdravstveno obravnavo, omogočajo celostno in bolj kakovostno obravnavo bolnikov. Metodologija: Uporabili smo deskriptivno metodo dela, kjer smo opisali negovalne bolnišnice in potrebe po njih, raziskava pa je temeljila na kvalitativni metodi dela. Izvedli smo študijo primera in uporabili tehniko intervjuja, ki je vsebovala vprašanja odprtega tipa. Nanašala so se na podatke v sklopu ugotavljanja anamneze in potreb po zdravstveni negi glede na 11 funkcionalnih stanj in vzorcev zdravega obnašanja avtorice Marjory Gordon. Rezultati: Ugotovili smo aktualne in potencialne negovalne probleme ter izpostavili prioritete aktivnosti zdravstvene nege. Izpostavili smo pet negovalnih problemov, ki so prioritetni: bolečina operirane okončine; mobilnost, nepopolna telesna mobilnost III. stopnje; nepopolna sposobnost hoje III. stopnje; samonega, zmanjšana zmožnost za samostojno osebno higieno III. stopnje in nevarnost padcev. Ugotovili smo, da 11 funkcionalnih vzorcev po Marjory Gordon zagotavlja celovito obravnavo bolnika po operaciji zlomljenega kolka na negovalnem oddelku. Razprava: S kakovostno zdravstveno nego in rehabilitacijo želimo doseči, da bi bolnik po odpustu lahko opravljal vsakodnevna opravila oziroma bil sposoben samooskrbe. Negovalni oddelki morajo postati s svojimi programi ključnega pomena pri kakovostnejši zdravstveni oskrbi starostnika. Njihov program mora biti enakovreden del celotne zdravstvene oskrbe, negovalni oddelki pa priložnost za razvoj področja zdravstvene nege (Peternelj & Šorli, 2004).

Ključne besede: negovalna bolnišnica, študija primera, rehabilitacija, zdravstvena nega, medicinska sestra

Theoretical background: The aging of the population, both in Slovenia and elsewhere, is a phenomenon that cannot be avoided. As life expectancy increases, relative birth rate decreases, therefore significantly altering the age structure of the population. With an aging population, there is an increase in the rate of chronic diseases such as cancer; cardiovascular, respiratory, and musculoskeletal system diseases; osteoporosis and many others. As a result, it has been necessary to establish additional hospitals and nursing departments in Slovenia. Such institutes serve to close the gap between primary and secondary medical treatment, and facilitate more comprehensive and higher quality treatment for patients. Methodology: We used a descriptive method to evaluate hospital care and patients' needs. The study was based on qualitative work methods. We performed a case study and employed an interview technique comprising open-ended questions. The questions explored the history and assessment of needs in nursing care according to the 11 functional conditions and patterns of healthy behaviours as developed by the author Marjory Gordon. Results: We reveal current and potentially negative problems, and stress the need to prioritize activities of medical care. We highlight five negative problems: pain in the operated area, mobility, imperfect body mobility stage III, imperfect ability to walk stage III, self-care, decreased ability for self-care stage III, and an enhanced danger of falling. We reveal that the 11 functional healthy behaviours patterns enable the complete treatment of a patient in the nursing care department after a hip operation. Discussion: With good quality medical care and an appropriate rehabilitation program, we aim to provide the patient with a normal life following discharge from hospital. Along with their care and rehabilitation programs, nursing care departments are crucial for an enhanced medical care for the elderly. Therefore, such program must constitute a standard element of medical care; however, the nursing care departments should also provide an opportunity for the development of medical care.

Key words: nursing care hospital, case study, rehabilitation, nursing care, nurse

ŽIVLJENJE S PARKINSONOVO BOLEZNIJO *LIFE WITH PARKINSON'S DISEASE*

Parkinsonova bolezen je napredujoča bolezen možganov, ki nastane zaradi propadanja celic, ki proizvajajo dopamin. Je druga najpogostejša nevrodegenerativna bolezen, takoj za alzheimerjevo boleznijo. V svetu živi več kot 6,3 milijona obolelih ne glede na raso in kulturo, v Evropi je obolelih 1,2 milijona, v Sloveniji živi več kot 7000 bolnikov s parkinsonovo boleznijo in drugimi paroksizmi. Moški zboleajo nekoliko pogosteje kot ženske. Najpogosteje zbolijo po 60. letu, le 10 % oseb zbolijo že pred 50 letom. Parkinsonovo bolezen spremlja več kot 40 simptomov, vzrok za nastanek ni znan in za postavitve diagnoze ni preprostega testa. Oboleli obišče več zdravnikov in do potrditve diagnoze lahko preteče več let. Namen članka je seznanitev zainteresirane populacije s parkinsonovo boleznijo, seznanitev s problemi, ki ovirajo bolnike, z načini zdravljenja simptomov bolezni, neželenimi učinki zdravil in ne nazadnje, kako bolezen povzroča družbeno in ekonomsko škodo. V članku je opisana »študija primera« bolnika, ki je zbolel še zelo mlad in s to hudo boleznijo živi že več kot 25 let. Pred dvema letoma je bil v Münchnu operiran, napravljena je bila globoka možganska stimulacija »deep brain stimulation«. Želimo prikazati stanje bolnika od postavitve diagnoze leta 1991 do operacije in stanje po vstavitvi elektrod v globoke možganske ganglije. Študija temelji na opazovanju in osebnem stiku z bolnikom z vidika njegove življenjske sopotnice. Opisana študija primera je pomembna zaradi ozaveščanja zainteresirane populacije s problemom parkinsonove bolezni in zaradi seznanjanja bolnikov z eno izmed možnosti zdravljenja napredovane oblike parkinsonove bolezni. Bolniki, ki so kandidati za poseg globoke možganske stimulacije, pogosto iščejo informacije o operiranih posameznikih, vendar tega podatka zaradi varstva osebnih podatkov pri pristojnih strokovnjakih ne dobijo.

Ključne besede: Parkinsonova bolezen, dopamin, levodopa, globoka možganska stimulacija, motorični simptomi, nemotorični simptomi

Parkinson's disease is a progressive disease of the brain caused by the deterioration of the cells that produce dopamine. It is the second most common neurodegenerative disorder, after Alzheimer's disease. In the world there are more than 6.3 million people irrespective of race and culture, in Europe there are 1.2 million patients and in Slovenia more than 7,000 patients with Parkinson's disease and other paroxysms. Men acquire the disease slightly more often than women. The disease most commonly affects individuals over 60 years, only 10% are diagnosed before 50 years Parkinson's disease is accompanied by more than 40 symptoms, the cause of the disease is unknown and there is no simple test for the diagnosis. The patient visits several doctors and the confirmation of diagnosis may take several years. The purpose of this article is to acquaint a certain population, interested in the topic, with Parkinson's disease, to familiarise them with the problems that hinder the patients, methods of symptom treatment, therapy side effects and ultimately how the disease causes social and economic damage. This PAPER describes A 'case study' of a patient, who was diagnosed at a very young age and has been living with this severe disease for more than 25 years. Two years ago he was operated in Munich and treated with deep brain stimulation. We wish to present the condition of the patient from diagnosis in 1991 to operation and the condition after the insertion of electrodes into deep brain ganglia. The study is based on observation and personal contact with the patient from the patient's wife point of view. The described case study is important for raising the awareness of the interested population about the problem of Parkinson's disease and for familiarising the patients with one of the possibilities for treatment of advanced form of Parkinson's disease. Patients who are candidates for deep brain stimulation often seek information about operated individuals, but they do not acquire this information from the competent professionals due to the protection of personal data.

Key words: Parkinson's disease, dopamine, levodopa, deep brain stimulation, motor symptoms, non-motor symptoms

ZNAČAJNOST KOMUNIKACIJE U KLINIČKOM RADU S BOLESNICIMA BEZ SVIJESTI

THE SIGNIFICANCE OF COMMUNICATION IN CLINICAL WORK WITH UNCONSCIOUS PATIENTS

Teoretična ishodišta: Svijest je zbroj svih psihičkih funkcija u određenom trenutku te sposobnost orijentacije pojedinca prema sebi i drugim osobama u prostoru i vremenu. Medicinske sestre svakodnevno skrbe za bolesnike pa je iznimno važno da poznaju različitosti poremećaja svijesti, njihove specifičnosti i komunikaciju. U skrbi za komatozne pacijente važna je emocionalna inteligencija i kritičko razmišljanje medicinskih sestara, posebice kod izrade plana zdravstvene njege. Svrha je rada prikazati zahtjevnost skrbi i komunikacije kod bolesnika poremećene svijesti te procjenu zadovoljstva medicinskih sestara u radu. Metodologija: Kao metoda istraživanja koristila se deskriptivna metoda s pregledom domaće i strane literature te bibliografskih baza podataka, a u empirijskom dijelu kvantitativna tehnika prikupljanja podataka. Instrument istraživanja jest upitnik izrađen za potrebe istraživanja na temelju teoretskih znanja, pregleda literature i višegodišnjeg radnog iskustva s bolesnicima bez svijesti. Rezultati: Analizirajući zahtjevnost sestriinske skrbi rezultati su pokazali da je komunikacija s bolesnicima bez svijesti zahtjevna za većinu medicinskih sestara. Iznimno je zahtjevno pružati psihičku podršku obitelji bolesnika, komunicirati s obitelji bolesnika i educirati ih, a fizičko pružanje skrbi manje je zahtjevno. Rasprava: Zdravstvena njega bolesnika s poremećajem svijesti specifična je zbog otežane dijagnostike, složene kliničke procjene, potpune ovisnosti bolesnika i otežane komunikacije. Ti su podaci temelj za poučavanje studenata studija Sestrinstva i dodatnu edukaciju medicinskih sestara u kliničkom radu.

Ključne riječi: medicinska sestra, bolesnici bez svijesti, komunikacija, edukacija

Theoretical starting points: Consciousness is the total of all psychological functions at a given time and the ability of an individual to orient towards oneself and others in space and time. Nurses care for patients on daily basis, and so it is extremely important that they be aware of the various consciousness disorders, their specificity, and also how to communicate with patients in various states of consciousness. Caring for comatose patients requires emotional intelligence and critical thinking, particularly when preparing health care plans and programmes. The purpose of this study is to demonstrate the complexity of care and communication with patients exhibiting consciousness disorders, and to estimate the satisfaction of nurses at work. Methodology: The research methods comprise both a descriptive overview of national and international literature, and a bibliographic database, and an empirical approach involving a quantitative data collection technique. The survey instrument for the research purposes is based on theoretical knowledge, literature overview and several years' experience with unconscious patients. Results: Analyzing the complexity of nursing care, the results revealed that communication with unconscious patients is demanding for most nurses. It is particularly demanding to provide psychological support to a patient's family, and to communicate with a patient's family and educate them regarding the patient's condition; while the physical care is less demanding. Discussion: Nursing care of patients with consciousness disorders is specific due to the difficulty of diagnosis, complex clinical assessment, complete dependence of the patient, and difficult communication. These data are the foundation for educating students of nursing studies and represent a source for the additional training of nurses.

Key words: nurse, unconscious patients, communication, education

ZDRAVSTVENE NAVIKE OSOBA STARIJE ŽIVOTNE DOBI OBOLJELIH OD HIPERTENZIJE HEALTH HABITS OF ELDERLY PATIENTS, SUFFERING WITH HYPERTENSION

Udio oboljelih od povišenoga krvnog tlaka u stalnome je porastu. Hipertenzija je kronična bolest koja povećava rizik od obolijevanja od drugih srčanog žilnih bolesti i ako se pravilno ne liječi, može imati značajne posljedice na zdravlje i kvalitetu života oboljele osobe. Rizik od obolijevanja od hipertenzije raste s godinama života. U cilju bolje kontrole povišenih vrijednosti krvnoga tlaka savjetuje se prilagodba načina života i usvajanje pozitivnog zdravstvenog ponašanja koje se temelji na smanjenju unosa soli u hrani, primjeni dijetalne prehrane, održavanju optimalne tjelesne mase, redovitoj fizičkoj aktivnosti, prestanku pušenja i uzimanja alkohola te usvajanju tehnika suočavanja sa stresom. Zdravstveno osoblje savjetuje i poučava bolesnike o prilagodbi na život s povišenim krvnim tlakom kako bi se umanjili njegovi dugoročni štetni učinci na organske sustave. Iz različitih do sada provedenih istraživanja vidljivo je da je iznimno teško djelovati na promjenu životnih navika koje pojedinac usvoji tijekom života. Provedenim istraživanjem na bolesnicima starije životne dobi (+65) nastojali smo utvrditi koji životni stil njeguju oboljeli od hipertenzije, u kojoj se mjeri pridržavaju zdravstvenih uputa u svakodnevnom životu i kako navedeno utječe na kontrolu povišenoga krvnog tlaka. Rezultati istraživanja ukazuju na postupke koje treba poduzeti u javnozdravstvenim akcijama čiji je cilj sprječavanje kardiovaskularnih rizika i bolja kontrola povišenih vrijednosti krvnoga tlaka kod oboljelih osoba starije životne dobi.

Ključne riječi: hipertenzija, životne navike, zdravstveno ponašanje, starije osobe

The share of people with high blood pressure is constantly on the rise. Hypertension is a chronic disease that increases the risk of development of other cardiovascular diseases and, if not properly treated, can have significant effects on the health and quality of life of those affected. The risk for developing hypertension increases with age. In order to better control of elevated blood pressure, adjustment of lifestyle is advised, together with the adoption of positive health behaviours that are based on the reduction of salt intake in food, diet, maintaining optimal body weight, regular physical activity, smoking and alcohol abstinence, and application of techniques for coping with stress. Health professionals advise and educate patients about adjusting to life with high blood pressure to reduce its long-term effects on organ systems. From various studies that were done so far, it is evident that it is extremely difficult to change habits that an individual adopts in life. We conducted a research on older patients (+65) in order to determine the lifestyle of people with hypertension and to what extent adhere to medical guidelines in their daily lives, and how this affects the control of high blood pressure. The research results indicate the steps to be taken in public health actions, aimed at the prevention of cardiovascular risk, and better control of elevated blood pressure in patients with advanced age.

Key words: hypertension, lifestyle, health behaviour, the elderly

PREHRANA I STAVOVI STUDENATA U NASTAJANJU KARDIOVASKULARNIH BOLESTI *THE ROLE OF DIET AND ATTITUDES OF STUDENTS IN THE DEVELOPMENT OF CARDIOVASCULAR DISEASES*

Uvod: Kardiovaskularne bolesti u samom su vrhu vodećih uzroka smrti današnjice i u Hrvatskoj. Povećani rizik obolijevanja ima uzrok u lošoj svakodnevnoj prehrani, lošim navikama i manjku fizičke aktivnosti. Metodologija: Istraživanje je provedeno putem ankete s ciljem da se dobiju kvantificirani rezultati studenata o prehrambenim navikama i posljedicama tih navika. Postavljena je hipoteza da konzumiraju neprimjerenu hranu i nisu svjesni svojih prehrambenih navika i posljedica. Rezultati: Broj anketiranih studenata bio je 134 u dobi od 18 do 33 godine. Njih 22 žive sami, 89 s roditeljima i 23 s partnerom. Svaki dan doručkuje 46% studenata, a dnevni unos tekućine kod 50 % ispitanika veći je od 2 litre, odnosno kod 50 % manji od 2 litre. Podaci pokazuju konzumaciju brze hrane, crvenog mesa, soli i pekarskih proizvoda koja je u većine ispitanika veća od preporučene, a ribe te voća i povrća manja od preporučene. Zadnji obrok kod 53% ispitanika slijedi poslije 18.00 sati. Rasprava: Rezultati potvrđuju hipotezu, a razlog takve prehrane 52% vidi u tome da im je najdostupnija i 31% smatra da takva prehrana doprinosi njihovom zdravlju, a 51% ispitanika ipak je zabrinut zbog posljedica koje loša prehrana može imati na njihovo zdravlje. Dugotrajna neuravnotežena prehrana najčešće dovodi najprije do poremećaja (povišene razine masnoća i šećera u krvi) koji uzrokuju pojavu raznih bolesti, pa i kardiovaskularnih ako se prehrambene navike i način života ne promijene.

Ključne riječi: kardiovaskularne bolesti, nepravilna prehrana, anketa

Introduction: Cardiovascular diseases are at the top of the list of today's leading causes of death; the situation is no different in Croatia. An increased risk of illness is a result of a bad daily diet, bad habits and a lack of physical activity. Methodology: The research was conducted through a set of queries to obtain quantifiable data from students regarding their dietary habits and their awareness of the consequences of the aforementioned negative factors. The hypothesis was that students do not consume an adequate balance of food and that they are not aware of their diet habits and potential consequences. Results: The number of students who responded to the survey was 134, ranging in age from 18 to 33. Twenty-two respondents live alone, 89 with parents and 23 with a partner. Forty-six percent have breakfast every day, and their daily intake of fluids is less than two liters; 50% of examinees drank more than two liters. The data reveal a regular consumption of fast food, red meat, salt and bakery products, with an insufficient consumption of white fish, fruit, and vegetables compared to the daily recommended intake for most examinees. The last meal of the day is consumed after 6 p.m. by 53% of the examinees. Discussion: The results confirm the hypothesis. Examinees stated, as the reason for their diets, that they consume what is most available (52%), while 31% think that their diet is contributing to their good health; however, 51% of respondents are concerned about the consequences that their diet can have on their health. A long-lasting unbalanced diet commonly leads, in the first instance, to a disorder which can—if the diet, habits and lifestyle are not improved—lead to all sorts of diseases, among which are cardiovascular diseases.

Key words: cardiovascular diseases, incorrect diet, query

MATERINSTVO ŽENSK Z MOTNJO V DUŠEVNEM RAZVOJU V SLOVENIJI

MOTHERHOOD WITH INTELLECTUAL DISABILITY IN SLOVENIA

Prispevek obravnava pomen materinstva žensk z motnjo v duševnem razvoju v Sloveniji. Ženske z motnjo v duševnem razvoju so vedno imele otroke, s sodobnimi procesi vključevanja v večinsko družbo pa ima otroke čedalje več ljudi z motnjo v duševnem razvoju. Namen raziskave je osvetliti razmere in pogoje, v katerih te ženske živijo svoje materinstvo, in opozoriti na potrebo po vzpostavitvi strokovne podpore. Raziskava išče odgovor na vprašanje, kakšne podpore potrebujejo matere z intelektualno oviro. V prvi fazi je bila opravljena kvantitativna raziskava stanja o številu vključenosti žensk z motnjo v duševnem razvoju, ki so mame, v slovenske specializirane ustanove. V drugi fazi je bila opravljena kvalitativna raziskava o izkušnji materinstva žensk z motnjo v duševnem razvoju. Opravljeni so bili polstrukturirani intervjuji z dvanajstimi (12) ženskami. Izsledki kvalitativne raziskave kažejo na to, da tradicionalna prepričanja, da ženske z motnjo v duševnem razvoju ne morejo biti mame, vplivajo na kakovost in obseg njihove priprave na materinstvo. Izkazalo se je tudi, da imajo kontekstualni vplivi, kot so socialna izolacija, nezaposlenost in revščina, velik vpliv na kakovost njihovega družinskega življenja in da lahko mame z motnjo v duševnem razvoju, ki imajo dobro razvite podporne mreže, dovolj dobro skrbijo za svoje otroke in živijo skupaj z njimi. Ugotovitve kažejo na potrebo po strokovni podpori, na podlagi česar so oblikovana priporočila za oblikovanje novih praks podpore za mame z motnjo v duševnem razvoju v njihovih okoljih.

Ključne besede: materinstvo, ženske z motnjo v duševnem razvoju, podporne mreže, družbeni odnosi

This paper discusses the importance of motherhood for women with intellectual disabilities in Slovenia. Women with intellectual disabilities have always had children, and with the modern processes of integration into mainstream society, more and more people with intellectual disabilities have children. The purpose of this research is to shed light on the circumstances and conditions in which women with intellectual disabilities experience their motherhood and to bring attention to the need of establishing professional support for them. The study seeks an answer to the question of what kind of support mothers with intellectual disabilities need. In the first phase, a quantitative survey of mothers with intellectual disabilities, who are users of Slovenian specialised institutions, was conducted. In the second phase, a qualitative research on the experiences of mothers with intellectual disabilities was conducted. 12 semi-structured interviews with mothers with intellectual disabilities were carried out. The results of qualitative research show that the traditional belief, i.e. women with intellectual disabilities cannot be mothers, affects the quality and scope of their preparation for motherhood. It has also emerged that the contextual influences, such as social isolation, unemployment and poverty, have a major impact on the quality of their family life and that mothers with intellectual disability, who have a well-developed support network, are able to adequately care for their children and live with them. The results of this research show the need for professional support. New practices, that offer support to mothers with intellectual disabilities in their environments, are recommended.

Key words: motherhood, women with intellectual disabilities, social relations, support networks

KOMUNIKACIJSKE OVIRE V OBRAVNAVI SPOLNOSTI PRI PACIENTKAH Z GINEKOLOŠKIM RAKOM *COMMUNICATION BARRIER AT ADDRESSING SEXUALITY AMONG PATIENTS WITH GYNAECOLOGICAL CANCER*

Uvod: Človekova spolnost ni povezana le z njegovim razmnoževanjem, temveč je tudi zaznamovana z medčloveškimi odnosi in družbenimi vplivi. Pacientke, ki so zbolele za ginekološkim rakom, spremljajo številni psihofizični problemi, med katerimi je tudi spremenjeno doživljanje in občutenje spolnosti. Namen raziskave je bil proučiti vidik medicinskih sester do spolnosti kot človekove potrebe pri pacientkah z ginekološkim rakom, ter ovire, ki vplivajo na celovito zagotavljanje zdravstvene nege. Metode: Uporabljena je bila kvalitativna metodologija, fenomenološki pristop. V namenski vzorec je bilo vključenih 8 zaposlenih na področju ginekološke zdravstvene nege (3 diplomirane medicinske sestre in 5 zdravstvenih tehnikov). Podatki so bili pridobljeni s pomočjo polstrukturiranih intervjujev, ki so potekali maja 2015. Besedilo je bilo analizirano z metodo analize vsebine, ki je značilna za fenomenologijo. Rezultati: Identificiranih je bilo sedem tem, ki pojasnjujejo, da so pacientke redko pobudnice pogovora o spolnosti, če pa že, se raje obrnejo k zdravniku. Pogovor o spolnosti pogosto omejujejo številne ovire, od kulturnih, infrastrukturnih ter tistih, povezanih s psihofizičnim stanjem. V ospredje razreševanja dilem in težav vstopa predvsem individualiziran pristop, pri čemer je vključevanje partnerja pomembno, kar vpliva na zaznano kakovost življenja. Diskusija in zaključek: Ugotovitve kažejo, da pogovore o spolnosti usmerjajo predvsem kulturni vplivi. Medicinske sestre v komunikaciji prevzemajo aktivno vlogo, saj se zavedajo, da ginekološki rak pomembno vpliva na samopodobo ženske. Individualiziran pristop, ki upošteva celovitost skrbi, je pomemben za vzpostavljanje medsebojnega zaupanja, za kar je razreševanje dilem in težav lažje in hitrejše. Kljub ginekološkemu raku je spolnost pomembna, saj pacientkam daje občutek, da so kljub bolezni in posledicah, ki jo spremljajo, še vedno privlačne, ljubljene in sprejete.

Ključne besede: komunikacija, neoplazme, zdravstvena nega, ginekologija, seksualnost

Introduction: Human sexuality is not only related to its reproduction, but also with interpersonal relationships and societal influences. Patients who are diagnosed with gynaecological cancer are suffering from numerous physical and psychological problems, including an altered perception and feelings regarding their sexuality. The purpose of this research was to examine the nurses' perspective towards sexuality as a human need in patients with gynaecological cancer and obstacles that affect the overall provision of health care. Methods: Qualitative methodology, which included phenomenological approach, was used. The purposive sample included 8 employees in the field of gynaecological nursing (3 nurses and 5 nursing assistants). Data were obtained through semi-structured interviews, which were held in May 2015. The text was analysed by using content analysis method specific for phenomenology. Results: Seven themes were identified which explain that the female patients are rarely initiators of conversation regarding their sexuality, but if they are, they would rather discuss it with the doctor. Discussion about sexuality is often limited by numerous barriers, from cultural ones, problems related with infrastructure and those associated with physical and psychological condition. In the forefront of solving dilemmas and problems individualized approach has the highest impact, where the involvement of significant other is important, since it affects the perceived quality of life. Discussion and conclusion: The findings point out that discussions about sexuality are primarily guided by cultural influences. In communication process nurses assume an active role, because they realize that gynaecological cancer has a significant impact on the self-esteem of women. Individualized approach that takes into account the integrity of care is important facilitator of mutual trust which leads to easier and faster resolution of patients' dilemmas and problems. Despite gynaecological cancer and its consequences sexuality remains important for patients, because it gives a sense of attraction, love and acceptance.

Key words: communication, neoplasm, nursing, gynaecology, sexuality

KAKOVOST ŽIVLJENJA ŽENSK PO PREBOLELEM RAKU DOJKE QUALITY OF LIFE AMONG BREAST CANCER SURVIVORS

Uvod: Rak dojke je v razvitem svetu eden najpogostejših rakov žensk in zato pomemben javno-zdravstveni problem. Doživljanje raka dojke pri ženskah je odvisno od številnih dejavnikov, med katerimi je tudi sposobnost spoprijemanja z boleznijo od postavitve diagnoze, zdravljenja, rehabilitacije in celo ponovitve bolezni. Namen raziskave je bil ugotoviti, kako ženske po prebolelem raku dojke zaznavajo kakovost življenja, oziroma kako se je ta spreminjala skozi obdobja, od postavitve diagnoze do rehabilitacije. Metode: V raziskavi je bila uporabljena kvalitativna metodologija. Izbrana je bila biografska metoda. Na namenskem vzorcu treh žensk iz treh različnih evropskih držav, ki so prebolele rak dojke in so zaključile primarno bolnišnično zdravljenje, so bili narejeni biografski delno strukturirani intervjuji. Raziskava je potekala v maju 2015. Podatki so bili analizirani s pomočjo metode analize vsebine. Rezultati: Skozi analizo je bilo identificiranih osem tem, in sicer (1) pomembnost samopregledovanja dojk in ozaveščenost o dejavnikih tveganja, (2) pogled na življenje po zdravljenju, (3) spoprijemanje z diagnozo, (4) socialna interakcija, (5) oblika zdravljenja, (6) kakovost življenja pred diagnozo, (7) sporočila za mlajšo generacijo žensk in tiste, ki so za diagnozo šele izvedele in (8) spremenjena samopodoba. Diskusija in zaključek: Ugotovitve potrjujejo dejstvo, da rak dojke pomembno vpliva ne le na fizično, temveč tudi psihično počutje pacientk in s tem povezano socialno interakcijo, ki je v času zdravljenja in rehabilitacije zmanjšana. Zanimivo je dejstvo, da vse poročajo o boljši kakovosti življenja po preboleli bolezni, zlasti boljši samopodobi, kar kaže na to, da so se pričele zavedati zdravja in življenja okrog sebe šele po postavljeni diagnozi.

Ključne besede: doživljanje bolezni, samopodoba, samopregledovanje dojk, socialna interakcija

Introduction: Breast cancer is one of the most common cancers among women in the developed world and, therefore, an important public health problem. Experiencing breast cancer is influenced by numerous factors including their ability of coping with the illness from the diagnosis, treatment, rehabilitation and even relapses. The purpose of the research was to determine how women after recovering from breast cancer perceive quality of life, and how has this changed over the period from diagnosis to rehabilitation. Methods: For the purposes of the research qualitative methodology, i.e. biographical method was applied. Purposive sample included three women from three different European countries, who have had breast cancer and have completed primary hospital treatment. The data was collected using semi-structured biographical interviews. The interviews were conducted in May 2015. The data was analysed using content analysis method. Results: The analysis yields eight themes, namely (1) the importance of breast self-examination and awareness of risk factors, (2) view on life after treatment, (3) dealing with the diagnosis, (4) social interaction, (5) the form of treatment, (6) the quality of life before the diagnosis (7) messages for the younger generation of women and those who have just found out about the diagnosis, and (8) changed self-esteem. Discussion and conclusion: The findings confirm that breast cancer has a significant impact not only on the physical but also on the mental well-being of female patients and also on social interaction, which is at the time of treatment and rehabilitation reduced. An interesting fact is that all women reported better quality of life after recovery, in particular a better self-image, which shows that the awareness regarding their care for health and life around increased after the diagnosis.

Key words: experiencing illness, self-image, breast self-examination, social interaction

IZKUŠNJE BOLNIKOV Z VNETJEM OBZOBNIH TKIV AVITALNIH ZOB V POVEZAVI Z NJIHOVIMI ZDRAVSTVENIMI TEŽAVAMI

EXPERIENCE OF PATIENTS WITH INFLAMMATION OF PERIODONTAL TISSUE OF NON-VITAL TEETH IN CONJUNCTION WITH OTHER HEALTH PROBLEMS

Uvod: Analize vnetij obzobnih tkiv avitalnih zob še niso zelo znane in razširjene metode, vendar pa se objavlja vse več kliničnih študij, ki potrjujejo njihovo diagnostično učinkovitost. S pomočjo ene izmed njih, ki se imenuje Orotox analiza, lahko zobozdravnik ali zdravnik zanesljivo in hitro odkrijeta prisotnost vnetij obzobnih tkiv, ki bi lahko bila povezana z različnimi boleznimi, kot so sistemske, kardiovaskularne, respiratorne, metabolne, nevrodegenerativne bolezni in nekatera rakasta obolenja. Metode: Z empirično kvalitativno raziskavo smo z desetimi polstrukturiranimi intervjuji in pregledom dokumentacije na nerandomiziranem namenskem vzorcu v letih 2013–2016 ugotavljali mnenja bolnikov o povezavah med vnetjem obzobnih tkiv in njihovimi zdravstvenimi težavami. Raziskavo smo omejili na največ pet bioresonančnih obravnav v obdobju največ osmih tednov. Pri obdelavi podatkov s kvalitativno vsebinsko analizo smo uporabili odprto kodiranje in združevanje sorodnih pojmov v kategorije. Rezultati: Z bioresonanco smo ugotovili, da so v ozadju nekaterih kroničnih težav bolnikov prisotna vnetja obzobnih tkiv avitalnih zob, ne glede na dejstvo, da večina bolnikov na področju vnetja obzobnega tkiva ne čuti bolečin. Vsi intervjuvanci so razumeli možnost direktne povezave vnetja obzobnih tkiv z njihovimi bolezenskimi stanji. V vseh primerih so se udeleženci raziskave odločili za kombinacijo zdravljenja pri zobozdravniku in terapijami z bioresonanco. Zdravstvene težave, zaradi katerih so bolniki prišli na bioresonančno obravnavo, so v devetih primerih popolnoma izginile, v enem primeru pa smo predlagali čimprejšnjo odstranitev avitalnega zoba. Diskusija in zaključek: Z bioresonanco je možno ugotoviti prisotnost vnetja obzobnih tkiv, vendar pa je za njihovo dokončno odpravljanje treba opraviti dodatne zdravstvene preiskave in zdravljenje pri zobozdravniku in drugih specialistih. Orotox analiza je zaradi nizkih stroškov izvedbe in hitro pridobljenih, natančnih rezultatov zelo dober pripomoček, ki ga zobozdravnik in zdravnik lahko uporabita pri celostni obravnavi bolnikov s kroničnimi boleznimi.

Ključne besede: zobje, dlesni, orotox, kronične bolezni, bioresonanca

Introduction: Analyses of inflammatory periodontal tissue of non-vital teeth are not yet well-known and widely-used methods; however, a growing number of clinical studies confirm their diagnostic efficiency. With one of these analyses, called Orotox, a dentist or doctor can reliably and quickly detect the presence of inflammatory periodontal tissues that could be associated with various illnesses, such as systemic, cardiovascular, respiratory, metabolic, neurodegenerative diseases, and certain cancers. Methods: The empirical qualitative research was conducted using 10 semi-structured interviews and evaluating patients' documentation reviews, with an intentional non-randomized sampling, in 2013–2016. We recorded the opinions of patients on the links between inflammation of periodontal tissues and other existing health problems. The research was limited to a maximum of five bio resonance treatments over a period of up to eight weeks. Acquired data were processed using content qualitative analysis with an open-coding method and with aggregation of related concepts into categories. Results: The results of the bio resonance reveal that often associated with certain chronic problems of patients, is the presence of inflammatory periodontal tissue of non-vital teeth, despite the fact that the majority of patients do not feel pain in the area of inflammation of gingiva. All interviewees understood the possibility of direct association between inflammation of periodontal tissue and their health condition. In all cases, the interviewees agreed to participate in a combination of dentist treatment and bio resonance therapy. Of the nine patients who came for bio resonance treatment and were subsequently monitored, the health problems of one of them have since completely disappeared; however, we propose that the problematic non-vital tooth is removed as soon as possible. Discussion and conclusion: With bio resonance, it is possible to determine the presence of gingival inflammation, but for its complete elimination additional medical examinations and treatments at the dentist and other specialists are required. Due to the low cost of implementation and a rapid acquisition of accurate results, Orotox analysis is a very good tool for a dentist or doctor to utilise to provide a comprehensive treatment of patients with chronic diseases. Key words: teeth, gingiva, orotox, chronic diseases, bioresonance

VLOGA ZDRAVSTVENEGA DELAVCA V ZOBOZDRAVSTVU PRI OSEBAH S POSEBNIMI POTREBAMI THE ROLE OF HEALTHCARE WORKERS IN DENTISTRY FOR PERSONS WITH SPECIAL NEEDS

Teoretična izhodišča: Oralno zdravje je pomemben del splošnega zdravstvenega stanja, saj zdravo zobovje pri človeku vzbuja ne le pozitivne subjektivne občutke, temveč izključuje pojav stomatoloških bolezni, ki vplivajo na posameznikovo zdravstveno stanje. Stomatološka obolenja so ena izmed vzrokov tveganj srčnih infarktov, pljučnih bolezni ter zapletov pri sladkorni bolezni. Vloga zobozdravstvenih delavcev na področju zagotavljanja oralnega zdravja potrebuje pri osebah s posebnimi potrebami poseben pristop. Metodologija: Empirična kvantitativna raziskava je bila izvedena v Zdravstvenem domu Ptuj. Pri zbiranju podatkov smo uporabili deskriptivno neeksperimentalno kvantitativno metodo raziskovanja. V raziskavo smo vključili 30 oseb, ki svoje delo opravljajo v zobozdravstvenih ambulantah. Rezultate smo pridobili z anonimnim anketnim vprašalnikom, ki je vseboval 9 vprašanj zaprtega in odprtega tipa. Rezultati: Pridobljeni podatki so bili analizirani z opisno statistiko in hi-kvadrat testom. V prispevku bomo predstavili ugotovljene težave, s katerimi se zdravstveni delavci srečujejo pri obravnavi oseb s posebnimi potrebami, njihovo mnenje o usposobljenosti na tem področju ter odnos do oseb s posebnimi potrebami. Razprava: Dobljene ugotovitve naše raziskave dajejo vpogled v način dela v zobozdravstveni veji medicine z osebami s posebnimi potrebami ter priložnostmi za razvoj na tem področju.

Ključne besede: zobozdravstvo, osebe s posebnimi potrebami, oralno zdravje, zobje

Theoretical backgrounds: Oral health plays a major role in the general health status, as healthy teeth do not only give rise to positive subjective emotions in a person but also exclude the development of dental diseases that affect the health status of the individual. Dental diseases constitute one of the causes of heart attack and pulmonary disease risks and complications of diabetes. Treatment of people with special needs by dental health professionals calls for a specific approach. Methodology: An empirical quantitative survey was conducted in the Ptuj Primary Health Care Centre. Data were collected by means of descriptive non-experimental quantitative research method. The survey included 30 individuals working in dental dispensaries. Results were obtained by means of an anonymous questionnaire containing 9 open and closed-ended questions. Results: Data obtained were analysed by means of descriptive statistics and the chi-square test. The paper serves to present issues identified by health professionals with regard to treatment of persons with special needs, their opinion on their skills in the field and their attitude towards persons with special needs. Discussion: The findings of our research provide an insight into the way the dental branch of medicine with people with special needs and into the development opportunities presenting themselves in this field.

Key words: dentistry, people with special needs, oral health, teeth

THE POSSIBILITIES OF EVALUATION OF NURSING COMPETENCE FOR NURSING STUDENTS IN CZECH REPUBLIC

Nursing education in the Czech Republic is derived from legislation and regulations. When obtaining qualifications to work as a general nurse, among others, students have to fulfil 2300 hours of practical training. The practical training in hospital is led by mentors. A mentor is a registered nurse who has passed the certificated course and is the supervisor of one or two students at maximum at a time. The paper deals with the evaluation of the competences of students of this practical training. The definition and setting of clear competences of the students in clinical practice belongs among the basic conditions of professional approach to practical training. In the Czech Republic there is not a standardized instrument which evaluates these competencies of students during their practical training. The aim of this paper is to evaluate the available standardized tools which can be used to assess the achievements of the competences of nursing students with respect to the competences of nurses as set in the applicable legislation of the Czech Republic. For searching these instruments, selected electronic databases like EBSCOhost, PubMed etc. were used. The use of standardized tools to assess the competencies could lead to more efficient and uniform approach in practical nursing education.

Key words: nursing, students, competence, assessment, tools, education

**SEKCIJA: ORGANIZACIJA
IN MANAGEMENT /
*ORGANIZATION AND
MANAGEMENT SECTION***

ORGANIZACIJA VIRTUALNOG REHABILITACIJSKOG CENTRA ZA STARIJE OSOBE OBOLJELE OD KRONIČNIH BOLESTI

VIRTUAL REHABILITATION CENTRE FOR THE ELDERLY SUFFERING FROM CHRONIC ILLNESS

Uvod: Kronične bolesti danas su velik javnozdravstveni i ekonomski problem. Nerijetko pojedinac ima dijagnosticirane dvije ili više kroničnih bolesti koje ga ograničavaju u obavljanju svakodnevnih aktivnosti i time negativno utječu na kvalitetu života. Postoje preporuke za uključivanje takvih osoba u rehabilitacijske programe, međutim vrlo često to nije moguće ostvariti. Cilj: Istražiti mogućnost organizacije virtualnog rehabilitacijskog centra za oboljele od kroničnih bolesti u kojemu bi se na načelima interdisciplinarnosti/transdisciplinarnosti provodile sve komponente rehabilitacije – fizička aktivnost, edukacija o prehrani, psihosocijalna savjetovanja s ciljem sprječavanja novih kroničnih bolesti, učinkovitijeg liječenja postojeće kronične bolesti, poboljšanja fizičkog i mentalnog zdravlja te prevencije socijalne izoliranosti oboljelih. Metode: Provedeno je empirijsko kvalitativno istraživanje pomoću polustrukturiranog intervjua s četiri bolesnika oboljela od kroničnih bolesti. Intervju je bio anoniman, u skladu s etičkim kodeksom. Prikupljeni podaci analizirani su metodom kvalitativne tematske analize. Rezultati: Pojmovi dobiveni iz odgovora ispitanika na postavljena pitanja podijeljeni su u tri kategorije koje se odnose na utjecaj kroničnih bolesti na doživljaj zdravlja, ulogu zdravlja u stvaranju i održavanju socijalnih mreža i ulogu informacijsko-komunikacijske tehnologije u rehabilitaciji. Ispitanici imaju fizička i socijalna ograničenja zbog svojih bolesti te su zainteresirani za uključivanje u rehabilitacijske programe. Zaključak: Nedostupnost i/ili nedovoljan broj rehabilitacijskih centara navodi na intenzivno razmišljanje o pronalaženju mogućnosti provođenja rehabilitacijskih programa čiji je cilj prihvaćanje zdravstvenog stanja, učinkovitije liječenje bolesti, sprječavanje nastanka novih bolesti i socijalne izoliranosti. Jedna je od mogućnosti organizacija virtualnog rehabilitacijskog centra.

Ključne riječi: kvaliteta života, rehabilitacija, informacijsko-komunikacijska tehnologija

Introduction: Chronic diseases represent a great public health and economic problem. Patients have frequently diagnosed two or more chronic diseases, which restrict daily activities and have a negative impact on quality of life. There are recommendations for the inclusion of such persons in rehabilitation programs, but, in practice, this is often not possible. Objectives: To investigate the possibility of organising virtual rehabilitation centre for patients suffering from chronic diseases, which would be based on the principles of interdisciplinary/transdisciplinary team. Physical activity, education of nutrition and psychosocial counselling would be performed with the aim of preventing new chronic diseases, more effective treatment of existing chronic diseases, improving physical and mental health and the prevention of social isolation of patients. Methods: An empirical qualitative research was performed and semistructured interviews were conducted with four patients suffering from chronic diseases. The interviews were anonymous, in accordance with the ethical norms. The collected data were analysed using qualitative thematic analysis. Results: Codes, obtained from respondents' answers, were divided into three categories related to influence of chronic diseases on experience of health, the role of health in creation and maintenance of social networks and the role of information and communication technologies in rehabilitation. Respondents have physical and social limitations because of their illness and they are interested in participation in rehabilitation programs. Conclusions: Unavailability and/or an insufficient number of rehabilitation centres leads to intense thinking about opportunities of providing rehabilitation programs, with an aim to accept health condition, more effective treatment, preventing new diseases and social isolation. Virtual rehabilitation centre could be one of possible solutions.

Key words: quality of life, rehabilitation, information and communication technology

VPLIV INOVATIVNOSTI NA ORGANIZACIJO DELA NA ODDELKU ZA DIALIZO UKC MARIBOR

THE INFLUENCE OF INNOVATION ON ORGANISATION OF WORK AT THE DEPARTMENT OF DIALYSIS OF UMC MARIBOR

Teoretična izhodišča: Hiter razvoj medicine, informacijska revolucija in prilagajanje potrebam sodobnega življenja zahtevajo nenehno izobraževanje. V praksi je treba uporabiti nova spoznanja. To ni vedno enostavno, saj ima večina rada ustaljeni red. V praksi moramo iskati optimalne rešitve in premagati številne omejitve (znanje, finance, število zaposlenih, čas ...) (Kupnik et al., 2015). Metodologija: Pri raziskavi smo uporabili več metod. V teoretičnem delu smo uporabili deskriptivno (opisno) metodo, v empiričnem delu naloge smo uporabili zgodovinsko metodo, s katero smo sledili razvoju oddelka v zadnjih štiridesetih letih, ter metodo anketiranja. Naredili smo polstrukturiran anketni vprašalnik, ki smo ga razdelili med medicinske sestre na Oddelku za dializo UKC Maribor. Rezultati: Skozi zgodovino so bile potrebe po dializnem zdravljenju vedno večje, zato se je oddelk nekajkrat razširil in adaptiral. Po adaptaciji leta 2009 lahko rečemo, da imamo dializni center z najsodobnejšo tehnologijo, ki je prispevala k delitvi dela. Poleg hemodialize opravljamo tudi druge zahtevnejše postopke in posege, zato imamo delo natančno opredeljeno, kdo kaj počne. To nam pomaga, da smo pri delu lahko zadovoljni, samozavestno opravljamo naloge in obenem poskrbimo za kakovostno in varno obravnavo bolnikov. S pojavom inovativnosti se je povečala potreba zaposlenih po izobraževanju. Neformalno izobraževanje je dobilo težnjo z razvojem medicinske stroke in dializne tehnologije. Anketa je pokazala, da se medicinske sestre kontinuirano strokovno izpopolnjujejo, prenašajo znanje in se učijo iz lastnih izkušenj. Vsi anketirani so mnenja, da je uvajanje novosti timsko delo, predstavlja jim odgovornost in stres. Večina anketirancev meni, da jim delodajalec zagotovi premalo možnosti za izobraževanje. Razprava: Zaposleni na Oddelku za dializo se zavedamo, kako pomembna je organizacija in delitev dela za uspešno in nemoteno delovanje oddelka. Delitev dela je leta 2009 omogočila, da smo uspešnejši na različnih področjih delovanja in obenem zadovoljni s svojim osebnostnim razvojem. Samo zadovoljno osebje lahko zadovoljuje potrebe bolnikov in jim daje občutek pripadnosti in varnosti.

Ključne besede: izobraževanje, organizacija dela, delitev dela, inovativnost, medicinska sestra

Theoretical background: Rapid development of medicine, information revolution and adaptation to the needs of modern life require constant training. In practice, it is necessary to apply new knowledge. It is not always easy as most of us like an established order. In practice, we must look for the optimal solution and overcome many restrictions (knowledge, finances, staffing, time ...) (Kupnik et al., 2015). Methodology: We used a number of methods for this study. In the theoretical part, we used a descriptive method, in the empirical part of the thesis we used the historical method, where we have followed development of the department over the last forty years, and the survey method. Half-structured questionnaire was distributed among the nurses at the Department of Dialysis of UMC Maribor. Results: The need for dialysis treatment is constantly increasing, so the department expanded and adapted several times. After the adaptation in 2009, we can say that we have a dialysis centre with the latest technology, which contributed to the division of work. Apart from haemodialysis, we offer other complex procedures and interventions, so it is necessary to precisely define who does what. It helps us to be satisfied at work, confidently perform the tasks and also take care of quality and safety of our patients. The need for staff education has increased with innovations. Informal education was given a tendency the development of medical profession and dialysis technology. The study showed that nurses responsible continually advanced professional training, transferable knowledge, and learn from their experiences. All respondents are of the opinion that the introduction of new teamwork represents them responsibility and stress. Most respondents believe that their employer provides too few opportunities for education. Discussion: Staff at the Department for Dialysis are aware of the importance of the organisation and division of work for the efficient and smooth functioning of the department. The division of work in 2009 enabled us to perform better in different areas of operation and at the same to be satisfied with our personal development. Only satisfied staff can meet the needs of patients and gives them a sense of belonging and security.

Key words: education, work organisation, division of work, innovation, nurse

MOŽNOSTI KARIERNEGA RAZVOJA ZAPOSLENIH S PODIPLOMSKO IZOBRAZBO V SPLOŠNI BOLNIŠNICI MURSKA SOBOTA

POSSIBILITIES OF CAREER DEVELOPMENT OF EMPLOYEES WITH A POSTGRADUATE DEGREE IN MURSKA SOBOTA GENERAL HOSPITAL

Uvod in teoretična izhodišča: V sodobnih organizacijah menedžment človeških virov skrbi za strateški in celovit pristop vodenja. V ospredju so aktivnosti, ki so namenjene privabljanju in razvijanju potrebnih znanj, sposobnosti in veščin za karierni razvoj zaposlenih. Za posodabljanje in uvajanje sprememb v organizaciji je pomemben visoko izobražen kader. Vloga vodij v zdravstvu je pomoč vodstvu prepoznati in izobraziti zaposlene za prevzem različnih funkcij, kjer so potrebna dodatna znanja. Na ta način so zaposleni motivirani in čutijo večjo pripadnost organizaciji. Metode: V raziskavo, ki je bila narejena v letu 2016 v Splošni bolnišnici Murska Sobota, je bilo vključenih 15 zaposlenih s podiplomsko izobrazbo. S pomočjo anketnega vprašalnika smo ocenjevali motivacijske dejavnike, na osnovi katerih so se zaposleni odločili za študij, in v kakšni meri so se jim tudi uresničili. Zanimalo nas je tudi, kakšno stopnjo kariernega razvoja so s tem dosegli in ali jim je pridobljena izobrazba prinesla pričakovana znanja na novih delovnih mestih. S pomočjo osnovne SPSS statistike in t-test analizo smo prišli do zanimivih zaključkov. Rezultati: V raziskavi smo povzeli najpogostejše motivacijske dejavnike za pridobitev podiplomske izobrazbe in jih preverili, ali so bili uresničeni v delovnih okoljih po zaključku študija. Ugotovili smo, da imajo zaposleni, ki zaključijo podiplomsko izobrazbo, v veliki meri več možnosti za karierni razvoj in opravljajo zahtevnejša dela. V velikem odstotku menijo, da še niso zaključili kariernega razvoja in še potrebujejo nova znanja s posameznih področij. Diskusija in zaključek: Rezultati nam nakazujejo zadovoljstvo zaposlenih s podiplomsko izobrazbo v njihovem kariernem razvoju v organizaciji. Spoznali smo predvsem motivacijske dejavnike, ki so prisotni pri zaposlenih s podiplomsko izobrazbo in možnostjo za uresničitev le-teh.

Ključne besede: podiplomska izobrazba, karierni razvoj, zdravstvena nega

Introduction and theoretical backgrounds: In modern organizations human resource management is taking care for strategic and integrated approach to management. In the foreground there are activities, which intend to attract and develop skills, knowledge and experiences needed for employees' career development. For modernizations and changes to tackle in organisations high educated staff is essential. The key role regarding management is to recognize and educate employees to assume new function where additional skills are needed. Dealing with employees in such a manner motivates them further and them becoming even more loyal to organisation. Methods: Within the research, which was carried out in 2016 there were 15 employees with post-graduate education in General hospital in Murska Sobota included. Through the questionnaire we have evaluated their motivational factors which were crucial for study decisions and to what extent they have achieved them. We were interested in getting the information which degree employees have accomplished as well as if they have gain expected knowledge with additional education. With help of basic SPSS statistics and the t-test analysis we attained quite interesting conclusions. Results: In the research we have summarized most common motivational factors for achieving postgraduate education. We have checked whether they were realized or not in the working places after study completion. We have come to conclusions, that the employees with post-graduate education have more possibilities for career development, they carry out more challenging tasks. A large percentage of them have opinion they have still not ended their career development in that they still need new skills respectively. Discussion and conclusions: Results indicate that postgraduate employees are satisfied with their career development in organisation. We recognised in particular motivational factors, which are present among post-graduated employees and possibility for their realisation.

Key words: postgraduate education, career development, health care

ANALIZA ZADOVOLJSTVA FIZIOTERAPEUTA TIMSKOM SURADNOM NA NEUROREHABILITACIJSKOM ODJELU **ANALYSIS OF SATISFACTION OF TEAMWORK AMONG PHYSICAL THERAPISTS AT THE NEURO-REHABILITATION DEPARTMENT**

Uvod: Fizioterapija u neurologiji kompleksan je proces. U neurorehabilitacijskom procesu neophodan je odgovarajući oblik timske suradnje. Informiranost članova tima o timskoj suradnji i njihovo zadovoljstvo međusobnom suradnjom pokazatelji su pojedinih problema u funkcioniranju tima. Cilj je istraživanja provjeriti osnovnu informiranost fizioterapeuta članova tima o timskom radu i analizirati opažanja fizioterapeuta članova stručnog tima o funkcioniranju vlastitog neurorehabilitacijskog tima na neurološkom odjelu Specijalne bolnice za medicinsku rehabilitaciju Krapinske Toplice. Postavljene su hipoteze da fizioterapeuti članovi neurorehabilitacijskog tima nemaju osnovne informacije o timskom radu i da fizioterapeuti nisu zadovoljni radom vlastitog tima. Metode: U radu je korišten upitnik 1 za provjeru osnovne informiranosti o timskom radu i upitnik 2 za provjeru zadovoljstva članova tima timskom suradnjom. Ukupno je sudjelovalo 20 fizioterapeuta. Rezultati su prikazani na nominalnoj skali ocjenama od 1 do 5. Obrada rezultata pokazuje prosječnu ocjenu informiranosti i zadovoljstva radom tima te dominantne vrijednosti pojedinačnih rezultata. Rezultati: Rezultati istraživanja pokazali su da je prosječna ocjena informiranosti ispitanika 2,75, a zadovoljstvo timskim radom 2,76. Zaključak: Istraživanje je pokazalo da je informiranost fizioterapeuta dobra kao i zadovoljstvo timskim radom, ali na najnižoj prolaznoj razini, što ukazuje na potrebu poboljšanja timske suradnje.

Ključne riječi: neurološka rehabilitacija, timski rad, fizioterapija

Introduction: Physical therapy in neurology is a complex process. In the neurological rehabilitation process, an appropriate form of team cooperation is necessary. Team members lack of awareness of cooperation or low level of satisfaction with the mutual cooperation indicate certain problems in terms of functioning of the team. The goal of this research is examine the basic awareness of team members regarding the team work and to analyse the team members' observations about the functioning of their own neurological rehabilitation team within the neurology department of the special hospital for medical rehabilitation, Krapinske Toplice. The hypothesis to be tested is that physical therapists and members of the neuro rehabilitation team do not possess the basic information about team work that they require and that they are not satisfied with the work of their own team. Methods: For this research, two questionnaires were employed: questionnaire 1 was used to examine levels of basic awareness of team work; and questionnaire 2 was used to examine team members' satisfaction with their own team. In total, 20 physical therapists participated in the research. The results are shown on a scale of 1 to 5. Analysis of results revealed an average rating of awareness and satisfaction with team work, but with a high rating for individual results. Results: The research results have shown that an average awareness of the examinees is 2.75, and satisfaction with team work 2.76. Conclusion: The research has shown that awareness of physical therapists is good, but the level of satisfaction with team work is at its lowest possible level, thus indicating the necessity for team work improvements.

Key words: neurological rehabilitation, team work, physical therapy

IZZIVI TIMSKEGA DELA V SOCIALNO GERONTOLOŠKI PRAKSI CHALLENGES OF TEAMWORK IN SOCIAL GERONTOLOGICAL PRACTICE

Teoretična izhodišča: Timsko delo je prisotno v vseh porah družbenega življenja. Na področju skrbi za stare je timsko delo postulat odličnosti socialno gerontoloških storitev. Uvajanje uspešnih pristopov timskega dela predstavlja vrednoto za organizacijo – tudi za domove za starejše, kjer v timih sodelujejo strokovnjaki različnih strok. Njihov skupni cilj je zadovoljstvo starih. Metodologija: V raziskavi je bila uporabljena metoda študija primera. Podatke smo pridobili z vprašanji polstrukturiranega intervjuja. V raziskavo smo vključili šest vodij različnih oddelkov v domu za starejše. Rezultati: Na osnovi študije primera smo identificirali osnovne gradnike uspešnega tima socialno gerontoloških storitev v domu za starejše. Razparava: Praksa timskega dela v domovih za starejše je vpeljana, vendar še ni zaživela v popolnosti. Med člani timov, ki so strokovnjaki različnih strok, občasno prihaja do medsebojnega nezaupanja in neustrezne komunikacije. Doseganju odličnosti socialno gerontoloških storitev tudi s pristopi uspešnega timskega dela je treba zato nameniti več raziskovalne in strokovne pozornosti.

Ključne besede: timsko delo, tim, izzivi, socialno gerontološka praksa, stari

Theoretical framework: Team work is present in all pores of social life. In the field of care for the elderly, team work is a postulate of excellence of social gerontology services. Introduction of successful approaches of team work represents value for an organisation – for elderly homes, too, where professionals from different professions cooperate in a team. Their common goal is contentment of the elderly. Methodology: In this research, we use the case study method. Data has been obtained with semi-structured interview questions. In the study, we included 12 managers of different departments of a retirement home. Results: Based on this case study, we identify the basic cornerstones of a successful team for social gerontology services in retirement homes. Discussion: Though team work is already an established practice in retirement homes, it has not yet come to life in full. Occasionally, mutual mistrust and improper communication occurs among the team members, who are professionals from different professions. Therefore, reaching excellence of social gerontology services with successful team work approaches demands more research and professional attention.

Key words: team work, team, challenges, social gerontological practice, elderly

VPLIV REDNIH LETNIH RAZGOVOROV NA DELOVNO USPEŠNOST

EFFECT OF REGULAR ANNUAL EVALUATIONS ON JOB PERFORMANCE

Redni letni razgovori so v vsaki organizaciji ključnega pomena. Izvajati jih mora ustrezen strokovnjak na tem področju z znanjem učinkovitega vplivanja in motiviranja na posameznike. Po navadi je to sistematično načrtovan razgovor med zaposlenim in njegovim vodjo. Ključnega pomena je, da vodja zna prisluhniti zaposlenemu in na podlagi njegovih predlogov gradita skupaj vizijo in prihodnost nekega podjetja, kar vpliva pozitivno na organizacijsko klimo zaposlenih, motivacijo in pomembnost vsakega posameznika k pridobitvi neke delovne organizacije. Vodja in zaposleni se pogovarjajo o elementih, ki bi jih bilo mogoče izboljšati, načrtih za prihodnost, mnenjih in predlogih. Pogosto se dogaja, da se po opravljenem razgovoru vrnemo k staremu, varnemu načinu poslovanja. Najti način, kako posameznika na edinstven način pripraviti do iskanja novih izzivov in individualnega razvoja, je danes le še teorija, ki jo je treba nujno realizirati v praksi. Ali redni letni razgovori dejansko vplivajo in se udeležijo v praksi posameznikov po razgovoru, smo preučevali na podlagi raziskave med zaposlenimi in pomočnico direktorja sektorja splošnih poslov Gorenjske banke, d. o. o., Kranj.

Ključne besede: redni letni razgovori, delovna uspešnost, motivacija

Regular annual evaluations constitute a key element of every organisation. Such evaluations have to be performed by an expert in that relevant area, someone who is able to effectively influence and motivate individuals. Usually, such meetings are systematically planned, and are involve an employee and their manager. It is of great importance that a manager is able to listen to their employee, so that they can build a vision and a future of the company together, taking into consideration the employee's suggestions, which will have a positive influence on the organisational climate of the employees, their motivation and the role of each individual in contributing to their organisation. The manager and their employees discuss the elements that could be improved, plans for the future, their opinions and suggestions. It is often the case that, after the evaluation, people will return to their old, 'safe' way of operating. Nowadays, devising a unique way to motivate an individual to seek new challenges and to achieve personal development requires creating a theoretical background that can subsequently be implemented in practice. Based on the research performed among employees and the assistant director of general services of Gorenjske banke, d.o.o., Kranj, we investigated whether regular annual evaluations succeed in influencing individuals to implement the agrees activities into practice.

Key words: regular annual interviews, job performance, motivation

MOTIVACIJA KAO PREDIKTOR ODRŽAVANJA KVALITETNE ZDRAVSTVENE NJEGE MOTIVATION AS A PREDICTOR FOR MAINTAINING THE QUALITY OF HEALTH CARE

Teoretična ishodišta: Zadovoljstvo i motivacija medicinskih sestara postaju ključna pitanja suvremenih zdravstvenih ustanova i glavni čimbenik u održavanju kvalitete zdravstvene njege. Teorija motivacije proučava specifičan proces motivacije, objašnjava određeno ponašanje ljudi na poslu, opisuje što zdravstvene organizacije mogu učiniti kako bi ohrabrine medicinske sestre i tehničare da ulože znanje, sposobnosti i vještine na način koji će omogućiti ostvarenje ciljeva zdravstvene ustanove. Metodologija: Kao metoda korištena je deskriptivna statistika na osnovi prikupljenih podataka nestandardiziranom anketom koja je ispitala tri varijable: privlačnost nagrade za pojedinca, vjerojatnost da će za savjesno i dobro odrađen posao uslijediti nagrada i učestalost ispitivanja motivacije medicinskih sestara na radnim mjestima. U istraživanju su sudjelovale medicinske sestre i tehničari te studenti sestrinstva Sveučilišta Sjever. Ispitano je 100 ispitanika. Rezultati: Provedeno istraživanje ukazalo je kako je motivacija važan psihološki fenomen koji doista utječe na učinkovitost i kreativnost u radu medicinskih sestara. Istraživanje je pokazalo da je ispitanicima visina plaće važan motivacijski faktor, ali isključivo uz potporu ostalih motivatora koji ju daleko nadjačavaju. Sljedeći motivatori bili su siguran posao te osigurani uvjeti i sredstva za rad. Međutim, motiv napredovanja na poslu i promaknuća pokazao se kao najslabiji motivator u ovom istraživanju. Nadalje, ispitanici su također naveli kako je u njihovom svakodnevnom radu motivacija djelatnika jako rijetka, odnosno u većini slučajeva ne provodi se. Rasprava: Motivacija je, očito, nešto što svima treba, što svi žele, ne mogu raditi i živjeti bez toga, ali nisu sasvim sigurni što je to.

Ključne riječi: motivatori, medicinske sestre, zadovoljstvo, ljudski resursi

Theoretical starting points: Satisfaction and motivation of nurses are becoming key issues within modern health organizations, and the principal factor for maintaining the quality of health care. The theory of motivation concerns specific processes of motivation, it explains certain behavioural patterns of people in the work place, and it describes what health organizations can do to encourage nurses and medical technicians to provide knowledge, abilities and skills to enable the achievement of goals within health institutions. Methods: Descriptive statistics were applied to the data obtained through a non-standardised survey examining three variables: appealing reward for an individual, the probability of receiving a reward based on a conscientious and well done job, and the frequency of testing the motivation of nurses in the work place. Nurses and medical technicians, as well as the students of the University North, participated in the survey, thus totalling 100 examinees. Results: The research indicated that motivation is a crucial psychological phenomenon that notably affects the efficiency and creativity of nurses in the work place. The research also revealed that salary is a very important factor for the examinees, but while also taking into consideration other motivators that may serve to overrule this influence. Such motivators included a steady job, ensured conditions, and funds. However, career promotion proved to be the weakest motivator in this research. Moreover, the examinees also stated that motivation of employees rarely happens or may not be carried out at all. Discussion: Motivation is, naturally, something that most people require; they can work and live without it, but are driven by motivators even though they may not be sure what the motivation is.

Key words: motivators, nurses, satisfaction, human resources

ABSENTIZEM V ZDRAVSTVENI NEGI – IZZIV ZA MENEDŽMENT **ABSENTEEISM IN HEALTH CARE - CHALLENGE FOR MANAGEMENT**

Opravili smo pregled literature o dejavnikih, ki vplivajo na absentizem zaposlenih na področju zdravstvene nege, pri čemer smo se osredotočili na pomembnejše vzroke zdravstvenega absentizma, kot so okolje zdravstvene nege, organizacija dela, boleznimi kostno mišičnega sistema, stres na delovnem mestu, vpliv izmenskega dela in starost. V prispevku bomo predstavili tudi zbrane podatke o odsotnosti z dela zaradi zdravstvenih razlogov za leto 2014 zaposlenih s področja zdravstvene nege v Splošni bolnišnici Murska Sobota. Namen prispevka je opozoriti na problem absentizma v zdravstveni negi, s ciljem osvetliti njegove posledice na posameznika in delovno organizacijo ter izpostaviti rešitve, ki se ponujajo. Številne študije so pokazale, da imata način dela in organiziranost delovnih mest vpliv na zdravje zaposlenega. Ker je za področje zdravstvene nege značilno pomanjkanje medicinskih sester, so ta spoznanja zelo pomembna pri zmanjševanju absentizma. V Splošni bolnišnici Murska Sobota je bilo leta 2014 zaposlenih 419 izvajalcev zdravstvene nege. Analiza podatkov o odsotnosti zaradi zdravstvenih razlogov v tej bolnišnici je pokazala, da so bili leta 2014 na področju zdravstvene nege v povprečju največ časa odsotni bolničarji, in sicer 330,50 ur, najmanj pa diplomirane medicinske sestre s povprečno odsotnostjo 158,49 ure na leto. Glavni vzrok za odsotnost med vsemi zaposlenimi v zdravstveni negi v raziskovani zdravstveni ustanovi pa je bila bolezen. Podatki kažejo, da so zaposleni, ki so starejši od 50 let, večkrat odsotni zaradi bolezni, vendar se prej vrnejo nazaj na delo. Večino dejavnikov, kot so delovni pogoji, organizacija dela, izmensko delo in stres na delovnem mestu, ki vplivajo na zdravstveni absentizem, se z organizacijskimi ukrepi lahko omili in omogoči zaposlenim varno, zdravo in spodbudno delovno okolje. Predvsem je treba posebno pozornost namenjati napovednim dejavnikom, ki vodijo v zdravstveni absentizem.

Ključne besede: zdravstveni absentizem, zdravstvena nega, delovno okolje, organizacija dela, ukrepi za zmanjševanje absentizma

We performed literature review on factors that affect employee absenteeism in health care. We focused on the major causes of health absenteeism in nursing, such as work organisation environment, diseases of the musculoskeletal system, stress at work, the impact of shift work and age of employees. In this paper, we present the compiled information on absences from work due to health issues in 2014 of the employees in nursing in General Hospital of Murska Sobota. The purpose of this paper is to draw attention to the problem of absenteeism of nurses with the purpose to emphasise its consequences for individuals and work organisation, and to highlight available solutions. Numerous studies have shown that work and organisation of positions have an impact on health of employees. Since lack of nurses in nursing is a typical characteristic, these findings are very important for reducing absenteeism. In 2014, the General Hospital of Murska Sobota was employing 419 people in nursing. Data analysis on absences due to health reasons showed that paramedics were had most absences due to health issues, averaging 330.50 hours, and registered nurses had the least absences with 158.49 hours per year in average. The main reason for absence of all nursing employees in a medical institution was illness. Data shows that employees 50 years of age are often absent due to illness, but they soon returned to work. Most factors, such as working conditions, organization of work, shift work and stress at work that affect health absenteeism may be mitigated with organisational measures and safe, healthy and stimulating work environment can be provided to the employees. Special attention should be focused to predictive factors that lead to health absenteeism.

Key words: health absenteeism, health care, work environment, work organisation, absenteeism reduction measures

POGLED VODILNIH MEDICINSKIH SESTER NA KULTURNO KOMPETENTNOST ZAPOSLENIH V ZDRAVSTVENI NEGI **NURSE LEADERS ON CULTURAL COMPETENCE OF NURSING STAFF**

Živimo v družbi, ki je vse bolj raznolika. Vedno pogosteje se srečujemo z ljudmi drugih ras, kultur in prepričanj. Pisanost današnje družbe se odraža tudi v zdravstveni negi, za katero morajo biti izvajalci kulturno kompetentni, kar pomeni imeti zmožnost razumeti in spoštovati vrednote, odnose, prepričanja in običaje različnih rasnih, etničnih, verskih ali socialnih skupin, jih upoštevati ter se glede na njih primerno odzvati pri planiranju, izvajanju in vrednotenju negovalnih programov in intervencij. Razvoj kulturne kompetentnosti je dolgotrajen in nikoli povsem zaključen proces, ki zahteva kontinuirano učenje, (samo)refleksijo, evalvacijo in prilagajanje. Z empirično kvalitativno raziskavo smo med vodilnimi medicinskimi sestrami ugotavljali razumevanje pojma in razvitost kulturne kompetentnosti v zdravstveni negi, samooceno lastne kulturne kompetentnosti ter prisotnost morebitnih stereotipov. Zanimalo nas je tudi mnenje intervjuvancev o potrebnih ukrepih za izboljšanje kulturne kompetentnosti v zdravstveni negi. Podatke, ki so bili zbrani s tehniko polstrukturiranih intervjujev, smo analizirali s pomočjo metode kvalitativne vsebinske analize. Rezultati naše raziskave imajo prispevek k razumevanju problematike kulturne kompetentnosti v zdravstveni negi ter kažejo potrebo po raziskovanju in izobraževanju zaposlenih v zdravstveni negi na področju kulturne kompetentnosti.

Ključne besede: kulturna kompetentnost, zdravstvena nega, vodilne medicinske sestre

Our society is becoming increasingly diverse. Encountering people of different race, culture and beliefs is more and more common. Diversity of the society also reflects in the field of nursing, requiring nurses to develop cultural competence. Cultural competence represents the ability to understand, respect and consider values, relations, beliefs and customs of various racial, ethnic, religious or social groups, while planning, implementing and evaluating nursing care and interventions. Development of cultural competence is long lasting, never ending process, requiring continuous learning, (self-) reflection, evaluation and modification. We have performed an empirical qualitative research among some nurse leaders to gain an insight on how they understand the term itself, how they see the need for developing cultural competence, how they reflect on their own cultural competence and the presence of stereotypes, and what measures are needed for the improvement. The data, collected by semi-structured interviews, were analysed by qualitative content analysis. Our results are offering a contribution to understanding the phenomena of cultural competency in nursing and are indicating the need for further research and education in this field.

Key words: cultural competence, nursing, nursing leaders

VPLIV PSIHIČNIH OBREMENITEV NA DELOVNO SPOSOBNOST *THE IMPACT OF PSYCHOLOGICAL STRESS ON THE CAPACITY TO WORK*

Ohranjanje delovne sposobnosti je velik izziv za vsako delovno organizacijo, kajti psihične obremenitve lahko pripeljejo do demotivacije, izostanka od dela zaradi bolezni, odpovedi, zmanjšanja produktivnosti in s tem se zmanjšuje tudi konkurenčnost organizacije. Psihične obremenitve na delovnem mestu je treba pravočasno prepoznati, jih evalvirati in seveda s pravilnimi postopki delovati preventivno oziroma skrbeti za razbremenitev. Psihične obremenitve obstajajo v vseh štirih dimenzijah delovne organizacije. Promocija nalog in dejavnosti: telesne, mentalne in emocionalne obremenitve in defciti v kvalifikaciji. Delovna organizacija: delavni procesi, količina, jasnost nalog. Delovno okolje: delovna klima, hrup, svetloba, prostor, delovni pripomočki in nevarnosti. Organizacijska kultura in vodenje: timsko delo, pretok informacij, samostojnost v delu in odločanje. Delovna sposobnost je ravnotežje med tem, kaj zaposleni dolgoročno zmore oziroma hoče in kaj delovna organizacija z razpoložljivimi delovnimi pogoji zahteva od zaposlenega. Na delovno sposobnost seveda v večji meri vpliva delovno okolje, seveda pa je tudi odvisna od zaposlenega samega. Torej je delovna sposobnost obojestranska odgovornost.

Ključne besede: psihična obremenitev, delovna sposobnost, delovna klima, evaluacija, organizacijska kultura

Preserving the capacity to work constitutes a major challenge for any work organisation. Psychological stress namely leads to workplace demotivation, sick leave absentees, resignation, reduced performance and, consequently, competitiveness of the organisation as a whole. Psychological stress at the workplace needs to be timely identified and evaluated and proper preventive or distressing measures need to be put into place. Psychological stress is present in all four dimensions of a work organisation. The promotion of tasks and activities: physical, mental and emotional stress and qualification deficits. Work organisation: working processes, quantity and clarity of tasks. Working environment: atmosphere at the workplace, noise, lighting, facilities, working tools and occupational hazards. Organisational culture and management: teamwork, information flow, autonomous performance of tasks and decision-making. The capacity to work marks a balance between what an employee can or wants to achieve in the long run on the one hand and what the work organisation with its available working conditions requires from the employee on the other. The working environment has the greatest impact on the capacity to work, although the employee him-/herself also plays a role. Therefore, the capacity to work marks a mutual responsibility of both the work organisation and the employee.

Key words: *psychological stress, work capability, work atmosphere, evaluation, organisational culture*

VLOGA ZDRAVSTVENEGA DISPEČERJA OB PRVEM STIKU S KLICOČIM **THE ROLE OF HEALTHCARE DISPATCHER DURING THE FIRST CONTACT WITH THE CALLER**

Dispečerska služba v zdravstvu je pomemben del celotnega sistema nujne medicinske pomoči. Naloga dispečerske službe v zdravstvu je sprejem klica o nenadnih dogodkih ali reševalnih prevozih, ki potrebujejo intervencijo službe nujne medicinske pomoči na terenu, določanje stopnje nujnosti glede na sprejeto obvestilo (klic) in aktiviranje ustreznih ekip nujne medicinske pomoči glede na naravo in lokacijo dogodka. Pravilne in natančne informacije veliko pripomorejo k zagotovitvi najhitrejše in strokovno najboljše prve pomoči v danih okoliščinah. Istočasno pa mora zdravstveni dispečer ohranjati kontakt z osebami, ki posredujejo podatke in jih z razumljivimi napotki voditi, kako naj ukrepajo in izvajajo prvo pomoč do prihoda ekipe nujne medicinske pomoči. Namen članka je predstaviti pomen natančne in pravilno usmerjene komunikacije med zdravstvenim dispečerjem in klicateljem, ki je v stanju, ki zahteva nujno intervencijo, ali pa je z njo soočen.

Ključne besede: zdravstveni dispečer, dispečerska služba zdravstva, nujna medicinska pomoč, sprejem klica

Emergency medical dispatch service is important part of the whole emergency medical service. The role of emergency medical dispatch service is to receive a call of sudden emergency events or ambulance transports that require emergency medical services intervention on the field, determine a priority of the intervention and activation of appropriate emergency medical teams depending on the nature and location of the event. Correct and accurate information help to ensure the quickest and professionally accurate first aid in given circumstances. At the same time, emergency medical dispatcher maintain contact with the people who provide information and gives understandable directions how to act and provide first aid until the arrival of an ambulance. The purpose of this paper is to present the importance of accurate and properly oriented communication between emergency medical dispatcher and a caller who is confronted with circumstances that require urgent intervention.

Key words: emergency medical dispatcher, medical dispatch services, emergency medical services, call receiving

ZAPOSILITEV DELOVNEGA TERAPEVTA V TURISTIČNI DEJAVNOSTI – MNENJE ŠTUDENTOV DELOVNE TERAPIJE **OCCUPATIONAL THERAPIST IN TOURISM- OPINIONS OF OCCUPATIONAL THERAPY STUDENTS**

Izhodišča: Turistična ponudba za osebe s posebnimi potrebami večinoma še ni dostopna oziroma prilagojena, turistični delavci pa nimajo potrebnega znanja in kapacitet za delo z njimi. Delovni terapevt ima pomembno vlogo pri zagotavljanju enakih možnosti za vse, saj svetuje in sodeluje pri njihovem načrtovanju in izvedbi. Zaposlenim v turizmu pa nudi izobraževanje in podporo pri komunikaciji in ravnanju z osebami s posebnimi potrebami. Ugotavljali smo, kaj o zaposlitvi delovnega terapevta v turistični dejavnosti menijo študentje delovne terapije. Metode: Podatke smo zbirali s spletnim anketnim vprašalnikom, ki ga je izpolnilo 85 študentov delovne terapije na Zdravstveni fakulteti. Rezultati: Študentom se zaposlitev delovnega terapevta v turistični dejavnosti zdi smiselna. Poznavanje pojma »turizem za vse« se z letnikom študija veča. Študenti menijo, da se delovni terapevt lahko aktivno vključi v soustvarjanje turistične ponudbe za ljudi s posebnimi potrebami. Ugotovitve: Zaposlitev delovnega terapevta v turistični dejavnosti bi osebami s posebnimi potrebami omogočila vključevanje v turizem in povečala kakovost življenja, turističnim organizacijam pa bi prinesla konkurenčno prednost.

Ključne besede: dostopni turizem, osebe s posebnimi potrebami, študenti delovne terapije

Introduction: Many tourist facilities for people with disabilities are not yet accessible or customised, and tourist workers are not equipped with necessary capacities, knowledge and skills to work with the disabled. Occupational therapist has an important role in ensuring equal opportunities for all to/with advising and cooperating in its planning and implementation. He might offer training and support for communication and management with persons with disabilities. The aim of the study was to determinate/investigate views of students of occupational therapy about employment of occupational therapist in tourism. Methods: Data were collected through a web survey, filled by 85 students of the Department of Occupational Therapy. Results: Students believe that employment of occupational therapists in tourist activities is meaningful. Knowledge of the concept of 'tourism for everyone' is better among student in the 3rd year than in the 1st. Conclusion: Employment of occupational therapists in tourism would allow people with disabilities integration in tourism, increase the quality of their lives, and would yield competitive advantage for tourist organizations.

Key words: accessible tourism, people with special needs, occupational therapy students

KONGRUENTNI MODEL – DA ALI NE CONGRUENT MODEL - YES OR NO

Uvod: Spreminjanje stališč, vrednot, pojmovanj in odnosov do oseb s posebnimi potrebami spreminja celotno družbeno skrb zanje. S tem se zagotavlja dvig kakovosti življenja teh oseb. Kongruentni negovalni model predstavlja zavestno dojemanje in zavestno obdelavo spoznanj glede osebe v procesu nege. Namen uvedbe kongruentnega modela v zavodu je zagotavljanje dobrega zdravstvenega in psihofizičnega počutja ter zadovoljstva stanovalcev in posredno tudi njihovih svojcev, odnosov med zaposlenimi ter organizacijo dela. Metode: Raziskava je temeljila na kvalitativni metodologiji na podlagi dveh študij primerov. Podatki so bili pridobljeni na podlagi osebnega intervjuja stanovalcev v Domu Nina Pokorn Grmovje in pregledu medicinske dokumentacije anketirancev v času od julija 2014 do oktobra 2015. Rezultati: Rezultati pokažejo bistven napredek v odnosu med stanovalcem in zaposlenim. Zmanjšala se je uporaba zdravil, ker stanovalci niso iskali rešitve svojih problemov, stresa, v jemanju zdravil, ampak jih je nadomestil pozitiven odnos, medsebojno zaupanje ter ugodno čustveno doživljanje obeh udeležencev. Diskusija in zaključek: Uvedba kongruentnega modela je pokazala, da se je zvišala kakovost življenja stanovalcev, hkrati so se izboljšali (okrepili) odnosi med vsemi vpletenimi v procesu dela. Prikazane smernice kažejo dobro izhodišče za poenotenje takšnega modela na ravni celotnega zavoda.

Ključne besede: kongruentna nega, stanovalec, odnosi, zaposleni

Introduction: Changing views, values, understanding and attitudes towards people with special needs are resulting in an improvement in their overall social care. These changes serve to ensure an improvement in the quality of life for these people. The congruent nursing model represents the conscious comprehension and processing of knowledge by caregivers. The purpose of introducing the congruent model into the institution is to provide good health and psycho-physical well-being; a feeling of satisfaction in the residents and, indirectly, their relatives; and improved relations between the employees and the organization of work. Methods: The study was based on a qualitative methodology involving two case studies. The data were obtained through personal interviews with the residents of the house of Nina Pokorn Grmovje, and a review of the medical records of the respondents in the period from July 2014 to October 2015. Results: The results reveal a significant progress in the relationship between the resident and the employee since application of the model. The use of drugs reduced, because residents were no longer looking for a solution to their problem of stress, but instead were experiencing a positive attitude, mutual trust and positive emotional experience for both participants. Discussion and conclusion: The application of the congruent model led to an increased quality of life for the residents, while at the same time it improved (strengthened) the relations between all the actors involved in the process of work. The paper presents guidelines which offer a good starting point for the unification of such a model at institution level.

Key words: congruence, the resident, relations, employee

UVEDBA KONGRUDENTNEGA MODELA V DOMOVE ZA STAREJŠE

INTRODUCTION OF THE CONGRUENCE MODEL INTO NURSING HOMES

Teoretična izhodišča: Statistični urad Republike Slovenije navaja, da se bo delež prebivalstva nad 65 let do leta 2060 dvignil skoraj na eno tretjino celotnega prebivalstva. Za družbo pomeni tako spremenjena starostna struktura velike spremembe. V Sloveniji se v določenih domovih za starejše že uvaja kongruentni negovalni model. Prvič je bil oblikovan leta 1992, avtor tega modela je Rüdiger Bauer. V Sloveniji izobraževanje organizira podjetje FIRIS, ta model uporabljajo že v Nemčiji, Avstriji in Švici. Cilj: želeli smo ugotoviti odzive zaposlenih v domovih, ki so se udeležili izobraževanja uvedbe kongruentnega modela in koncept dela uvajajo v svoje delovne sredine. Metode: Zbiranje podatkov je potekalo na zaključnem izobraževanju v novembru 2015. S kvalitativno analizo podatkov smo analizirali intervjuje petih domov za starejše. Rezultati: Rezultati kažejo, da sodelujoči na zaključku izobraževanja menijo, da je kongruentni model za delo s starejšimi v domovih pokazal več razumevanja, izboljšav, pozitivnosti in zaupanja. To pa pomeni, da je treba usposobiti določeno število strokovnih delavcev, ki bodo implementirali model v domovih, educirali sodelavce in vzdrževali razvoj kongruentne odnosne nege v domovih. Poudarek bo na uvajanju in sistematičnem spremljanju izvajanja modela. Razprava in zaključek: Ob pregledu literature ugotavljamo, da je zelo malo literature, ki bi prikazovala kongruentni model. Priložnosti za nadaljnje raziskave so predvsem še v ostalih domovih v Sloveniji, ki kongruentni model uporabljajo v praksi.

Ključne besede: starost, domovi za starejše, kongruentni negovalni model, izobraževanje za zaposlene

Theoretical bases: According to the Statistical Office of the Republic of Slovenia, the rate of population older than 65 years is said to increase almost to a third of the whole population until 2060. Such change of age structure means a lot of changes for the society. Some nursing homes in Slovenia are already introducing the congruence nursing model. It was formulated in 1992, with Rüdiger Bauer being the author of the model. In Slovenia, the training is organised by FIRIS Company, and the model is already being used in Germany, Austria, and Switzerland. Goal: We wanted to find reactions of the employees in nursing homes who took part in the training for introduction of the congruence model and are introducing the concept of work into their working environment. Methods: The data was acquired at the final training in November 2015. By using qualitative data analysis, we analysed the interviews from five nursing homes. Results: The results show that the participants thought at the conclusion of the training that congruence model for working with seniors in nursing homes showed clearer understanding, improvement, positivity and confidence. This means that it is necessary to qualify a certain number of skilled workers who will implement the model in nursing homes, educate their colleagues, and maintain the development of the congruence-related nursing in nursing homes. The emphasis will be on introducing and systematically monitoring the implementation of the model. Discussion and conclusion: While reviewing literature, we find that there is not a lot of literature on the topic of the congruence model available. Opportunities for further research are mostly available in other nursing homes in Slovenia, where they are using congruence model in practice.

Key words: seniority, nursing homes, congruence nursing model, training for employees

***SEKCIJA: FIZIOTERAPIJA
IN REHABILITACIJA /
PHYSIOTHERAPY AND
REHABILITATION SECTION***

FIZIOTERAPEVT V PRIHODNOSTI STAROSTNIKA ***A PHYSIOTHERAPIST IN THE ELDERLY PEOPLES' FUTURE***

Fizioterapijo v domu starejših občanov uporabljamo kot preventivno dejavnost, kot zdravljenje in rehabilitacijo. Cilji fizioterapije pri starostniku so lajšanje zdravstvenih težav – bolečine, vzdrževanje mobilnosti, vzdrževanje in izboljšanje zmogljivosti in sposobnosti ohranjanje samostojnosti in neodvisnosti v dnevni aktivnostih, komunikacija in socialna vključenost. Ugotavljali smo zadovoljstvo fizioterapevtov, ki so zaposleni v domovih starejših občanov, z obstoječimi metodami dela pri obravnavi starostnikov, s kakšnimi ovirami se pri svojem delu srečujejo in kako vidijo svoje delo v prihodnosti. Raziskava je temeljila na empirični kvalitativni metodologiji, podatki so bili pridobljeni s polstruktuiranim intervjujem. Vzorec je predstavljalo pet fizioterapevtov, ki delajo s starostniki v domovih starejših občanov v Mariboru in Murski Soboti. Intervju je vseboval šest vprašanj. Podatke smo analizirali s kvalitativno vsebinsko analizo. Povprečna starost intervjuvancev je bila 39 let, povprečna delovna doba pa 11,8 leta. Intervjuvani fizioterapevti so navedli, da so stanovalci deležni terapije po navodilu zdravnika, povprečno enkrat na leto, fizioterapevska obravnava traja od 30 minut do ene ure. Za fizioterapevsko obravnavo stanovalcev uporabljajo individualni pristop. Za bolj kakovostno fizioterapevsko delo s starostnikom bi potrebovali več časa za obravnavo, več kadra, boljše sodelovanje v zdravstvenem timu. Možnost izboljšav se kaže v poglobljenem medčloveškem odnosu, uporabi integrativnih ved, povezovanju z naravo, krepitvi socialnih odnosov in vključitvi družbeno koristnega dela. Intervjuvanci so izpostavili, da pogrešajo dodatna strokovna izpopolnjevanja na področju fizioterapevske obravnave starostnika. Napredek fizioterapevske stroke in bolj kakovostno delo s starostnikom je po mnenju intervjuvanih fizioterapevtov v povečanju kadrovskega normativov, kar bi jim prineslo več potrebnega časa za krepitev psihofizične komponente pri individualni obravnavi stanovalcev. Več specialno usmerjenih strokovnih izpopolnjevanj fizioterapevtov pa bi pripomoglo h kakovostnejšemu pristopu fizioterapevske obravnave glede na specifičnost stanovalca.

Ključne besede: kakovost fizioterapije v domu starejših občanov, fizioterapevske metode dela v domu starejših občanov, fizioterapevt v prihodnosti starostnika

Physiotherapy in elderly care home is used as prevention activity, medical treatment and rehabilitation. Goals of physiotherapy of elderly people are to alleviate health problems, such as pain, maintenance of mobility, maintenances and improvement of capacity and capability of maintaining independence in daily activities, communications and socializing. We investigated the satisfaction physiotherapists that are employed in elderly care homes focusing on the existing methods used for treatment of elderly people, the obstacles they come across when dealing with elderly and how they see their work in the future. Research was based on the empirical qualitative methodology by using semi-structured interview with six questions. The sample consisted five physiotherapist, employed in elderly care homes in Maribor and Murska Sobota. Data were analysed with qualitative content analysis. The average age of the interviewees was 39 years, while the average length of service was 11.8 years. Interviewed physiotherapists have indicated that the residents of elderly care home received therapy as instructed by a medical doctor, once a year on average. Physical treatment lasts between 30 minutes to one hour and the patients are always being treated individually. Physiotherapists also say that they would need more time for each patient and more physiotherapeutic staff in order to improve the quality of treatment, as well as better collaboration between medical teams. Possible improvements can be found through deeper interpersonal relationship, integrative methods application, connecting with nature, strengthening social relationships and social inclusion. Interviewees have pointed to the lack of additional professional training in the field of elderly people treatment. According to interviewed physiotherapists, the progress in physiotherapy profession and the quality of treatment of elderly people, is conditioned by capacities in terms of number of staff. That would enable them to address more time to psychophysical components of individual treatment of each resident, while receiving more professional physiotherapeutic training would help towards better quality of treatment according to specifics of the resident.

Key words: quality of physiotherapy in elderly care homes, physiotherapy methods of work in the elderly care homes, a physiotherapist in the future of the elderly

STAVOVI STUDENATA PRVE GODINE FIZIOTERAPIJE PREMA STARIJIMA *FIRST YEAR STUDENTS OF PHYSIOTHERAPY ATTITUDES TOWARDS THE ELDERLY*

Starenje stanovništva djeluje na ukupni gospodarski razvoj. Također se samim time mijenjaju odnosi prema starijoj populaciji, što utječe na društvenu interakciju, život općenito, zdravstvenu zaštitu, zapošljavanje i socijalnu politiku. Već je sada Hrvatska, prema kriterijima UN-a, svrstana u četvrtu grupu država s „vrlo starim pučanstvom“, s udjelom starijih od 65 godina od 15,62 %. Prema prognozi Populacijskog odjela Ujedinjenih naroda udio starijih u populaciji Hrvatske i dalje će se povećavati i predviđa se da će 2050. godine iznositi oko 26 %. Stavovi budućih fizioterapeuta prema starijim osobama mogu utjecati na kvalitetu pružene usluge te posljedično i na uspješnost provođenja terapije. Ispitivanje je provedeno tijekom siječnja 2016. godine na nasumičnom uzorku od 40 studenata prve godine studija Fizioterapije Veleučilišta Lavoslav Ružička u Vukovaru. U istraživanju je sudjelovalo ukupno 13 studenata i 27 studentica u dobi od 18 do 27 godina; većina studenata bila je u rasponu od 19 do 20 godina ($n = 30$). Instrument za provođenje istraživanja sastoji se od 18 stavki po uzoru na Koganov upitnik o stavovima prema starim osobama (ATOP) koji u originalu sadrži 34 stavke; upitnik se sastoji od pozitivnih i negativnih izjava koje se boduju ocjenama od 1 do 5, gdje 1 znači izrazito se ne slažem, a 5 izrazito se slažem. Provedeno istraživanje ukazuje kako studenti fizioterapije općenito pokazuju umjereno pozitivne stavove vezane uz starije osobe. Naposljetku stavovi studenata mogu utjecati na njihovu interakciju sa starijim osobama te nam se postavlja pitanje hoće li studenti tijekom školovanja dobiti dovoljno potrebnih informacija koje bi ih pripremile za klinički rad sa starim osobama.

Gljučne riječi: stavovi, studenti fizioterapije, stare osobe

Ageing of the population affects the overall economic development. This also brings changes in the attitude towards the elderly, and that change affects social interaction, life in general, health care, employment and social policy. According to the UN criteria, Croatia is already classified in the fourth group of countries with 'very old population', with 15.62% of the population being older than 65. According to prognosis of the UN population department, the share in Croatian population is going to increase and it is predicted to about 26% by 2050. Attitudes of future physical therapists towards the elderly may influence the quality of the service they will provide, and therefore and consequently the success of the treatment itself. The research was conducted during January 2016 among 40 randomly chosen first year students of physiotherapy at the College of Applied Sciences Lavoslav Ružička in Vukovar. 13 male students and 27 female students, aged from 18 to 27, participated. The majority of students was in the range of 19-20 years, of age $n=30$. The instrument used to conduct the research, consisted of 18 items, based on Kogan's attitude towards old people (ATOP) scale that originally consisted of 34 items, the questionnaire consists of positive and negative statements that are scored from 1 to 5, where 1 is 'I strongly disagree', and 5 is 'I strongly agree'. The conducted research suggests that first year physiotherapy students generally show moderately positive attitudes towards the elderly. Ultimately, the student's attitudes can influence their interaction towards the elderly which raises the question whether the students will receive enough of required information during their education that would adequately prepare them for clinical practice.

Key words: attitudes, physiotherapy students, the elderly

POJAV STRESNE URINSKE INKONTINENCE MED FIZIOTERAPEVTI V UNIVERZITETNEM KLINIČNEM CENTRU MARIBOR

STRESS URINARY INCONTINENCE AMONG PHYSIOTHERAPISTS AT THE UNIVERSITY MEDICAL CENTRE MARIBOR

Teoretična izhodišča: Stresna urinska inkontinenca (SUI) je nehoteno uhajanje urina pri fizičnih aktivnostih, kot so dvigovanje bremen in športne aktivnosti ter pri kihanju ali kašljanju. Z izvajanjem vaj za krepitev mišic medeničnega dna (MMD), kot preventiva pred SUI, se lahko bistveno izboljša kakovost življenja. Z našo raziskavo smo želeli ugotoviti pojavnost SUI med fizioterapevti, v primerjavi z medicinskimi sestrami, zaposlenimi v UKC Maribor. Metodologija: Uporabili smo anketni vprašalnik, ki je obsegal 20 vprašanj, večinoma zaprtega tipa. Raziskovalni vzorec je zajemal 48 fizioterapevtov in fizioterapevtk v starostnem obdobju med 20 in 60 let, zaposlenih v UKC Maribor. Rezultati: Dobljene rezultate smo primerjali z raziskavo, opravljeno o pojavu SUI pri medicinskih sestrah v UKC Maribor iz leta 2008. Glede na dejavnik tveganja pri opravljanju poklica, kot je opravljanje težjih fizičnih opravil, smo z raziskavo ugotovili, da se SUI pojavlja v večji meri pri medicinskih sestrah kot pri fizioterapevtih. Med drugim smo ugotovili tudi, da so fizioterapevti v primerjavi z medicinskimi sestrami bolje seznanjeni in ozaveščeni s pomenom in učinki izvajanja vaj za krepitev MMD. Razprava: Tako fizioterapevti kot medicinske sestre bi si morali prizadevati za večjo promocijo kontinence, širjenje ustreznih informacij o preprečevanju pojavnosti inkontinence. Večji poudarek bi moral temeljiti na izvajanju vaj za krepitev MMD, ki se svetujejo kot prvi izbor v konzervativnem zdravljenju stresne in drugih tipov urinske inkontinence.

Ključne besede: stresna urinska inkontinenca, dejavniki tveganja, mišice medeničnega dna, fizioterapevti

Theoretical background: Stress urinary incontinence (SUI) is involuntary urinary leakage which occurs with physical activity such as lifting heavy objects, sports activities, sneezing and coughing. Regular exercising of pelvic floor muscles (PFM) as a preventive measure of SUI may aid to improvement of quality of life. The aim of our research was to examine the occurrence of SUI among physiotherapists employed at UKC Maribor. Methodology: For this purpose a questionnaire with 20 questions, mainly closed type, was used. 48 physiotherapists, aged 20-60 years and employed at UKC Maribor were included. Results: Our results were compared with the results of the research on occurrence of SUI among nurses at UKC Maribor made in 2008. Taking into account the risk factors of the profession, SUI at the work place occurs more common in nurses than in physiotherapists. Results also confirm that physiotherapists, compared to nurses, are more familiar with purpose and effect of exercises for PFM strengthening. Discussion: As health professionals, both professions should strive for the promotion of continence, dissemination of relevant information on the prevention of incontinence. Bigger emphasis should be put to the importance of PFM exercises, which are recommended as first-line treatment in conservative management programs for women with stress and other types of urinary incontinence.

Key words: stress urinary incontinence, risk factors, pelvic floor muscles, physiotherapists

KAKO PREPREČITI PADCE PRI OSTEOPOROZI? HOW TO PREVENT FALLS AT OSTEOPOROSIS?

Teoretična izhodišča: Osteoporoza je sistemska presnovna in progresivna bolezen kostnega sistema, za katero je značilno zmanjševanje kostne mase in trdnosti kosti. Omenjene spremembe na kosteh povečajo tveganje zlomov kosti pri padcih, ki so pogostejši pri motnjah ravnotežja. Metoda: Pri raziskavi in testiranju je sodelovalo 34 žensk, ki so v obdobju štirih tednov izvajale program vaj za izboljšanje ravnotežja. Za valorizacijo uspešnosti programa vadbe smo uporabili test korakanja v štirih kvadratih. Test smo izvedli na začetku in na koncu 4-tedenskega obdobja vadbe. Rezultati: Rezultati testiranja so potrdili, da izvajanje opisanih vaj izboljša ravnotežje, s tem tudi preprečuje nepričakovane padce. Pri prvem testiranju je povprečni čas za izvedbo testa znašal 10,8 sekunde, pri drugem testiranju pa 8,5 sekunde. Povprečno izboljšanje rezultata pri drugem testiranju je bilo 2,1 sekunde oz. za 19,8 %. Razprava: Program vaj, katerega smo izvajali, se je pokazal kot učinkovit. Na rezultat izvedbe testa vplivata tudi pogostost izvajanja vadbe in starost. Preiskovanke, stare do 64 let, so imele v povprečju boljši rezultat kot preiskovanke, starejše od 65 let.

Ključne besede: osteoporoza, vadba, ravnotežje, padci

Theoretical background: Osteoporosis is a systemic, metabolic and progressive bone disease, characterised by a reduction in bone mass and bone strength. These changes in bone increase the risk of bone fractures with falls, which are more common in patients with balance disorders. Method: The sample of this study and testing is 34, all women. They were applied a programme of exercises to improve body balance. For the valorisation of performance training program, we used four steps square test. The test was performed at the beginning and at the end of a four-week exercise period. Results: The test results have confirmed that the implementation of the described exercises successfully improves body balance, thus prevents unexpected falls. In the first test, the average time was 10.8 seconds, while in the second test the average time was 8.5 seconds. The average improvement in performance of the second test was 2.1 seconds or 19.8%. Discussion: The exercises programme has been proven as effective. The results of the test are influenced by the frequency of exercise and the age. The participants, aged 64, had, on average, better result than the participants that were older than 65 years.

Key words: osteoporosis, exercise, balance, falls

TESTIRANJE TELESNE ZMOGLJIVOSTI NA ENOSTAVNEM SLUČAJNOSTNEM VZORCU LJUDI **TESTING OF PHYSICAL CAPACITY ON A SIMPLE RANDOM SAMPLE OF PEOPLE**

Vsi vemo, kako pomembna je telesna aktivnost in zmogljivost v obdobju 21. stoletja. Populacija se stara, ljudje sčasoma postanejo neaktivni. Izboljšanje ravni telesne pripravljenosti posameznika lahko prepreči oz. zniža tveganje za oslabitev telesnih funkcij in struktur. Nastajajoči podatki raziskav nakazujejo povečanje moči in vzdržljivosti pri mlajši populaciji zaradi mehanskih obremenitev na skeletno tkivo. Za funkcijsko zmogljivost so pomembne fiziološke rezerve, kot so moč, vzdržljivost, ravnotežje ter gibčnost. Ti segmenti so bili vključeni v raziskavo, ki je potekala na območju Maribora, in katere namen je zajemal: pregled literature zadnjih desetih let; vpogled v telesno zmogljivost na večjem vzorcu mimoidočih; ugotoviti razlike med spoloma in po starosti (tri starostne skupine); analizo in primerjavo z normativnimi vrednostmi, ki nakazujejo na oceno stanja funkcijske zmogljivosti testirancev. Izvedli smo teste: zmogljivost prijema, test stoje na eni nogi, test dosega za vrat in hrbet ter test lovljenja ravnala.

Ključne besede: funkcijska zmogljivost, moč, ravnotežje, fleksibilnost, reakcijski čas

We all know the importance of physical activity and performance in the 21st century. The population is aging, people are gradually becoming inactive. Improving the fitness level of an individual can prevent or, at least reduce, the risk of impairment of bodily functions and structures. Emerging research data indicate an increase in strength and endurance in younger population, caused by mechanical stress in skeletal tissue. Physiological reserves, such as strength, endurance, balance and agility, are important for functional capacity. These segments were included in the study, which took place in Maribor, and is intended to cover: a review of literature over the last ten years, an insight into the physical performance in a larger sample of passers-by, identification of differences between gender and age (three age groups), an analysis and comparison with normative values that indicate functional capacity assessment of the participants. We used handgrip strength test, one-leg stance test, back scratch test and the ruler drop test.

Key words: functional capacity, strength, balance, flexibility, reaction time

TENSIOMIOGRAFY MEASUREMENTS OF MUSCLE BY ELDERLY PEOPLE; IMPLEMENTATION OF PHYSICAL ACTIVITIES WITH TWO LEVEL INTERVENTIONS

Theoretical basis: Regular physical activity is an important contributor to a healthy lifestyle in the prevention of chronic disease (Pate et al., 1995). Aging, however, is associated with a decline in physical activity level (Black, Coward, Cole, Prentice, 1996) that leads to decrease of muscle mass and strength. The maintenance of muscle strength and the prevention of sarcopenia, are extremely important for older adults to be able successfully perform physical tasks, and exercise including daily activities like walking, showering and caring for one's personal needs. Pisot et al. 2015 suggest that we can counteract biological aging with higher level of physical activity. The purpose of present study was to develop physical activity interventions to improve muscle status at elderly. Methodology: 17 randomly selected healthy late-middle-aged and old-aged participants ($64,36 \pm 4,65$ years of age; body mass $69,71 \pm 10,34$ kg; height $159,64 \pm 8,37$ cm) were measured in the University Kinesiology Centre (ZRS, University of Primorska, Koper) using tensiomyography as a well-established skeletal muscle contractile properties assessment method. Results: The second measurements showed improvements in muscle tone and muscle symmetry of all six muscle pairs. The most progress was observed in the biceps femoris muscles, followed by vastus medialis and erector spinae which were still over toned. Third measurements showed improvements in muscle response. Discussion: The study shows that it is necessary to implement workout interventions in elderly population, to improve their muscle tonus, muscle response and symmetry in order to improve their quality of life. The results of this paper are positive.

Key words: tensiomyography, elderly, contraction time, Displacement, physical activity

DOLGOTRAJNA REHABILITACIJA ZA OSEBE S PRIDOBLENO MOŽGANSKO POŠKODBO V SLOVENIJI – RAZLOGI, POTREBE IN PONUDBA STORITEV **LONG TERM REHABILITATION FOR PEOPLE WITH ABI IN SLOVENIA - REASONS, NEEDS AND OFFER OF SERVICES**

Pridobljena možganska poškodba (PMP) je okvara možganov, do katere pride po rojstvu in ni posledica genetskih sprememb, degenerativnih procesov, kot je staranje, ali nezgode pri porodu. Dolgoročne posledice možganskih poškodb je težko napovedati. Razlikujejo se od posameznika do posameznika in segajo od blagih do zelo težkih. Za zagotavljanje kakovosti življenja po možganski poškodbi je nujna celovita oskrba, ki zagotavlja kontinuiteto ukrepov in postopkov od trenutka poškodbe skozi akutno obdobje do celovite obravnave v post-akutnem obdobju. V primeru dolgotrajnih posledic na posameznikovo življenje lahko govorimo o dolgotrajni potrebi po psihosocialni pomoči oz. o dolgotrajni psihosocialni rehabilitaciji. Dolgotrajna psihosocialna rehabilitacija oseb s PMP je večplasten, občutljiv in zahteven proces. Vsi njeni deli so strokovno osmišljeni in načrtovani. Zahteva individualizirano, usklajeno, kontinuirano strokovno pomoč in podporo uporabniku storitve ter njegovim svojcem ter mu s tem omogoča ponovno obvladovanje svojega življenja in maksimalno participacijo v skupnosti. Prispevek bo osvetlil razloge, potrebe in ponudbo tovrstnih rehabilitacijskih storitev v Sloveniji, kjer trenutno obstajajo trije specializirani dnevni centri ter trije specializirani programi institucionalnega varstva oz. celodnevne bivanja, kar pa zdaleč ne pokriva potreb po tovrstnih storitvah. Obstaja namreč velika vrzel pri zagotavljanju enakomerne razpršenosti storitve in predvsem pomanjkanju bivalnih kapacitet za osebe s PMP na območju celotne Slovenije.

Ključne besede: pridobljena možganska poškodba, celovita oskrba, dolgotrajna psihosocialna rehabilitacija, kakovost življenja, Center Naprej

An acquired brain injury refers to any type of brain damage that occurs after birth, which is neither due to hereditary disposition nor to degenerative processes, such as ageing, nor to a birth trauma. Long-term consequences of brain injury are difficult to predict. They differ from person to person and range from mild to very serious. To ensure the quality of life after brain injury, there is a need for comprehensive care that guarantees the continuity of actions and procedures from the moment of injury through the acute period to complete treatment in the post-acute period. In the case of long-term consequences on an individual's life, we can talk about the long-term need for psychosocial assistance or about long-term psychosocial rehabilitation. Long-term psychosocial rehabilitation of persons with ABI is a multifaceted, sensitive and demanding process. All its parts are professionally planned and meaningful. It requests individualised, coordinated, continuous technical assistance and support of users of services and their relatives, and thus allows them to once again control their life and enable them to participate in the community. The contribution will shed light on the grounds, needs and offer of this type of rehabilitation services in Slovenia, where currently there are three specialized day care centres and three specialized programs of institutional care, which is far from covering the needs for such services. There is a huge gap in providing an equal dispersion of services and particularly the lack of accommodation facilities for people with ABI in the whole of Slovenia.

Key words: acquired brain injury, comprehensive care, long-term psychosocial rehabilitation, quality of life, Centre Naprej

POMEN PROGRAMOV ŠPORTNE REHABILITACIJE IN ŠPORTNIH AKTIVNOSTI PRI DVIGU KAKOVOSTI ŽIVLJENJA OSEB S PRIDOBLENO MOŽGANSKO POŠKODBO

THE IMPORTANCE OF PHYSICAL REHABILITATION PROGRAMMES AND SPORTS ACTIVITIES AT IMPROVEMENT OF THE QUALITY OF LIFE OF PEOPLE WITH ACQUIRED BRAIN INJURY

V vsakdanjem življenju ljudje stremimo k izboljšanju kakovosti življenja in s tem namenom počnemo stvari, ki nas osrečujejo. Za mnoge izmed nas je ravno šport tisti medij, ki doprinese k višji kakovosti življenja in nas izpopolnjuje, saj se preko njega izražamo, dokazujemo, najdemo prijatelje ... Osebe, ki so utpele možgansko poškodbo, pogosto ne morejo več funkcionirati v družbi na enak način kot so pred poškodbo. To velikokrat pripelje do občutkov manjvrednosti, frustracij in socialne izključenosti. Prav zaradi tega je zelo pomembno, da se v procesu rehabilitacije vključujejo v programe, v katerih lahko sodelujejo v aktivnostih, ki so jih nekoč že obvladale in izvajale in ki jim omogočajo napredovanje in razvoj določenih spretnosti po poškodbi. V Centru Naprej ponujamo našim uporabnikom več športno rehabilitacijskih programov in aktivnosti, ki so del naše kompleksne psihosocialne rehabilitacije. Vse aktivnosti so zastavljene tako, da izboljšujejo fizično stanje uporabnikov, promovirajo zdrav način življenja, spodbujajo pozitivno dožemanje samega sebe in seveda pripomorejo k osvajanju starih in novih veščin. Preko športnih aktivnosti se naši uporabniki tudi vključujejo v širše družbeno okolje ter tako ponovno prevzemajo določene družbene vloge. Prav tako pa napredujejo na področjih, kjer so bili pred poškodbo že suvereni. V tem prispevku bomo predstavili programe športne rehabilitacije in športne aktivnosti, ki jih izvajamo v Centru Naprej. Izpostavili bomo njihove učinke na izvajanje vsakodnevnih aktivnosti naših uporabnikov ter vpliv na dvig kakovosti njihovega življenja. Vsi ti programi in aktivnosti so prilagojeni potrebam, sposobnostim in omejitvam posameznikov s pridobljeno možgansko poškodbo ter so zastavljeni tako, da omogočajo uporabnikom doseganje specifičnih individualnih ciljev ter varno izvajanje športnih aktivnosti. Zato predstavljajo pomemben del v dolgotrajni rehabilitaciji po pridobljeni možganski poškodbi.

Ključne besede: dolgotrajna rehabilitacija, pridobljene možganske poškodbe, šport, prilagoditve, dvig kakovosti življenja

In everyday life people strive to improve the quality of life and therefore we are doing things that make us happy. For many of us the sports is that medium, that contributes to a higher quality of life and improves us, because through it we express ourselves, prove ourselves, gain friends... People, who have suffered brain injury, are often unable to function in society in the same manner as before the injury. This often leads to feelings of inferiority, frustration and social exclusion. It is therefore very important for them that in the process of rehabilitation they are included in programs through which they can re-engage in activities which they once knew and implemented and that enable them to progress and develop certain skills after injury. In Centre Naprej we provide our users many sports rehabilitation programs and activities that are part of our complex psycho-social rehabilitation. All activities are designed to improve physical condition of users, promote healthy lifestyle, encourage positive perception of oneself and, of course, contribute to the acquisition of old and new skills. Our users are included in wider social environment through sports activities and thus adopt certain social roles. They also progress in areas where they were already sovereign before the injury. In this paper we are going to present sports rehabilitation programmes and sports activities, which are carried out in Centre Naprej. We will highlight the effect they have on the implementation of daily activities of our users and the impact on the raise of the quality of their lives. All of these programmes and activities are adapted to the needs, abilities and limitations of persons with acquired brain injury. They are designed in a manner that enables users to achieve specific individual goals and to ensure maximum safety at implementation of sports activities. Therefore they play an important role in the process of long-term rehabilitation after brain injury.

Key words: long-term rehabilitation, acquired brain injury, sports, adaptations, improving the quality of life

VKLJUČEVANJE IN SODELOVANJE SVOJCEV V PROCESU DOLGOTRAJNE REHABILITACIJE OSEB S PRIDOBLJENO MOŽGANSKO POŠKODBO

INVOLVEMENT AND COOPERATION WITH RELATIVES IN THE PROCESS OF LONG-TERM REHABILITATION OF INDIVIDUALS WITH ACQUIRED BRAIN INJURY

Pridobljene možganske poškodbe (PMP) postajajo vedno bolj pereč družbeni problem, saj v temelju spremenijo tako življenje posameznika, ki možgansko poškodbo utrpi, kot tudi življenja vseh njegovih družinskih članov. Na dolgi rok pa vplivajo tudi na sistem zdravstva in socialnega varstva, saj taki posamezniki potrebujejo več zdravstvene oskrbe skozi vse življenje, po navadi pa postanejo tudi uporabniki različnih socialnih storitev in transferjev, saj ne morejo več aktivno sodelovati na trgu delovne sile. Posameznik se po PMP sooča s posledicami na fizičnem, kognitivnem, čustvenem, vedenjskem, osebnostnem in socialnem nivoju. Zato je pogosto odvisen od pomoči druge osebe, ne zmore več načrtovati in organizirati dnevnih aktivnosti, ki bi mu omogočale vsakodnevno funkcioniranje. Po zaključeni medicinski rehabilitaciji je najpogosteje prepuščen v oskrbo svojcem, ki si ne predstavljajo, kako se bo tudi njim spremenilo življenje. Po PMP je prizadeta celotna družina, saj se ob skrbi za svojega člana s PMP, ki več ni in ne bo takšen, kot je bil nekoč, ostali člani lahko soočajo z občutki stiske, tesnobe, jeze in depresije. Za uspešno vključevanje posameznika po PMP nazaj v življenjsko okolje je ključnega pomena sodelovanje svojcev v procesu rehabilitacije. Z njihovo vključitvijo se terapevtsko delo in znanje lažje prenašata v domače okolje, posameznikov trud in delo pa sta kontinuirana. Hkrati pa svojci dobivajo podporo, ki jo potrebujejo predvsem na čustvenem področju. V pričujočem prispevku bomo podrobneje predstavili vključevanje in sodelovanje svojcev v procesu dolgotrajne rehabilitacije uporabnikov Centra Naprej na vseh nivojih: pri strokovnem delu, v družabnih in prostočasnih aktivnostih, športnih aktivnostih ter v obliki skupine svojcev za samopomoč. Osvetlili bomo pomen tega sodelovanja tako za uporabnike, za njihove svojce, ter ne nazadnje za uspeh našega strokovnega dela.

Ključne besede: pridobljene možganske poškodbe, dolgotrajna rehabilitacija, svojci, sodelovanje, Center Naprej

Acquired brain injuries (ABI) are becoming more and more acute social problem because they fundamentally alter the lives of individuals who suffered brain injury, as well as the lives of all their family members. In the long term, they also affect the system of health and social care, because such individuals require more health care throughout their entire lives, and usually become users of different social services and transfers, since they can no longer actively participate in the labour market. A person with an ABI faces the consequences on physical, cognitive, emotional, behavioural, personal and social level. Therefore, he is usually dependent on the assistance of another person, because he is no longer able to plan and organise daily activities, and thus cannot function in everyday life. After finishing medical rehabilitation, he is usually left in the care of relatives who cannot imagine how their lives will change. ABI affect the whole family, because taking care of a member with ABI, who is no longer and will never be the same, can cause other members to face feelings of distress, anxiety, anger and depression. The participation of family members in the rehabilitation process forms an important part for successful integration of the person with ABI back into the living environment. By including them in the process, therapeutic work and knowledge are more easily transmitted in the home environment, and individual effort and work are continuous. At the same time, relatives receive the support they need, especially in the emotional field. In this paper we are going to present the involvement and cooperation of family members in the process of long-term rehabilitation of the users of Centre Naprej at all levels: professional work, social and leisure activities, sporting activities and in the form of self-help group of relatives. We will highlight the importance of this cooperation for the users, their families, and ultimately for the success of our professional work.

Key words: acquired brain injury, long-term rehabilitation, relatives, co-operation, Centre Naprej

FIZIOTERAPEVTSKA OBRAVNAVA BOLNIKA S SUBAKROMIALNIM UTESNITVENIM SINDROMOM *PHYSICAL THERAPY TREATMENTS OF PATIENTS WITH SUB-ACROMIAL COMPARTMENT SYNDROME*

Teoretična izhodišča: Ramenski sklep kot del ramenskega obroča in kot najbolj gibljiv sklep v človeškem telesu je pogosto podvržen poškodbam in nastanku različnih nepravilnosti. Eden takih je subakromialni utesnitveni sindrom (SAUS), kjer gre za stisnjenje tetiv rotatorne manšete ali subakromialne burze v subakromialnem prostoru med gibom elevacije.

Metoda: Namen diplomskega dela je raziskati fizioterapevtsko obravnavo bolnika s SAUS. Raziskava temelji na kvantitativni metodi. Za raziskovalni instrument smo uporabili anketni vprašalnik, v raziskavo smo zajeli fizioterapevte SV Slovenije.

Rezultati: 93,7% fizioterapevtov bolnika s SAUS obravnavajo vsak dan. Od aparaturne terapije se največ uporabljajo interferenčni tokovi (69%) in ultrazvok (81%). Vzrok za utesnitev je poznan manj kot pri četrtini bolnikov (52%). Kot cilj obravnave je usmerjenost na lopatico na tretjem mestu. Fizioterapevtsko testiranje opravi 64% fizioterapevtov, protokola za obravnavo nimajo (89%).

Razprava: Fizioterapevti najnovejših smernic za fizioterapevtsko obravnavo bolnika s SAUS ne poznajo, vendar se vaje za stabilnost lopatice v praksi delno uporabljajo. Ustno dogovorjenih smernic ali pisnega protokola nimajo. Večina fizioterapevtov se odloča individualno glede izbire metode in tehnike obravnave, a le dobra polovica teh jih opravi fizioterapevtsko testiranje pred prvo obravnavo.

Ključne besede: subakromialni utesnitveni sindrom, subakromialni prostor, rotatorna manšeta, fizioterapija

Theoretical background: The shoulder joint is the most flexible joint in the human body is often exposed to injuries and the emergence of various irregularities. One such is the subacromial impingement syndrome, which is about compression of subacromial structures in the subacromial space during the elevation movement.

Method: The purpose of the diploma thesis is to investigate the physiotherapy treatment of patients with the subacromial impingement syndrome. The study is based on a quantitative method. A questionnaire was used as the research instrument, the study included physiotherapists of the northeastern Slovenia.

Results: 93.7% of physiotherapists treat patients with subacromial impingement syndrome every day. The cause of the subacromial impingement syndrome is known in less than a quarter of patients (52%). The aim of the treatment is to focus on the blade in third place. Physiotherapy testing is carried out by 64% of the physiotherapists; they do not have any protocol for treatment (89%).

Discussion: Physiotherapists do not know the latest guidelines for physiotherapeutic treatment of patients with subacromial impingement syndrome, although they partially use exercises for the stability of the shoulder blade in practice. They neither have verbally agreed guidelines nor a written protocol. Most physiotherapists choose methods and techniques of treatment individually; only about half of them do physiotherapy testing before the first treatment.

Key words: subacromial impingement syndrome, subacromial space, rotator cuff, physiotherapy

**ZAVODSKI MOBILNI SPECIALNO-REHABILITACIJSKI
PEDAGOG V SREDIŠČU CELOSTNE OBRAVNAVE GIBALNO
OVIRANIH OTROK V REDNIH PROGRAMIH VIZ
*MOBILE SPECIAL-REHABILITATION TEACHER IN THE CENTRE OF A
COMPREHENSIVE TREATMENT OF PHYSICALLY DISABLED CHILDREN
IN THE MAINSTREAM EDUCATIONAL INSTITUTIONS***

Gibalno ovirane otroke v rednem programu vzgoje in izobraževanja obravnavajo mobilne službe, ki delujejo v okviru osnovnih šol s prilagojenim programom, ter zavodske mobilne službe. V prispevku bo opisan celostni način obravnave gibalno oviranih otrok v okviru zavodske mobilne službe ter pristop k otroku od trenutka, ko odločba o usmerjanju začne veljati. Prikazani bodo ukrepi, s pomočjo katerih se zavodski mobilni specialno-rehabilitacijski pedagogi vključujejo v obravnavo le-teh, ter druge možnosti, specifične in prednosti vključevanja zavodske mobilne službe v obravnavo gibalno oviranega otroka v rednih programih. Podrobno bodo opisane naloge zavodskega specialno-rehabilitacijskega pedagoga in drugih članov zavodske mobilne službe, ki pomembno prispevajo k uspešni celostni obravnavi gibalno oviranega otroka v rednem programu vzgoje in izobraževanja. Poudarek bo na nujnosti timskega pristopa v luči sodelovanja med zavodsko mobilno službo, šolo oz. vrtcem in drugimi zunanji ustanovami ter njihovega intenzivnega medsebojnega povezovanja ter prednosti, ki jih takšen pristop ponuja. Omenjene bodo tudi pasti, ki se pojavljajo v primerih, ko izredno veliko število strokovnjakov različnih profilov, ki obravnavajo gibalno oviranega otroka – zaradi medsebojnega nepovezovanja ali neuspešnega povezovanja – sprožajo pri starših, učiteljih in otrocih občutke nekompetentnosti, negotovosti in nezaupanja. Celostna obravnava gibalno oviranih otrok, ki so vključeni v redne programe vzgoje in izobraževanja, zahteva vključevanje čim večjega števila strokovnjakov različnih profilov ter njihovo medsebojno povezovanje in usklajeno sodelovanje. Zgolj takšna obravnava lahko otroku olajša vključevanje v redni program vzgoje in izobraževanja ter mu omogoči, da iz rednega programa v življenje odnese čim več.

Ključne besede: gibalno oviran otrok, mobilna služba, timsko delo, mobilni specialni in rehabilitacijski pedagog, celostna obravnava

Physically disabled children in regular educational programmes are treated within mobile services that operate in elementary schools with special curriculum and in institutional mobile services. This paper describes a multidisciplinary way to deal with physically disabled children within the institutional mobile services, as well as the approach towards the child from the moment the decision document of child's inclusion to the specific education programme takes place. Special rehabilitation educators' course of action regarding these children will be described as well as other options, specifics and benefits of institutional mobile services engagement in the treatment of the physically impaired children in regular education programmes. Specific tasks of the institutional mobile special education teacher and other members of the institutional mobile services will be described in details. These specific tasks significantly contribute to successful multidisciplinary way of treatment. Emphasis will be placed on the necessity of a team approach in the light of cooperation between institutional mobile services, school, or nursery schools and other external institutions and their intense interconnection and the advantages that this approach offers. However, there are also challenges that arise in situations where a large number of professionals of different profiles dealing with physically disabled children cooperate - as there could be a lack of or unsatisfactory cooperation - arousing with parents, teachers and children feelings of incompetence, insecurity and mistrust. Multidisciplinary approach to physically disabled children included in regular educational programmes requires the involvement of the largest possible number of professionals of various profiles, as well as their interconnection and coordinated cooperation. Only such treatment may facilitate the integration of these children into the regular educational programmes and enables them to carry as much as possible from a regular educational programme to life.

Key words: physically disabled children, mobile service, teamwork, mobile special rehabilitation educator, multidisciplinary approach

**VPLIV PROGRAMA SPECIALNE OLIMPIADE
MLADI ŠPORTNIK NA GIBALNE SPOSOBNOSTI
VRTČEVSKIH OTROK Z RAZVOJNIMI MOTNJAMI –
PILOTSKA ŠTUDIJA Z UPORABO PROTOKOLA
KONTROLNE KLINIČNE ŠTUDIJE**
*IMPACT OF SPECIAL OLYMPICS YOUNG ATHLETES
PROGRAM ON MOTOR SKILLS OF KINDERGARTEN'S
CHILDREN WITH DEVELOPMENTAL DISORDERS: PILOT
STUDY USING RANDOMISED CONTROL STUDY DESIGN*

Teoretična izhodišča: Namen pilotske študije je bil ugotoviti vpliv programa Mladi športnik na motorično učenje otrok z razvojnimi motnjami in vpliv na gibalne sposobnosti za doseganje bistvenih veščin, ki jih fizioterapevti identificiramo za doseganje napredka. Veljavnost učinkovitosti programa Mladi športnik je bila raziskana z uporabo protokola kontrolne klinične študije. Sekundarni namen te pilotske študije pa je bil določiti izvedljivost prihodnje, večje kontrolne klinične študije o vplivu in učinkih programa Mladi športnik pri otrocih z razvojnimi motnjami v kliničnem okolju. Metodologija: 8 vrtčevskih otrok z razvojnimi motnjami iz predšolskih oddelkov OŠ Gustava Šiliha je bilo naključno razvrščenih v študijsko (N = 4) in kontrolno skupino (N = 4). Skupini sta bili deležni razvojno nevrološke obravnave, študijska skupina pa je bila deležna še dvomesečne vadbe po programu Mladi športnik. Takoj po randomizaciji in ob zaključku dvomesečnega izvajanja programa smo jih testirali z Motorično testno lestvico (Young Athletes Motor Checklist). Podatke smo statistično obdelali s programom Statistical Package for Social Sciences (SPSS), različica 22. Rezultati: Skupini se v začetnih meritvah nista razlikovali v rezultatih testiranja motoričnih sposobnosti. Pri študijski skupini je sicer prišlo do izboljšanja, prav tako pri kontrolni, vendar razlike med skupinama niso bile statistično značilne. Študijska skupina je z dodatno možnostjo motoričnega učenja in vadbe po programu Mladi športnik pridobila nove spretnosti, potrebne za posamezen šport specialne olimpijade. Razprava: Na podlagi rezultatov sklepamo, da je dvomesečni program prekratka doba, da bi se pojavil pomemben napredek na področju gibalnih spretnosti, zato bi bilo v prihodnje treba preveriti dolgoročne učinke. Vsekakor pa je program dobro zasnovan in lahko ugodno vpliva na razvoj gibalnih sposobnosti, če ga izvajamo dolgoročno in ga uspešno integriramo v vrtčevski vsakdan.

Ključne besede: program mladi športnik, motorične sposobnosti, otroci z razvojnimi motnjami, razvojno nevrološka obravnava, specialna olimpiada

Introduction: The purpose of the pilot study was to gather data on the short term effects of the young athletes program on motor learning in children with developmental disorders and its impact on skills considered essential in the recognized skill progressions. The efficacy of young athletes program on gross motor function skills was validated by a true experimental study design. The secondary aim of this pilot study was to determine the feasibility of conducting a clinical trial of young athletes program's impact on children with developmental disorders in a clinical care setting. Methods: 8 kinder garden's children with developmental disorders from preschool departments of OŠ Gustav Šilih were randomised to the experimental (N=4) and to the control group (N=4). Both groups received the same NDT, while the experimental group additionally received young athletes program. Measures were obtained at two time points during the study period: at baseline after randomisation and at 2 months. The data was analysed using Statistical Package for Social Sciences (SPSS) program v22. Results: The two groups did not differ in baseline scores in motor skills as measured with Young Athlete Motor Checklist. There were no significant differences found between groups in motor skills' scores after two month but the results indicate that combination of methods could be useful clinical intervention for children with developmental disorders. Children from the experimental group did however gain new skills that are essential in the Special Olympics sports. Discussion: In our opinion, a two month programme is too short in order to get significant improvements in motor skills. The program has a strong base and it could have positive effects on health and motor skills, if we can successfully integrate it into kinder gardens.

Key words: Young Athlete's Programme, motor skills, children with developmental disorders, neuro developmental treatment, Special Olympics

**ARHIVI V SLUŽBI ČLOVEKA -
ČLOVEK V SLUŽBI ARHIVOV
(SIMPOZIJ) /
*ARCHIVES IN THE SERVICE
OF PEOPLE - PEOPLE IN
THE SERVICE OF ARCHIVES
(SYMPOSIUM)***

ARCHIVAL ACTIVISM: EMERGING CONCEPTS, LOCAL APPLICATIONS

In this text the authors explain the basics of archival activism. The essay provides summary history of these emerging concepts, starting with the seminal talk given by radical historian Howard Zinn in which he argues for archivists to rid themselves of notions of "neutrality", and to actively engage in socially meaningful work. Authors identify four sets of practices that constitute archival activism: 1.) independent archiving (i. e. community-based archives), 2.) research - based activism (towards radical history "from below" or institutional transparency and accountability), 3.) socially conscious work within government-funded archives and 4.) socially conscious work by institutionally independent archivists. After theoretical elaboration, the essay portrays two examples of local practical applications: 1.) help provided to migrant fieldworkers in the USA with finding and collecting records relating to their immigration status and employment history, and 2.) recent rediscovery of records of Women's Antifascist Front of Yugoslavia by independent researchers and its feminist reinterpretation.

Key words: archival activism, community archives, social justice, radical history

Elisabeth Schögggl-Ernst

ARCHIVES AND SOCIETY

For a long period access to archives was given only for a small group of the society. Archives had an aura of the mysterious. Cultural scientists considered archives as closed places of memories.

Since the 19th century but particularly since the 20th century archives changed to service institutions for the community. The Universal Declaration on Archives declares the open access to archives which enriches our knowledge of the community, which promotes democracy, protects basic human and civil rights and makes a contribution to improve quality of life.

Today archives interact with community. Especially in cooperation with administration and IT-services to solve questions of long-term-preservation archives improve the position of keeping and communicating information.

HOW TO REALLY OPEN THE DOORS TO FRUITION

Ensuring access to the archives is not simply opening a study room or a website, it is necessary first committing to the complex work of reorganizing, and inventorying funds, provide meticulous and understandable key words. Moreover, if in the study room the intermediation of the archivist helps the user to find what she/he needs, he is alone on the internet and you need to build self-explanatory sites where the scholar can browse independently.

The Italian National Archival System (SAN – Sistema Nazionale Archivistico Italiano) has moved in this direction with the dual purpose of providing easy-made access to users not having the necessary knowledge to perform complex searches, and let the better equipped researchers to have the opportunity to conduct studies via contextualized, complete and meticulous archival paths.

ARHIVIST LATINIST U SLUŽBI ISTRAŽIVAČA SREDNJOVJEKOVNE POVIJESTI ARCHIVIST WHO STUDIED LATIN IN SERVICE OF MEDIEVAL RESEARCHER

Potvrđivanje privilegija prethodnih vladara novom ispravom (na primjeru isprave kralja Karla I. iz 1317. godine)

Na primjeru isprave kralja Karla izdane građanima Gradeca 1317. godine, cilj je prikazati povijest potvrđivanja prijašnjih privilegija - u ovom slučaju, građanima Gradeca je dano pravo na zemljište nazvano Kobljak. Metodologijom odvajanja povlastica na temelju te isprave, razmatrat će se jesu li doslovno prepisana ista prava, je li pak nešto izostavljeno ili izmijenjeno. Cilj je prikazati da jedna isprava – jedna signatura, ne mora značiti i jedan dokument. Na primjeru Karlove isprave, koja se pri analitičkoj obradi evidentira kao jedan dokument, postat će jasno da se dokument sastoji od više isprava (ukupno njih 6). Tako dolazimo do zaključka da je kralj Karlo potvrdio privilegij kralja Ladislava III., koja nije evidentirana u popisu i lako se može zaključiti da se taj privilegij ne čuva u Arhivu (što nije točno). Osim toga, u svim Arhivima je najvrijednije upravo najstarije gradivo, i bitna je razlika ako spoznate da, primjera radi, nemate samo 150 srednjovjekovnih isprava, nego je taj broj sadržajno znatno veći. Gradivo će biti popisano kao jedna signatura, no sadržajno zahtjeva precizniju obradu, da se ne ispuste važni i vrijedni srednjovjekovni dokumenti. Naknadno, nakon raznih previranja u povijesti, kralj Karlo nanovo transkribira i potvrđuje gore navedenu ispravu 1328. godine, koja se čuva u Državnom arhivu u Zagrebu pod signaturom 9. O istoj temi piše i kralj Ljudevit I., 1346. godine.

Ključne riječi: isprava, privilegij, zemlja Kobljak, signatura, sadržaj

Confirming the privilege of previous rulers with a new document (in the case of the renovated document King Charles I in 1317.)

The example of the renovated document of King Charles who was released in 1317. the citizens of Gradec, the goal is to show the history of previous confirmation of the privileges that are associated the same subject. In this case, Gradec citizens were given the right to land called Koblja. Methodology of separation benefits on the basis of these document, will be considered whether literally copied the same rights, or something is changed. The aim is to show that a document - one signature, does not necessarily mean that this is one single document. For example Charles's document, which is in the analytical processing recorded as a single document, it will become clear that the document consists of multiple documents (a total of 6). Thus we come to the conclusion that the King Charles confirmed a privilege of King Ladislaus III., which is not recorded in the list and we can conclude that this privilege is not kept in the archives (which is not true). In addition, in all the archives of the most valuable are the oldest documents, and the big difference is that, for example, you don't have only 150 medieval documents, but the number (based on content) is much bigger. The material will be recorded as one signature, but the precise content of the document request processing, that we don't lose important and valuable medieval documents. Subsequently, after various upheavals in history, king Charles newly transcribed and confirmed the above document 1328, which is kept in the State Archives in Zagreb under the signature 9. On the same subject written privilege by king Louis, in 1346.

Key words: document, privilege, land Kobljak, signature, content

Antonio Monteduro

ARE ARCHIVES ON THE SERVICE OF MANKIND?

The paper takes into consideration the present situation in the world of archives, in order to try to establish whether they are, or are not, or are in part, on the service of mankind. References are made to the European legislation and to the ICA activities.

Stane Granda

DIMENZIJE POLITIČNEGA DOKUMENTA DIMENSIONS OF THE POLITICAL DOCUMENT

Peticije za Združeno Slovenijo so eno največjih zgodovinskih odkritij zadnjih desetletij, saj že 1850. leta poglobitni akterji slovenskega narodnega gibanja 1848/49 niso vedeli, kje so. Najdene so bile po tridesetletnem sistematičnem iskanju. Število podpisnih peticijskih pol, vse niso ohranjene, jasno kažejo, da slovenskih političnih zahtev 1848 ni podpirala le peščica izobražencev, ampak so dobile za tiste čase neverjetno množično podporo. Glede na to, da je vsebina in oblika peticije že dolgo znana in je nima smisla ponovno interpretirati, pa to nedvomno zaslužijo podpisi. Iz njih je mogoče razbrati: množičnost peticijskega gibanja, dojemanje vsebine revolucije, odnos kmetov, samostojnih poklicev in izobražencev do političnih zahtev, oblike ljudskega poslovanja z oblastmi, vloga krajevne samouprave, razkriti strukturo mnenjskih voditeljev, položaj duhovnikov v revoluciji, odnos do socialnih razlik med podpisniki, položaj žensk v revoluciji, znanje pisanja, odnos med gotico, bohoričico in gajico, pogled na vlogo in položaj slovenskega jezika, nenazadnje tudi hišne številke nekaterih naselij.

Ključne besede: Združena Slovenija, peticija, arhivsko gradivo, kulturna zgodovina

Petitions for the United Slovenia represent one of the greatest historical discoveries in recent decades, because already in 1850 even major persons of the Slovenian national movement 1848/49 did not know where they are. They were found after thirty years of systematic search. The number of signed petition sheets, which are not all preserved, clearly shows, that Slovenian political demands in 1848 were not supported only by few intellectuals, but they received for those times unbelievable mass support. According to the fact, that content and form of the petition are already known for some time now, and there is no point to re-interpret it. On the other hand, signatures surely deserve an interpretation. From them it can be deduced: massiveness of petition movement, perception of the content of the revolution, the attitude of farmers, the professions and intellectuals toward political requirements, forms of popular operating with the authorities, the role of local self-government, to disclose the structure of opinion leaders, the position of the clergy in the revolution, attitude towards social differences among the signers, the situation of women in the revolution, writing skills, the relationship between Gothic, Bohorič alphabet and Gaj's Latin alphabet, overview of the role and position of the Slovenian language, also, the house numbers of certain settlements.

Key words: United Slovenia, petition, archives, cultural history

PRAVOSLAVNA CERKEV V SLOVENIJI 1918-1941 **ORTHODOX CHURCH IN SLOVENIA 1918-1941**

Srbska pravoslavna cerkev se je kot narodna cerkev z ustanovitvijo kraljevine SHS znašla v zapletenem položaju. V novi državi jo je čakala notranja konsolidacija ter močna konkurenca rimskokatoliške cerkve. In ko se ji je v prvem desetletju uspelo notranje organizirati in urediti odnos do države - viden rezultat tega je bilo sprejetje zakona in ustave o srbski pravoslavni cerkvi, se je lahko posvetila tudi drugim temam. Srbska pravoslavna cerkev je svojo novo organizacijo v naših krajih izvajala predvsem s pomočjo vojaške oblasti. To potrjuje že dejstvo, da so začasni duhovniki v vseh treh na novo ustanovljenih parohijah v Sloveniji (Ljubljana, Maribor in Celje) bili nameščeni in s strani države plačani kot vojaški duhovniki. Parohije so bile v tem času organizirane še v Marindolu in Bojancih, cerkveni občini pa v Rogaški Slatini in Kočevju. Najbolj se je pravoslavje v Sloveniji manifestiralo skozi gradnje hramov. S pomočjo državnih in lokalnih oblasti, predvsem pa z zbiranjem prostovoljnih prispevkov, so v središčih treh največjih slovenskih mest zrasli sakralni objekti s specifično arhitekturo.

Gljučne besede: privatni arhivi, arhiv verske skupnosti, organizacija cerkvene institucije, pravoslavna cerkev

With the formation of the new state of the Kingdom of Serbs, Croats and Slovenes, Serbian Orthodox Church as the national church was put in a rather complex situation. In this new state it was suddenly faced with severe competition from the Roman Catholic Church and with the issue of internal consolidation. After settling its internal organization and establishing relationship with the new state within the first decade - as evidenced by the passing of the act and the constitution on the Serbian Orthodox Church - the church could turn its attention to other matters. Orthodox Church carried out its new organization in Slovenian territory mostly with the help of military authority. This is confirmed by the fact that temporary priests in all three of the newly established parishes in Slovenia (in Ljubljana, Maribor and Celje) were appointed as military priests and paid for by the state. Facilities in which Orthodox rites were first performed were likewise provided by the army - in all three Slovenian parishes chapels were placed in military facilities and their equipment was owned by the army. At the time there were parishes in Marindol and Bojanci, church municipalities were in Rogaška Slatina and Kočevje. In Slovenia, Orthodox faith was most clearly manifested through the building of churches. Helped by state and local authorities, but mostly by collecting donations, the Orthodox Church was able to build sacral facilities with specific architecture in the centre of the three largest Slovenian cities.

Key words: private archives, archives of religious community, organisation of church institution, Orthodox Church

Tatjana Hajtnik

ANALYSIS OF THE EU REGULATIONS AND BEST PRACTICES FOR LONG-TERM DIGITAL PRESERVATION

Increase in the number of digital documents generated daily in the course of our everyday life and work present us with a challenge of how to preserve such records for posterity. The challenge is particularly serious when such documents need to be preserved for a longer period of time and in a way that makes them available and useable so that we can trust their authenticity and reuse them, should the need arise. Working on this task are experts around the world and especially keen on the subject are national archives. National archives have devoted much of their time and resources to exploring the issue of long-term digital preservation and to adopting methodologies and standards for this particular area of work. To establish how national archival institutions are currently prepared to meet such challenges and how this field is regulated in various European countries, online survey was conducted in the sampling frame of the chosen national archives in EU member states as well as in Norway and Switzerland. In the paper we analyze and interpret the gathered empirical data.

Key words: strategies, long-term digital preservation, regulation in the EU, best practices, digital documents, format conversion

PRIVATNI ARHIVI V ARHIVSKI TEORIJI IN PRAKSI PRIVATE ARCHIVES IN ARCHIVAL THEORY AND PRACTICE

Ob pregledu razvoja arhivske teorije in prakse lahko ugotovimo, da so se teme v zvezi s privatnimi arhivi le redko obravnavale. To je bilo v državah realnega socializma razumljivo, ker v glavnem ni bilo zasebne lastnine. Po letu 1945 so bili privatni arhivi v glavnem nacionalizirani. V vodnikih po arhivskih fondih in zbirkah posameznih arhivov zasledimo le družinske in osebne fonde. Po nastanku modernih demokratičnih držav se problemi v zvezi s privatnimi arhivi urejajo znotraj nove arhivske zakonodaje. Privatni arhivi so kot vir za zgodovinske in druge strokovne raziskave zelo pomembni.

Nesporno je, da se je uporaba arhivskega gradiva, fondov gosposčin, posestev, družinskih, rodbinskih, osebnih, torej privatnih arhivov, z uvajanjem novih informacijskih tehnologij zelo povečala (SIRAnet in podobno).

In the review of the development the development of archival theory and practice it can be concluded that topics on private archives were rarely dealt with. In states of real socialism this was understandable, because there was mainly no private ownership. After 1945 many private archives had been nationalized and came under the authority of the appropriate archival agency. In the guides through archival fonds and collections of individual archives only family and private fonds could be found. In modern democratic countries, problems related to private archives are addressed within the new archival legislation. Without doubt, private archives are of big importance for historical and other scientific researches.

It is undisputed, that the use of archival records of dominions, estates and personal fonds, therefore private archives, by introduction of new informational technologies has significantly increased (SIRAnet etc).

KLIMATSKI POGOJI V ARHIVSKIH SKLADIŠČIH *CLIMATIC CONDITIONS IN ARCHIVAL REPOSITORIES*

Tradicionalno in novejše arhivsko gradivo je sestavljeno pretežno iz organskih snovi in je zato podvrženo neizbežnemu procesu staranja. Proces lahko pod določenimi klimatskimi pogoji upočasnimo, ne moremo pa ga ustaviti. Starejši dokumenti zahtevajo stroge klimatske pogoje hrambe predvsem zaradi njihove unikatnosti, zapisi na mlajših papirjih z novejšimi pisnimi sredstvi pa zahtevajo ustrezne pogoje hrambe, ker je večina papirja in pisnih snovi, izdelanih v zadnjih sto letih, slabše kakovosti in zato podvržena hitrejšemu razpadu. Še strožje klimatske pogoje zahtevajo sodobni mediji, kot so npr. mikrooblike, optični in magnetni diski, digitalni zapisi, fotografije, slušni in vizualni mediji, saj so še bolj klimatsko ranljivi. V prispevku so podani osnovni principi, podrobnejše razlage so bralcu dostopne v publikacijah in prispevkih, navedenih v literaturi.

Ključne besede: arhivi, depoji, klimatski pogoji, temperatura, relativna vlaga, svetloba, onesnaženost

Both, traditional and more recent archival materials are composed of mainly organic components and are therefore subjects to inevitable aging. The process can, under certain climatic conditions, be slowed down but it can never be completely stopped. For the preservation of older documents, strict climatic conditions are needed due to their uniqueness, whereas documents of more recent date that were created by using industrial paper and less stable writing media also need to be kept in suitable climatic conditions mostly due to the fact that paper and writing media of the last 100 years are of poorer quality and thus tend to deteriorate more quickly. Even stricter climatic conditions are to be applied to modern media, such as microforms, optical and magnetic media, digital records, photographs, auditory and visual media since these are even more vulnerable as far as climatic conditions are concerned. The paper introduces only basic principles of climatic conditions needed for preservation, further in-depth explanations are available to readers in publications and other papers on this topic.

Key words: archives, repositories, climatic conditions, temperature, relative humidity, light, pollutants

ARHIVSKO PRAVO IN ČLOVEKOVE PRAVICE ARCHIVAL LAW AND HUMAN RIGHTS

Arhivsko pravo so tista pravila in načela, ki so po vsakokratnem pravnem redu obvezna za delo arhivov in njihovo organizacijo, a tudi za druge fizične in pravne osebe glede arhivskega gradiva. Arhivsko pravo je prav tako del arhivistike, ki to arhivsko pravo preučuje, in spada torej med praktične znanosti.

Arhivsko pravo je del pravnega reda neke države in se zato bolj ali manj od države do države razlikuje. Kljub temu je znotraj Evropske Unije prisotna težnja po enotnih rešitvah nekaterih arhivskih vprašanj, oziroma po nadgradnji arhivskega prava. Prav to je potrebno še okrepiti in poudariti. ARHIVI niso in ne smejo biti le kulturne ustanove, varuhi spomina, temveč tudi pomembne ustanove pravne države – varuhi pravic. To svojo nalogo pa bodo arhivi lahko opravljali le ob močnejšem sodelovanju in spoznanju, da je potrebno arhivsko pravo dvigniti iz utesnjujočih ozemeljskih omejitev, in v njem prepoznati splošno merilo pravnega vedenja o zapisih in ravnanja z dokumenti.

Ključne besede: arhivi, arhivsko pravo, pravičnost, pravica, človekove pravice, Evropska zakonodaja

Archival law are those rules and principles which are in every legal system obligatory for the work of archives and their organisation, but also for other natural and legal persons on the matter of archival records. Archival law is also a part of archival science, which studies the archival law and therefore it is considered to be a practical science.

Archival law is a part of legal system of a particular state and it is different from state to state. Nevertheless, within the European Union there is a tendency for common solutions regarding some archival issues and for upgrading the archival law. Especially the last thing should be enhanced and emphasized. ARCHIVES are not and they must not be just cultural institutions, custodians of remembrance but also important institutions of the rule of law in the state – custodians of rights. Archives will be able to perform this task only with better cooperation and recognition that the archival law should be raised above confining territorial limitations and identified as a criterion of correct knowledge of records and management documents for entire Europe, for whole civilized humanity.

Key words: archives, archival law, justice, right, human rights, European legislation

SEMANTIČNI INTEROPERABILNI PROBLEMI SODOBNIH ARHIVSKIH OPISOV SEMANTIC AND INTEROPERABILITY PROBLEMS OF CONTEMPORARY ARCHIVAL DESCRIPTIONS

Na področju arhivske teorije in prakse so razviti različni arhivski informacijski sistemi z različnimi tipi sodobnih arhivskih zapisov. Kljub temu, da obstajajo mednarodno sprejeti arhivski strokovni standardi za popisovanje arhivskega gradiva, prihaja v praksi do velikih razlik med njihovimi realizacijami in standardiziranimi oblikami. V prispevku so prikazani rezultati analize več kot 20 tovrstnih sistemov. Pri tem je posebej izpostavljen njihov semantični vidik, saj večjih problemov na tehnološkem nivoju ni opaziti. V zvezi s tem se pojavlja temeljno arhivsko strokovno vprašanje, ali so podatkovne strukture obravnavanih arhivskih informacijskih sistemov medsebojno kompatibilne v kontekstu izmenjave podatkov o arhivskem gradivu na nadnacionalnem nivoju. Nekateri pokazatelji kažejo, da bodo za doseganje tega cilja potrebni veliki posegi v posamezne AIS-e, kar bo neposredno negativno vplivalo na strošek izdelave ponornega zapisa o arhivskem gradivu.

In archival theory and practice various on-line archival information systems are developed with different types of contemporary archival descriptions. Despite the fact that there are internationally accepted professional standards for archival description, in practice there are major discrepancies between realizations of descriptions and their standardized forms. The paper presents the results of analysis of more than 20 such systems. No significant differences are observed on technical-technological level, whereas on syntactic and semantic level many problems are identified. This causes some fundamental archival scientific problems. Among them is the question whether data structures of considered archival information systems are compatible with each other in the context of exchange of information on international level. Some indicators show that achieving this goal demands major interventions in individual archival information system and therefore has a direct negative impact on the cost of target record production.

**STANDARDI ZA OPREMO IN PROSTORE ZA HRAMBO
ARHIVSKEGA GRADIVA: PD 5454:2012, PAS 198:2012,
ISO 11799:2003**

**INTERNATIONAL STANDARDS FOR STORAGE, EXHIBITION
AND ENVIRONMENTAL CONTROL IN ARCHIVES: PD 5454:2012,
PAS 198:2012, ISO 11799:2003**

Primerna arhivska zgradba, oprema in prostori za hrambo arhivskega gradiva so osnovni predpogoji za pravilno funkcioniranje katerega koli arhiva. Ti namreč omogočajo dolgotrajno zaščito gradiva, njegovo obdelavo ter varen dostop. Ta kompleksna naloga zahteva vrsto potrebnih pogojev in zato je potrebno upoštevati relevantne mednarodne standarde, kot so PD 5454:2012, PAS 198:2012 i ISO 11799:2003.

Ključne besede: arhivska zgradba, skladišče, arhivska oprema, varstvo okolja, standardi, PD 5454:2012, PAS 198:2012, ISO 11799:2003

Suitable archival building, repositories and other equipment used for storage of archival holdings are basic preliminary conditions for the proper functioning of any Archive. It enables long-term protection of archives, safeguarding, arrangement and description as well as access. That demands a set of necessary requirements as well as the consideration of the international standards, such as PD 5454:2012, PAS 198:2012 ISO 11799:2003.

Key words: archival building, archival repository, archival equipment, environmental protection, international standards, PD 5454:2012, PAS 198:2012, ISO 11799:2003

PAPIRNA ZDRAVSTVENA DOKUMENTACIJA – NEVARNA BOMBA

PAPER HEALTH RECORDS – A DANGEROUS BOMB

Teoretična izhodišča: Zakonodaja, ki ureja zdravstvo, ne poda natančnih navodil za vodenje zdravstvene dokumentacije. Trenutno veljavno evropsko pravo ureja zgolj sodobne oblike, to je elektronsko vodeno zdravstveno dokumentacijo. Obdelave papirne zdravstvene dokumentacije zakonodaja specifično ne ureja, zato področje postaja nevarna bomba za poseg v zasebnost na področju, ki človeka prizadene najgloblje. Metodologija: S pomočjo analize in sinteze domače in tuje zakonodaje s področja osebnih podatkov in zdravstvenih zapisov je prikazana pravna ureditev tega področja. S pomočjo preskriptivne metode je bilo pridobljeno spoznanje posamičnega ravnanja. Z metodo generalizacije je bila postavljena trditev o splošnem ravnanju, z metodo specializacije pa trditev o posamičnem vedenju zdravstvenih delavcev. Rezultati: Zaradi nezadostne varnosti zasebnosti v zdravstveni obravnavi je Evropska komisija izvedla obsežno raziskavo, katere posledica bo sprejem Uredbe, ki bo enotno urejala to področje zasebnosti. Razprava: Ugotovitve raziskave Evropske komisije kažejo na neučinkovito varovanje zasebnosti. Poleg spremembe zakonodaje je najučinkovitejši ukrep za kakovostno delo zdravstvenih delavcev obsežnejše, na praktičnih primerih podprto in usmerjeno izobraževanje za varno delo.

Ključne besede: zdravstvena dokumentacija, nevarna obdelava podatkov

Theoretical background: Legislation governing health does not provide detailed instructions for the management of health records. Current European law governs only the modern design; it is managed by electronic health records. Processing of paper-based health records is not governed by specific legislation, so that this area becomes a dangerous bomb for an invasion of privacy in an area that affects people the most. Methodology: The analysis and synthesis of both domestic and foreign legislation regarding personal data and health records demonstrate the legal regulation in this area. By using the prescriptive method it has been possible to obtain knowledge on individual behaviour. Using a method of generalization, we were able to argue for the general conduct of the method of specialization, the assertion of individual behaviour of health professionals. Results: Due to the insecurity of privacy in medical treatment, the European Commission has carried out a comprehensive study, which will lead to the adoption of a regulation to uniformly control this area of privacy. Discussion: The findings of the European Commission reveal no effective method of protection for privacy. In addition to changes in the legislation being the most effective measure for quality of work of healthcare professionals, it is also necessary to apply comprehensive, practical examples and targeted training in order to work safely.

Key words: health records, dangerous data processing

ISKANJE RESNICE S POMOČJO ARHIVSKEGA GRADIVA *FINDING THE TRUTH THROUGH ARCHIVES*

Evropske države delijo skupno zgodovino, ki se hrani v arhivih. Z zgodovinskim pregledom najbolj bolečih momentov 20. stoletja te skupne zgodovine se avtorica ukvarja z vprašanjem dokazovanja zločinov in poprave krivic. Čas druge svetovne vojne je bil čas uničevane politike in brutalnega kršenja človekovih pravic. Za popravo in dokazovanja krivic je arhivsko gradivo ključnega pomena. Prav tako današnji čas prinaša več vrst krivic skupinam ljudi ali posameznikom, tako mora biti arhivska znanost povzdignjena nad političnimi interesi, prav tako pa se morata vzpostaviti enotna arhivska zakonodaja in praksa. Potrebno je poenotiti arhivsko zakonodajo, posebno v državah članicah Evropske unije, ter zmanjšati politični vpliv posamezne države, kajti arhivsko gradivo, ki nastaja danes, bo morda ključnega pomena pri dokazovanju določenih dejstev v prihodnosti.

Ključne besede: arhivi, vojno arhivsko gradivo, zaplemba imetja, kršenje človekovih pravic, arhivska zakonodaja

European countries share a common history stored and preserved in the archives. With the historical overview of the most painful moments of 20th century of that common history, the author is dealing with the issue of proving crimes and redressing injustices. The time of Second World War was the time of destructive policy and brutal violation of human rights. For reparations and proving injustices archival records were essential. Also present time makes many different types of injustices to groups of people or individuals, and archival science must be raised above political interests as well as common archival policy and practice should be established. Therefore, it is necessary to unify an archival legislation, especially in European countries, and reduce a political influence of single state, because records that are produced today may be crucial in proving certain facts in the future.

Key words: archives, war records, confiscation of property, violating human rights, archival legislation

PREVZEM IN UREDITEV ZAPUŠČIN ZAPOSLENIH V MATIČNIH USTANOVAH KNJIŽNICE : SPECIALNE KNJIŽNICE **ACCEPTING AND ARCHIVING PROCEDURE OF EMPLOYEE BEQUESTS AT HOME INSTITUTION LIBRARIES : SPECIAL LIBRARIES**

Zapuščine upokojenih profesorjev, raziskovalcev in drugih pomembnih posameznikov, ki so med svojim delovanjem v matičnih ustanovah specialnih knjižnic in zunaj njih ustvarili pomembno in redko gradivo, so pogosto pomemben vir podatkov o njihovem načinu razmišljanja, delovnega ustvarjanja, zasebnih stikov s kolegi, prijatelji ipd. Raznovrstno gradivo v zapuščinah je lahko ena od možnosti obogatitve knjižnične zbirke. Postopek pregleda, urejanja in hrambe gradiva v zapuščinah, ki so ponujene oz. predane specialnim knjižnicam, ni znan, zato je pogosto podlaga za odločitev, ali ponujeno gradivo ustreza funkciji specialne knjižnice in potrebam njenih uporabnikov, subjektivna ocena zaposlenih v specialnih knjižnicah. V pomoč knjižničarjem in potencialnim donatorjem pomembnega gradiva bi bila pravila, ki bi določala, kaj in kdaj naj se zapuščine predajajo oz. prevzemajo v specialne knjižnice, kako naj bo gradivo pred predajo urejeno in popisano ter pogoji nadaljnjega upravljanja in hrambe arhivskega gradiva. Pravila bi vključevala zakonsko podlago s področja knjižnic kot arhivov, saj se v primeru upravljanja in hrambe arhivskega gradiva funkcija knjižnic razširi tudi na področje arhivov.

Ključne besede: knjižnice, specialne knjižnice, zapuščine, donacija, arhivi, hramba gradiva

There is a slight difference between accepting, arranging and archiving literary materials, which are donated, and the usual procedure of organising literary materials. Therefore, specialised libraries accept these literary materials and collate into already existing collections or offer them to other libraries, similar institutions or their users. Bequeathed work by retired/deceased professors, researchers and other important individuals, who, as part of their work in their home institutes, created important and rare materials, is frequently an important source of information on their way of thinking, creating, and personal contacts with colleagues, friends, etc. Various bequeathed literary materials are one of many ways of enriching a library's collection. The process of reviewing, arranging and storing bequeathed materials, which are offered or donated to specialised libraries, is not defined. Therefore, the decision is frequently based on the employee's decision to subjectively rate the suitability of the material that matches the needs of a specialist library and its users. A set of rules, which would define what and when to donate or accept bequeathed materials, would be of an assistance for librarians and potential donators of important materials. How the materials would be collated before being donated and stipulated conditions for future collation and storage of archive materials should be set. Rules should also include the legal basis in the area of libraries as archives, as the library's function of collating and storage of archive materials forms part of the expanding role of libraries as archives.

Key words: libraries, special libraries, legacies, donations, archives, preservation of material

PRIMERJAVA MED REPUBLIKO SLOVENIJO IN ZVEZNO REPUBLIKO NEMČIJO GLEDE PRAVNE UREDITVE DOSTOPNOSTI JAVNEGA ARHIVSKEGA GRADIVA S POUČENJEM NA GRADIVU OBVEŠČEVALNO-VARNOSTNIH SLUŽB V BIVŠEM ENOPARTIJSKEM POLITIČNEM REŽIMU
COMPARISON BETWEEN THE REPUBLIC OF SLOVENIA AND THE FEDERAL REPUBLIC OF GERMANY ON THE LEGAL REGIME OF PUBLIC ACCESS TO ARCHIVES WITH AN EMPHASIS ON THE MATERIAL OF INTELLIGENCE AND SECURITY SERVICES IN THE FORMER ONE-PARTY POLITICAL REGIME

Sedanja pravno-politična ureditev v RS se v marsičem naslanja na ureditev v ZRN. Osnovni arhivski zakon v RS (ZVDAGA) je sicer precej obsežnejši in natančnejši od nemškega Zveznega arhivskega zakona, vendar obstajajo tam še drugi predpisi, ki zajemajo materijo varstva arhivskega gradiva. Vsiljuje se tudi podobnost med jugoslovanskim samoupravnim socializmom za časa obstoja SFRJ ter socializmom realnega tipa v nekdanji NDR vse do padca Berlinskega zidu. Posebnost nemške ureditve je v različnih stopnjah tajnosti gradiva ter zapletenosti postopka odločanja o dostopu do gradiva v arhivu Službe državne varnosti v nekdanji NDR, po Zakonu o gradivu Stasi. Slednje naj bi po prepričanju mnogih služilo tudi kot model za (boljšo) zakonodajno ureditev dostopnosti arhivskega gradiva nekdanjih totalitarnih organizacij v ostalih državah bivšega enopartijskega sistema.

Ključne besede: dostopnost, arhivsko gradivo, postopek odločanja, enopartijski režim, državno-varnostne službe

Current legal and political organization in Slovenia mainly relies on the legislation in Germany. Slovene basic archival act is much more comprehensive and more accurate than the German federal one, but over there, there are also other acts and regulations, covering the matter of protection of the archives. The similarity between the socialism in former Yugoslavia and the one in former GDR, which lasted until the fall of the Berlin Wall, also comes to one's mind. The specificity of German legislation lies in various secrecy levels of archival material and the complexity of the decision-making process about the access to the records in the Stasi Records Agency, according to the Stasi Records Act. The latter, according to the belief of many, can also serve as a model for (better) legislative regulation of access to the archives of the former totalitarian organizations in other ex-communist countries, in which, for the time being, only one political party ruled the society.

Key words: accessibility, archival records, decision-making process, one-party political regime, State Security Services

Andreja Časar

**ARHIV V SLUŽBI UMETNIKA – UJETI
AVTENTIČEN TRENUTEK**
**ARCHIVE IN THE HANDS OF AN ARTIST – HOW TO CAPTURE AN
AUTHENTIC MOMENT**

Na primeru umetnikovega arhiva bomo predstavili problematiko koncepta arhiva v virtualnem okolju, in sicer z več perspektiv: skozi perspektivo izgubljanja občutka avtentičnosti, ki je esenca unikatnih umetniških del, esenca arhivskega gradiva; skozi perspektivo podrtega linearnega časa, ki arhiv postavlja v sedanost; ter skozi perspektivo dokumentarne vloge umetnosti, ki ji pritiče pomembnost zgodovinskega trenutka. Navezali se bomo na benjaminovsko maniro, po kateri ima vsako umetniško delo svojo avro, ki omogoča samo njemu lastno avtentičnost, in na potrebo po osmišljanju novega koncepta arhiva v virtualnem okolju.

Ključne besede: koncept arhiva, virtualno okolje, digitalizacija, množična kultura

With the example of an artist's archive, we will present the issue of the archive concept in the virtual environment from different points of view: through the perspective of a lost sense of authenticity, which is the essence of unique artistic works and the essence of archive material; through the perspective of the collapsed linear time, which sets the archive in the present; and through the perspective of the documental role of art, which possesses a historical moment. We will also compare our work with the basic characteristics of Walter Benjamin's work. Based on his point of view, every work of art has an aura, which enables its own authenticity. We will also emphasise the need for a new concept of the archive in the virtual environment.

Key words: concept of an archive, virtual environment, digitalisation, popular culture

ŠTUDIJ ARHIVISTIKE IN DOKUMENTOLOGIJE ZA ŠTUDENTE INVALIDE *STUDY OF ARCHIVE AND RECORD MANAGEMENT FOR PHYSICALLY DISABLED STUDENTS*

V Republiki Sloveniji imajo v skladu z različnimi pravnimi in drugimi sprejetimi akti (Ustava Republike Slovenije, Konvencija o pravicah invalidov, Akcijski program za invalide 2014–2021) invalidi enake pravice in možnosti izobraževanja in usposabljanja kot ostali prebivalci. Invalidom morajo biti dane enake možnosti za udeležbo v celotnem izobraževalnem sistemu, tudi v visokošolskem. Študenti invalidi se med študijem srečujejo z različnimi ovirami (arhitektonske, informacijske, tehnične ovire; najpogostejše težave so različne arhitektonske ovire za gibalno ovirane na invalidskih vozičkih, težave z dostopnostjo do študijske literature za slepe in slabovidne, odsotnost tolmačev in indukcijskih zank za gluhe oz. naglušne študente). Alma Mater Europaea – ECM ponuja moderno zasnovan študij, ki omenjene ovire uspešno odpravlja. Na primeru magistrskega študija arhivistike in dokumentologije želimo prikazati, zakaj je ta študij primeren tudi za skupino študentov s posebnimi potrebami. Prostor AMEU-ECM se nahajajo v centru mesta in so lahko dostopni za različne skupine invalidov. Študijski program poteka tudi na daljavo, vsa gradiva so dostopna v spletni učilnici, predavatelji pa so študentom dostopni za konzultacije osebno, po telefonu ali preko elektronske komunikacije. Študij arhivistike in dokumentologije je inkluziven, poklic arhivista v novejšem (elektronskem) okolju pa omogoča tudi uspešne zaposlitve študentov invalidov.

Ključne besede: študenti invalidi, študij, arhivistika in dokumentologija, inkluzija, diskriminacija

In The Republic of Slovenia, physically disabled people have equal rights and opportunities for education and training as other inhabitants, according to different legal and other adopted acts (The Constitution of Republic Slovenia, The Convention on the rights of disabled, Action plan for disabled 2014-2020). Physically disabled students meet various obstacles during their studies (architectonic, information, technical obstacles; the most common issues are being architectonic obstacles for students on wheelchairs, issues of accessibility to study literature for blind and weak-eyed, absence of interpreters and induction signs for deaf and partially deaf students respectively). Alma Mater Europaea – ECM offers a modern study program, which successfully abolishes obstacles mentioned above. The case of a master degree study of Archives and Records Management is exposed. In addition, I present adequacy for physically disabled students. The AMEU-ECM premises are located in the centre of the city and are easily approachable for different types of physically disabled students. Study programme is available online as well, all literature is available in e-classroom, students can contact lectures in person, by telephone or by electronic communication. The study of Archives and Records Management is inclusive, the profession of an archivist in a new (electronic) area enables successful employment for disabled students.

Key words: physically disabled students, study, archives and records management, inclusion, discrimination

BREZPAPIRNO POSLOVANJE SE ZAČNE V VLOŽIŠČU **PAPERLESS OPERATIONS START IN REGISTRAR'S OFFICE**

Prispevek razlaga, da se brezpapirno poslovanje in arhiviranje prične v vložišču. Predstavljen je namen digitalizacije dokumentov na vstopni točki organizacije. Fizične dokumente na vstopni točki zadržimo, jih digitaliziramo in po elektronski poti posredujemo uporabnikom. Na koncu poskrbimo še za varno in zakonsko skladno elektronsko hrambo dokumentov, katera omogoča nadzorovan dostop do dokumentov.

V prispevku so predstavljeni štiri modeli prehoda na brezpapirno poslovanje v vložišču:

- Model 1: proces v domeni naročnika
- Model 2: naročnik izvede proces prevzema (evidentiranja) in digitalizacije, ostalo izvede zunanji izvajalec
- Model 3: naročnik izvede proces prevzema (evidentiranja), ostalo izvede zunanji izvajalec
- Model 4: naročnik proces v celoti preda v zunanje izvajanje.

Ključne besede: vložišče, brezpapirno poslovanje, zunanje izvajanje

The contribution explains that the paperless business and archiving begins in the reception office. It presents the purpose of the digitisation of the documents at the entrance point of the organisation. At the entrance point we hold the physical documents, digitize them and electronically provide them to the users. At the end we take care for the storage of the documents that is safe and according to the law and which allows controlled access to the documents. This contribution presents four models of transition to paperless business at the reception office.

- *Model 1: process in the domain of the contracting authority*
- *Model 2: the acquisition process and digitizing is carried out by the contracting authority, the rest is carried out by the external contractor*
- *Model 3: the acquisition process is carried out by the contracting authority, the rest is carried out by the external contractor*
- *Model 4: the sponsor process to fully outsourced.*

Key words: reception office, paperless business, outsourcing

ARHIV, VARNEJŠI PRISTAN ARCHIVES, SAFER HAVEN

Pomen arhivov za posameznika se je v Sloveniji na široko pokazal s sprejetjem Zakona o denacionalizaciji. Po dolgem času je takrat veliko število ljudi potrebovalo storitve različnih arhivov skorajda naenkrat. Kakšne so bile njihove potrebe in kako so jih arhivi zadovoljevali? Kakšno je razmerje med številom zahtevkov za denacionalizacijo in zahtevki za vpogled na ARS? Kakšno delo so opravljali arhivisti na ARS v teh zadevah? So izpolnjevali zgolj svojo službeno dolžnost ali pa so pomagali ljudem preko svojih obveznosti? Kako je gledalo vodstvo ARS na to? Se je pokazala možnost za komercialno delovanje državnega arhiva? Proces denacionalizacije v Republiki Sloveniji dobro osvetli družbeno potrebo po arhivih, ki transcendirajo družbeno-politične formacije, toda le toliko, kolikor jim določeni sistemi to omogočajo. Nujna je torej kontinuiteta, k sreči pa malo kateri sistem obstoji brez starejših temeljev. Na anonimiziranem primeru bom pojasnil, kako je za kompleksnejši postopek denacionalizacije treba slediti nepremičninski lastnini skozi različne državne sisteme in spremembe znotraj njih, kako se pri prehodih med njimi pojavijo spremembe v statusih udeležencev in njihovih medsebojnih odnosih. Ves ta proces pa mora biti dokumentiran z arhivskim gradivom in nesporno kontinuiteto, da lahko postane dokazno gradivo.

Ključne besede: arhivi, denacionalizacija, pravna varnost, nepremičnine, zakonodaja

Wider relevance of public archives in Slovenia came to light with Denationalisation Act, adopted on 7th December 1991. This spurred demand from great number of people to obtain archival records concerning property or residential status. What was the role of The Archives of the Republic of Slovenia in this process? How much work was done by archivists in ARS and of what kind? Was there a possibility for commercial enterprise within public archive? Process of denationalisation of public property in Slovenia showed how important are archives for safety of personal and ownership rights. But it is paramount that some-kind continuity existing in the transition between different socio-economic systems (states) in order for archival documentation to be relevant. This continuity is based on respect for the law, which assures relevancy of archival documentation.

Key words: archives, denationalisation, legal certainty, legislation

OD KAŽNJENIKA DO PARTNERA: OBUKA ARHIVARA ZA RAD U REGISTRATURAMA FROM PUNISHMENT TO PARTNERSHIP: THE TRAINING OF RECORDS MANAGERS

Zaštita arhivske građe je osnovni cilj arhivske službe, a možemo je podijeliti na primarnu i sekundarnu. Primarna obuhvata zaštitu arhivske građe još u procesu nastajanja, jer da bi se građa zaštitila i valorizovala potrebno je pratiti je još od njenog nastanka. Sekundarna zaštita obuhvata stručnu obradu građe po njenom dolasku u arhiv. Jedan od zadataka službe za zaštitu arhivske građe van arhiva je i preuzimanje arhivske građe, koja, prema važećim propisima, mora biti sređena i popisana prema standardima propisanim Zakonom o arhivskoj djelatnosti. Da bi se došlo do ovog cilja, bitno je djelovati direktno kod stvaralaca arhivske građe. Stoga, od izuzetne je važnosti edukacija radnika zaposlenih na poslovima arhivara, da bi mogli kvalitetno obavljati primarnu zaštitu građe. Obzirom na to da u našim registraturama na poslovima arhivara rade radnici koji na to gledaju kao „na kaznu“, oni te poslove obavljaju nevoljno. Veoma je važno na poslovima arhivara zaposliti stručnu osobu, osposobljenu za rukovanje građom i praćenje informacionog i tehnološkog razvoja. Stručno osposobljavanje i edukacija kadrova zaposlenih na poziciji arhivara od izuzetnog je značaja, te je Arhiv Republike Srpske od 2002. godine pokrenuo program polaganja stručnih ispita za radnike koji rade na poslovima zaštite arhivske i dokumentarne građe kod imalaca i stvaralaca. Ovaj rad, na osnovu iskustva autora, govori o neophodnosti bolje edukacije arhivara u skladu sa međunarodnim standardom ISO 15489 i (ne)moćnosti razrade records continuum modela (kao modela kojem težimo i koji će biti neophodan u budućnosti) bez edukovanih arhivara.

Ključne riječi: zaštita arhivske građe, edukacija, arhivari, stručni ispit

Protection of archival material is the main goal of archival services, and it can be divided into primary and secondary. Primary includes the protection of archival material still in the process of creation, for if we want to protect and appraise that material, we have to monitor it from the point of its creation. Secondary protection includes expert processing of material when it arrives in the archival institution. One of the primary elements in the protection of records outside of archival institutions is the acquisition of archival material, which, under current regulations, must be arranged and listed according to the standards prescribed by the "Law on Archives". To reach this goal, it is essential to work directly with the creators of records. Therefore, it is important to educate people employed as records managers, to be able to perform high quality primary care of current records. Given the fact that in our public offices, the people who work in records management are the ones who are quite often given those duties as a form of "punishment", they perform their job involuntarily. It is very important for these offices to hire professionals, capable of handling the material and monitoring the information and technological development. Vocational training and education of personnel employed in records management is very important, and the Archives of the Republic of Srpska in 2002 started a program of professional examination of employees who work on the protection of archival and current records for creators and custodians. This article, based on the experience of the author, discusses the necessity of improving the records management education in accordance with the international standard ISO 15489 and the (im)possibility of elaboration and implementation of records continuum model – the model to which we aspire and which will be necessary in the future – without a trained archivist.

Key words: protection of archival material, education, records managers, records management education

ODZIVNOST KULTURNE USTANOVE NA PROBLEMSKE SITUACIJE SLEPIH IN SLABOVIDNIH

THE RESPONSE OF CULTURAL INSTITUTIONS TO PROBLEM SITUATIONS OF BLIND AND VISUALLY IMPAIRED PEOPLE

Prispevek obravnava odnos med visokošolsko knjižnico in slepimi ter slabovidnimi osebami. Vse knjižnice bi morale slediti Strokovnim standardom in priporočilom IFLE ter Pravilniku o pogojih za izvajanje knjižnične dejavnosti kot javne službe. V članku so prikazani rezultati raziskave v katero so bili vključeni slepi in slabovidni ter Univerzitetna knjižnica Maribor. Rezultati raziskave so pokazali, da knjižnica prilagaja svoje prostore in storitve uporabnikom s posebnimi potrebami, vendar do te mere, kot jim dopuščajo finančna sredstva. Pomanjkljivosti, ki jih bo potrebno še uskladiti, se zavedajo tako uporabniki kot tudi zaposleni. Knjižnica ima zastavljene cilje tudi za v bodoče in še naprej želijo sodelovati z različnimi društvi in ustanovami.

Ključne besede: visokošolska knjižnica, Univerzitetna knjižnica, slepi, slabovidni, uporabniki

The paper is dealing with relations between the university library and the blind and visually impaired persons. All libraries should follow Professional standards and recommendations of IFLA, as well as the Regulation on conditions for providing the library service as public service. The paper presents the results of research, which included blind and partially sighted and the University of Maribor Library. The results showed that the library accommodates their premises and services to users with special needs, but to such an extent as they manage according to funding. There are shortcomings, which still need to be reconciled, of which both, users and employees, are very well aware. The library has set goals for the future and they want to continue with cooperation with various associations and institutions.

Key words: university library, University of Maribor Library, blind, visually impaired, users

ARHIVI RTV SLOVENIJE V SLUŽBI ČLOVEKA IN ČLOVEK V NJENI SLUŽBI THE ARCHIVES OF RADIO-TELEVISION OF SLOVENIA IN THE SERVICE OF MAN AND MAN IN THE SERVICE OF THEM

Povzetek prispevka s ključnimi besedami: V pričujočem prispevku je predstavljen arhiv RTV Slovenije, ki zaradi svoje naloge informiranja spremlja in zapisuje vso domače dogajanje s področja politike, kulture, znanosti, športa in zabave. Arhiv, ki deluje od 12. maja leta 1957, hrani bogato nacionalno zbirko v kateri se zrcali dogajanje sveta z različnih obdobjih. Z namenom zagotavljanja kulturne, socialne in demokratične potrebe državljanov Republike Slovenije, Slovencev po svetu, pripadnikov slovenskih narodnih manjšin v Italiji, Avstriji in na Madžarskem, pa tudi pripadnikov italijanske in madžarske narodne skupnosti, ki živijo na ozemlju Slovenije, je RTV arhiv nedvomno v službi človeka, pri čemer je bistveno za njegovo delovanje ravno to, da je tudi sam človek v njegovi službi, bodisi posredno ali neposredno.

Ključne besede: arhiv, televizija, filmsko gradivo, kulturna dediščina, digitalizacija

In the article are presented the Archives of Radio-Television of Slovenia – usually abbreviated to RTV Slovenia which inform and record all local events concerning politics, culture, science, sport and entertainment. The archives are active since 1957 and they keep a huge national collection which mirrors the events from different periods of time. With the aim of providing cultural, social and democratic needs of citizens of the Republic of Slovenia, Slovenians around the world, Slovene minorities in Italy, Austria and Hungary, as well as members of Italians and Hungarians who live in Slovenia, the Archives of RTV Slovenia are definitely in the service of man. This is essential for all people who are implicated in them, either indirectly or directly.

MOJA PRVA SREČANJA Z ARHIVOM MY FIRST ENCOUNTER WITH ARCHIVES

Nesporna je ugotovitev, da iz dneva v dan nastaja vse več dokumentarnega in arhivskega gradiva pri vseh ustvarjalcih, pa naj gre to za državne organe, ministrstva, vladne službe, občine, šole, podjetja ipd. Taka situacija, ko nastaja vedno več dokumentarnega in arhivskega gradiva je značilna za mnoge ustvarjalce. Obseg poslovanja, zakonsko predpisane obveznosti, delovanje organizacijskih oblik pri ustvarjalcih se odražajo v stanju in količinah arhivskega in dokumentarnega gradiva, ki ga hrani arhivska služba.

Ključne besede: arhiv, arhivsko gradivo, popis, urejanje, ureditev arhiva

My indisputable finding is that every day more and more current and archival records are created, whether by national authorities, ministries, government departments, municipalities, schools, businesses, etc.. Such a situation, when more and more current and archival records could also be observed at many creators at the Republic of Slovenia.

The scope of business, statutory obligations, the operation of organizational forms of creators are reflected in the situation and quantity of current and archival records kept by the archival service.

Key words: archive, archival materials, inventory, editing, regulation archive

**INTEGRATIVNE
ZDRAVSTVENE VEDE
(SIMPOZIJ) /
*INTEGRATIVE HEALTH
SCIENCES (SYMPOSIUM)***

INTEGRATIVNE ZDRAVSTVENE NAUKE- OSNOVNI POJMOVI I MESTO U SAVREMENOJ MEDICINI

Integrativna medicina je nov pravac u medicini koji je nastao kao odgovor na limite, pre svega alopatske medicine ali i grana komplementarne i alternativne medicine pojedinačno. Integrativna medicina uključuje upotrebu najboljih mogućih tretmana i procedura naučne, alopatske medicine u kombinaciji sa najboljim metodama iz komplementarne i alternativne medicine (CAM) a bazirane na individualnim potrebama pacijenta. Ona integriše, tj. spaja oba medicinska sistema prilagođavajući ih individui, a koristeći najsigurniji, najmanje invazivni i najekonomičniji pristup, objedinjavajući ih u holističko razumevanje individue. Napredak mnogih dijagnostičkih i terapijskih procedura na žalost nije dao odgovarajuće rezultate kod hroničnih oboljenja, a sem toga napravljen je i jaz između lekara i pacijenata zbog sve manje vremena za razgovor i razumevanja stanja pacijenta. Pacijenti su shvatili da lečenje i zdravlje uključuju mnogo toga više nego što je uzimanje lekova i hirurško lečenje. Tako su mnoge tradicionalne procedure, kao što su lečenje biljem, masaže, adekvatna ishrana itd obnovljene sa velikim entuzijazmom. Ono na čemu se najviše insistira je međusobni odnos lekara i pacijenta i drugo da su primenjene komplementarne grane dokazane u kliničkoj praksi. Jedan od osnovnih ciljeva je dovođenje organizma u ravnotežu tj. balans kao i dovođenje organizma u ravnotežu sa okolinom. Ovo se najbolje može sagledati u principima Tradicionalne Kineske Medicine. Integrativna medicina pruža jedan širok spektar mogućnosti promene stila života, koje uz fizičku aktivnost, prestanak pušenja nude različite metode menadžmenta stresa, promene u ishrani, uvodeći funkcionalnu ishranu i suplemente, posebnu herbalnu terapiju, skreće se pažnja na značaj i ulogu nejonizujućeg zračenja i uticaja na nastanak, tok i ishod bolesti i uticaj na kvalitet života; moguće preveniranje i lečenje komplikacija hroničnih oboljenja akupunkturuom, kvantnom medicinom itd.

Zadatak edukacije iz integrativnih zdravstvenih nauka je da medicinske radnike upozna sa komplementarnim granama medicine koje su klinički dokazane i priznate, o indikacionim područjima gde se mogu primeniti zajedno sa konvencionalnim metodama u cilju podizanja kvaliteta života pacijenata, o principima prevencije i lečenja. U SAD 67 medicinskih fakulteta čine konzorcijum akademskih centara za integrativnu medicinu, a skoro sve klinike za onkologiju imaju centre za integrativnu medicinu i tamo se uspešno primenjuju novi principi lečenja. Zdravstveni radnici će biti edukovani da na novi način pristupe razumevanju pacijenta, novom dijagnostičkom i terapijskom pristupu.

U zapadnim zemljama, mora da se napomene, od 50-70% pacijenti koriste neke od metoda Komplementarne medicine. Ističemo da konvencionalna medicina u integrativnoj medicini i dalje zadržava primarni izvor znanja i da se svi efekti lečenja proceljuju kroz naučnu medicinu.

KONTRAVERZE U EDUKACIJI I KLINIČKOJ IMPLEMENTACIJI INTEGRATIVNIH ZDRAVSTVENIH VEDA

CONTROVERSIES IN EDUCATION AND CLINICAL IMPLEMENTATION OF INTEGRATIVE SECONDARY HEALTH SCIENCE

Integracijom klasične školske i komplementarne medicine nastala je Integrativna medicina ili integrativne zdravstvene nauke koje svoj integrativni pristup zasnivaju na medicini zasnovanoj na dokazima i naučno istraživačkom radu. Problemi koji su se nametnuli u razvoju novog koncepta su se pre svega odnosili na edukaciju i kliničku implementaciju. Zbog kontroverzi koje su se nametale počelo se sa stavom da edukaciju moraju biti pre svega sprovoditi univerzitetske institucije i zdravstvene naučne institucije na svim nivoima. Edukacija se sprovodi u dva pravca akademski nakon dodiplomskih studija, master studije i doktorske studije, sa savremenim studijskim programima i u strukovnom pravcu putem specijalizacije, subspecijalizacije, i usvajanjem novih veština u organizaciji licenciranih škola. Poseban vid i značaj ima kontinuirana medicinska edukacija. U edukaciji u okviru studija opšte medicine potrebno je planove i program osavremeniti, koristiti najsavremenija sredstva u prezentaciji, organizovati nastavu u manjim grupama i više zastupiti lični rad samih studenata. Posebno je važno da se kroz mentorstva nastavnika i asistenata obezbedi kontinuirana kontrola edukacije svakog studenta, ovladavanja veštinama i znanjima, organizovanjem kolokvijuma, seminara i seminarskih radova. U kliničkoj implementaciji usvojenog znanja takodje postoje kontroverze, a to pitanje je i regulacije i zakonitosti koje sprovodi sistem zdravstvene zaštite. Zdravstvene ustanove mogu obavljati zdravstvene postupke i procedure pod uslovom da postoji najmanje jedan zdravstveni radnik koji ima dozvolu komisije ministarstva zdravlja. Zdravstveni radnici dostavljaju komisiji ministarstva zdravlja sertifikate univerziteta, specijalizacija, potvrde o obuci i kvalifikaciji, licencu zdravstvene komore i potvrdu o članstvu u sekciji integrativne medicine. Na osnovu mišljenja komisije ministarstvo daje dozvolu za rad zdravstvenih radnika i zdravstvenim ustanovama odobrenje za primenu integrativne medicine u kliničkoj praksi. U obezbeđivanju i sprovođenju i implementacije integrativne medicine usistem zdravstvene zaštite učestvuju obrazovne i naučne ustanove, udruženja, zdravstvena služba, organizacija za zdravstveno osiguranje, kao i državne institucije.

Ključne reči: kontroverze, edukacija, klinička praksa, integrativna medicina

By integrating western classical and complementary medicine was created Integrative medicine or integrative medical science that its integrative approach based on evidence-based medicine and scientific research. Problems that have been imposed in the development of new concepts are primarily related to education and clinical implementation. Because of the controversies that have imposed started with the statement that education must be conducted primarily university scientific institutions and medical institutions at all levels. Education is carried out in two directions after the academic undergraduate studies, master studies and doctoral studies, with modern programs of study and vocational direction through specialization, sub-specializations, and adoption of new skills in the organization of licensed schools. A special form and importance of the continuous medical education. In the context of education in general medicine studies necessary plans and modernization program, to use the most modern means of presentation, organize classes in more groups and a minor revamp To represent the personal work of the students themselves. It is particularly important that the tutoring teachers and assistants provide continuous control of education of each student mastery of skills and knowledge, organizing colloquia, seminars and seminar papers. In clinical implementation of the acquired knowledge, there are also controversies, and this issue is the regulation and laws implemented by the health care system. Health institutions can perform medical procedures and procedures provided that there is at least one health care worker who has permission Commission Ministry of Health. Health workers submitted to the Commission the health ministry certified university, specialization, certificates of training and qualification, licensed medical chamber and a certificate of membership in the section of integrative medicine. Based on the opinion of the commission Ministry gives permission for the work of health workers and health institutions approved for the implementation of integrative medicine in clinical practice. The provision and implementation of education and implementation of a medicine in the health care part of educational and scientific institutions, associations, medical service, organization for health insurance, as well as government institutions.

Key words: controversy, education, clinical practice, integrative medicine

LATEST ADVANCES IN INTEGRATIVE HEALTH SCIENCE-NON- INVASIVE QUICK DETECTION OF HEART DISEASE AND CANCER FROM VISIBLE AND INVISIBLE PATHOLOGICAL CHANGES OF ORGAN REPRESENTATION AREAS AT EYEBROWS, LIPS AND BONE MARROW REPRESENTATION AREAS OF THE FACE USING SIMPLE BI-DIGITAL O-RING TEST WITHOUT USING ANY EXPENSIVE INSTRUMENT

Introduction: Since the 1990's, Omura, Y localized exact organ representation areas on the major parts of the face, tongue, hand and feet. Using organ representation areas of "Eyebrows" & "Lips" which represent most of the organs of the body it is possible to diagnose many diseases including cancer of Esophagus & stomach as well as heart disease. "Bone Marrow" related cancers can be detected through significant invisible pathological changes on the "Bone Marrow" representation areas of the face. Method: Using U.S. patented Bi-Digital O-Ring Test (BDORT) Resonance Phenomenon between 2 Identical Molecules, with the same amount exact organ representation areas on the "Eyebrows," "Lips" and "Bone Marrow" representation areas of the face were localized. Invisible abnormality was detected using BDORT.

Result: When there is any abnormality of specific internal organs such as the heart, first the hair corresponding to the pathological organ at the "Eye Brows" becomes whiter & often long. When there is no hair at heart representation areas which is located nearest to the nose, significantly increased Cardiac Troponin I & TXB2 can be detected as invisible changes. The Esophagus & Stomach are represented at the lateral end of the "Eyebrows." When there are abnormal changes such as complete loss of hair one can immediately suspect malignancy of the esophagus or stomach. In the hair lost cancer related Integrin $\alpha 5 \beta 1$, Oncogene C-fosAb2 are increased. The "Eyebrow" shows both visible and invisible pathological changes at the same time. Organ representation area on the "Lips" often does not show significant visible changes but there is always significant invisible pathological changes which can be detected by simple BDORT, since at any abnormal part of the body, the O-Ring Test will open (-). When BDORT is (-) 7 or higher (-) value, major cause is often malignancy. The heart is represented at the left upper lip near the center of the upper lip shows most significant invisible pathological changes identical to the heart representation area of "Eyebrows." If the O-Ring Test showed (-) 7 grading or more strong (-), colon representation area at near the corner of the left mouth, one can suspect malignancy of the colon. Omura also found "Bone Marrow" representation areas are located in the lateral part of the space between the bottom of the eyebrow and upper eyelid. In this "Bone Marrow" representation area, invisible pathological changes can be non-invasively detected in less than 1 minute by Bi-Digital O-Ring Test. When there is any "Bone Marrow" related malignancy, we can non-invasively detect & identify in less than 5 min, one of the following well known 8 categories of "Bone Marrow" related malignancies: 1) Non-Hodgkin's lymphoma 2) Hodgkin's lymphoma 3) Multiple myeloma 4) Epithelioid Mesothelioma & 4 major leukemias.

Conclusion: Using recently discovered accurate organ representation areas of "Eyebrows" and "Lips" of the face, one can non-invasively detect heart disease and cancer in less than 5 minutes. Bone marrow related malignancy can also be detected using Bone Marrow representation areas of the face, non-invasively within 2 minute and can identify which one of the several major categories of the Bone Marrow related malignancy in 5 min.

AKUPUNKTURA IN BOLEČINSKI SINDROMI PAIN SYNDROMS AND ACOPUNCTURE

Izvleček: Avtor opisuje zgodovino akupunkturo, mehanizem nastanka delovanja, indikacije in kontraindikacije ter njeno mesto v sodobni medicini. Opisuje fiziološko in patofiziološko razlago nastanka bolečinskih simptomov in zdravljenja bolečine s pomočjo farmacevtskih in nefarmacevtskih metod ter nevrogeno in biokemično razlago delovanja akupunkturo kot protibolečinske terapije.

Ključne besede: akupunktura, bolečina

Marilyn Jones, Yoshiaki Omura

INTEGRATIVE HEALTH SCIENCE IN DENTISTRY- STUDY OF DENTAL MATERIALS BY USE OF BI-DIGITAL O-RING TEST

Introduction: Finding O-Ring Positive Dental Materials has been difficult as the manufacturer will not give out proprietary information. Asbestos containing appliances with large metal attracts EMFR. Method: Review medical & dental histories & ask the patient if they wear an appliance or have had dentistry performed in their mouth. Ask them to show it to you. Examine X-Rays & Photos of their oral cavities for appliances & materials testing BDORT negative. Have the patient remove their appliance. Result: Measure their parameters before & after removal of the dental materials from their mouth. Ask if they have any changes in their symptoms. Conclusion: More patients who have Cancer or Pre-Cancer in their bodies need to be examined by BDORT on their X-Rays, photos & their person to see what percentage of these patients also have negative BDORT dental materials & appliances in their oral cavities. What % of patients would have their parameters go to zero & their cancer & symptoms would normalize?

IMPORTANCE OF BI-DIGITAL O-RING TEST IN ACUPUNCTURE AND COMPLEMENTARY MEDICINE APPROACHES

The Bi-Digital O-Ring Test (B.D.O.R.T.) method originally found and developed by Dr. Omura. In this approach we use BDORT (developed Y. OMURA, M.D) as a diagnostic tool at the process of every therapy.

BDORT can be used in various conditions:

- Which acupuncture points indicate the distortion in the Body-Mind relation ?
- Effective time usage for the diagnostic process,
- To find which acupuncture points are more efficient for the treatment in the meridian networks,
- Measurements of the sensation to the external factors,
- Measurement of the effect of applicated medications.

MEASURING SPECIFIC ACUPOINTS

I. Specific Points on the Meridians

- a) Five Shu Points : Jing-Well, Ying-Spring, Shu-Stream, Jing-River, He-Sea.
- b) Yuan-Primary Points
- c) Luo-Connecting Points
- d) Xi-Cleft Points
- e) Eight Confluent points

II. Specific Points on the Head and Trunk

- a) Back-Shu Points
- b) Front-Mu Points
- c) Crossing Points
- d) Eight Influential Points

AETIOLOGY

- 1) The Six Exogenous Factors: Wind, Cold, Summer Heat, Damp, Dryness, Fire.
- 2) The Seven Emotional Factors: Joy, Anger, Melancholy, Worry, Grief, Fear, Fright
- 3) Improper Diet
- 4) Overstrain
- 5) Lack of physical exercise
- 6) Bites by insects or wild animals
- 7) Stagnated blood and phlegm

The practical clinical question is which points are most effective to use?

- The premise advanced here is that the Jing-Well points provide the best diagnostic information about the condition of each of the twelve principal bilateral meridians and their associated organs.
- The biggest surface charges of the human being are at the fingertips and toes. Here are also situated the starting and ending points of the classical meridians.
- Corresponding organs is reflected at the starting and ending points of the meridians
- Each meridian is related to various organs and parts of the human body.
- Thoughts and emotions are forms of energy that have characteristic vibratory patterns and frequencies .
- Studies have shown that mind can affect random number generators as well as the autonomic nervous system.
- We use these points in order to understand the condition of the meridian.
- After that we can get enough information about the emotional condition of the patient.
- It is possible not only finding the acupuncture points, but also feeling the sensitivity of the patient against external factors (etc. atmospheric conditions, cold, hot, pollution, food, dental fillings).

INTEGRTIVNI PRISTUP U RANOJ DIJAGNOSTICI POREMEĆAJA RADA ŠTITNE ŽLEZDE INTEGRATIVE APPROACH IN EARLY DIAGNOSIS OF THYROID GLAND DISORDERS

Uvod: Prema posljednjim istraživanjima, u svijetu današnjice svaka deseta osoba pati od nekog oboljenja štitne žlijezde i činjenica je da liječnici često ne prepoznaju znakove koji ukazuju na poremećaj njenog rada. Zbog toga od izrazite važnosti se smatra prikaz i upoznavanje s ovim poremećajem te njegovim liječenjem i tretiranjem. Kako hormoni štitne žlijezde utječu na status čitavog tijela, brojni su i simptomi koji proizlaze iz njenog nepravilnog rada. Materijal i metodologija rada: Kao metoda u ranoj dijagnostici poremećaja rada štitne žlezde koristili smo Bi-Digital O-Ring Test (BDORT), neinvazivnu dijagnostičku metodu (Y.Omura), kao i laboratorijske analize, i ultrazvučni pregled štitne žlezde. Pregledom je obuhvaćeno 193 pacijenta od čega je 77 pacijenata u ispitivanoj grupi pošto je BDORT ukazivao na mogućí poremećaj štitne žlezde (57 žena i 20 muškaraca) a 116 je bilo u kontrolnoj grupi gde je BDORT ukazivao na zdravu štitnu žlezdu. Rezultati: Kada je u pitanju prosečna starost ispitivanih grupa, ne postoji statistički značajna razlika $p>0,05$; Postoji visoka statistička razlika u nivou TSH, FT4, FT3, anti-TPO i TG antitela između ispitivane i kontrolne grupe, kao i između polova, $p=0,001$; Ultrazvučni pregled se također razlikovao između BDORT pozitivne i BDPRT negativne grupe $p=0,001$. Visoku statističku razliku kod ispitivanih grupa pokazao je i serumski nivo LDL-a $p=0,004$. Zaključak:

1. Dokazana je visoko statistički značajna veza ($p<0,01$) između spola, BDORT pozitivnih i BDORT negativnih pacijenata. Pacijentkinje ženskog spola imaju značajno više problema sa štitnom žlijezdom, što se poklapa i sa svetskim statistikama.
2. Dokazana je statistički značajna veza ($p<0,01$) između serumskog nivoa TSH, BDORT pozitivnih i BDORT negativnih pacijenata.
3. Dokazana je visoko statistički značajna veza ($p<0,01$) između serumskog nivoa FT4, BDORT pozitivnih i BDORT negativnih pacijenata.
4. Dokazana je visoko statistički značajna veza ($p<0,01$) između serumskog nivoa FT3, BDORT pozitivnih i BDORT negativnih pacijenata.
5. Dokazana je visoko statistički značajna veza ($p<0,01$) između BDORT i Anti-TPO kod pacijenata.
6. Dokazana je visoko statistički značajna veza ($p<0,01$) između BDORT i Tg-antitijela kod pacijenata.
7. Dokazana je visoko statistički značajna veza ($p<0,01$) između UZV nalaza, BDORT pozitivnih i BDORT negativnih pacijenata. Naime kod BDORT pacijenata bio je čest UZV patološki nalaz štitne žlijezde.
8. Dokazana je statistički značajna veza ($p<0,05$) između BDORT i LDL kod pacijenata.

MULTIDISCIPLINARNI PRISTUP ISTRAŽIVANJU ŠTETNIH BIOLOŠKIH EFEKATA ELEKTROMAGNETNOG ZRAČENJA KORIŠĆENJEM RAČUNARSKIH SIMULACIONIH POSTUPAKA, MRI I CT SNIMAKA

MULTIDISCIPLINARY APPROACH TO FINDING ADVERSE BIOLOGICAL EFFECTS OF ELECTROMAGNETIC RADIATION USING COMPUTER STIMULATION PROCEDURES, MRI AND CT

Različiti električni i telekomunikacioni uređaji su izvori električnog i magnetnog polja u njihovoj okolini. Svrha telekomunikacionih uređaja je prenos informacija na daljinu. Neki od njih kao medijum koriste žičane provodnike, dok je ekspanzija korišćenja bežičnih komunikacionih uređaja gde je prenosni medijum vazduh. Dok prvom slučaju generisano elektromagnetno polje i elektromagnetni talasi ostaju u najvećem delu unutar provodnika-kabla, dotle kod drugih se elektromagnetno zračenje ili elektromagnetni talas širi skoro podjednako u svim pravcima i na taj način dospeva do bioloških objekata kojima nije namenjen. Prodirajući u objekte jedan deo svoje energije predaje tom telu izazivajući različite fizičke efekte na naelektrisane delove tih objekata, što dovodi do delimičnog zagrevanja, polarizacije, indukovanja struja i drugih efekata. Svi ovi fizički fenomeni dovode do efekata na biološke sisteme živih organizama (ćelijsku membranu, organele, ćelije, neurone, kao i na jonske strukture, rad enzime itd). Kao rezultat svega je poremećaj normalnog rada ćelija, tkiva i organa i pojava štetnih bioloških efekata. Kako proceniti ovo dejstvo je pitanje koje muči istraživače u ovoj oblasti zadnje dve decenije. Energija koja biva apsorbovana je merilo biološkog dejstva, ali je značajna i biološka osetljivost tkiva i organa. Elektromagnetni talas koji nastaje na antenskim elementima telekomunikacionih uređaja se prostire od izvora, kroz slobodni prostor i dolazi do objekta gde nastaje pojava refleksije i prodiranja talasa u taj objekat. Deo talasa koji prodre u objekat biva delimično apsorbovan a delimično prolazi kroz objekat i nastavlja svoje dalje prostiranje. Elektromagnetni talas se karakteriše sa dve fizičke veličine jačinom električnog i magnetnog polja. Intenziteti polja van objekta razlikuju se u odnosu intenzitete u unutrašnjosti a i sami intenziteti polja prodiranjem sa dubinom se menjaju u unutrašnjosti objekta. Intenziteti električnog i magnetnog polja u slobodnom prostoru se mogu meriti instrumentima. Za izučavanje biološkog dejstva potrebno je znati intenzitete elektromagnetnog polja u samim tkivima i organima živog organizma, a njih nije je praktično nemoguće meriti. Zbog toga se oni moraju dobiti proračunom. Zbog složenosti morfologije živih bića ovaj proračun je vrlo složen i razvoj računarskih simulacionih metoda je omogućio ovaj proračun. Razvijeni su mnogi metodi za ovaj proračun i formirani su softverski programi koji omogućavaju i olakšavaju ovaj postupak simulacije. Pod simulacijom se podrazumeva postupak formiranja modela izvora i modela bioloških tkiva, organa i čitavog organizma i konačno izračunavanje fizičkih veličina koje karakterišu prostiranje i apsorpciju elektromagnetnih zračenja u biološkom objektu kao što su: jačina električnog i magnetnog polja, apsorbovana energija, SAR i površinska gustina energije. Medjutim ovako dobijene rezultate treba povezati- korelisati sa biološkim efektima.

U ovom radu autori su prikazali neke numeričke metode za izračunavanje komponenta polja unutar bioloških subjekata, algoritme za multidisciplinarni pristup proučavanju bioloških efekata elektromagnetnih zračenja, novi metod za određivanje bioloških efekata i neke rezultate do kojih su došli zadnjih godina. Posebno je naglašen multidisciplinarni i integrativni pristup u utvrđivanju neželjenih bioloških efekata zračenja uključivanjem u istraživački proces inženjera, fizičara, biologa i lekara.

MIKROTALASNA REZONANTNA TERAPIJA-NOVA MOGUĆNOST STIMULACIJE AKUPUNKTURNOG SISTEMA MICROWAVE RESONANCE THERAPY - A NEW POSSIBILITY FOR STIMULATING THE ACUPUNCTURE SYSTEM

U drugoj polovini XX. veka otkriveno je da ljudski organizam poseduje karakterističnu, sopstvenu frekvenciju elektromagnetnog polja mikrotalasnog dijapazona (30-300 GHz), kao i da je sam organizam sposoban da otkrije za 1/100% poremećenu frekvenciju tog stabilnog elektromagnetnog polja. Primena mikrotalasne rezonantne terapije, kao nove tehnologije kvantne medicine, putem nisko intenzitetnih elektromagnetnih emitovanja mikrotalasnog dijapazona, spektralne gustine $10^{-2} \text{ W/Hz cm}^2$, ekstremno visokog frekventnog opsega (40-100 GHz) i milimetaraskih talasnih dužina (reda~1-10 mm) u biomedicini je novi trend, koji potiče iz bivšeg SSSR-a, iz sredine 60-tih godina. Mikrotalasna rezonantna terapija, kao nova metoda stimulacije akupunktturnog sistema, zasnovana je na rusko-ukrajinskom konceptu kvantne prirode akupunktturnog sistema, kao dinamičke strukture, pridruženog na lokacijama maksimuma interferentnih, trodimenzionalnih, de Brojjevih stojećih talasa. Promene u dielektričnim osobinama tkiva dovode do deformacije strukture elektromagnetnih talasa mikrotalasnog dijapazona, akupunktturnog sistema, i posledično u vezi sa tim i do bolesti. Mikrotalasna rezonantna terapija, koristeći ekstremno visoke frekvencije, atermičke intenzivnosti, izuzetno niskog intenziteta, vodi u normalizaciju poremećene frekvencije ekscitiranog akupunktturnog meridijana, što dovodi, preko akupunktturnih i mikrotalasnih samo-organizacionih mehanizama, do pokretanja neurohumoralnih i fizioloških mehanizama, te organizam i preko biohemijskih mehanizama prevladava bolest. Ovaj naučni pristup, u periodu od od 1964. do 1978. god., prošao je kroz predklinička ispitivanja i eksperimente na životinjama, a od 1978. god. sprovedena su klinička ispitivanja i statističko praćenje dobijenih rezultata. Metoda je proglašena perspektivnom metodom trećeg milenijuma.

U ovom radu dat je osvrt na elektromagnetnu prirodu akupunktturnog sistema i biofizičke osnove i mikrotalasno rezonantne terapije, kao in eke od rezultata primene mikrotalasne rezonantne terapije u sopstvenoj dvadeset trogodišnjoj praksi u terapiji psiho-somatskih oboljenja, koji koreliraju sa rusko-ukrajinskim rezultatima i potvrđuju visoku efektivnost ovog pristupa. Dat je osvrt na signifikantno smanjivanje bola ($p < 0,01$), ortopedsko-neurološkog porekla (kod pacijenta je redukcija bola bila sa prosečne ocene 5 na 1,65, što iznosi oko 66%; a kod pacijentkinja je redukcija bola bila sa prosečne ocene 5,67 na 1,67, što iznosi oko 70,55%. Dostignuti rezultati su se održavali tokom narednih 1.5 meseci.

Ključne reči: mikrotalasna rezonantna terapija (MRT), akupunktturni system, kvantna medicina

**SEKCIJA: SKRB ZA ZDRAVJE
- GIBANJE, PREHRANA,
EKOLOGIJA /
*HEALTH PROMOTION -
EXERCISE, NUTRITION AND
ECOLOGY SECTION***

STRATEGIJE ZA UNAPREĐENJE RAZINE TJELESNE AKTIVNOSTI OSOBA STARIJE ŽIVOTNE DOBI **STRATEGIES FOR IMPROVING THE LEVEL OF PHYSICAL ACTIVITY OF THE ELDERLY**

U ovom radu prikazani su načini mjerenja razine tjelesne aktivnosti kod osoba starije životne dobi, motivacijski čimbenici za uključivanje tih osoba u tjelesnu aktivnost i čimbenici koji utječu na kontinuiranost njihovog bavljenja tjelesnom aktivnosti. S porastom životne dobi i smanjenjem tjelesne aktivnosti povećava se broj kroničnih bolesti koje se mogu kontrolirati redovitom tjelesnom aktivnošću umjerenog intenziteta. Utjecaj tjelesne aktivnosti očituje se na svim domenama kvalitete života, a pritom se naglašava preventivni utjecaj tjelesne aktivnosti kod osoba starije životne dobi u cilju sprečavanja kroničnih bolesti. Osobe starije životne dobi susreću se s nizom prepreka koje ih sprečavaju da sudjeluju u tjelesnim aktivnostima, kao što su stav o ulozi i važnosti tjelesne aktivnosti te unutarnje i vanjske prepreke kod pojedinca. Najvažniji facilitatori za bavljenje tjelesnom aktivnosti osoba starije životne dobi jesu individualiziran pristup, planiranje i donošenje odluka o načinu provođenja tjelesne aktivnosti zajedno sa svakim pojedincem koji se uključuje u tjelesnu aktivnost te javnozdravstvene akcije i projekti koji će širu društvenu zajednicu poučiti o važnosti tjelesne aktivnosti osoba starije životne dobi. Svakoj osobi bez obzira na dob mora se pružiti mogućnost bavljenja tjelesnom aktivnosti; starost ne bi trebala biti ograničavajući čimbenik za uključivanje u neki oblik rekreativnog vježbanja.

Ključne riječi: osobe starije životne dobi, tjelesna aktivnost, motivacijski faktori, facilitatori

This paper presents a number of ways to measure physical activity levels in the elderly; the motivational factors for the inclusion of physical activity by the elderly; and the factors that impact upon their ability to maintain continuity in physical activity. With increasing age and decreasing physical activity levels, the number of chronic diseases that can be controlled through regular physical activity of moderate intensity increases. The impact of physical activity is visible in all aspects which influence the quality of life; the preventive role of physical activity in the elderly, with the aim of preventing chronic diseases, should therefore be emphasized. Elderly people encounter a range of hindrances that prevent them from participating in physical activity, such as the perceived role and importance of physical activity as well as internal and external barriers specific to individuals. To facilitate the elderly to engage in physical activity, the most important factors comprise a individual approach; planning and making decisions together regarding the implementation of physical activity; and including each individual in physical activity as well as public health actions and projects in order to educate the broader community on the importance of physical activity in the elderly. Each individual, regardless of their chronological age, must be provided with the possibility to engage in physical activity, i.e. age should not be a limiting factor in getting involved in some form of recreational workout.

Key words: elderly people, physical activity, motivational factors, facilitators for engaging in physical activity

STAVOVI STARIJIH OSOBA O FIZIČKOJ AKTIVNOSTI ATTITUDES OF ELDERLY PEOPLE REGARDING PHYSICAL ACTIVITY

Uvod: Fizička aktivnost preduvjet je dobre mobilnosti koja osobi olakšava zadovoljavanje osnovnih bioloških potreba, potreba za uključivanjem u društvo, osjećajem sposobnosti, samopouzdanja i zadovoljstva samom sobom. Baveći se grupnim fizičkim aktivnostima pojedinač stječe sve dobrobiti fizičke aktivnosti, a fizička aktivnost ujedno mu je i »ulaznica« u društvenu mrežu. Cilj je istraživanja doprinijeti razumijevanju stavova, osjećaja i zadovoljstva starijih osoba koje su uključene u Program vježbanja za starije osobe u gradu Krapini prema fizičkim aktivnostima i uključenosti u društvo putem vježbanja. Metode: Istraživanje je provedeno empirijskom, kvalitativnom metodom, polustrukturiranog intervjua. Podaci iz intervjua obrađeni su u skladu s metodom kvalitativne tematske analize otvorenog kodiranja. Teme intervjua odnosile su se na općeniti stav starijih ljudi o vježbanju, zadovoljstvo vježbanjem i uključenost u društvo putem vježbanja, osjećaj sugovornica o tome kako okolina doživljava njihovo vježbanje i kako u vježbanje uključiti više ljudi. Uzorak ispitanika činile su četiri ženske osobe izabrane metodom snježne kugle iz skupine žena koje se tri puta tjedno bave vježbanjem. Rezultati: Sugovornice su pokazale izgrađene navike i znanja o fizičkoj aktivnosti, pozitivne stavove i zadovoljstvo bavljenjem fizičkom aktivnosti te naglašavaju korist fizičke aktivnosti za zdravlje. Sugovornice negativno doživljavaju stavove okoline prema njihovoj navici vježbanja. Rasprava: Istraživanje ukazuje da je fizička aktivnost starijih ljudi dobar način ostvarivanja modela zdravog i aktivnog starenja, ali za popularizaciju vježbanja treba utjecati na stvaranje pozitivnih stavova društva prema vježbanju. Istraživanje će doprinijeti razumijevanju načina kako u programe vježbanja uključiti više starijih osoba.

Ključne riječi: zadovoljstvo, fizička aktivnost, psihosocijalno funkcioniranje, kvalitativno istraživanje

Introduction: Physical activity is a postulate for good mobility, enabling an individual to fulfil their essential biological requirements, to participate in social interactions and to maintain feelings of capacity, self-confidence, and self-satisfaction. The goal of the research is to contribute to our understanding of attitudes and feelings of elderly people, which are detailed in the "Exercising program for elderly people in the city of Krapina" to be influenced by physical exercise and contentment with level of participation in society through exercising. Method: The research was carried out using an empirical, qualitative method in the form of a half-structured interview. Data from interviews were treated according to the method of qualitative topic analysis of open coding. The interview topics were related to the general attitudes of the elderly towards exercising, satisfaction with their level of exercise, and being included in society through exercising, how their surroundings influence their exercising and how to encourage more people to exercise. The example of the examinees consists of four females, chosen by the snowball method from a group of women, who practice recreational exercise three times a week. Results: Collocutors demonstrated habits and knowledge regarding physical activity, positive attitudes and satisfaction of physical activities, thus emphasizing the usefulness of physical activity. They negatively perceived environmental attitudes towards their habit of exercise. Discussion: The study suggests that physical activity in elderly people is a good way to create a healthy and active aging, whereas the popularization of exercise is necessary in order to influence the development of positive attitudes of society to exercise. The research will partly contribute to the understanding how to include more elderly people in exercise programs.

Key words: satisfaction, physical activity, psychosocial functioning, qualitatively research

POMEMBNOST GIBANJA V TRETJEM ŽIVLJENJSKEM OBDOBJU

THE IMPORTANCE OF PHYSICAL ACTIVITY DURING OLD AGE

Teoretična izhodišča: Fizična aktivnost pripomore h kakovostnejšemu življenju. Za starostnike je še posebej pomembno, da so aktivni, saj je za tretje življenjsko obdobje značilen upad kostne in mišične mase, prav tako pa vse slabša učinkovitost delovanja organskih sistemov. Fizična aktivnost tako pripomore k zmanjšanju poškodb, zlomov in pomaga pri preprečevanju nekaterih bolezni. Metode: V teoretičnem delu smo uporabili deskriptivno metodo (opisovanje pojmov, izsledkov že obstoječih raziskav). V empiričnem delu smo uporabili metodo sekundarne analize podatkov. Analizirali smo podatke iz že obstoječe študije SHARE, za kar smo uporabili programa SPSS in MS Word. Rezultati: Raziskava je bila izvedena v 17 evropskih državah in v Izraelu. Osredotočili smo se na Slovenijo. Izmed treh različnih starostnih skupin, ki smo jih med seboj primerjali (66–75 let, 76–85 let, 86–100 let), so pripadniki prve (66–75) dejavnejši od drugih dveh. Ugotovili smo še, da so moški v športnih in fizičnih aktivnostih dejavnejši od žensk. Sklep: S pomočjo rednega gibanja lahko starostniki nadzorujejo telesno težo in se izognejo razvoju različnim boleznim. Pomembno je, da se zavedamo pomena fizičnih aktivnosti ne le v starosti, ampak skozi vse življenje.

Ključne besede: starostniki, aktivnost, šport, zdravje, staranje

Theoretical background: Physical activity contributes to a better quality of life. Due to the decrease in the mass of muscles, bones, and to the lower efficiency of organ systems, it is especially important for the elderly to be physically active. Therefore, physical activity contributes to a lower number of injuries and fractures, and helps to prevent different diseases. Methodology: In the theoretical part, the descriptive method was used. We described different terms and results of already existing researches. In the empirical part, we used the method of secondary analysis. We analysed the data from the publicly available SHARE study, using computer software SPSS and MS Word. Results: The study was conducted in 17 European countries and in Israel. We focused on Slovenia. Out of three different age groups that we compared to each other (66–75 years, 76–85 years, 86–100 years), the first (66–75) is the most active in comparison with the other two, while men are physically more active than women. Conclusion: Regular physical activity helps to control body weight and helps to prevent different diseases. One needs to be aware of the importance of physical activity, not only in the elderly years, but through all our life.

Key words: elderly, activity, sport, health, aging

GIBALNA AKTIVNOST ŽENSK V RURALNEM OKOLJU PHYSICAL ACTIVITY OF WOMEN IN RURAL AREAS

Teoretična izhodišča: Pomen gibanja je v znanosti izredno obširno dokumentiran, saj redna gibalna aktivnost vpliva na zdravje, tako telesno kot duševno. Med najpomembnejše preventivne dejavnike pri ohranjanju in krepitevi zdravja spada kontinuirana gibalna aktivnost. Namen prispevka je preučiti gibalno aktivnost žensk v ruralnem okolju v Prekmurju. Cilj raziskave je ugotoviti pogostost, obliko in motiv za ukvarjanje z gibalno aktivnostjo. Metodologija: Raziskava temelji na kvantitativni anketni metodologiji. V vzorec so bile zajete ženske iz vaškega okolja v Prekmurju. V raziskavi je bil uporabljen anketni vprašalnik, ki je vseboval demografska vprašanja o starosti in izobrazbi, vprašanje o pogostosti ukvarjanja z gibalno aktivnostjo in oblikah ter vrstah gibalne aktivnosti. Pridobljeni podatki so bili obdelani s statističnim programom SPSS, uporabljen je bil t-test, hi-kvadrat test in analiza variance. Rezultati: Z raziskavo smo želeli preučiti gibalno aktivnost žensk v ruralnem okolju. V prispevku bodo predstavljene ugotovitve o pogostosti, obliki in vrsti ter intenzivnosti gibalne aktivnosti. Razprava: Ženske v ruralnem okolju se zavedajo pomena gibalne aktivnosti pri ohranjanju zdravja, prav slednje je glavni motiv za ukvarjanje z gibalno aktivnostjo. Samo ruralno okolje pogosto ne omogoča velike izbire organiziranih oblik gibalne aktivnosti.

Ključne besede: zdravje, gibanje, ženske, Prekmurje

Theoretical background: The importance of movement in science is very extensively documented, as regular physical activity affects health, both physically and mentally. Among the most important preventive factors in the preservation and strengthening of health belongs to continuous physical activity. The purpose of this paper is to examine physical activity of women in rural areas in Prekmurje. The aim of the research was to determine frequency, form and motivation to deal with physical activity. Methodology: The research is based on a quantitative survey methodology. The sample included women from the rural environment in Prekmurje. The study used a questionnaire containing demographic questions about age and education, a question on the frequency of physical activity, forms and types of physical activity. The data obtained were analysed by SPSS statistical program, t-test, chi test and analysis of variance were used. Results: The aim of this study was to examine physical activity of women in rural areas. The paper presents findings on the frequency, format and type and intensity of physical activity. Discussion: Women in rural areas are aware of the importance of physical activity in maintaining health, and the latter is the main motive for involvement in physical activity. However, rural environment does often not allow a wide choice of organised forms of physical activity.

Key words: health, exercise, women, Prekmurje

GIBALNA AKTIVNOST PRI ŽENSKAH, STAREJŠIH OD 60 LET PHYSICAL ACTIVITY OF WOMEN OVER 60

Uvod: Gibalna aktivnost pri ženskah, starejših od 60 let, ima pomembno vlogo pri ohranjanju zdravja, upočasnitvi procesov staranja ter kakovosti življenja. Obravnavana populacija je različno gibalno aktivna, največkrat premalo, kot je to potrebno za ohranjanje njihovega zdravja. Namen naše raziskave je bil ugotoviti pogostost in vrsto gibalne aktivnosti ter motive in ovire za gibanje pri ženskah, starejših od 60 let. Zanimale so nas tudi razlike v motivih in ovirah za gibalno aktivnost pri ženskah, ki se udeležujejo organizirane skupinske vadbe, v primerjavi s tistimi, ki se te vrste gibalne aktivnosti ne udeležujejo. Metoda: Raziskava temelji na kvantitativnem metodološkem pristopu. V raziskavo je bilo vključenih 60 žensk, starejših od 60 let, ki se aktivno vključujejo v različne aktivnosti Društva proti osteoporozi Maribor. Podatke smo zbrali z vprašalnikom in jih kasneje statistično analizirali z metodami opisne statistike in t-testom za neodvisne vzorce. Rezultati: V prispevku smo prikazali rezultate, kako pogosto, v kakšni obliki in s katero vrsto gibalne aktivnosti se najraje ukvarjajo ženske po 60. letu starosti. Prikazali smo tudi, kaj sta osnovna motivacija in vzrok, da se ženske odločijo za gibalno aktivnost, in kateri so razlogi, ki najbolj prispevajo h gibalni neaktivnosti. V prispevku so prikazane tudi razlike v motivih in ovirah za gibalno aktivnost med ženskami, ki se udeležujejo organiziranih skupinskih vadb, in tistimi ki se te vrste gibalnih aktivnosti ne udeležujejo. Razprava: Dobljene ugotovitve naše raziskave imajo pomembno vlogo za prakso, saj nam prikazujejo poznavanje temeljnih značilnosti motivov in ovir za gibalno aktivnost in dajejo vpogled, kakšno obliko gibalne aktivnosti je treba organizirati in ponuditi tej starostni skupini.

Ključne besede: zdrav življenjski slog, motivi za gibanje, ovire

Introduction: Physical activity of women over 60 has an important role in keeping fit, slowing down ageing process and life quality. This population has different activity patterns. Despite positive effects of the physical activity, they do not practice it enough. The purpose of this study was to find out the frequency and type of physical activity, motivation and obstacles for physical activity in women aged over 60 and to recognise the differences in motivation and obstacles for physical activity in women who participated in exercising in organised groups in comparison to those who did not. Method: Quantitative method and descriptive technique and t-test for independent samples were used. A questionnaire was used as an instrument for data collection. The study included 60 women, aged over 60, who took an active part in the Society against Osteoporosis Maribor. Results: Study presents the frequency of physical activity and which different types of physical activity is the most interesting for women aged over 60. The most important motivations and obstacles for physical activity or inactivity, and what the main reasons for choosing participation in organised groups for physical activity of the women, in comparison with those who did not participate, were found out. Discussion: Our data have an important role for everyday practice and give us the basic understanding about motivations and obstacles for physical activity in elderly women, as well as recommendations for more appropriate physical activity.

Key words: healthy life style, motivation for physical activity, obstacles

POMEN SKUPIŃSKE VADBE ZA DUŠEVNO POČUTJE: POGLED UDELEŽENK

IMPORTANCE OF GOOD EXERCISE FOR MENTAL WELL-BEING: PARTICIPANTS POINT OF VIEW

Uvod: V času nenehnega hitenja veliko govorimo o zdravem življenjskem slogu in najpogosteje to povezujemo z namenom krepitve zdravja in ohranjanja kakovosti življenja. Ena od zelo učinkovitih metod, s katerimi lahko vplivamo na svoje počutje, je gibalna aktivnost. V tesni povezavi z gibalno aktivnostjo so pokazatelji duševnega zdravja. Zelo pomembno je druženje, zaradi katerega se predvsem ženske rade vključujejo v skupinske gibalne aktivnosti. V večini primerov ima skupinska vadba pozitivne učinke na duševno stanje posameznika, saj se človek sprosti, pozabi na vsakdanje skrbi in misli usmeri vase. Namen empirične raziskave je bil ugotoviti mnenja udeleženk skupinskih vadb o pomenu skupinske vadbe za njihovo duševno počutje in razpoloženje. Metode: Raziskava je temeljila na empirični kvalitativni metodologiji. Vključenih je bilo 5 udeleženk, ki redno obiskujejo skupinsko vadbo v Športnem društvu Bezena. Podatki so bili pridobljeni s pomočjo polstrukturiranega intervjuja kot kombinacija v naprej določenih vodilnih vprašanj in prostega pogovora. Sproti smo dodali še podvprašanja, da smo dobili bolj jasne in poglobljene odgovore na glavna vprašanja. Rezultati: Prispevek bo predstavil rezultate raziskave na področju mnenja udeleženk o poteku ure skupinske vadbe, v nadaljevanju njihove razloge za udeležbo in posledično njihovo počutje ob druženju ter kako to vpliva na njihovo telesno in duševno zdravje. Pomembne so tudi ugotovitve, ki postavljajo v ospredje druženje pred glavnim razlogom za obisk, torej samo vadbo. Razprava: Skupinska vadba kot oblika gibalne aktivnosti, posebej pri starejših, v veliki meri zapolnjuje potrebe žensk po telesni aktivnosti. Vključevanje je prirojena potreba, saj skupina omogoča druženje, razvedrilo, sprostitev in s tem možnost medsebojnega pogovora, ki zbujajo občutek sprejetosti in notranjega zadovoljstva. Gibalna aktivnost udeleženkam izboljša tako telesno kot duševno zdravje.

Ključne besede: skupinska vadba, ženske, duševno zdravje, kvalitativna raziskava

Introduction: In times of constant rushing we often discuss about a healthy lifestyle and frequently relate this with the intention of promoting health and maintaining the quality of life. One very effective method have an impact on our health is physical activity. Indicators of mental health are closely related to physical activity. Socializing is important and therefore, especially women, like to participate in group exercise. In most cases, group exercise has a positive impact on mental health in individuals, because during such form of exercise people relax, forget about daily worries and focus on themselves. The purpose of this empirical study is to gather opinions of group exercise participants on the importance of group exercise for their mental well-being and mood. Methods: The study was based on empirical qualitative methodology. It included 5 female participants, who regularly visit group exercise at the Sport Centre Bezena. The data was acquired by means of a half-structured interview as a combination of in advance set lead questions and free answers. We added also sub-questions during the interview to obtain more clear and in-depth answers to the main questions. Results: The paper presents study results of participants' opinion on the course of the group exercise, their reasons for participation and consequently how socializing affects their physical and mental health. The findings show that socialising is a more important reason for participation than the exercise itself. Discussion: Group exercise as a form of physical activity, especially in elderly, largely meets the needs of women for physical activity. Integration is an inborn need since a group provides socialising, entertainment, relaxation and the possibility of a dialogue, which grows a sense of acceptance and inner satisfaction. Physical activity improves participants' physical and mental health.

Key words: group exercise, women, mental health, qualitative study

EDUKACIJA TELESNE AKTIVNOSTI V ŠOLI ZDRAVEGA HUJŠANJA PHYSICAL ACTIVITY-RELATED EDUCATION IN THE HEALTHY WEIGHT-LOSS PROGRAMMES

Raziskava je del diplomskega dela. Namen: Namen je analizirati vlogo fizioterapevta kot nosilca zdravstvenovzgojnega dela, to je edukacije o telesni dejavnosti v preventivnih programih – Šoli zdravega hujšanja. Metoda dela: Uporaba pravno formalne osnove in strokovne usmerjenosti na preventivnem področju, kot tudi izvedba ankete za pridobitev povratnih informacij. Rezultati: Rezultati raziskave kažejo na dobro podajanje snovi, z zadostnim ponavljanjem in utrjevanjem, kot tudi na zelo dobro sprejemanje in zanimanje udeležencev. Zaključek: Osnova celotne raziskave je ugotovitev, da se mora za uspešno opravljanje funkcije vodenja telesne aktivnosti in podajanje znanja o tem dodati še obvladovanje širokega spektra vodstvenih znanj, sodelovanja s timom, obvladati spretnost dobre komunikacije kot tudi razvijanje in vzpostavljanje dobrih odnosov. Za napredovanje in samopotrjevanje svojega dela mora fizioterapevt dobiti povratno informacijo izvedbe s strani sodelujočih.

Ključne besede: fizioterapija, zdravstvena vzgoja, preventivni programi – Šola zdravega hujšanja.

Research is part of dissertation. Intention: The intention to analyse the part of a physiotherapists as a holder of health educational work, this is the education of physical activity in protective programmes – School of healthy losing weight. Methods: Use of legally formal base and of professional orientation on the protective field, as also carrying out a survey to get information in return. Results: The results of this research show good handing of material, with sufficient repeating and consolidating, as also very good receiving and showing interest of the participants. Conclusions: The basis of this research is following statement, that for successful carrying out of physical activities and handing out knowledge about this we have to add the mastering of a broad spectrum of leading knowledge, the cooperation with the team, the mastering of good communication skills as well as to re-establish good relationships. For further developing and self-assertion of one's work the physiotherapists has to get return information of carrying out from the side of the participants.

Key words: physical therapy, health education, preventive programmes – School of healthy losing weight.

STAVOVI STUDENATA O TJELESNOJ AKTIVNOSTI I NJEZINOJ POVEZANOSTI S NASTANKOM KARDIOVASKULARNIH BOLESTI

THE ATTITUDES OF STUDENTS TOWARDS PHYSICAL ACTIVITY AND ITS CONNECTION WITH CARDIOVASCULAR DISEASES

Uvod: Današnje vrijeme karakterizira izrazito smanjenje tjelesne aktivnosti. Nedovoljna tjelesna aktivnost jedan je od ključnih uzročnih rizičnih čimbenika kardiovaskularnih bolesti. Cilj ovog istraživanja bio je utvrditi učestalost fizičke aktivnosti kod studenata te kakvi su njihovi stavovi o tjelesnoj aktivnosti i njezinoj povezanosti sa zdravljem. Metodologija: Istraživanje je provedeno unutar studentske populacije različitih studijskih smjerova. Instrument provedbe istraživanja bio je internetski upitnik. Prikupljeni podaci obrađeni su metodama deskriptivne statistike. Postavljena je hipoteza da ispitanici u značajnom broju nisu svjesni vlastite nedovoljne tjelesne aktivnosti kao ozbiljne prijetnje narušavanju zdravstvenoga stanja. Rezultati: Broj je anketiranih studenata 158 u dobi od 18 do 33 godine. Iz rezultata je razvidno da većina ispitanika ima pozitivne stavove o tjelesnoj aktivnosti kao jednom od važnih čimbenika u prevenciji bolesti i održavanju zdravlja, međutim pozitivan stav ne znači aktivno pozitivan stav, odnosno da se tjelesna aktivnost i provodi na način na koji se percipira. Rasprava: Nedostatak kretanja u suvremenim uvjetima življenja današnja je stvarnost i nepobitna činjenica. Percepcija tjelesne aktivnosti dobra je polazna točka za intervenciju u populaciji.

Ključne riječi: tjelesna aktivnost, kardiovaskularne bolesti, studenti

Introduction: Present time is characterised by a considerable decrease in physical activity. Insufficient physical activity is one of the main risk factors for cardiovascular diseases. The goal of this research was to determine the frequency of physical activity among students and what their attitudes towards physical activity and its connection with health are. The research was conducted within the student population of different study programs. The instrument of conduction was an online questionnaire. The data collected was analysed with descriptive statistics. It was hypothesized that the examinees are mostly not aware that their own insufficient physical activity is a serious threat to their health. Results: 158 students at the age of 18 to 33 were included in the study. The results show that most of the examinees have a positive attitude towards physical activity as one of the important factors in the prevention of diseases and in preservation of health, but positive attitude does not mean an active positive attitude, which means that physical activity is not carried out in the way it is perceived. Discussion: The lack of movement in modern life conditions is a reality and an undisputable fact. Perception of physical activity is a good starting point for population-level intervention.

Key words: physical activity, cardiovascular diseases, students

PRIMERJAVA ŽIVLJENJSKEGA SLOGA MED GIMNAZIJCII IN ZDRAVSTVENIKI *LIFESTYLE COMPARISON BETWEEN STUDENTS IN GYMNASIUM AND SECONDARY SCHOOL OF NURSING*

Vsak posameznik v življenju razvije vzorce vedenja in aktivnosti, ki jih lahko poimenujemo življenjski slog. Življenjski slog lahko vključuje tako zdravju škodljiva kot zdravju koristna vedenja in vzorce aktivnosti. Mladi imajo v sodobni družbi veliko priložnosti, da se vedejo ali delujejo v nasprotju z načeli zdravega življenjskega sloga. Zdravstveni delavci se moramo zavedati pomena zdravega življenjskega sloga, ga živeti in o njem poučevati druge. Na Zdravstveni fakulteti, Oddelku za delovno terapijo, smo s študenti raziskali življenjski slog srednješolcev (od 16 do 18 let). Cilj raziskave je bil identificirati podobnosti in razlike med dijaki srednje zdravstvene šole in gimnazije. Za ugotavljanje življenjskega sloga mladostnikov smo uporabili vprašalnik »Adolescent Lifestyle Profile R-2«, ki vključuje področje odgovornosti za zdravje; fizičnih aktivnosti; prehrane; pogleda na življenje; medosebnih odnosov; obvladovanja stresa in duhovnosti. Odgovore meri s štiristopenjsko skalo. Vzorec predstavlja 280 srednješolcev (170 dijakov splošne gimnazije in 110 dijakov srednje zdravstvene šole). Zanimalo nas je, ali med navedenima skupinama obstaja statistično pomembna razlika glede življenjskega sloga. Povprečna ocena življenjskega sloga pri gimnazijcih je 2.56, pri zdravstvenikih pa 2.64 (višje povprečje pomeni bolj zdrav poročan življenjski slog). T- test je pokazal statistično pomembne razlike med skupinama ($p = 0.03$). Podobna raziskava, opravljena v Turčiji, je med študenti zdravstvene nege ugotovila očitno nižjo povprečno oceno, in sicer 2.46, kar bi lahko povezali z nižjim življenjskim standardom. Mladostnik z zdravim življenjskim slogom bo s precejšnjo verjetnostjo tak slog ohranil tudi v odrasli dobi, in obratno, zato sta promocija zdravja in izobraževanje za zdravje vse bolj pomembna. Delovni terapevti, medicinske sestre, fizioterapevti, zdravniki in drugi zdravstveni delavci pa smo poklicani, da ljudi izobražujemo o zdravju.

Ključne besede: mladostnik, življenjski slog, promocija zdravja, delovna terapija, aktivnost

In his/her lifetime, each individual develops patterns of behaviour and activities that can be called a lifestyle. This lifestyle can include behaviour and activity patterns that promote or, on the other hand, inhibit health. Young people in modern society have many opportunities to behave and act in a way that is not in line with a healthy lifestyle. We, as health professionals, must not just realise the importance of a healthy lifestyle, we have to live it and teach others about it. Lifestyle of secondary school students (aged 16 to 18) was studied by the members of Faculty of Health Sciences, Department of Occupational Therapy, and our students. The aim of this study was to identify similarities and differences between students of secondary school of nursing and gymnasium. To determine the lifestyle of adolescents, we used the questionnaire "Adolescent Lifestyle Profile R-2", which includes the areas of responsibility for health, physical activity, nutrition, outlook on life, interpersonal relationships, stress management and spirituality. Replies were measured by four-point scale. Our sample consists of 280 secondary school students, 170 students of public gymnasium and 110 students of the secondary school of nursing. We wanted to know whether there is a statistically significant difference between these two groups with regard to lifestyle. The average score of lifestyle for gymnasium students was 2.56, and for secondary nursing school students 2.64 (higher average shows healthier reported lifestyle). T-test showed statistically significant differences between these two groups ($p = 0.03$). A similar Turkish survey among students of secondary school of nursing found a lower average grade for the lifestyle, namely 2.46, which could be linked with their lower living standard. Youngsters with healthy lifestyle will probably preserve this lifestyle in adulthood, and the same can be said for those with unhealthy lifestyles. This is why health promotion and health education are gaining in importance and also why we, occupational therapists, nurses, physiotherapists, doctors and other health professionals, are on a mission to educate people about health.

Key words: adolescent, lifestyle, health promotion, occupational therapy, activity

ODPADKI NISO SMETI THE WASTE IS NOT GARBAGE

Naraščajoče globalno segrevanje zaradi onesnaževanja okolja vodi v katastrofalne posledice za naš planet. Danes smo soočeni s številnimi ekološkimi težavami, med katere spada tudi problematika uravnavanja z odpadki, ki je vsako leto bolj pereča. Slovenija je sicer napredovala na področju uravnavanja le-teh, vendar je stanje še zmeraj zaskrbljujoče. Vsakodnevno slišimo o prizadevanjih za zmanjševanje in preprečevanje nastajanja odpadkov, ločevanje in recikliranje. Novi trendi vse bolj težijo k ponovni uporabi odpadkov in izrabi njihove energetske vrednosti. Smernice ekološko osveščenih držav težijo k odlaganju le tistih odpadkov, ki jih ne moremo reciklirati. V nalogi bomo predstavili vrste odpadkov v gospodinjstvih, pravilno ločevanje, recikliranje, možnosti za zmanjševanje količine odpadkov in izzive za ponovno rabo le-teh. Dotaknili se bomo priporočil ravnanja z odpadki in problematike, s katero se srečujemo v gospodinjstvih. V drugem delu bomo skušali ugotoviti, v kolikšni meri so ljudje seznanjeni o ekološki pomembnosti ravnanja z odpadki, o pravilnem ločevanju in koliko dejansko naredijo za reševanje le-teh. Raziskali bomo osveščenost ljudi o ločevanju odpadkov in načinih, kako pridemo do postopnega zmanjšanja količine le-teh. Konec koncev le s pravilnim ravnanjem prispevamo k ohranjanju in varovanju našega okolja, samo od nas samih je odvisno, koliko odpadkov bomo pridelali in kje bodo končali.

Ključne besede: odpadki, ločevanje, varovanje okolja, osveščenost

The global average temperature has been continuously increasing in the last century because of the greenhouse effect that is a consequence of air pollution and has a negative impact on our planet. We are confronting many ecological issues, such as waste disposal, and the situation is becoming a bigger concern every year. Slovenia has improved in the waste management; however, there is still a potential for development of cleaner technologies and higher standards. In the recent years, there was a lot of debating in the media regarding a reduction of waste production, waste sorting, and recycling. New trends are showing promising results for waste utilization in the aspect of energy production. Countries with a high ecological awareness are already using this technology, and they are encouraging other countries to establish sustainable strategy of energy utilization. In this paper, we will discuss a type of waste in households, correct way of sorting, recycling, possibilities of waste reduction, and challenges of by-product technology. Furthermore, we will introduce the recommendations of waste management in the households. In the second part, we will research human awareness about the importance of the waste management, the correct waste sorting, and the personal contribution to a cleaner and healthier environment. Next, we will study the habits and the commitment of waste sorting in the society. Nevertheless, every individual is responsible for the behaviour and the preservation of our environment.

Key words: waste, waste sorting, environment protection, awareness

NAČRTOVANJE TRAJNOSTNE GRADNJE *DESIGN OF SUSTAINABLE CONSTRUCTION*

Podnebne spremembe in energijska odvisnost, omejenost virov v naravnem okolju ter vse večje zavedanje in prizadevanje za družbeno odgovornejše ravnanje in kakovost življenja narekujejo vključevanje okoljskih trajnostnih sestavin v vsakodnevno podjetniško prakso. V ta namen so na voljo različna orodja in ukrepi – tako na področju poslovanja in organiziranja kot na tehnično-tehnološkem področju ter področju obvladovanja človeških virov in ravnanja z zmožnostmi zaposlenih. Z razumevanjem planiranja, uveljavljanja in kontrole poslovanja ter s planiranjem organizacije, uveljavljanjem in kontrolo organizacije okoljskih trajnostnih sestavin v projektih stanovanjske gradnje smo zasnovali novo razumevanje tako znotraj kot zunaj podjetja. V raziskavi ugotavljamo okoljske trajnostne sestavine v upravljalno-ravnalnem procesu v ravnovesju s podjetniško prožnostjo planiranja, izvajanja in kontroliranja v projektih stanovanjske gradnje. S stalnim prilagajanjem novim zahtevam okolja in investitorjev ter tudi najširši družbeni skupnosti želimo s predstavljenim modelom ponovno spodbuditi razvoj gradbene dejavnosti v Sloveniji in tako soustvarjati kakovostno trajnostno okolje, v katerem živimo.

Ključne besede: okolje, organizacija, projektni menedžment, stanovanjska gradnja, trajnostni razvoj

Environmental changes and energy dependency, the limited resources of the natural environment and the ever growing awareness of and effort for socially more responsible actions and quality of life dictate the integration of sustainable environmental components into the daily business practices. For this purpose several tools and measures are available, both with regard to business and organisation, but also in the technical-technological field, human resources management and the administration of the employee's skills and capabilities. By understanding the planning, implementation and control of business operation, as well as the planning of the organisation, its implementation and control of the organisation of sustainable environmental components in residential building projects we have developed a new understanding, both within the enterprise and beyond. In our research we establish the sustainable environmental components of the management regulation process in balance with flexible business planning, the execution and control in residential building projects, which influence the renewal of building construction. Through the constant adaptations to the new requirements by the environment and the investors, as well as the wider community, we wish to use the presented model to revitalise the development of the building activity in Slovenia and thus make a contribution to the development of a sustainable high-quality environment, in which we are living.

Key words: environment, organisation, project management, residential building, sustainable development

TRAJNOSTNI RAZVOJ TURIZMA NA OBMOČJU ZGORNJEGA TOKA KOLPE SUSTAINABLE DEVELOPMENT OF TOURISM IN THE AREA OF THE UPPER KOLPA

Trajnostni razvoj turizma vključuje povezovanje in sodelovanje vseh deležnikov na podeželju, močno vlogo političnih vodij, da omogočijo vključevanje in sklepanje konsenzov. Trajnostni razvoj turizma je stalen proces, ki vključuje stalno spremljavo učinkov in v primeru ugotovljenih odstopanj pravočasno korektivno ukrepanje. Trajnostni turizem zagotavlja visoko stopnjo zadovoljstva turistov, njihovo pomembno izkušnjo in zavedanje trajnostnega razvoja. Trajnostni razvoj minimizira socialne, gospodarske in ekonomske vplive, omogoča vključevanje lokalnega prebivalstva, ohranjanje naravne in kulturne dediščine, omogoča kakovost bivanja in boljši ekonomski položaj lokalnih skupnosti. V članku se avtor osredotoča na možnost trajnostnega razvoja na področju zgornjega toka reke Kolpe, ki teče v zaščitenem območju Natura 2000. Avtor je preučil več strokovnih virov, primerjal podobne primere po svetu, analiziral statistične podatke ter opravil več intervjujev z lokalnimi prebivalci. Na podlagi pridobljenih podatkov in informacij pa v zaključku predlaga zanimive rešitve v povezovanju in trajnostnem razvoju.

Ključne besede: trajnostni razvoj turizma, podjetništvo

Sustainable tourism development requires integration and participation of all relevant stakeholders, as well as strong political leadership to ensure wide participation and consensus building. Sustainable tourism development is ongoing process and it requires constant monitoring of impacts, introducing the necessary preventive and corrective action. Sustainable tourism should also maintain high level of satisfaction of tourists and ensure a meaningful experience and raising awareness of sustainable development. Sustainable development minimize the social, industrial and economic impacts. It allows the integration of the local population, conservation of natural and cultural heritage, provides quality accommodations and enhances the well-being of host communities. In this paper, the author discuss about the possibility of sustainable development in the area of the upper stream of the river Kolpa, which flows through protected area Natura 2000. Author has considered a number of professional sources, comparing similar cases, analysing statistics data, and held a number of interviews with local residents. Based on data analysis and information, the author proposed some interesting solutions for the small entities integration and sustainable development.

Key words: sustainable tourism development, entrepreneurship

DEMOKRATIZACIJA SLOVENSKE DRUŽBE BREZ NASILJA NAD STAREJŠIMI V DOMAČEM IN INSTITUCIONALNEM OKOLJU **DEMOCRATISATION OF SLOVENIAN SOCIETY WITHOUT VIOLENCE AGAINST THE ELDERLY IN DOMESTIC AND INSTITUTIONAL ENVIRONMENT**

Teoretična izhodišča: Številne aktualne strokovne in znanstvene raziskave opozarjajo na prisotnost nasilja nad starejšimi v domačem in institucionalnem okolju v Sloveniji. Nasilje je v našem kulturnem miljeju še vedno tabuizirano. Družbene spremembe so ob prehodu v post-moderno družbo so okrepile demokratizacijo družbe, ki je še posebej senzibilna na temeljne človekove pravice in strokovno korektno obravnavo ranljivih in marginaliziranih družbenih skupin, med katere uvršamo tudi stare, ki so deležni nasilja tako v domačem kot tudi institucionalnem okolju. Metodologija: Raziskava temelji na kvalitativnem pristopu. Kot metoda je bila uporabljena študija primera. Pri zbiranju podatkov smo uporabili pol-strukturirani usmerjeni intervju. Za analiziranje kvalitativnega gradiva smo uporabili vsebinsko analizo. V raziskavo smo vključili osem starejših oseb, ki so deležni nasilja v domačem okolju, in osem starejših oseb, ki so deležni nasilja v institucionalnem okolju. Rezultati: Na osnovi študije primera smo izdelali konceptualni model z identificiranimi vplivnimi dejavniki za odpravo nasilja nad starejšimi, tako v domačem kot tudi institucionalnem okolju. Razprava: Problematika nasilja nad starejšimi zahteva več politične, družbene in strokovne pozornosti ter odločen premik od zgolj teoretiziranja h konkretnim strateškim rešitvam v neposrednem okolju. Čas je za nove družbene in socialne inovacije, ki bodo generirale okolje in družbo brez nasilja.

Ključne besede: nasilje, starejši, domače okolje, institucionalno okolje, družbene spremembe

Theoretical framework: Many current professional and scientific studies draw attention to presence of violence towards the elderly in domestic and institutional environment in Slovenia. Violence is still taboo in our cultural milieu. Social changes at the transition to the post-modern society have reinforced the democratisation of society, which is especially a sensitive to fundamental human rights and appropriate treatment of vulnerable and marginalised social groups. Elderly people are also in this groups, as they are experiencing violence in domestic, as well as institutional environment. Methodology: Survey is based on a qualitative approach. For the method, we used a case study. In collecting data, we used focused semi-structured interview. For the analysis of qualitative materials, we used substantive analysis. The study included four elderly people who experienced domestic violence, and four elderly people who experienced violence in institutional environments. Results: Based on the case study, we developed a conceptual model of identified influential factors for elimination of violence against the elderly in domestic as well as institutional environment. Discussion: The issue of violence against the elderly demands more political, social and professional attention and determined move from purely theorising to specific strategic solutions in the immediate environment. It is time for new social innovations for society, which will generate environment and society without violence.

Key words: violence, elderly people, local environment, institutional environment, social changes

**SEKCIJA: NASILJE, MOBING
IN STRES /
*VIOLENCE, MOBING AND
STRESS SECTION***

NASILJE V DRUŽINI PACIENTOV S KRONIČNO BOLEČINO V HRBTENICI *VIOLENCE IN FAMILIES OF PATIENTS WITH CHRONIC BACK PAIN*

Teoretična izhodišča: V današnjem tempu življenja se povečuje pojavnost telesnega, psihičnega in spolnega nasilja, ki pa največkrat ostaja skrito med štirimi zidovi, še posebej v primerih, ko se to nasilje izvaja v družini. Pri nasilju gre za uporabo fizične ali psihične sile na drugo osebo. Pod nasilje spadajo različni škodljivi vedenjski vzorci, kot so žaljenje, kričanje, pretepanje, ljubosumje in še drugi. Namen empirične raziskave je bil proučiti pojavnost nasilja v družinah pacientov s kronično bolečino v hrbtenici, ki so vključeni v fizioterapevtsko obravnavo. Z raziskavo smo želeli ugotoviti, s katero obliko nasilja so se najpogosteje srečali ter na kakšen način je po njihovem mnenju nasilje v družini povezano s kronično bolečino v hrbtenici. Zanimalo nas je tudi, ali so pacienti kdaj tudi sami izvajali katero izmed oblik škodljivega vedenja v svoji družini. Metodologija: V empirični raziskavi je bila uporabljena kvantitativna metoda dela. Pri zbiranju podatkov je bil uporabljen anketni vprašalnik s 14 vprašanji zaprtega tipa. Vprašalnike smo razdelili v mesecu januarju 30 pacientom, ki so bili fizioterapevtsko obravnavani v termah Kurzentrum Bad Radkersburg. Dobljene rezultate smo analizirali z metodo deskriptivne statistike in t-testom za neodvisne vzorce. Rezultati: Raziskava je pokazala, da so pacienti s kronično bolečino v hrbtenici pogosteje deležni škodljivih vedenjskih vzorcev, kot so žaljenje, kričanje in ljubosumje. V prispevku so predstavljeni rezultati, ki ugotavljajo, na kakšen način je nasilje v družini pacientov povezano z njihovo kronično bolečino v hrbtenici. Bolečina v hrbtenici se poveča ob prisotnosti nasilja v družini. Razprava: Dobljene ugotovitve raziskave kažejo, da je kronična bolečina v hrbtenici povezana s škodljivimi vedenjskimi vzorci v družini. Dobljeni rezultati pomenijo doprinos za fizioterapevtsko klinično prakso, saj pomagajo ugotoviti vzrok za kronično bolečino v hrbtenici, ki je pogosto psihičnega izvora.

Ključne besede: psihično nasilje, fizično nasilje, spolno nasilje, bolečina v hrbtenici

Introduction: incidence of physical, psychological and sexual violence, which often remains hidden between the four walls, especially in cases where such violence is carried out in the family, is increasing in today's pace of life. When it comes to the use of violence, it goes for physical or psychological force against to another person. Under the violence they belong to different harmful patterns of behaviour such as insulting, yelling, beating, jealousy and others. The purpose of the study was to examine the incidence of violence in families of patients with chronic pain in the spine, which are included in the physiotherapy treatment. With this study we wanted to determine which forms of violence are most frequently encountered and how they consider the domestic violence associated with chronic pain in the spine. We were also interested whether the patients themselves ever undertaken any form of harmful behaviours in their family. Methods: The empirical research was used the quantitative method of work. For data collection was used a questionnaire with 14 closed questions. Questionnaires were distributed in January 30-th patients who were treated in the physiotherapy Kurzentrum Bad Radkersburg. The results obtained were analysed by the method of descriptive statistics and t-test for independent samples. Results: The study showed that patients with chronic pain in the spine often receive harmful behaviours such as insulting, yelling and jealousy. The study presents the results of which determine how the domestic violence patients associated with their chronic pain in the spine. Pain in the spine increases the presence of domestic violence. Discussion: The resulting research findings show that chronic pain in the spine associated with adverse behavioural patterns within the family. The results represent a contribution to physiotherapy clinical practice by helping to determine the cause of chronic pain in the spine, which is often psychological origin.

Key words: psychological violence, physical violence, sexual violence, back pain

ODZIVANJE ZDRAVSTVENEGA OSEBJA V PRIMERIH NASILJA V DRUŽINI KOT GA DOŽIVLJAJO ŽRTVE **HEALTH STAFF RESPOND IN CASES OF DOMESTIC VIOLENCE AS SEEN FROM THE PERSPECTIVE OF VICTIMS**

Posledice izpostavljenosti nasilju v družini (NvD) predstavljajo veliko zdravstveno breme, so kratkoročne in dolgoročne ter se odražajo tako na ravni posameznika kot družbe. Zato je pomembno, da se tudi zdravstveno osebje (ZO) ob stiku z žrtvami ustrezno odzove na pojave NvD. Namen raziskave je bil proučiti, kakšne so bile izkušnje in pričakovanja žrtev NvD, ki so poiskale pomoč v zdravstvu, oziroma razlogi pri tistih, ki tovrstne pomoči niso poiskale. V raziskavi je sodelovalo 96 oseb z izkušnjo NvD (92 % žensk). Stika z ZO ni imelo 34 % udeležencev. Kot najpogostejše razloge, da niso iskali pomoči v zdravstvu, so navajali: da NvD ni problem, o katerem bi se lahko pogovorili z ZO, da jim ZO ni moglo pomagati in ni imelo časa za pogovor o NvD. 66 % udeležencev, ki so bili v stiku z ZO zaradi izpostavljenosti NvD, je v največji meri poročalo, da so imeli pri komunikaciji z ZO dobre izkušnje in da je upoštevalo njihove želje glede obravnave, jih ni obsojalo, spoštovalo je njihovo zasebnost in jim je verjelo. V manjši meri pa se je ZO tudi ustrezno odzvalo na pojav NvD, predvsem glede nudenja informacij, pomoči pri ukrepanju, skrbi za trenutno varnost in sodelovanja z drugimi institucijami. Kot najbolj pogoste ovire, zaradi katerih ZO ni prepoznavalo in ustrezno obravnavalo žrtev NvD, so udeleženci pripisali pomanjkanju izkušenj in znanja za nudenje ustrezne pomoči, pomanjkanju sodelovanja z ostalimi pristojnimi institucijami in zdravstvenimi delavci ter preobremenjenosti ZO z delom. Glede na izsledke raziskave lahko zaključimo, da žrtve NvD vidijo v ZO ustreznega sogovornika glede ukrepanja v primerih NvD, saj je imela večina žrtev pozitivno izkušnjo z njimi. Vendar bi bilo v bodoče potrebno širše ozaveščanje, da je poleg centrov za socialno delo in policije tudi zdravstvo tisto, ki lahko nudi ustrezno pomoč in podporo žrtvam NvD.

Ključne besede: nasilje v družini, žrtve, zdravstveno osebje, izkušnje, ovire

Consequences of exposure to domestic violence (DV) represent a significant health burden which is reflecting at the individual and at society level as well. Therefore, it is important that healthcare professionals (HP) respond appropriately when encountered with victims of DV. The aim of study was to examine the experiences and expectations of DV victims, seeking for help in healthcare sector, and those who did not seek for such support. 96 victims of DV (92% women) participated in the study. Among them, 34% did not have contact with HP. The most common reasons for not seeking help in the health sector were: victims considered that DV is not a problem about which they could talk with HP, HP could not help them and did not have time to talk about the DV. Participants (66%) who have been in contact with the HP, mainly reported that they had good experience in communicating with HP, and that they did consider their wishes about the treatment, respected their privacy, did not condemn them and believed them. However, only at lower degree HP adequately responded to the DV. Especially in terms of providing information, care for victim's safety and in cooperating with other institutions. The most frequently reported obstacles that disabled HP in identifying and properly addressing the DV were attributed to the lack of experience and knowledge, insufficient cooperation with other relevant institutions and health sector, and high work load. According to the study outcomes we can conclude that victims of DV did recognise MP as an appropriate support in coping with DV, since most of victims had a positive experience with them. However, in future there is a need for broader awareness that besides Centres for social work and the police also HP can provide an appropriate assistance and support in cases of DV.

Key words: domestic violence, victims, medical personnel, experiences, barriers

ODNOS MED OVIRAMI, PREPOZNAVNO IN UKREPANJEM ZDRAVSTVENEGA OSEBJA V PRIMERIH SUMA NA NASILJE V DRUŽINI
RELATIONSHIP BETWEEN OBSTACLES, IDENTIFICATION AND INTERVENTION OF MEDICAL PERSONNEL IN CASES OF SUSPECTED DOMESTIC VIOLENCE

Izhodišča: Področje prepoznavne in obravnave žrtev nasilja v družini (NVD) je v Sloveniji zakonsko urejeno od leta 2008, ko je bil sprejet Zakon o preprečevanju nasilja v družini. Navkljub jasnim zakonskim določilom, ki zdravstvenemu osebju nalagajo dolžnost prijave nasilja v primeru sumov na NVD, se še vedno soočamo z neustreznim ukrepanjem zdravstvenega osebja ob sumu na NVD. K temu lahko prispevajo tudi ovire, na katera zdravstveno osebje naleti pri svojem delu. Namen pričujoče študije je bil preveriti odnos med ovirami zdravstvenega osebja ter prepoznavo in ukrepanjem v primeru suma na NVD. Metoda: V raziskavi je sodelovalo 331 zdravstvenih delavcev, ki so se v preteklosti že srečali s primeri nasilja v družini. Od tega je bilo v vzorcu 56,2 % zdravnikov, 31,4 % osebja zdravstvene nege ter 7,6 % ostalih strokovnih delavcev. Vsi udeleženci so izpolnili vprašalnik o prepoznavi in obravnavi nasilja v družini, ki je bil konstruiran za namene raziskave. Rezultati: Analizirali smo različne sklope ovir, ki smo jih dobili na podlagi faktorske analize vprašalnika. Rezultati so pokazali, da se s prepoznavo NVD negativno povezujejo ovire v smislu strahov zdravstvenega osebja v povezavi s prijavo NVD ($r_s = -0,19$), primanjkljaji zdravstvenega osebja, kot so pomanjkanje znanja in pooblastil ($r_s = -0,27$), preobremenjenost zdravstvenega osebja ($r_s = -0,13$) ter situacijski dejavniki, kot so neustrezen prostor obravnave ($r_s = -0,12$). Strahovi zdravstvenega osebja ($r_s = -0,21$), primanjkljaji ($r_s = -0,36$) ter situacijski dejavniki ($r_s = -0,13$) se negativno povezujejo tudi z ukrepanjem zdravstvenega osebja v primeru suma na NVD. Zaključki: Rezultati te študije izpostavljajo ključne ovire, ki negativno prispevajo tako k prepoznavi NVD kot tudi k ukrepanju zdravstvenega osebja v primeru suma na NVD. Ti dejavniki lahko predstavljajo tudi možna izhodišča za intervencije z namenom opolnomočenja zdravstvenih delavcev glede prepoznavne in obravnave NVD.

Ključne besede: nasilje v družini, zdravstveno osebje, ovire, prepoznavna, ukrepanje

Background: The area of treating victims of domestic violence is regulated in Slovenia since 2008, when the Family Violence Prevention Act was adopted. Despite the clear legal regulations, stating that healthcare professionals are obligated to report domestic abuse, we are still facing inappropriate actions of healthcare professionals when confronted with domestic violence. One factor that may contribute to this, are the barriers that healthcare professionals encounter. The purpose of the study was to examine the relationship between the barriers that healthcare professionals encounter and recognition and taking action in the case of domestic violence suspicion. Methods: Sample consisted of 331 healthcare professionals that have past experience with victims of domestic violence (56.2 % of doctors, 31.4 % of nursing staff and 7.6 % of other professionals). All participants completed a questionnaire about domestic violence, constructed for the purpose of this study. Results: Different sets of barriers, which were extracted with the use of factor analysis, were analysed. Results showed that there is a negative relationship of domestic violence recognition and healthcare professionals' barriers, such as fears about reporting domestic abuse ($r_s = -0.19$), their shortcomings, such as lack of knowledge and authorizations ($r_s = -0.13$), overload of healthcare professionals ($r_s = -0.13$) and situational factors, such as an inadequate space for treatment ($r_s = -0.12$). Healthcare professionals' fears ($r_s = -0.21$), their shortcomings ($r_s = -0.36$) and situational factors ($r_s = -0.13$) correlate negatively also with their willingness or ability to take action when it comes to domestic violence. Conclusions: Results of this study highlight the key barriers that are contributing to the recognition of domestic violence and taking action in a negative manner and could be targeted in interventions aimed at improving the recognition and treatment of domestic violence.

Key words: domestic violence, healthcare professionals, obstacles, recognition, taking action

VLOGA ZDRAVSTVENIH DELAVČEV PRI PREPOZNAVNI IN OBRAVNAVI NASILJA V DRUŽINAH MIGRANTOV THE ROLE OF HEALTHCARE WORKERS AT IDENTIFICATION AND DEALING WITH DOMESTIC VIOLENCE IN MIGRANTS FAMILIES

Prispevek se osredotoča na migrantke in migrante, žrtve nasilja v družini, ki jih uvrščamo med ranljive skupine predvsem zaradi slabšega poznavanja jezika, zakonskih določil in delovanja sistema pomoči žrtvam, odsotnosti socialnih in podpornih mrež in razpetostjo med lastnimi občutji in kulturno pogojenimi percepcijami razumevanja nasilja. Vloga zdravstvenega osebja pri prepoznavi in obravnavi nasilja v družinah migrantov je zelo pomembna, kajti stik z zdravstveno službo je pogosto njihova edina priložnost za prekinitev kroga nasilja in nadaljnje iskanje rešitev. Prispevek temelji na izsledkih kvalitativne raziskave, opravljene v sklopu projekta Prepoznavna in obravnava žrtev nasilja v družini v okviru zdravstvene dejavnosti: smernice in izobraževanja za zdravstvene delavce (POND Si_Zdrav), v kateri so sodelovali zdravstveni delavci, socialne delavke in strokovnjaki iz nevladnih organizacij, ki se pri svojem delu srečujejo z nasiljem v družini. Predstavljeni bodo njihovi pogledi, izkušnje in priporočila za senzibilno, kulturno kompetentno obravnavo migrantk in migrantov, žrtev nasilja v družini v zdravstvu. Tematika je aktualna v luči spoznanja, da je zdravstveno osebje v Sloveniji pri prepoznavi in obravnavi žrtev nasilja v družini premalo aktivno in učinkovito. Prav gotovo je v primeru obravnave žrtev iz raznolikih kulturnih okolij tako tudi zaradi pomanjkanja ustreznega znanja in veščin.

Ključne besede: nasilje v družini, migranti, zdravstveni delavci, ranljive skupine, kulturno kompetentna obravnava

The paper focuses on migrant victims of domestic violence, who are a particularly vulnerable group due to the language barrier, unfamiliarity with legal proceedings and functioning of the established networks of assistance, absence of personal social networks and culturally-conditioned perceptions of violence. The role of healthcare workers in recognising and responding to domestic violence in families with migrants is important since encounters of the victim with the healthcare staff are often their only opportunity to speak up, break the circle of violence and find further assistance. The paper draws from the results of the qualitative research conducted within the framework of the ongoing project Recognising and treating victims of domestic violence in healthcare settings: guidelines and trainings for healthcare workers (POND SiZdrav). The participants in the research were healthcare workers, social workers and experts at NGOs concerned with domestic violence. Their views, experiences and recommendations for culturally competent treatment of migrant victims of domestic violence in healthcare settings will be presented and discussed. The topic is a currently a pressing issue in Slovenia in the light of recognition that healthcare staff has not been efficient enough in recognising and responding to domestic violence. This can largely be attributed to lack of knowledge and skills - especially when victims encountered come from diverse cultural backgrounds.

Key words: domestic violence, migrants, healthcare workers, vulnerable groups, culturally competent treatment

DOŽIVLJANJE NASILJA MED MLADIMI *A VIEW ABOUT VIOLENCE AMONG YOUNG PEOPLE*

Nasilje se največkrat odvija znotraj družine, v domačem in šolskem okolju. Pri srečanju z danimi situacijami, žrtve velikokrat ne vedo, kako ravnati, ali pa mislijo, da jih priznanje dejanj lahko izobči med vrstniki in okolica obsoja. Zaradi različnih vzrokov, kot so fizična in čustvena nemoč, pripelje žrtev do zanikanja in uporabe strategije preživetja. Zavedati se je treba, da nasilje prinaša s seboj negativne posledice na zdravje in psihofizični razvoj vseh učencev – tako žrtev, nasilnežev in učencev opazovalcev. Gre za agresivno vedenje, ki je namerno in vključuje neravnovesje moči med žrtvijo in napadalcem. Nasilje nad otroki je pogosto skrito učiteljem ali odraslim. Deluje tudi kot grožnja, ne samo na žrtev, temveč tudi na priče temu nasilju, torej na opazovalce. Tako se nam postavljajo raziskovalna vprašanja: Kako velik problem predstavlja v šolah psihično in fizično nasilje? Kdo in kako se lahko vključuje v rešitev za obravnavani problem nasilja? S kakšnimi dejavnostmi in ukrepi lahko preprečujemo tovrstne oblike nasilja? Kako prostočasne gibalne aktivnosti lahko vplivajo na obvladovanje nasilja pri otroku? Raziskava temelji na empirični kvalitativni metodologiji s polstrukturiranim intervjujem. S soglasjem staršev sta v raziskavi sodelovala dva dečka, učenca zadnje triade v osnovni šoli, ki sta bila podvržena fizičnemu in psihičnemu nasilju v šolskih prostorih in avtobusu. Z analizo je bilo ugotovljeno, da sta pogostokrat izpostavljeni nasilju v šolskem okolju. Gre za verbalno in telesno nasilje. Dečka sta zaradi doživljanja nasilja manj samozavestna in oba z nizkimi socialnimi veščinami. Na osnovi ugotovitev naše raziskave lahko zaključimo, da mora osnovnošolski otrok v prvi vrsti znati prepoznati nasilje, se v nasilni situaciji primerno odzvati in se nasilju ubraniti. Pomembno vlogo pri ozaveščanju otrok na področju varovanja pred nasiljem predstavlja družina, vzgojno izobraževalne institucije, mediji ter raziskovalna dejavnost, kjer je potrebna interdisciplinarnost ved, ki se soočajo s tematiko nasilja v vseh oblikah.

Ključne besede: žrtev, vzgoja, pomoč, ozaveščenost

Violence most often occurs in families, in social and school environment. When facing difficult situations, the victims often do not know how to react or think that telling someone about their problem can cause isolation or disapproval. For reasons like physical or emotional weakness the victim resorts to denial and survival strategies. Regarding health and psychophysiological development we need to be aware that violence has negative consequences for all pupils – the victims, the bullies and the observers. It involves aggressive behaviour that is intentional and is based on strength imbalance of victims and bullies. Peer violence is most often hidden to teachers and other adults. It also presents a threat not only for the victims but also for the observers. From these statements the following research questions pose: How big of a problem is emotional and physical violence in schools? Who can help resolve the individual cases of violence and how? What kind of activities will help prevent violence? How can after-school physical activities help control violence? The research is based on empirical qualitative methods with half-structured interview. Two boys from the last triad of the elementary school and with parent's consent were included in the study. There had both been subjected to emotional and physical violence in school and on the school bus. The research showed they had been victims of verbal and physical violence on school grounds many times. Consequently the boys suffered from lack of confidence and low social skills. The research showed that pupils of elementary school need to recognize violence first and then react to it in a correct manner so they can avoid it. Family, educational institutions, media, and research activity involving many different spheres that all face violence in different forms are key to raising awareness about violence prevention.

Key words: victim, education, help, awareness

PREPOZNAVANJE NASILJA V ŠOLI IDENTIFYING BULLYING AT SCHOOL

V današnjem času se soočamo z različnimi oblikami nasilnega vedenja, zato je nujno preprečevanje takšnega vedenja tudi v šoli. S posebnimi ukrepi in metodami je treba vzroke prepoznati in nasilje preprečiti. V šolskem prostoru je nasilje pogosto opredeljeno kot dejanje, ki je izvedeno za doseganje nekega cilja, oziroma ko posameznik ali skupina s takim dejanjem povzroča neprijetne občutke in situacije. Bodisi tako, da nekoga ustrahuje, ali da tako ali drugače v negativnem smislu izrablja svojo moč za doseganje cilja. Čeprav je to zelo splošna opredelitev, raziskave kažejo, da je treba širše pogledati na definicijo nasilja, na posameznike, ki ga izvajajo, in od kod nasilje izvira. Nasilje pomeni neuspešno reševanje konfliktov znotraj skupine ali posameznikov, ki so sami prestrašeni ali kakorkoli ustrahovani od doma ali okolja, v katerem živijo. Pomanjkanje strpnosti in nerazumevanje samega sebe vodi do različnih oblik izvajanja nasilja. Ko se nasilje pojavi v šoli, se pojavlja v med- vrstniških odnosih zaradi različnih dejavnikov, kot so: negativna razredna klima, slab šolski uspeh, nestimulativno domače okolje, socialne razlike in ne nazadnje tudi mediji in socialna omrežja. Mnogokrat prav slednja staršem in učiteljem ostajajo prikrita in neznana okolja, medtem ko učencem predstavljajo metodo brezplačnega in hitrega komuniciranja. Ker je današnja družba veliko bolj osveščena, kaj nasilje prinaša in kakšne so posledice, je treba vzroke nasilja odpravljati že v zgodnji otroški dobi. To se lahko začne že pred vstopom v šolo, prav gotovo pa je treba sistematično in strokovno izvajati oblike dela, ki bodo pripomogle k večji strpnosti med posamezniki in h kvalitetnejši komunikaciji.

Ključne besede: šolski prostor, prepoznavanje nasilja, medvrstniški odnosi, socialna omrežja

In identifying bullying in schools, staff are faced with various forms of violent behavior, and it is essential to prevent such behavior in schools. Specific measures and processes are required to identify causes and to prevent violence. In a school environment, violence is often defined as an action carried out to achieve an objective, or an individual or a group causing unpleasant feelings and situations for others. This may be carried out through bullying or by abusing power to achieve an objective in a negative sense. This, however, is a very general definition. Various studies have begun to indicate what is necessary to obtain a clearer definition of violence at home and in schools. Firstly, it is crucial to determine the reasons for the occurrence of such violence and from where it originates. Violence is often caused by an unsuccessful resolution of conflicts within the social groups or between individuals themselves. In many cases, the bullies themselves are scared and intimidated by the environment in which they live and a lack of tolerance and understanding of oneself can lead to the expression of various forms of violence. When violence occurs among children in schools, it can be due to various factors such as a negative classroom environment, poor individual performance, an unstimulative home environment, social differences and last, but not least, influences from the media and social networks. In many cases the influence of the social network remains a hidden and unknown environment for the teachers and parents, while the students themselves may undertake a method of free and rapid communication. Today, modern society has a heightened awareness regarding the consequences of violence and the importance of intervening at an early age in children. Violent tendencies can arise even before entering the school system, but in particular it is necessary to implement systematic and professional ways of working with such children in order to contribute to a higher tolerance among individuals and a better quality of communication.

Key words: school environment, identification violence, tolerance, social networks

MOBBING KOT ENA OD NAJPOMEMBNEJŠIH OBLIK PSIHIČNEGA NASILJA NAD DELAVCEM NA DELOVNEM MESTU

MOBBING AS ONE OF THE MOST IMPORTANT FORMS OF PSYCHOLOGICAL VIOLENCE OF A WORKER AT THEIR POSITION

Mobbing pomeni načrtno psihično nasilje, trpinčenje in šikaniranje, ki žrtev privede do socialne izolacije. Proces mobbinga poteka skozi štiri faze. Začne se s konfliktom in nadaljuje z uveljavitvijo mobbinga v obliki stalnih napadov. Sledijo destruktivni ukrepi kadrovske službe in delodajalca, vse skupaj pa se lahko konča z izključitvijo iz delovnega življenja. Vzroki so zelo različni. Največkrat se kot vzrok omenja slaba organizacija dela, slabo vodenje ljudi in nejasne pristojnosti. Ker je to za žrtev zelo travmatična izkušnja, ji lahko povzroči hude mentalne in psihosomatske posledice, ki jih občuti tudi njena družina. Mobbing pomeni tudi stroške za podjetje zaradi fluktuacije in manjše učinkovitosti. Ker gre za tako resen problem, je preventiva izrednega pomena. Treba je vzpostaviti javno zavest o škodljivih posledicah mobbinga in razviti družbeno občutljivost za ta problem.

Ključne besede: mobbing, psihično nasilje, delovno mesto, konflikt, psihične posledice

Mobbing in the workplace can be defined as the infliction of intentional emotional abuse, bullying and intimidation, thus driving the victim into social isolation. The process of mobbing develops through four phases. Initially, a conflict may escalate into constant attacks inflicted upon the victim. In the workplace, this may be followed by inappropriate interventions by the Personnel Department and employer, resulting in the expulsion of the victim from his working life. The factors which contribute to mobbing vary in their nature. The most common factors noted in the literature are work organisation, poor management skills and unclear responsibilities. For a victim, mobbing is a very traumatic experience, and can lead to serious mental damage and the manifestation of psychosomatic disorders that also cause suffering by the victim's family. Mobbing increases the costs of the company due to an increase in staff dynamism and a decrease in productivity.

Key words: mobbing, emotional violence, workplace, conflict, mental damage

STRES IN PROMOCIJA ZDRAVJA NA DELOVNEM MESTU STRESS AND PROMOTION OF HEALTH IN THE WORKPLACE

Uvod: Svetovna zdravstvena organizacija opredeljuje boj proti stresu na delovnem mestu kot del strategije promocije zdravja na delovnem mestu. Promocija zdravja na delovnem mestu mora biti premišljena, dobro načrtovana in izpeljana s pomočjo zaposlenih. Izvedli smo raziskavo v 48 slovenskih občinah, v katerih smo želeli izvedeti delovanje občine kot delodajalca na področju izvajanja strategije promocije zdravja na delovnem mestu ter pogled s strani zaposlenih na izvajanje aktivnosti. Metodologija: Raziskava je makroekonomska, izvedena s pomočjo analize in interpretacije primarnih virov ter metode sinteze. Uporabljena sta bila vprašalnika na ravni delodajalca ter na ravni zaposlenih v slovenskih občinah. Rezultati: Na področju spopadanja s stresom je 71 % sodelujočih v raziskavi zagotovilo, da ima občina povečan nadzor zaposlenega nad njegovim delom. Zgolj 6 % sodelujočih občin v raziskavi je navedlo, da ima občina oblikovan akcijski načrt za obvladovanje stresa na delovnem mestu. 29 % občin, ki so sodelovale v raziskavi, je navedlo, da obstaja še prostor za izvajanje aktivnosti na tem področju, saj imajo na voljo tako finančna kot tudi materialna sredstva. Med zaposlenimi je 41,81 % udeleženih v raziskavi navedlo, da je njihovo delo psihično naporno. Razprava: Izvedena raziskava je pokazala, da primanjkuje strateško premišljenih rešitev za spopadanje s stresom na delovnem mestu, čeprav smo na ravni zaposlenih lahko ugotovili, da je njihovo delo psihično zelo naporno, obstajajo medsebojni spori na delovnem mestu ter slabe komunikacijske strategije z nadrejenimi.

Ključne besede: stres, promocija zdravja, občine, Slovenija

Introduction: The World Health Organization defines how to combat stress in the workplace as part of their strategy for health promotion in the workplace. Health promotion in the workplace must comprise well thought out and planned strategies, successfully carried out with the help of employees. We conducted a survey in 48 Slovenian municipalities to obtain information about the activities carried out by employers in implementing strategies for health promotion in the workplace and also the view of employees in the implementation of these activities. Methodology: The study was of macro-economic theme, carried out through the analysis and interpretation of primary data sources and synthesis methods. We used a questionnaire for the employers and employees in Slovenian municipalities. Results: Regarding dealing with stress, 71% of the respondents in the survey stated that the municipality has increased their employees' control over their own work. Only 6% of the municipalities participating in the survey stated that the municipality had drawn up an action plan to deal with stress in the workplace. Twenty-nine percent of the participating municipalities indicated that there is still potential for the implementation of activities in this area, as the necessary financial and material resources are available. Among the employees, 42% stated that their work is mentally strenuous. Discussion: The present survey revealed that there is a lack of strategic and creative solutions to deal with stress in the workplace in Slovenian municipalities, even though employees claim that their work is mentally tiring, there are often disputes in the workplace, and that communication strategies with superiors are often inadequate.

Key words: stress, health promotion, municipalities, Slovenia

STRESNE AKTIVNOSTI IN AKTIVNOSTI ZA ZMANJŠEVANJE STRESA STRESSFUL ACTIVITIES AND ACTIVITIES FOR OVERCOMING STRESS

Izhodišča: Stres povzročajo različne aktivnosti, izraža se s simptomi na telesnem, čustvenem in kognitivnem področju. Ljudje si lajšajo stres z različnimi aktivnostmi. Sodelujoči v raziskavi so osebe, ki niso imele zabeležene depresivne motnje (N = 120) in osebe z depresivno motnjo (N = 50) v starosti od 25 do 65 let. Metoda: Uporabljen je bil kvantitativni raziskovalni pristop. Za pridobivanje podatkov je bil uporabljen ocenjevalni instrument Stress Management Questionnaire (Stein, 1987). Vprašalnik SMQ je sestavljen iz treh delov: simptomi stresa, stresorji, tehnike obvladovanja stresa. Z izračunom hi-kvadrata smo ugotavljali povezanost simptomov in aktivnosti pri sodelujočih. Rezultati: Hoja/sprehod je najpogostejša aktivnost za premagovanje stresa pri obeh sodelujočih skupinah, finančna situacija pa je najbolj pogost stresor. Utrujenost je najpogostejši simptom stresa. Sklep: Vprašalnik je smiselno uporabiti v kombinaciji z drugimi tehnikami za obvladovanje stresa. Kot samostojen instrument lahko posamezniku delno pomaga pri prepoznavanju stresorjev in spopadanju s stresnimi situacijami.

Ključne besede: stres, depresija, aktivnost, Stress Management Questionnaire

Introduction: Stress is caused by a variety of activities, and is reflected with symptoms on physical, emotional and cognitive level. People relieve stress through various activities. Participants: The participants in our research are people who were never diagnosed with depressive disorder (N=120) and people with depressive disorder (N=50). Both are age from 25 to 65 years. Methods: We used quantitative method of research. Collecting data was performed by using Stress Management Questionnaire (Stein, 1987). The Stress Management Questionnaire (SMQ) assists in the identification of symptoms linked to stress, the stressors that trigger the symptoms and the copers that aid in the reduction of stress. By calculating chi square, we determined the correlation of symptoms and activities of the participant. By calculating chi square, we determined the correlation of symptoms and activities of the participant. Results: Walking is the most common copers for overcoming stress. As a symptom participants state being tired as most common to appear. The most common stressor is financial situation. Conclusion: The SMQ is better to use with other techniques for coping with stress. Like as an independent instrument can be used partially for identifying stressors and coping with stress.

Key words: stress, depression, activity, Stress Management Questionnaire

STARŠEVSTVO KOT POTENCIAL ZA ZMANJŠEVANJE STRESA PARENTING AS A POTENTIAL STRESS RELIEF

V marsikateri psihološki literaturi je še vedno mogoče zaslediti, da so otroci vir stresa za starše, kar je lahko vprašljivo in problematično. Če predpostavljamo, da je starševstvo vedno znova vir stresa, se ta stres prek staršev prenaša tudi na otroke. Po drugi strani pa v zadnjih dveh desetletjih s strani nevropsihološke znanosti prihaja do vedno bolj jasnih spoznanj o pomenu samozavedanja ter sposobnosti regulacije stresa pri odraslem in vplivu le-tega na doživljanje stresa ob otroku. Vedno bolj se razume, da je za stopnjo doživljanja stresa odgovoren odrasli in ne otrok. V raziskavi smo želeli preveriti razlike med stopnjo stresa pri mladih odraslih brez otrok v primerjavi s starši. Zajeli smo 443 udeležencev (povprečna starost je 40 let ($SD = 10$)), 66,7 % žensk in 32,3 % moških. Stopnjo stresa smo merili s poslovenjeno različico Perceived Stress Scale (Lestvica zaznanega stresa) (Cohen, Kamarck in Marmelstein 1983), ki meri posameznikovo zaznavanje stresa v zadnjem mesecu. Zanesljivost v tej raziskavi je bila $\alpha = 0,89$. Pokazalo se je, da odrasli brez otrok izražajo višjo stopnjo stresa kot starši, kar ponuja smernice za razmišljanje, ali so res otroci vzrok za stres pri odraslem, ali pa se je stres, ki ga doživlja odrasli, prenesel iz doživetij v primarnih odnosih in so otroci kvečjemu sprožilni dejavnik. Starševstvo je tako lahko potencial, kjer v vzajemnem odnosu z otrokom odrasli neprenehoma razvija samozavedanje in sposobnost regulacije stresa.

Ključne besede: starševstvo, stres, samozavedanje, regulacija stresa, sočutje

Much literature on psychology still suggests that children are a source of stress for parents, which may be questionable and problematic. If parenting is assumed to be a recurrent source of stress, this stress must also be transferred from parent to child. On the other hand, in the last two decades neuropsychological science has made increasingly clear findings that point at the importance of self-awareness and stress-regulating ability in adults and its effect on how they experience stress in the presence of children. It is increasingly understood that it is the adult and not the child who is responsible for the level of stress experienced. The aim of our study was to examine the difference in stress levels between childless young adults and parents. 443 participants (average age 40 ($SD=10$)) were included, 66.7% of them women and 32.3% men. Stress levels were measured with the Slovene version of the Perceived Stress Scale (Cohen, Kamarck and Marmelstein 1983), which measures a person's perception of stress in the last month. Reliability in the study was $\alpha = 0.89$. The results show that childless adults exhibit higher stress levels than parents, which has lead us to consider whether children are really a cause of stress in adults, or could the stress experienced by the adult be carried over from experiences in primary relationships and children are at most the trigger. Parenting may thus have potential for adults to continuously develop their self-awareness and stress-regulating ability through a mutual relationship with their children.

Key words: parenting, stress, self-awareness, stress regulation, sensitivity

SAMOPROCJENA I FIZIOLOŠKA EVALUACIJA UTJECAJA STRESA NA DJELATNIKE U ZDRAVSTVU SELF-ASSESSMENT AND PHYSIOLOGICAL EVALUATION OF IMPACT OF STRESS ON HEALTHCARE WORKERS

Teoretski temelji: Stres je stanje u kojem osoba smatra da zahtjevi u njezinom životu premašuju osobna i društvena sredstva koja ima na raspolaganju. Najveću ulogu u djelovanju stresa na organizam imaju autonomni živčani sustav (AŽS) i žlijezde s unutarnjim izlučivanjem. Oba sustava povezana su s dijelom mozga gdje se svjesno doživljava emocionalna uzbuđenost u uvjetima stresa. Praćenje fizioloških parametara daje uvid u suočavanje i prilagodbu na stresnu situaciju. Stresnija zanimanja najčešće su ona usmjerena u rad s ljudima. Metodologija: Istraživanje je provedeno u dva dijela. Prvi uzorak (n = 100) obuhvaćen je Upitnikom sociodemografskog sadržaja i Upitnikom intenziteta stresa na poslu (Radošević-Vidaček). Na osnovi rezultata odabrano je 25 % s najnižim i 25 % s najvišim vrijednostima. Drugi uzorak (n = 50) obuhvaćen je snimanjem fizioloških promjena u situacijama sa stresorima i bez njih. Mjereni su disanje, periferna temperatura, mišićna aktivnost, vodljivost kože, varijabilnost srčanog rada pomoću uređaja NEXUS-10, računalni program Bio Trace. Fiziološko praćenje uz Stres Test trajalo je 21 minuta po ispitaniku. Rezultati: Rezultati prvog uzorka (n = 100) podijelili su uzorak na tri skupine. Nije dobivena četvrta skupina koja se nalazi u fazi izgaranja. U skupini visokosamoprocijenjene razine stresa značajno je veći broj žena, a u niskoprocijenjenoj skupini približno je jednak broj osoba oba spola. Broj djece veći je u skupini visoke samoprocjene. U rezultatima fizioloških mjerenja statistički značajna razlika između skupina ispitanika pokazala se na mjerama varijabilnosti srčanog ritma. Rasprava: Iako su se pokazale značajne razlike između dviju skupina u mjerama varijabilnosti srčanog ritma, fiziološki su obje skupine pokazale parasimpatičko djelovanje AŽS-a. Iz rezultata je vidljivo da iako su u pojedinim mjeranjima statistički značajne razlike, obje su skupine fiziološki bez razlike. Dobiveni rezultat može slijediti iz premalog uzorka onih koji su visoko procijenili svoje stanje te su dvije skupine relativno blizu u svojim vrijednostima.

Ključne riječi: stres, djelatnici, fiziologija, samoprocjena

Introduction: Stress is a condition whereby a person perceives that the requirements of life exceed the personal and social resources at their disposal. Playing the greatest role in the manifestation of stress in the body is the autonomic nervous system (ANS) and the endocrine glands. Both systems are closely linked to the part of the brain which is activated in times of stress and triggers emotional arousal. The monitoring of physiological parameters provides an image of coping and adaptation to stressful situations. Stressful professions are more focused on working with people. Methods: The study was conducted in two parts. The first sample (n = 100) completed both the Sociodemographic and Intensity of stress at work questionnaires (Radosevic - Vidaček). Based on the results, the sample was divided into the 25% highest and 25% lowest values. The remaining sample (n = 50) was included the recording of physiological changes in the situation with and without stressors. Factors measured were breathing, peripheral temperature, muscle activity, skin conductance, and blood volume (NEXUS -10, software BioTrace). Physiological monitoring lasted 21 minutes and included the use of a Stress Test. Results: The results of the first sample (n = 100) were divided into three groups. The fourth group (in the process of combustion) was not obtained. The group of high stress contained a significantly higher number of women, while the low stress group comprised an approximately equal number of women and men. The proportion of children was higher in the high stress level group. The results of the physiological measurements (n = 50) were statistically significant between the high and low stress level groups for the measures of heart rate variability. Discussion: Although there were significant differences between the groups in terms of heart rate variability, both groups displayed parasympathetic activity of ANS. The results have shown that although there is a statistically significant difference in some measurements, both high and low stress level groups are physiologically similar. This result was obtained from a small sample divided into two groups which exhibited relatively close values.

Key words: stress, health workers, physiology, self-evaluation

TEHNIKE OBVLADOVANJA STRESA NA DELOVNEM MESTU TECHNIQUES TO MANAGE STRESS IN THE WORKPLACE

Uvod: Stres je prisoten na vseh področjih življenja, v vedno večjem obsegu tudi na delovnem mestu. Je obrambni mehanizem, ki opozarja na preobremenjenost ali obvaruje in opozarja kdaj je telo preobremenjeno. Pomembno se je naučiti kako se obraniti stresa ter katere so tehnike, ki pri tem pomagajo. Namen raziskave je bil ugotoviti ali se zaposleni na delovnem mestu zavedajo kadar so pod stresom ter katere tehnike jim pomagajo pri zmanjševanju ter odpravljanju stresa. Metode: Članek je sestavljen iz teoretičnega in empiričnega dela. V prvem delu, v katerem smo uporabili študij literature v slovenskem jeziku, je predstavljen pomen besede stres, njen izvor ter kakšne stroške in posledice prinese le-ta na delovnem mestu. Empirični del naloge predstavljajo podatki pridobljeni z anketnim vprašalnikom v izbranem podjetju. Raziskali smo, ali se zaposleni zavedajo kadar so izpostavljeni stresni situaciji ter kakšnih metod in tehnik se poslužujejo pri odpravljanju stresa. Rezultati: Rezultati raziskave so pokazali, da na stres na delovnem mestu vplivata izobrazba zaposlenih in/ali delovno mesto (vodilna funkcija, večja odgovornost, delo v proizvodnji, slabo delovno okolje - hrupno, prevroče, premrzlo). Razprava: Z ozirom na ugotovljeno stanje, predlagamo nekaj tehnik, ki bi lahko pomagale zaposlenim pri odpravljanju ali blaženju stresa na delovnem mestu in sicer: joga, masaža, meditacija ali razne dihalne tehnike.

Ključne besede: stres, organizacija, izgorelost

Introduction: Stress is present in all areas of our lives and workplace stress is an increasing issue. Stress is a defensive mechanism which warns and protects our body from the overload. It is essential that we learn, how to protect ourselves from stress and which techniques could be useful in achieving this goal. The purpose of the survey was to establish whether the employees are aware of stress and which techniques do they use in order to reduce and eliminate it. Methodology: The article consists of the theoretical and the empirical part. The first part, which is based on the study of literature in Slovenian language, presents the meaning and the origin of the word stress, alongside with the costs and consequences of workplace stress. The empirical part represents the data that was obtained through the questionnaire in the chosen company. We have studied whether the employees can recognise the stressful situations and which stress reduction methods and techniques do they use. Results: The survey results have shown that stress is highly influenced by the education of the employees and /or the characteristics of their working place (leading function, great responsibility, production line work, poor working conditions e.g. noise, heat or cold). Discussion: In view of the above findings, we suggest some of the techniques that could eliminate and mitigate work-related stress, e.g. yoga, massage, meditation or various breathing techniques.

Key words: stress, organization, burnout

**SEKCIJA: ETIČNI IN
PRAVNI VIDIKI /
ETHICAL AND LEGAL
ASPECTS SECTION**

PRAVICA DO ŽIVLJENJA THE RIGHT TO LIVE

Avtor navaja pri »pravici do življenja« štiri področja, ki po mnenju avtorja zahtevajo razjasnitve. Ta področja so: evtanazija, zdravljenje hudo bolnega in umirajočega bolnika, zdravljenje kronično bolnega starostnika ter splav in kontracepcija.

Problem evtanazije avtor razčleni kot osebni odnos do evtanazije ter opiše družbene, religiozne in pravne vidike evtanazije. Pri zdravljenju hudo bolnega umirajočega bolnika navaja naslednje probleme: prekinitev aktivnega zdravljenja, uporaba zdravil z dvojnim učinkom in vnaprej izražena bolnikova volja, da se mu ne podaljšuje življenja z ukrepi oživljanja in intenzivne terapije. V poglavju o pravici kronično bolnega starostnika do zdravljenja avtor loči dve skupini, in sicer poslabšanje kroničnega obolenja pri starostniku in ob poslabšanju kroničnega obolenja še dodatno akutno obolenje. Avtor ocenjuje, da ima starostnik pravico do zdravljenja ob upoštevanju smiselnosti zdravljenja ob hudem poslabšanju kroničnih obolenj ali pridružitve hudih akutnih obolenj. Pri splavu in kontracepciji avtor izhaja iz prastare resnice – »ne ubijaj«. Razloge za splav razdeli v medicinske (absolutne in relativne), profilaktične, pravne in socialne. Opisane so vse vrste kontracepcije. Zaradi zgoraj navedenega principa (ne ubijaj) kontracepcijo opisuje z ozirom na njeno delovanje.

The article describes four problems that need explaining, which are: euthanasia, therapy of seriously and terminally ill patient, therapy of chronically ill old people, abortion and contraception.

In the chapter about euthanasia the author expresses his personal opinion about the theme and describes social, religious and legal aspects of euthanasia. In the part »Treatment of seriously and terminally ill patients« the author mentions following problems: termination of active treatment, the use of drugs with double effects and previously declared patient's decision not to prolong his life with intensive therapy and resuscitation. The chapter about the right for treatment of chronically ill old patients describes two groups of patients, patients with worsening of the chronic disease and patients with accompanying acute disease. The author assesses that chronically ill patients have the right for treatment; however reasonableness of the treatment should be taken into account. The author discusses abortion and contraception with a specific statement in his mind, which is »you shall not kill«. The causes for abortion are divided into medical (absolute and relative), prophylactic, legal and social. All types of contraception are described and divided according to their mechanisms of action with the »you shall not kill« principle in mind.

SAVREMENA MEDICINSKA ETIKA – OSNOVA ZDRAVSTVENE NEGE U PROGRAMIMA VANTELESNE OPLODNJE *MODERN MEDICAL ETHICS FOUNDATION OF HEALTH CARE IN VITRO FERTILISATION PROGRAMS*

Medicinska etika je zbir moralnih načela kojih se u svom radu, u nezi i lečenju bolesnika obavezno pridržavaju svi zdravstveni radnici, a posebno je važna u sprovođenju zdravstvene nege kod specifičnih procedura u lečenju infertiliteta. Savremena medicinska etika, pored svih klasičnih problema koje je nasledila, susreće se s veoma opasnim fenomenima dehumanizacije društva, a time i medicine, i neuvažavanjem opštih ljudskih, odnosno moralnih vrednosti, depersonifikacijom ličnosti, hemikalizacijom terapije, agresivnošću moderne medicine, visokim troškovima lečenja, lošom organizacijom sistema. To su jako izražene pojave kod osetljivih grupa pacijenata kao što su osobe s bračnim infertilitetom. Zdravstvena nega se sprovodi savesno i požrtvovano, čuva se lično dostojanstvo bolesnika bez obzira na njegovu narodnost, ekonomski i društveni položaj, političku i versku pripadnost. Medicinska sestra treba da bude nesebična, uzdržana, skromna, mora imati logičko rasuđivanje, razmišljanje i čvrstinu prilikom razgovora s ljudima. Medicinske sestre dužne su da upoznaju bolesnika s prirodom bolesti i načinom lečenja. Bolesnik ima pravo da zna istinu o svom zdravlju. Kodeks etike medicinskih sestara je skup određenih pravila koji se odnose na humanost, stručnost, odgovornost, medicinsku tajnu, saradnju, timski rad. Savremeno sestrinstvo prošlo je dug put od pomagačke delatnosti do profesije za koju su potrebna znanja, veštine i edukacija na svim nivoima obrazovanja, do statusa člana tima u sprovođenju najsloženijih medicinskih procedura kao što je program vantelesne oplodnje. WHO je okarakterisala zdravstvenu negu kao spoj umeća i nauke. Brojni novi zahtevi koji se stavljaju pred medicinske sestre zahtevaju trajnu evaluaciju znanja, kontinuiranu edukaciju i različite veštine. Kvalitetnom edukacijom se obezbeđuje kvalitet pružene zdravstvene nege. Sestra koja poseduje složenija znanja i veštine može pružiti kompleksniju sestrinsku negu. Medicinsku etiku kao osnov savremene zdravstvene nege treba obogatiti pozitivnim evropskim i svetskim iskustvima iz oblasti kodeksa ponašanja i medicinske etike zdravstvenih radnika, i ona mora pratiti trendove savremene medicine.

Ključne reči: etika, zdravstvena nega, kodeks, edukacija, vantelesna oplodnja

Medical ethics is the summation of the moral principles which in his work, in the care and treatment of patients required adhere to all health care workers, and is particularly important in the implementation of health care for specific procedures in the treatment of infertility. Modern medical ethics, in addition to all the classic problems that it inherited, meets with dangerous phenomena of dehumanisation of society, and medicine, and not taking into consideration the general human or moral values, depersonalisation of personality, chemical therapy, the aggressiveness of modern medicine, the high cost of treatment, poor organisation of the system. These are very pronounced phenomena in patients of sensitive groups, such as people, suffering with infertility. Health care is implemented conscientiously and diligently, keeping the personal dignity of patients, regardless of his nationality, economic and social status, political or religious affiliation. The nurse should be selfless, restrained, modest, should have logical reasoning, thinking and firmness in conversations with people. Nurses are obliged to familiarise patients with the nature of the disease and the treatment method. The patient has the right to know the truth about his health. Code of ethics of nurses is a collection of certain rules relating to humanity, competence, responsibility, medical confidentiality, cooperation, teamwork. Modern nursing has passed a long way from helper activity to a profession that requires knowledge and skills, education at all levels of education, the status of member of the team in the implementation of the most complex medical procedures, such as in vitro fertilisation programme. WHO has characterized health care as a combination of artistry and science. Numerous new requirements require from nurses an ongoing evaluation of knowledge and continuing education and different skills, quality education will ensure the quality of health care. A nurse, who has complex knowledge and skills, can provide a more complex nursing care. Medical ethics, as the basis of modern health care, should enhance the positive European and world experience in the field of codes of conduct and medical ethics health effects of workers, and it must follow trends of modern medicine.

Key words: ethics, health care, code, education, in vitro fertilisation

OPREDELITEV POSAMEZNIKOV DO MORALNE KRIVDE *OPINIONS OF INDIVIDUALS ABOUT THE MORAL GUILT*

Teoretična izhodišča: Bistvo moralnosti je ponotranjenje moralnih načel in pravil, ki tako postanejo notranji „kompas“ vsakega posameznika pri odločanju o tem, ali je neka situacija za njega kot posameznika pravilna ali napačna. Če človek deluje nemoralno, je kriv in tej krivdi pravimo moralna krivda, največja škoda, ki jo človek lahko utрпи. Namen prispevka je predstaviti pogled in opredelitev posameznikov do moralne krivde.

Metodologija: Uporabili smo deskriptivno in neeksperimentalno metodo dela z uporabo strukturiranega vprašalnika. Podatke smo zbirali s tehniko anketiranja. Vprašalnik smo oblikovali na podlagi pregleda literature in ga razvili za potrebe raziskave. Uporabili smo priložnostni vzorec, v raziskavo so bili vključeni posamezniki različnih starostnih skupin in študenti fizioterapije na AME ECM.

Rezultati: Anketiranci so se pri prvi simulirani situaciji nemoralnega vedenja v 56 % počutili nelagodno, v drugi simulirani nemoralni situaciji v 43,5 % in v tretji so v 78% odgovorili, da bi se zelo verjetno počutili nelagodno.

Razprava: Anketirancem smo v presojo ponudili tri moralno sporne situacije in jih prosili, da se opredelijo tako do njih kakor tudi do njihovih posledic. Z raziskavo smo želeli izvedeti, kako širša populacija ocenjuje svojo lastno moralno krivdo negativnega obnašanja v danih situacijah, kako skuša storjeno prikriti ter kako se soočajo z ocenjevanjem in prikrievanjem lastnega sramu.

Ključne besede: vest, moralna krivda, posameznik

Theoretical starting points: The crucial point of morality is internalisation of moral rules in the way they become individuals inner "kompas" in making decisions about what is right or wrong in certain situations. If a man doesn't act right, is guilty and this feeling of moral guilt is the biggest damage he could happen. The purpose of the article is to present the way of making moral decisions of asked participants.

Methodology: We used the descriptive and non-experimental method by using structured questionnaire for collecting data. In the research were included people of different age and sex, almost the students of physiotherapy on Alma Mater Europea Maribor.

Results: Asked participants would in the 1st amoral situation feel uncomfortable in 56%, in second in 43% and in the third probably in 78%.

Discussion: The participants were shown three moral compromised situations; they have been asked to decide about their own opinions about the topic. We discovered that larger population admit their own guilt if they act amoral. But on the other side they try to hide their mistake to avoid the unpleasant feelings of shame.

Key words: conscience, categorical imperative, the moral guilt

OTROKOVE PRAVICE V POSTMODERNI DRUŽBI CHILDREN'S RIGHTS IN POSTMODERN SOCIETY

V postmoderni družbi se ne pojavljajo pogosta vprašanja, ali je družba tista, ki zagotavlja ustrezno okolje za otroka in uresničevanje njegovih pravic. Varuhinja človekovih pravic v Sloveniji Vlasta Nussdorfer je v svoji kolumni »Rodimo se enakopravni – v pravicah« (2015), citirala Avgusta Comta: »Nihče nima druge pravice, kot da vedno opravi svojo dolžnost«. Prispevek obravnava šolajoče otroke in se sprašuje, ali so zanje to samo pravice otrok, odraslih, ali tudi njihove dolžnosti, da jih upoštevajo, se jih zavedajo v šolah, doma in v družbi. Berry Mayall (2000) z londonskega Izobraževalnega inštituta je v svojem članku »The sociology of childhood in relation to children's rights« spregovoril o otroštvu, ki se povezuje z otrokovimi pravicami, saj naj bi bili otroci tisti, ki jih odrasli opredeljujejo. Otroci in otroštvo so postali predmet številnih družbenih razprav. Berry Mayall (2000) meni, da so otroci tisti, ki opredeljujejo (ne)odrasle. Navadno otrokovim zahtevam odrasli ne sledijo in jih doživljajo resno kot partnerje (Pavlovič, 1993). Osredotočili se bomo na osnovne otrokove pravice v Sloveniji in evropskih državah v postmoderni družbi, kakšna so upoštevanja in kršitve le-teh. UNICEF je edina organizacija Združenih narodov, ki je posvečena izključno otrokom in skrbi za njihovo zaščito ter razvoj. Namen je predstaviti otrokove pravice, ki so temelj otrokovih potreb.

Glavne besede: otrokove pravice, otroštvo, postmoderna družba, državne institucije

In postmodern society not many questions are to be found whether the society is the one providing an adequate environment for children and the realization of their rights. The Ombudsman in Slovenia, Mrs. Vlasta Nussdorfer noted in her report »We are born equal – with equal rights« (2015), she noted August Comt in her report as follows: »No one has any other right than to always fulfil his/her duty«. The PAPER discusses children in their education process, asking if the rights to be educated are only rights of children, adults or if they are also their duties to consider them, to be aware of them at school, at home and in society. In his article »The sociology of childhood in relation to children's rights«, Berry Mayall (2000) from the London Education Institute spoke about childhood that is connected with children's rights, as children are said to be the ones who are determined by adults. Children and childhood have become the object of several social discussions. Berry Mayall (2000) thinks that children are the ones who determine (non)adults. Adults do normally not follow children's requests and they experience them seriously, as partners (Pavlovič, 1993). We will focus on basic children's rights in Slovenia and European countries in postmodern society, as well as how these rights are accepted and violated. UNICEF is the only organisation of the United Nations, which is dedicated exclusively to children and the care for their protection and development. The purpose is to present children's rights, which form the base of children's needs.

Key words: children's rights, childhood, postmodern society, national institutions

PRAVNO-FORMALNA UREDITEV PROSTOVOLJSKEGA DELA V SLOVENIJI - CELOSTNA SKRB DRUŽBE ZA ČLOVEKA? LEGAL REGULATION OF VOLUNTARY WORK IN SLOVENIA - SOCIETY'S INTEGRATED CARE OF PEOPLE?

Teoretična izhodišča: Prostovoljsko delo prispeva k blaginji družbe. Z Zakonom o prostovoljstvu iz leta 2011 je prostovoljsko delo postalo strokovno-pravni izraz za obliko dela, ki ga posameznik po svobodni volji in brez pričakovanega plačila, neposrednih ali posrednih materialnih koristi zase, opravlja v dobro drugih ali v splošno korist družbe. V Sloveniji ureditev področja spremlja zakonodaja, ki omogoča vrednotenje v pretežno ekonomskem smislu. V prispevku predstavljamo vlogo države pri razvoju prostovoljstva in vrednotenju prostovoljstva v materialnem in nematerialnem smislu. Metodologija: Za zbiranje in analizo gradiva smo uporabili kritični pregled obstoječe literature s področja prostovoljstva in vrednotenja prostovoljskega dela. Rezultati: Zakon o prostovoljstvu, skupaj s podzakonskimi akti, omogoča ovrednotenje prostovoljskega dela v materialnem in nematerialnem smislu. Potrjujemo hipotezo, da je prostovoljsko delo v nematerialnem smislu ustrezno pravno-formalno urejeno, v materialnem smislu pa nezadostno. Razprava: Da bi strategija razvoja in uveljavitve prostovoljskega dela v družbi zaživela v polni meri, mora zakonodajalec energijo usmeriti v ureditev sodobnega političnega sistema, ki bo spodbujal prostovoljsko delo. Ugotavljamo, da je v Sloveniji s sprejetimi predpisi cilj le delno dosežen, potrebne so nove ustrezne zakonske rešitve, ki bodo poudarjale pomen prostovoljstva v družbi. V prispevku podajamo predloge za nadaljnje raziskovanje področja.

Ključne besede: prostovoljsko delo, vrednotenje prostovoljskega dela, Zakon o prostovoljstvu, pravno-formalna ureditev

Theoretical framework: Voluntary work contributes to society's welfare. With Law on voluntary work from 2011, voluntary work became a legal and technical term for the form of work, which everyone can do, on their own free will and without expectation of payment, any direct or indirect material benefits for themselves, but for the benefit of others or society in general. In Slovenia, the regulation of volunteering is overseen by legislation, which makes it possible to evaluate voluntary work primarily in economic sense. In this paper, we discuss the role of state in development of voluntary work and evaluation of it in material and non-material sense. Methodology: For data collection and analysis, we use a critical overview of existing literature in the field of voluntary work and evaluating voluntary work. Results: Together with regulatory provisions, the Law on voluntary work enables evaluation of voluntary work in material as well as non-material sense. We confirm the hypothesis that voluntary work is adequately legally regulated in the non-material sense, whereas it is inadequate in the material sense. Discussion: For the strategy of development and assertion of voluntary work in society to reach its full potential, the legislator must focus on the regulation of modern political system, which will enable voluntary work. This goal is only partially reached in Slovenia; new suitable legal solutions, which will emphasise the importance of volunteering for the society, are needed. Finally, we deliver suggestions for further research in the field.

Key words: voluntary work, evaluating voluntary work, Law on voluntary work, legal regulation

VAROVANJE PRAVIC STAREJŠIH KOT CELOSTNA SKRB DRUŽBE ZA ČLOVEKA – VARUH PRAVIC STAREJŠIH PROTECTION OF THE RIGHTS OF ELDERLY AS A REQUISITELY HOLISTIC SOCIALLY RESPONSIBLE CARE FOR PEOPLE - OMBUDSMAN FOR THE ELDERLY

Na podlagi ustavnega določila so v Republiki Sloveniji vsakomur zagotovljene enake človekove pravice in temeljne svoboščine, ne glede na narodnost, raso spol, jezik, vero, politično ali drugo prepričanje, gmotno stanje, rojstvo, izobrazbo, družbeni položaj, invalidnost ali katerokoli drugo osebno okoliščino. To vključuje tudi družbeno odgovornost do starejših. Rezultati javnomnenjske raziskave Eurobarometer so že leta 2009 pokazali, da je prisotna neenakost. Najbolj razširjena diskriminacija je v Sloveniji na podlagi starosti in invalidnosti. Gre za okoli 20 % ljudi: v Sloveniji je leta 2015 Zavod za pokojninsko in invalidsko zavarovanje RS evidentiral 429.354 prejemnikov starostnih pokojnin. Socialna gerontologija je zato aktualna. Starosti se posveča na interdisciplinaren način, kot eno od oblik demografskega razločevanja pa jemlje kriterije Svetovne zdravstvene organizacije, ki starost deli na rano (65. do 74. leta), srednjo (75. do 84. leta) in pozno (85. in več let). V prispevku se posvečamo vprašanju varovanja in zagotavljanja pravic starejših, pri čemer bo še posebej izpostavljeno eno od možnih varoval za starejše – varuh pravic starejših, ki ga v Sloveniji (še) ne poznamo.

Ključne besede: starost, pravice starejših, diskriminacija, družbena odgovornost družbe, varuh pravic starejših, Slovenija

On the basis of Constitution of the Republic of Slovenia, everyone is guaranteed equal human rights and fundamental freedoms, irrespective of nationality, race, sex, language, religion, political or other beliefs, financial status, birth, education, social status, disability or any other personal circumstance. This statement also includes societal responsibility toward the elderly. The results of the Eurobarometer polls in 2009 show that this is insufficient: in Slovenia, the most widespread discrimination covers age and disability. In 2015, the Pension and Disability Insurance Office of Slovenia, recorded 429,354 recipients of old-age pensions, which is about 20% of the entire population. Hence, social gerontology matters. It applies an interdisciplinary approach and researches (also) demographic differences with the criteria of the World Health Organization that recognizes earlier (65 to 74 years), middle (75 to 84 years), and late age (85 and over). The paper is devoted to the issue of protecting and guaranteeing the rights of the elderly; one of the possible institutes for the elderly will be particularly exposed - ombudsman for the elderly, which is not (yet) known in Slovenia.

Key words: age, elderly humans' rights, discrimination, requisite holism, socially responsible care, ombudsman for the elderly, Slovenia

POGODBA O DOSMRTNEM PREŽIVLJANJU – MOŽNOST ZAGOTOVITVE DODATNE VARNOSTI ZA STAREJŠEGA ALI DODATNA SKRB IN KASNEJE PREDMET RAZDORA IN SPOROV V DRUŽINI CONTRACT ON THE LIVELIHOOD FOR LIFE – THE OPPORTUNITY FOR ADDITIONAL SECURITY FOR THE ELDERLY OR FURTHER CARE AND THE SUBJECT OF FAMILY DISPUTES

Vsak človek si v starosti želi, da bi bil dobro priskrbljen. Zato je ena od možnosti za varno starost pogodba o dosmrtnem preživljanju. Tukaj pa se poraja vprašanje ali starejši in prav tako mlajši poznajo pogodbo o dosmrtnem preživljanju in vse pasti te pogodbe. Pojavi se vprašanje, ali pogodba o dosmrtnem preživljanju resnično zagotavlja varnost v starosti. Mnogi starejši vidijo v pogodbi o dosmrtnem preživljanju zagotovilo o varni starosti, saj se ne zavedajo vseh pasti, ki jih pogodba o dosmrtnem preživljanju predstavlja. Mladi v tej pogodbi vidijo možnost priti do svoje lastne nepremičnine, ki si jo v današnjem času težko sami ustvarijo. Pogodba o dosmrtnem preživljanju pa lahko predstavlja tudi predmet razdora in sporov v družini, saj zelo hitro pride do nesoglasij med preživljavcem in preživljanecem. Velikokrat pa se lahko pojavi še tretja oseba, ki spodbija pogodbo o dosmrtnem preživljanju zaradi neizpolnjevanja pogodbe (hujskanje). Iz ankete je razbrati, da bi mladi podpisali pogodbo o dosmrtnem preživljanju v primeru, da bi bili sami preživljalci. V primeru, da bi bili sami starostniki, pa bi se raje odločili za oporoko. Starejši so bolj seznanjeni s pastmi pogodbe o dosmrtnem preživljanju, zato bi raje izbrali oporoko. Prav tako se starim ne zdi smiselno sklepati pogodbe o dosmrtnem preživljanju v primeru enega potomca, mladi pa bi pogodbo podpisali tudi v primeru, da so edini potomec. Ljudje so še danes mnenja, da moramo svoje premičnine in nepremičnine zapustiti svojim potomcem. To prepričanje je v današnjem času slabo, saj bi si lahko s prodajo nepremičnin sami zagotovili varno starost.

Ključne besede: pogodba o dosmrtnem preživljanju, preživljavec, preživljanec, varna starost

Everyone would like to be provided for in their later years of life. One of the possibilities for a safer old age is a 'contract on the livelihood for life'. However, are the elderly and the young familiar with this type of contract and all its pitfalls? Does this contract really assure a secure old age? For many elderly people, the contract on the livelihood for life represents a form of security for old age. However, they are not aware of the pitfalls it can hold. Often, the young see an opportunity to possess their own real estate, which is difficult to achieve these days. Furthermore, the contract on the livelihood for life may become the subject of a family dispute as it can cause disagreements between the supporter and the supported. Frequently, a third party tries to contest the contract due to non-compliance (incitement). Our survey reveals that young people would sign a contract on the livelihood for life if they were the supporters. In their old age, they are more likely to take out a will. The elderly are more familiar with the pitfalls of the contract on the livelihood for life and, therefore, prefer to take out a will. They do not see the sense in signing the contract if they have only one descendant, while young people would sign the contract regardless of them being the only child. People's opinions on inheritance reveal that real estates should be left to our descendants. Nowadays, this belief is irrational, since selling a real estate would allow the elderly to ensure a secure old age by themselves.

Key words: contract on the livelihood for life, supporter, supported, secure old age

ČLOVEK IN DAVKI – PRAVNI, EKONOMSKI IN SOCIOLOŠKI VIDIK *MAN AND TAXES – LEGAL, ECONOMICAL, AND SOCIOLOGICAL ASPECT*

Vlade držav trdijo, da so davki nujno zlo – cena »civilizirane družbe«. Ne glede na to, ali se s tem mišljenjem strinjate ali ne, pa ni mogoče zanikati, da je ta cena običajno zelo visoka. Davčni sistemi se od države do države razlikujejo. Pravzaprav so lahko krajevni davki znotraj ene države zelo različni. Davke bi lahko razdelili v dve kategoriji: neposredne in posredne. Med neposredne davke spadajo davek na dohodek, davek na dobiček in davek na premoženje. K posrednim davkom spadajo prometni davki, davki na alkohol in cigarete ter carinske dajatve. Ti so manj očitni kot neposredni davki, a so lahko kljub temu težko finančno breme, še posebej revnim. Davki so tudi sredstvo »družbenega inženiringa« – orodja, ki k nekemu vedenju spodbuja, od drugega pa odvrača. Vedno, ko je predlagan novi davek, zakonodajalci skušajo zapolniti vse morebitne vrzeli v davčnem zakonu. Večina ljudi bo, čeprav nerada, priznala koristi, ki jih davki prinašajo njihovi skupnosti. Kljub temu mnogi najdejo poti, da se izognejo plačevanju določenih davkov. Za mnoge od nas je plačevanje davkov stresno in obremenjujoče.

Ključne besede: davki, človek, družbeni inženiring, pobiranje davkov, davčni sistem

Government taxes are considered a necessary evil: the price we must pay for a civilized society. Irrespective of whether you agree with the sentiment or not, it cannot be denied that the cost to an individual is usually relatively high. Tax systems vary from country to country, and may differ between localities within a country. Taxes can be roughly divided into two categories: direct and indirect. Direct taxes comprise income tax, profit tax and property tax. Indirect taxes include taxes on sales, alcohol and cigarettes, and customs duties. These are less obvious methods of extracting taxes than the direct methods, but they can still impose a heavy financial burden on individuals, particularly the poor. Taxes also form an element of "social engineering": that is, using taxes as a tool to encourage certain behaviors and discourage others. When a new tax is proposed, legislators try to fill any loopholes in the tax law. Most people will reluctantly acknowledge the benefits that the levying of taxes can afford their community. Nevertheless, many people find ways to avoid paying certain taxes in certain situations. For many of us, paying taxes is a stressful and burdensome aspect of living in a civilized society.

Key words: taxes, human, social engineering, collection of taxes, tax system

PRAVICA DO UČINKOVITEGA MEHANIZMA DO PRIDOBITVE ODŠKODNINE V PRIMERU KRŠITEV PRAVIL KONKURENCE THE RIGHT TO EFFECTIVE MECHANISMS FOR OBTAINING DAMAGES IN THE EVENT OF A BREACH OF COMPETITION RULES

Je javno pravno varstvo konkurence zadostno varstvo ali evropski potrošniki potrebujejo tudi učinkovite mehanizme zasebnega pravnega varstva?

V prispevku je obravnavano javno pravno varstvo konkurence v EU in njegova učinkovitost. Prispevek kaže, da mora biti javno pravno varstvo konkurence podprto z učinkovitimi zasebnimi tožbami, saj mora politika konkurence zaščititi pravni red trga in interese tržnih subjektov, tako podjetij kot potrošnikov. Prikazano bo, da je za učinkovito konkurenčnost bistveno, da kršitelj pravil konkurence na trgu nima prednosti in da trpi resne posledice zaradi svojega ravnanja ter navsezadnje prevzame vso odgovornost, oškodovancem pa povrne škodo, ki je pri tem nastala. Pokazano bo, da bi primerna ureditev zasebnih tožb delovala preventivno na potencialne kršitelje, saj bi odvzem pridobljene koristi, nastale s kršitvijo konkurenčnega prava, kršitelje odvrčal od ponovnih kršitev, prav tako pa bi to zastrašujoče delovalo na potencialne kršitelje.

Ključne besede: konkurenčno pravo, potrošniško pravo, odškodninske tožbe zaradi kršitve pravil konkurence

Is Public Law Protection of Competition Enough or Do European Consumers Need Effective Mechanisms of Private Law Protection?

The paper deals with public law protection of competition and its effectiveness. Since a competition policy must protect the legal order of the market and the interests of the market participants—businesses and consumers—public law protection of competition must be supported by effective private actions. Essential for effective competition are: serious consequences as a result of the offender's actions, no advantages on the market, assuming responsibility for offender's actions and the compensations to the injured party. Appropriate regulations of private actions would act preventatively on potential offenders; a withdrawal of the benefits resulting in breaching competition law would discourage offenders from re-offending and would have a deterrent effect on potential offenders.

Key words: competition law, consumer law, damages actions for breach of the EC competition rules

**SEKCIJA: AVTIZEM IN
SORODNE MOTNJE /
*AUTISM AND RELATED
DISORDERS SECTION***

VEČ ZDRAVJA ZA OTROKE IN MLADOSTNIKE Z AVTIZMOM IN NJIHOVE DRUŽINE **MORE HEALTH FOR CHILDREN AND YOUTH WITH AUTISM AND THEIR FAMILIES**

Avtizem je kompleksna razvojno-nevrološka motnja, zato ti otroci potrebujejo tudi kompleksno in interdisciplinarno terapevtsko obravnavo. Pomembno je, da otroci z avtizmom dobijo strokovno pomoč čim prej po končani diagnostiki, ob tem pa dobijo starši podporo in svetovanje. V okviru javnega zdravstva so te možnosti izrazito omejene in ne pokrivajo potreb teh otrok in njihovih družin. Manko na tem področju zapolnjuje projekt Več zdravja za otroke in mladostnike z avtizmom in njihove družine – ZORA, ki je sofinanciran s strani Norveškega finančnega mehanizma. V okviru tega projekta lahko pomagamo otrokom z avtizmom na različne načine v okviru individualnih in skupinskih terapevtskih obravnav, njihovi starši pa so deležni podpore in izobraževanja. Prvič v Sloveniji in tudi v širši regiji v okviru projekta deluje Center za kratkotrajno bivanje za otroke z avtizmom. V času bivanja v njem otroci pridobivajo veščine in spretnosti na področju socializacije in samostojnosti pri vsakodnevni skrbi zase. Ob tem se dobro počutijo, kar prispeva k izboljšanju njihovega razpoloženja in samopodobe, manj stresno pa je tudi življenje njihovih staršev. Projekt Zora pomeni prelomnico v celostni obravnavi otrok z avtizmom in njihovih družin ter izboljšanje njihovega zdravja v najširšem pomenu.

Ključne besede: avtizem, otroci, družina, bivalni center, celostna obravnava

Autism is a complex neuro-developmental disorder with the highest deficit occurring in the realms of social communication, and with the presentation of restricted and repetitive patterns of interests and behaviour. Aside from these main difficulties, children with autism often have important behavioural (restlessness, aggression, tantrums) and emotional (depression, anxiety) disorders, as well as an intellectual disability. All these factors reduce their ability to achieve efficient and successful everyday living, schooling, and social integration. It is of great importance for children with autism to have access to therapeutic interventions as soon as their special needs are defined. Today, in Slovenia, it is almost impossible for such children to be treated in the public health system. In our project 'Equality in health for children and youngsters with autism and their families' (ZORA), co-financed by the Norway grant, we have addressed the special needs of children with autism and we suggest a program of comprehensive care in terms of individual and group therapeutic interventions, as well as support and education for their parents. In addition, 'respite' care centers have been established for the first time in the country and elsewhere. Children who have attended the center can profit in term of socialization and independency in everyday living. Also, their well-being can be improved, as well as the well-being of their parents. The project ZORA leads to breakthroughs in the comprehensive care of children with autism and their families in Slovenia.

Key words: autism, children, families, respite care center, comprehensive care

OTROCI Z AVTISTIČNO MOTNJO V DOMU ZAVODA ZA GLUHE IN NAGLUŠNE LJUBLJANA CHILDREN WITH AUTISM IN THE RESIDENTIAL CARE PROGRAM OF THE INSTITUTE FOR DEAF AND HARD OF HEARING LJUBLJANA

Za Zavod za gluhe in naglušne Ljubljana (v nadaljevanju: ZGN Ljubljana) avtistična motnja ni nekaj novega. V tej instituciji srečujemo otroke z avtistično motnjo (v nadaljevanju AM) že desetletja. Res so bili ti otroci maloštevilni in res smo imeli samo nekaj strokovnih delavcev, ki so se strokovno posvetili temu izzivu. Zadnje desetletje prihaja v ZGN Ljubljana vse več otrok z AM. Nekaj zadnjih let ti otroci že predstavljajo četrtno populacije otrok, ki jih v ustanovi obravnavamo. Drugi otroci v ZGN Ljubljana so gluhi in naglušni in otroci z govorno-jezikovnimi motnjami. Otroke z AM obravnavajo naši govorni terapevti, imamo jih v vrtcu, še mnogo več v osnovni šoli, veliko jih je v srednji šoli, posledično jih imamo vsako leto več tudi v domu. Na osnovi opisane situacije lahko razumemo, da teh nekaj prej omenjenih strokovnih delavcev ni bilo več dovolj za obvladovanje situacije. Na nove razmere smo se v ZGN Ljubljana odzvali odgovorno in konstruktivno: po znanje smo šli v tujino. Organizirali smo notranja strokovna izobraževanja, ki jim rečemo: Delimo si znanja. Prijavljamo se na evropske projekte, ki nam omogočajo daljše obiske tujine, tam hospitiramo v institucijah, ki se ukvarjajo z vzgojo, izobraževanjem in usposabljanjem otrok z AM. Spoznavamo njihove primere dobrih praks. Naši strokovni delavci se udeležujejo strokovnih izobraževanj tudi doma, se povezujejo z organizacijami, društvi, centri, ki delajo na področju AM. V domu smo prejšnje šolsko leto začeli z novo obliko vzgojne skupine: vzgojna skupina za otroke z AM. Tej odločitvi so botrovale dolgoletne izkušnje pri vzgojnem delu z otroki s posebnimi potrebami, znanje in težke razmere v življenju in delu v našem domu. Ključne besede: avtistična motnja, vzgoja, otrok

For the Institute for Deaf and Hard of Hearing, Ljubljana (further: ZGN Ljubljana), autism is not a new condition; a number children have presented with autism over the decades. Such cases have been historically few in number, and there has been a limited number of experts available to work with them. However, over the last few years there has been an increase in the number of children with autism who are being admitted to ZGN Ljubljana. They represent 1/4 of the patients present in ZGN Ljubljana, while the other children are deaf or hard of hearing children presenting with speech disorders. In the present set-up, the care of children with autism is taken on by speech therapists. The children are either in kindergarten, primary school, or secondary school, and are included in the residential care program of the institute. It is clear that the limited number of experts who have been historically available, is not adequate in the current situation. In recognising this shortcoming, ZGN Ljubljana is taking a number of steps to address the needs arising from the current situation: institute staff are seeking to expand their knowledge base by eliciting lectures by experts from within the institute, attending National lectures, and stepping up their involvement in many EU projects. The latter provides opportunities for ZGN Ljubljana staff to visit different countries, and to learn good practises in dealing with the care, teaching and support of children with autism from their counterparts. ZGN Ljubljana experts further cooperate with organisations, centers and other institutions working in the field of autism. Furthermore, the institute recently launched a new living unit as part of its residential care, specifically for children with autism. These advancements have been made as a result of many years' experience of care for children with special needs, requiring specific knowledge and often leading to difficult circumstances for living and working within the residential care program.

Key words: autism, care, child

A COMPREHENSIVE SPECIAL EDUCATIONAL DIAGNOSTIC ASSESSMENT OF A PRESCHOOL CHILD WITH PROBABLE DEVELOPMENTAL COORDINATION DISORDER AND AUTISTIC SPECTRUM DISORDER

Developmental coordination disorder (DCD) is a neurodevelopmental disorder that manifests itself as difficulties in processing sensory information, planning, organisation and coordinated execution of movement. DCD also affects different areas of individual's everyday living and learning. Its prevalence is approximately 7%, and can also be diagnosed in children with autistic spectrum disorder (ASD) as a comorbid disorder according to the DSM 5. Studies report high comorbidity of DCD in children with ASD, and high prevalence of communication and social interaction difficulties in children with DCD. The aim of this study was to diagnostically assess a preschool child suspected of having both DCD and ASD using our Model for a comprehensive special educational diagnostic assessment of five-year-old children with DCD. Our main objective was to assess the child's developmental achievements in his natural surrounding – at home and in kindergarten. The assessment also included interviews with his parents and his preschool teacher. Furthermore, we assessed his competences in all developmental domains, i.e. his sensory and motor skills, his skills in activities of daily living, his abilities including his emerging literacy skills and his early maths skills, his speech, language and communication development, and his social and emotional development. A qualitative analysis was undertaken to assess both, his strengths and his weaknesses. Results showed that the child, who has been considered as a gifted child, excelled in verbal skills, emerging literacy skills and early maths skills. On the other hand, he also had difficulties in sensory-motor domain and deficits in social communication and social interaction, with restricted and repetitive patterns of behaviour, interests and activities, all of which are common in DCD and in ASD.

Key words: developmental coordination disorder, autistic spectrum disorder, comprehensive assessment, preschool child

ZGODNJE INTERVENCIJE ZA STARŠE OTROK Z MOTNJO AVTISTIČNEGA SPEKTRA: PRIMER DOBRE PRAKSE EARLYBIRD PLUS PRISTOP EARLY INTERVENTION FOR PARENTS OF CHILDREN WITH ASD: EARLYBIRD PLUS APPROACH AS AN EXAMPLE OF GOOD PRACTICE

Starši otrok z razvojnimi posebnostmi, še posebej starši tistih z motnjo avtističnega spektra (MAS), se pri vzgoji srečujejo s svojevrstnimi izzivi. Za uspešno premagovanje težav pri vzgoji nujno potrebujejo pomoč v obliki informacij, pouka različnih spretnosti in podporo strokovnjaka. Pri starših otrok z motnjo avtističnega spektra pogosto opazimo težave že z razumevanjem motnje in njenim vplivanjem na otrokovo vedenje. Večina raziskav o zgodnjih intervencijah se osredotoča na intenzivne in individualno naravnane oblike obravnave otrok z MAS. Ob tem pa ugotavljamo, da tudi intervencije, namenjene staršem, zelo pripomorejo k boljši interakciji in komunikaciji med otrokom in staršem, saj predstavljajo dober način za spodbujanje razvoja družbeno-komunikacijskih spretnosti in ustreznega vedenja pri otroku z MAS. V letu 2003 je bil v sklopu National Autistic Society oblikovan program imenovan NAS Earlybird Plus, ki uporablja uveljavljen Earlybird model poučevanja o avtizmu, dodaja pa še strategije za razvijanje komunikacije in preoblikovanje vedenja. Poleg omenjenih prednosti program gradi zaupanje med starši in strokovnjaki, ki delajo z otrokom z MAS, in s tem spodbuja timsko sodelovanje in reševanje problemov. V Mariboru smo od meseca maja 2015 izvedli trimesečni program EarlyBird Plus v treh skupinah. Cilj raziskave je bil preučiti vpliv programa NAS Earlybird Plus na slovenskem vzorcu. Starši so bili s programom zelo zadovoljni. Po zaključnem programu so bili bolje informirani o MAS in njenim vplivom na otrokovo vedenje, usposobljeni za izvajanje novih strategij in samozavestnejši pri spopadanju z vsakodnevnimi težavami na tem področju.

Ključne besede: starševske intervencije, motnje avtističnega spektra, EarlyBird Plus

Raising a child with a disability, particularly a confounding disorder like autism, challenges parents in extraordinary ways. The need for information, a variety of unexpected new skills, and support is immediate and urgent. Parents of children on the autistic spectrum often struggle to understand the condition and, related to this, manage their child's behaviour. Most studies on early intervention have focused on intensive and individual interventions. However, parent training interventions that help parents interact and communicate with their child with autism spectrum disorder (ASD), are a good alternative to promote the development of their child's socio-communicative skills and behaviour management. In 2003, a programme called NAS EarlyBird Plus was developed by the National Autistic Society. NAS EarlyBird Plus uses the established EarlyBird framework of teaching parents about autism before considering how to develop communication or manage behaviour. It builds confidence in parents and professionals, encouraging the teams to problem solve together. We have started implementing this three month programme in Maribor in May 2015 and so far delivered it in three groups. The goal of this study was to examine the effect of parent integrated intervention Early Bird Plus on Slovenian parents. Results show that parents were able to implement newly learned strategies and were generally very satisfied with parent training programmes. They mostly reported positive effects in gaining a better understanding of autism and related conditions, gaining confidence and ways to assist their child in learning and development.

Key words: parent training, autism spectrum disorder, Early Bird Plus

PRIMER DELA Z MLADOSTNIKOM Z AVTISTIČNO MOTNJO *WORKING WITH AN ADOLESCENT WITH AN AUTISTIC DISORDER*

V okviru enoletnega funkcionalnega izobraževanja strokovnjakov s področja avtizma v sklopu projekta ZORA smo pridobljena teoretična izhodišča prenesli v neposredno delo z mladostnikom z avtistično motnjo. Mladostnik je vključen v srednješolsko izobraževanje na Zavodu za gluhe in naglušne Ljubljana. Srednja šola v Zavodu za gluhe in naglušne Ljubljana nudi prilagojene izobraževalne programe z enakovrednim izobrazbenim standardom. V okviru svetovalnega dela smo se z mladostnikom srečevali približno enkrat tedensko. Ob neposrednem delu z mladostnikom smo vodili osebno mapo in v njej evalvirali svoje delo. V prispevku predstavljamo osebno mapo, ki je sestavljena iz opazovanja in ocene mladostnika z avtistično motnjo, praktičnega dela z mladostnikom z avtistično motnjo in sprotne evalvacije praktičnega dela. V okviru neposrednega dela smo načrtovali, izvajali in evalvirali dejavnosti z mladostnikom z avtistično motnjo. Na začetku dela z mladostnikom z avtistično motnjo smo ocenili funkcioniranje mladostnika po naslednjih področjih: socialna interakcija, motorika, čustva, prilagajanje na spremembe, sensorika, komunikacija, koncentracija, mišljenje, samostojnost in skrb zase. Nato smo ocenili mladostnikova močna in šibka področja. Na podlagi ocenjevanj funkcioniranja mladostnika po različnih področjih, tako močnih in šibkih, smo zastavili nadaljnje neposredno delo z mladostnikom z avtistično motnjo. Cilji neposrednega dela z mladostnikom z avtistično motnjo obsegajo predvsem preprečevanje vedenjskih težav in poučevanje novih veščin. Mladostnik z avtistično motnjo je tudi sam izpostavil področja, pri katerih bi potreboval pomoč, spodbude oziroma vodenje. Za mladostnika smo načrtovali preventivne dejavnosti in kurativne dejavnosti. Nekaj dejavnosti smo prilagodili tudi potrebam mladostnika, ki so se pokazale v času podrobnega spremljanja mladostnika. Največ dejavnosti smo posvetili pridobivanju socialnih veščin in izboljšanju mladostnikovih kompetenc na tem področju.

Ključne besede: mladostnik, avtistična motnja, osebna mapa, socialne veščine, vedenjske težave

Within one year of functional training of experts for autism in the project ZORA, we have received theoretical knowledge. We used this knowledge to work with an adolescent with autistic disorder. Adolescent is included in secondary school at the Zavod za gluhe in naglušne Ljubljana. Secondary school at the Zavod za gluhe in naglušne Ljubljana offers ad-just programs with equivalent educational standard. In the counselling work I was working with adolescent once a week. I was also writing personal folder and evaluating my work with adolescent with autistic disorder. This paper presents a personal folder, which consists of observation and assessment of adolescents with autistic disorder, practical work with adolescents with autistic disorder and evaluation of practical work. In the context of practical work, planned, implemented and evaluated activities with the adolescent with an autistic disorder were carried out. At the beginning of work with the adolescent with an autistic disorder, the functioning of adolescent in the following areas were addressed: social interaction, kinesiology, emotions, adapt to change, sensors, communication, concentration, thinking, independence and self-care. Then the adolescent strong and weak areas were assessed. Based on the assessment of adolescent functioning in various areas, both strong and weak, further practical work with the adolescent with an autistic disorder have been planned. The aims of practical work with the adolescent with an autistic disorder mainly included prevention of behavioural problems and learning new skills. Adolescent with autistic disorder had also highlighted areas in which he needed help, encouragement and guidance. For an adolescent, preventive activities and curative activities were planned. Some of the activities have been adapted to the needs of adolescent, which was shown during the work with adolescent. Most activities were based on acquiring social skills and improving adolescent competencies in this area.

Key words: adolescent, autistic disorder, personal folder, social skills, behavioural problems

PREOBLIKOVANJE VEDENJA PRI OTROKU Z MOTNJAMI AVTISTIČNEGA SPEKTRA (MAS) S POMOČJO POZITIVNEGA PRISTOPA IN DOŽIVLJANJA USPEHA

ALTERING THE BEHAVIOUR OF A CHILD WITH AN AUTISM SPECTRUM DISORDER (ASD) USING POSITIVE APPROACH AND EXPERIENCING SUCCESS

Pri osebah z motnjami avtističnega spektra se običajno pojavljajo stereotipna vedenja, ki jih širše okolje težje sprejema. Za lažje vključevanje oseb z motnjami avtističnega spektra v družbo je pogosto treba preoblikovati njihovo vedenje, ki je neželjeno. Načini preoblikovanja so različni. V prispevku je opisana nekajmesečna študija primera desetletnega dečka z aspergerjevim sindromom, ki je zaradi frustracij, ki so se pojavljale ob izvajanju motoričnih aktivnosti, težje funkcioniral v procesu vzgoje in izobraževanja. V prvem delu študije smo otroka opazovali v različnih situacijah in o njem zbirali podatke, poročila in mnenja, na podlagi česar smo oblikovali načrt preoblikovanja vedenja, ki smo ga v drugem delu študije izvedli. Pri dečku smo v času raziskovanja usmerjeno razvijali motorične veščine z namenom lažjega spopadanja s težavami, ki jih je imel zaradi svojih primanjkljajev. Usmerjeno razvijanje točno določenega cilja se je pri dečku izkazalo kot uspešno. Z izboljšanjem motoričnih spretnosti se je povečala samozavest ob izvajanju le-teh in dečkovo neželjeno vedenje se je zmanjšalo, oziroma se v nekaterih primerih sploh ni pojavilo. Med izvajanjem študije primera se je jasno pokazalo, da razpršenost ciljev po področjih funkcioniranja, za preoblikovanje vedenja pri otroku, ni ustrezna. Zaradi preširokega spektra dejavnosti in posledično manjše kontinuiranosti sprejemanja enakih dražljajev je manj možnosti za avtomatizacijo procesov. To vodi v manj priložnosti za uspeh, kar pomembno vpliva na notranjo motivacijo otroka. V nasprotnem primeru, ko se znotraj obravnave osredotočimo na eno področje, je otrok pogosteje uspešen, bolj motiviran, okrepi pa tudi svojo samopodobo.

Ključne besede: motnje avtističnega spektra, aspergerjev sindrom, motorika, preoblikovanje vedenja, doživljanje uspeha

People with autism spectrum disorder are usually liable to stereotypical behaviour that is perceived difficultly by wider environment. To be able to include people with autism spectrum disorder in society, their unwanted behaviour must often be modified. There are different ways of modification. In this article a few months case study of a ten-year-old boy with Asperger syndrome, who had difficulties functioning in the process of education because of his frustration when performing motoric activities, is described. In the first part of the study we observed the child in different situations and gathered information, reports, opinions about him and, based on that, formed a plan of behaviour modification that we carried out in the second part of the study. During our research we directionally developed the boy's motoric skills so that he would be able to deal with his problems of deficits more easily. Directional development of a specifically determined goal proved to be very successful for the boy. By improving his motoric skills, his self-esteem grew when performing them, causing the boy's unwanted behaviour to decrease and, in some cases, it did not even appear. It became clear during the case study that dispersing goals over different areas of functioning is not appropriate for behaviour modification of a child. There is less chance for process automatisation because the spectre of activity is too wide and, consequently, the continuity of accepting the same stimuli is lower. This leads to fewer possibilities for success which importantly influences child's inner motivation. However, when focused on only one area within the treatment, a child is more often successful more motivated and has better self-esteem.

Key words: autism spectrum disorder, Asperger syndrome, motoric functions, behaviour modification, experiencing success

INTEGRATIVE APPROACH IN TREATMENT OF AUTISM

Introduction: Autism is connected with brain infection mixed with heavy metal deposit in hippocampal region as with intolerance of food. Aim: The aim is to present findings obtained by standard laboratory test in children with autism with findings obtained by indirect Bi-Digital O-Ring Test (BDORT) in the same subjects and efficiency of new treatment. Material and method: Following checking health status by standard lab test, 15 examinees suffering from autism were treated with detox-items and attended exercises for speech improvement. Also, they had special diet regiment because of intolerance of food presence. No significant improvement were found in these subjects while therapy. Then, they all were examined by indirect BDORT. All patients were treated respecting Dr. Omura's Selective Enhancement Drug Uptake Method (SEDUM). Intolerance of food was treated by using magnetic water treated by MDK Chip. Results: Indirect BDORT found mixed infection and heavy metal body burden. The most affected zone was hippocampus region associated with infection of liver. Food allergy was also revealed in these patients as well as heavy metal allergy. Seven children had increased level of beta amyloid 1-42. All of examinees were exposed to pathological electromagnetic waves. What is common to all children is:

- Mixed infections of hippocampal area and infection of the liver
- Heavy metals deposited in the brain
- Exposure to electromagnetic stress
- Intolerance of food: basic gluten and milk and dairy products (casein and lactose)
- The deficit of digestive enzymes (reference substance-Digestodoron, Weleda Germany)
- Iodine Deficiency in Organism (reference substance: Kelp and 80-Oil cold pressed walnut oil, Planet of Health, Slovenia)
- Lower levels than the telomeres of the brain cells of the body (rapid aging of the brain)
- Low levels of vitamin D
- Disturbed gut flora

Treatment described above was administered. Pathological electromagnetic waves were reduced by GUARD PLUS protectors (made by "SALUBRIS", Belgrade), mixed infections were cured, and MDK-chips were used for suppression of all nutrient allergy except gluten and lactosa (they stay on specific diet). Patients treated with Oil 80 (Planet of Health)

to improve level of iodine and improve function of thyroid gland, to improve digestive enzymes we gave homeopathic drug-Digestodoron, tablets or solution, for deficit of vitamin D patients used Vit D capsulae of 400ui. To increase telomeres level in the brain patients used Beljanski products-Natural Source International Ltd, NY, USA.

Positive behavioral changes were seen in some patients 7 days following the treatment started, and after 3 months, some patients started to talk first words. 2 patients had not improvement.

Conclusion: By implementation of all above-new integrative approach, fast improvement of health can be achieved in patients with autism.

PREOBLIKOVANJE VEDENJA PRI OTROKU S TEŽKO MOTNJO V DUŠEVNEM RAZVOJU IN MOTNJAMI AVTISTIČNEGA SPEKTRA S POMOČJO VIZUALNIH OPOR

THE EFFECT OF VISUAL AIDS ON BEHAVIOUR TRANSFORMATION OF CHILDREN WITH SEVERE MENTAL HEALTH DISORDERS AND AUTISTIC SPECTRUM DISORDERS

Motnje avtističnega spektra (MAS) v kombinaciji z drugimi motnjami lahko povzročijo še večje težave na področju socialnega vključevanja, kot bi jih otrok imel sicer. Zaradi motenj v duševnem razvoju je razumevanje socialnih norm oteženo. Poleg tega jim motnje v duševnem razvoju onemogočajo ustrezno vključevanje v vsakdanje aktivnosti in vzpostavljanje primernih socialnih interakcij. V prispevku je opisana študija primera 18-letnega dekleta s težko motnjo v duševnem razvoju in s pridruženimi motnjami avtističnega spektra. Dekle je v času šolanja postalo zelo pasivno. Okolica od nje ni zahtevala aktivnega vključevanja v vsakdanje aktivnosti in je ni učila ustreznega socialnega pristopa do odraslih in vrstnikov, pri čemer se je dekle zatekalo k stereotipom vedenja. V prvem delu študije primera smo opazovali funkcioniranje učenke v različnih situacijah in interakcijah z učitelji ter vrstniki. Na podlagi ugotovljenega smo oblikovali načrt preoblikovanja vedenja, ki smo ga izvedli v drugem delu študije. Rezultati študije so pokazali minimalen napredek, a menimo, da bi s kontinuiranim izvajanjem in doslednostjo ter razširitvijo izvajanja načrta preoblikovanja vedenja tudi na domače okolje napredek lahko bil večji. Učenka je, v nasprotju z vsakodnevno razredno rutino, na individualni obravnavi prejela mnogo več spodbud, pozornosti in motivacije in se je tako uspela aktivno vključiti v prilagojene dejavnosti in pri tem doživela uspeh. Pri dekletu je šlo za preoblikovanje vedenja, ki se je začelo pojavljati zaradi neustrezne zgodnje obravnave in premalo spodbudnega okolja. Posledica je bila zmanjšana motivacija, ki smo jo uspeli s pomočjo vizualnih opor in močnih zunanjih motivatorjev dvigniti na nekoliko višjo raven.

Ključne besede: težka motnja v duševnem razvoju, motnje avtističnega spektra, preoblikovanje neželenega vedenja, vizualne opore, socialna interakcija

Autistic spectrum disorder (ASD) in combination with other disorders may lead to additional difficulties in a child's social integration. Mental health disorders reduce a child's understanding of social norms. They prevent children from becoming successfully included in everyday activities and maintaining appropriate social interactions. This article describes a case study of an 18-year-old girl with a severe mental health disorder combined with Autistic Spectrum Disorder. The girl became increasingly passive during her school years. No active participation in everyday activities was sought by her surrounding networks, and the girl was not helped to approach her peers or adults. She therefore proceeded to exhibit stereotypical behaviour. The initial part of the case study involved an observation of the student's behaviour in different situations and interactions with her peers and adults. Based on our findings we put together a plan of behaviour transformation, which was carried out in the second part of the study. The results indicate a minimum level of progress; however, a longer continuation, better consistency and the additional implementation of the plan into the home surroundings would likely lead to a more substantial advancement. As a contrast to the daily classroom routine, such individual treatment will enable a child to be given more attention, incentive and motivation, leading to a capacity to successfully take part in the adapted activities. The case study deals with the transformation of behaviour as a result of unsuitable early treatment and the lack of a supportive environment. The result of such actions was a decrease in motivation. With the use of visual aids and strong external motivators, we are succeeding to increase the child's level of motivation.

Key words: severe mental health disorders, Autistic Spectrum Disorder, the transformation of undesired behaviours, visual aids, social interaction

MOJE DELO Z OTROKOM Z AVTISTIČNIMI MOTNJAMI V VRTCU – PREDSTAVITEV PORTFOLIA PROJEKTA ZORA *MY WORK WITH THE AUTISTIC DISORDER CHILDREN IN THE KINDERGARTEN – PORTFOLIO PRESENTATION OF PROJECT ZORA*

Ko se je v naši družini 19 let nazaj rodila deklica s posebnimi potrebami, sem se usmerila na izobraževanja na temo otrok s posebnimi potrebami. Takrat diagnoza avtizem še ni bila razširjena, zato sem delala z vsemi drugimi skupinami otrok, ki sodijo med otroke s posebnimi potrebami in izkušenj z otroki z avtizmom nisem imela. Hkrati z začetkom podiplomskega študija avtizma Zora sem v okviru učenja socialnih veščin dobila v obravnavo 5 let starega dečka. Njegova diagnoza je »otrok z avtističnimi motnjami – otrok z zmernimi primanjkljaji v socialni komunikaciji in socialni interakciji ter otrok z lažjimi primanjkljaji na področju vedenja, interesov in aktivnosti«. Predstavila bom delo z njim. Smernice so mi bile informacije, ki sem jih dobila v okviru študija. Povezovala sem jih s strokovno literaturo s področja avtizma, izhajala iz otroka in njegovega razpoloženja ter pripravljenosti za delo, se opirala na njegova močna področja in si pomagala z njemu ljubimi stvarmi, ki so ga motivirale za sodelovanje. Avtizem je razvojno nevrološka motnja. Opredeljen je na ravni vedenja. Zanj sta značilna dva diagnostična kriterija; pomemben primanjkljaj na področju socialne interakcije in komunikacije ter prisotnost ozko usmerjenih in ponavljajočih se vedenj, aktivnosti in interesov. To so tudi glavne težave, ki jih ima moj deček. Didaktične igre iz odpadne embalaže, izdelane doma, in naravni materiali so bili nekaj, pri čemer je deček pokazal največ interesa, ko sem začela delati z njim. Zanj sem izdelala za vsako srečanje novo igro. Njegova pozornost je izjemno kratkotrajna in različnost materialov, pisanih barv, zvokov, razgibanost dejavnosti so bili verjetno motivatorji, ki so tega fanta ohranjali pri pozornosti daljši čas kot katerakoli druga dejavnost. Predstavila bom delo z dečkom in doma narejene didaktične igre, s katerimi sem poskušala uresničevati cilje, ki smo si jih zanj zadali v Individualiziranem programu.

Ključne besede: avtizem, didaktične igre, naravni materiali, cilji, individualiziran program

19 years ago we gave birth to a girl with special needs and that is why I started to focus on education of children with the special needs. At that time, the diagnosis of autism has not been so extended, so I worked with all sorts of the children groups with special needs. I did not have any experience with autistic children. At the same time I started postgraduate studies of autism in the Zora programme. As a part of the learning process and the social skills, acquired in the programme, I started to work with a 5-year-old boy. His diagnosis was "a child with autistic disorder – a child with moderate deficits in social communication and social interaction as well as a child with mild deficits in the area of behaviour, interests and activities". I will present the work with him. My guidelines are the information that I received in the context of the study. I connected them with the professional literature in the fields of autism, I perceived from the child's mood and willingness to work, relying on his strengths and helped him with the beloved things that motivated him to participate during the process. Autism is a developmental neurological disorder. It is defined at the level of behaviour. It is characterised by two diagnostic criteria; significant deficits in social interaction and communication and the presence of the highly focused and repetitive behaviour, activities and interests. These are also the main topics that are present with my boy. Educational games from home-made waste package and natural material have been one of the few that the boy showed the most of his interest in when we started our work. I prepared the new game for each of our meeting. His attention is very short but variety of materials, bright colours, the sounds and the variety of activities were probably the motivators who kept my boy at his best attention longer time than any other activity. I will also present the work with my boy and home-made didactic games, by which I have tried to achieve the objectives that we have set to ourselves in the individualised program.

Key words: autism, instructional games, natural materials, objectives, individualised program

MLADOSTNIKI Z MOTNJO AVTISTIČNEGA SPEKTRA NA POTI DO MEDIJSKEGA POKLICA *ADOLESCENTS WITH ASD AND MEDIA JOBS*

Izhajamo iz predpostavke, da ima izobraževanje in s tem samo delo v medijskih in grafičnih poklicih za mladostnike z motnjo avtističnega spektra (MAS) veliko prednosti. Te so v tem, da za ustrezno funkcioniranje posameznikov potrebujemo veliko mero zelo raznolike računalniške in strojne opreme, po kateri ti mladostniki hrepenijo. Poleg tega se tukaj pojavljajo ponavljajoči se zvoki v povezavi z avdiovizualnimi podobami. Druga prednost praktičnega izobraževanja pa je ta, da mladostniku (razen kadar potrebuje dodatne informacije) ni potrebno navezovati socialnih stikov. Z jasno formiranimi navodili in natančno določenimi roki, ki mladostnika obvezujejo k oddaji projekta, ustvarimo ugodno okolje za delo. Kaj niso to tudi sanje vsakega delodajalca? Imeti ubogljiv, zanesljiv, nekomunikativen »stroj«, ki dela po navodilih nadrejenega. Seveda pa pot ni tako preprosta. Dokler delodajalec ne bo navezal pristnega stika z mladostnikom, dobro sodelovanje ne bo mogoče. Ob prednostih pa je smiselno omeniti tudi nekatere slabosti. V prvi vrsti sta prav gotovo samoiniciativnost in ustvarjalnost, kot najpomembnejša cilja vzgoje in izobraževanja in kasneje osnovna elementa za konkurenčno delo v zaposlitvenem procesu. Mladostnik z MAS je lahko kljub pomanjkanju le-teh z ustreznim vodenjem in nadzorom presenetljivo hiter in natančen. Učno uro praktičnega izobraževanja na srednješolski ravni pri delu z osebami z MAS bi lahko v grobem razdelili na pet delov: pisno podajanje navodil za izvedbo projekta, shranjevanje navodil za izvedbo projekta, ustno podajanje navodil za izvedbo projekta, motiviranje in odvrčanje od motečih elementov ter pomoč pri izvedbi projekta. Od naštetih delov sta se za zelo pomembna pri delu z mladostniki z MAS izkazala predvsem zadnja dva.

Ključne besede: srednješolsko izobraževanje, računalniška in strojna oprema, zaposlitev, projektno delo, pristni stik

The research is based on the assumption that education and consequently the work in media and graphic professions as well offer many advantages for young people with ASD. These are shown in the fact that a great deal and a wide variety of computer hardware and software is required for which these adolescents crave. In addition, repetitive sounds in conjunction with audio-visual images appear here. Another advantage of practical education is that adolescence (except when supplementary information is required) the youth do not need to relate to social contacts. By clearly formed instructions and precise deadlines that commit the adolescent to submit the project, we create a favourable work environment. Is it not the dream of every employer to have an obedient, reliable, and uncommunicative 'machine' to work under their direction? However, the path is not so simple. Until the employer does not make a genuine contact with the youth, good cooperation will not be possible. Some disadvantages must also be mentioned. First of all, a sense of initiative and creativity as the most important objective of education and later a basic element for a competitive work in the employment process are most important. Despite the lack of those, adolescents with ASD can be surprisingly fast and accurate with the appropriate guidance and supervision. Lesson of practical training at the secondary level in working with people with ASD can be roughly divided into five parts: written instructions to implement the project, storage of instructions for successful implementation of the project, oral instructions to implement the project, motivation and discouraging from distractions, and assistance in implementing the project. The last two are very important in working with adolescents with ASD.

Key words: secondary education, computer software and hardware, recruitment, project work, genuine contact

SPECIFIKE V IZOBRAŽEVANJU GIBALNO OVIRANIH OTROK V VEČINSKI OSNOVNI ŠOLI

SPECIFICS OF EDUCATION OF PHYSICALLY DISABLED CHILDREN IN REGULAR PRIMARY SCHOOLS

Dostojno življenje in delovanje ljudem omogočajo pravice, ki so zapisane v Deklaraciji o človekovih pravicah in v različnih konvencijah, v Sloveniji tudi v Ustavi in posameznih zakonih. Številni svetovni posveti in konference na temo otrok s posebnimi potrebami so prinesli spoznanje, da so otroci s posebnimi potrebami še posebej ranljiva skupina in da jih je potrebno enakopravno vključiti v okolje. Pravice otrok s posebnimi potrebami so posebej opredeljene v Konvenciji o otrokovih pravicah, v slovenskem okolju je njihov status podrobneje opredeljen v Beli knjigi o vzgoji in izobraževanju v Republiki Sloveniji in nekaterih zakonih ter mnogih pravilnikih. Inkluzija otrok s posebnimi vzgojno – izobraževalnimi potrebami v večinske osnovne šole predstavlja velik izziv za starše in strokovne delavce. V programe vzgoje in izobraževanja s prilagojenim izvajanjem in dodatno strokovno pomočjo se med drugim usmerja tudi gibalno ovirane otroke, ki so zelo heterogena skupina in njihova integracija zahteva posebno pozornost. Nekateri imajo pri gibanju le nekaj težav, drugi pa pri gibanju potrebujejo različne pripomočke in prilagoditve v okolju, mnogi celo spremljevalko/-ca. Poleg težav na področju gibanja in mobilnosti lahko imajo gibalno ovirani otroci tudi težave pri izvajanju osebne nege, pri govoru in učenju ter drugih življenjskih aktivnostih. Ker so gibalno ovirani otroci specifična skupina otrok s posebnimi potrebami, je pri delu z njimi nujno poznavanje zakonskih določb in pravilnikov, ki opredeljujejo, narekujejo in vodijo delo strokovnih delavcev in strokovnih sodelavcev. Cilj članka je ugotoviti, katere posebnosti izobraževanja gibalno oviranih otrok v večinski osnovni šoli je potrebno prepoznati, poznati in jih vključevati ter upoštevati, da bi otroci lahko bili karseda uspešni pri učenju.

Ključne besede: otroci s posebnimi potrebami, gibalno ovirani, večinska osnovna šola, specifične pravice, spremljevalec

It is important that we live and act with dignity that is why we have to acknowledge the Declaration on Human Rights and the rights mentioned in various conventions, in Slovenia in the Constitution and individual laws. Many global consultations and conferences on the topic of children with special needs have resulted in the recognition that children with disabilities are a particularly vulnerable group, and must be equally integrated into the surrounding. The rights of children with special needs are specifically defined in the Convention on the Rights of the Child. In Slovenian area their needs are defined in the White Paper of Education in Slovenia and some of the many laws and regulations. The inclusion of children with special educational needs in mainstream primary schools represents a major challenge for parents and professionals. The educational programmes with adjusted implementation and additional professional assistance also focuses on physically disabled children, who are a very heterogeneous group, and their integration requires special attention. Some of them have just few problems in the movement while others need different devices and adaptations, many even an assistant for physical help. In addition to problems in the field of motion and mobility, physically disabled children may also have problems with personal hygiene, speech and learning and other life activities. Physically disabled children are defined as a specific group of children with special needs and working with them requires knowledge of laws and regulations which define, dictate and guide the work of professionals and experts. The aim of this article is to determine which are the characteristics of the education of physically disabled children in primary school that have to be known, recognized and understood and incorporated to let the children learn in the most successful way.

Key words: children with disabilities, physically disabled children, elementary school, specific rights, assistant for physical help

THE EFFECT OF RESPITE CARE FOR CHILDREN WITH AUTISM SPECTRUM DISORDERS ON THE WELL-BEING OF THEIR MOTHERS

Respite care is a form of support for families with children with special needs.. It gives parents the opportunity to attend to everyday activities or have a break while ensuring their children's needs are appropriately supported. Previous studies suggest that respite services may have an effect on mental well-being in terms of a person's psychological functioning, life-satisfaction and the ability to develop and maintain mutually beneficial relationships. In this study we investigated the effects of respite care for children with autism spectrum disorders (ASD) on the well-being of their mothers. We used the Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) to evaluate their well-being. Data from 16 mothers were included in the analysis. Mothers evaluated their well-being one week before the child was admitted into the respite care programme and one week after the child completed the programme. We used paired sample t-test to analyse the results. The results show that the effects of respite care services on mothers well-being are positive and the difference is statistically significant. Because the number of included mothers is rather small, a larger and more comprehensive study on the subject is needed, including both parents.

Key words: respite care, autism spectrum disorders

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

IMPACT OF SPECIAL OLYMPICS HEALTH PROGRAMME TO PHYSICAL PREPARATION OF ATHLETES WITH DISABILITIES

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 pa 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 Zabavni fitnes, športniki s posebnimi potrebami, telesna pripravljenost, nefizioterapija

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 health athletes programme 'Fun Fitness', sportsmen with disabilities, physical fitness, neurophysiotherapy

MOTIVI ŠTUDENTOV ZA UDELEŽBO NA DELAVNICAH ZNAKOVNEGA JEZIKA: KVALITATIVNA MEDNARODNA RAZISKAVA

MOTIVES OF STUDENTS FOR PARTICIPATION IN SIGN LANGUAGE WORKSHOPS: QUALITATIVE INTERNATIONAL RESEARCH

Teoretična izhodišča: Učinkovita komunikacija med zdravniki in pacienti je pomemben del varnega in učinkovitega zdravljenja, kljub temu pa zdravstveni delavci običajno niso usposobljeni za komunikacijo z gluhihimi osebami. Cilj delavnic znakovnega jezika v okviru projekta Breaking the Silence (BTS) za študente medicine je pripraviti študente na srečanje z gluhihimi in slabo slišnimi pacienti ter jim omogočiti lažjo komunikacijo na štiri oči. Študenti se za udeležbo na delavnicah odločajo iz različnih motivov. Metodologija: Gre za mednarodno kvalitativno raziskavo, ki je potekala s pomočjo spletne ankete. Vprašanja v anketi so bila eno odprtega in tri zaprtega tipa. Vzorec je obsegal 39 študentov medicine iz Slovenije, Hrvaške in Romunije, ki so se do sedaj že udeležili delavnic znakovnega jezika. Rezultati: Glavna motivacija študentov za udeležbo na delavnicah znakovnega jezika se med posamezniki razlikuje, vendar je vsem skupna želja s svojim znanjem pomagati gluhih in slabo slišnim, izboljšati komunikacijo med zdravnikom in gluhih pacientom ter omogočiti takšnim pacientom enakovreden položaj z ljudmi z zdravim sluhom in s tem bolj kakovostno zdravljenje. Razprava: Študenti medicine se zavedajo pomembnosti obvladanja osnov znakovnega jezika, s čimer bodo v prihodnosti omogočili gluhih in slabo slišnim integracijo v proces svojega zdravljenja. Ključne besede: znakovni jezik, edukacija, motivi udeležbe, gluhi pacienti, slabo slišni pacienti

Theoretical background: Effective communication between doctors and patients is an important part of safe and effective treatment, however, health care professionals are usually not qualified to communicate with deaf people. The aim of sign language workshops, in the framework of the project Breaking the Silence (BTS) for medical students, is to prepare students for meeting deaf and hearing impaired patients, and to enable them to facilitate communication face to face. Students apply for workshops due to various motives. Methodology: This was an international qualitative research, which was carried out through an online survey. Questions in the survey were one open-ended question and three closed-ended questions. The sample consisted of 39 medical students from Slovenia, Croatia and Romania, who have so far attended sign language workshops. Results: The main motivation of students to participate in the workshops of sign language varies widely among individuals, however, they all share a common desire to help deaf and hearing impaired with their knowledge, to improve communication between doctors and deaf patients, and to enable such patients an equal position with people with healthy hearing and thus higher quality treatment. Discussion: Medical students are aware of the importance of knowing the basics of sign language, which will in the future enable deaf and hearing impaired patients an integration into process of their treatment.

Key words: sign language, education, participation motives, deaf patients, hearing impaired patients

**SEKCIJA: SOCIALNA
GERONTOLOGIJA /
SOCIAL GERONTOLOGY
*SECTION***

USTVARJALNOST - IMPERATIV ŽIVLJENJA STAROSTNIKA CREATIVITY – AN IMPERATIVE IN THE LIFE OF THE ELDERLY

Teoretična izhodišča: Preživetje naroda in tudi organizacij visoko korelira z ustvarjanjem prostora za inovativne izkušnje. Nenehno ustvarjanje novega, izvirnega postaja imanentna potreba organizacije, ustvarjalnost pa entiteta, ki promovira inovativen odziv na zahteve časa kot ustvarjalen pristop, ki zagotavlja konkurenčno ostrino in progresivno samospreminjanje. Takega odziva so sposobni ustvarjalni ljudje, ki ozaveščeno sprejemajo potrebno samotransformacijo in ki v delu iščejo ustvarjalni naboj kot smisel in poslanstvo svojega intelektualnega kapitala. Vprašanji, ali Slovenci gradimo ustvarjalno skupnost in vanjo vključujemo tudi tretjo generacijo, in kako se ta ustvarjalnost v slovenskih razmerah udejanja, sta vprašanji, ki smo si jih zastavili kot cilj raziskovanja. Naš namen je identificirati pripravljenosti slovenskega okolja na vključevanje tudi ustvarjalnosti. Metodologija: Uporabili bomo deskriptivno metodo, ki nam bo omogočila vpogled v družbeno stvarnost v Sloveniji. Rezultati: Naše raziskovanje je preglednega značaja in ponuja vpogled v problematiko ustvarjalnosti v slovenski družbi in je podlaga za empirično raziskovanje. S preglednostjo bi raziskava lahko opozorila na visoko stopnjo odgovornosti vodilnih in vodstvenih delavcev ter državnih institucij, da ustvarijo pogoje za ustvarjalno okolje.

Ključne besede: ustvarjalnost, človeški viri, starostnik, spremembe, človeški kapital

Theoretical sources: Survival of a nation and organisations highly correlates with creation of the environment for innovative experience. Constant creation of new and original is becoming an imminent need of an organisation, and creativity is becoming an entity that promotes innovative response to time requirements as a creative approach, which provides competitive edge and progressive self-changing. Creative people, aware of making the necessary self-transformation and searching for a creative element as the purpose, and the mission of their intellectual capital, are capable of such response. Questions whether Slovenians are building a creative community and include the third generation into it, and how this creativity is applied in Slovenian environment, are the ones that we set as the goal of our research. Our purpose is to identify readiness of Slovenian environment to the inclusion of creativity. Methodology: We will use a descriptive method, which will provide an insight to issues of creativity in Slovenian society, and is the basis for empirical research. With its transparency, the research could warn about high responsibility level of leaders and managers, and national institutions to create conditions for creative environment.

Key words: creativity, human resources, the elderly, changes, human capital

USTVARJALNOST LITERARNIH UMETNIKOV IN USPEŠNO STARANJE CREATIVITY OF LITERARY ARTISTS AND SUCCESSFUL AGEING

Teoretična izhodišča: Namen študije je bil ugotoviti, ali so literarni umetniki, ko dosežejo visoko kronološko starost nad 75 let, še vedno ustvarjalni in kakšen vpliv ima ustvarjalnost na njihov življenjski slog, socialni konvoj in uspešno staranje. Raziskovalna tema ima filozofsko, vrednotno podlago, ki temelji na prepričanju, da literarni umetniki z leti ne prenehajo z umetniškim ustvarjanjem. Metode: Uporabili smo kvalitativne metode raziskovanja. S pol-strukturiranim intervjujem smo proučili življenjski zgodbi dveh literarnih umetnikov, Cirila Zlobca in Toneta Partljiča. Rezultati: Intervjuvanca nista prenehala z literarnim ustvarjanjem. Nista osamljena. Življenjski slog in socialni konvoj se ne spreminjata toliko, da bi pomembno vplivala na kakovost življenja. Krog ožjih prijateljev se zaradi umiranja krči, širi se krog naključnih znancev, ki tvorijo šibke vezi. Razprava: Ustvarjalnost literarnih umetnikov se s staranjem nadaljuje. Tone Partljič želi pred smrtjo ustvariti svojo največjo literarno uspešnico. Ustvarja z enakim tempom, a bolj svobodno. Oba intervjuvanca pri ustvarjanju uživata. Njun socialni konvoj ohranja trdne družinske vezi, hkrati pa sta v nenehni interakciji z naključnimi znanci in pomembnimi drugimi. Ohranjata svojo preteklo življenjsko literarno umetniško vlogo, svoj življenjski slog in navade. Če sta zdrava, sta s svojim življenjem tudi v starosti zadovoljna. Največjo življenjsko težavo jima povzroča upadanje fizičnih sposobnosti, zaradi česar se počutita ogroženo (Ciril Zlobec). Socialni status jima omogoča, da je njuno staranje uspešno.

Ključne besede: uspešno staranje, literarni umetniki, ustvarjalnost

Theoretical foundations: The purpose of the study was to find out if literary artists, once they achieve chronological age over 75, are still creative and what influence creativity has on their lifestyle, social convoy and successful ageing. The research subject has a philosophical value foundation, based on the assumption that literary artists do not cease to create with age. Methods: We used qualitative research methods. With a half - structured interview, we studied life stories of two literary artists, Ciril Zlobec and Tone Partljič. Results: The interviewees did not cease from literary creativity. They are not lonely. Their lifestyle and social convoy did not change enough to significantly influence the quality of life. The circle of closest friends is shrinking due to deaths, but the circle of incidental acquaintances, forming weak connections, is expanding. Discussion: Creativity of literary artists continues through age. Tone Partljič wishes to create his biggest literary success before his death. He creates with the same tempo, but more freely. Both interviewees enjoy creating. Their social convoy maintains firm family ties and, at the same time, they are constantly interacting with incidental acquaintances and significant others. They maintain literary artistic role they have had in their lives in the past, their lifestyle and their habits. If they are healthy, they are also satisfied with life in old age. The biggest issue for them is the decline in physical abilities, due to which they feel endangered (Ciril Zlobec). Social status enables them to age successfully.

Key words: successful ageing, literary artists, creativity

SODOBNI VIDIKI OSMIŠLJEVANJA ČLOVEKA CONTEMPORARY ASPECTS OF SENSE-MAKING OF AN INDIVIDUAL

Članek predstavi problematiko sodobnega razumevanja in upomenjanja posameznika v vsakdanjem življenju in predstavi nekatera epistemološka in metodološka vprašanja na področju razumevanja in raziskovanja identitet. Izrednega pomena je proces podeljevanja pomenov v vsakdanjem življenju tako za splošno zadovoljstvo kot tudi za razvoj medsebojnih odnosov. Ob tem članek opozori tudi na sodobne pasti filozofije pozitivnega mišljenja, ki prinaša zavest o vsemogočnem posamezniku, ki lahko spreminja svoja prepričanja in s tem vpliva na svoje materialno in duhovno zadovoljstvo. Opolnomočen posameznik je rešitev, a hkrati tudi past, saj je za svojo srečo odgovoren posameznik zdaj zopet ranljiv in »kriv« za skorajda vse. Pozitivna filozofija je torej nož z dvojnimi rezilom, saj osvobaja posameznika in mu hkrati nalaga odgovornost tudi za okoliščine, ki niso v njegovi moči. Pomemben vidik osmišljanja sveta se povezuje tudi z vprašanjem identitete. Identitete niso nekakšne stabilne in večne entitete, saj je za današnji čas značilno spoznanje o odsotnosti kakršnihkoli trdnih tal, ki bi omogočala univerzalno identifikacijo. Identitete so postale vseživljenjski proces, zato namesto o identitetah vse bolj govorimo o procesu identifikacije. Posamezniki vedno kategoriziramo sebe in druge v skupine in na podlagi tovrstnih podeljenih statusov vzpostavljamo odnose, ki odražajo značilnosti teh statusov. Tovrstne skupine in identitete niso naravne, ampak se časovno, geografsko in kulturno zelo spreminjajo. Članek predstavi tudi performativni značaj identitete, ki se vzpostavlja v samem govoru ali dejanjih posameznika. Pri preučevanju identitet je pomembno, da pričnemo spremljati in opazovati govorčevu lastno razumevanje svoje identitete, opazovati tiste znake oziroma indekse pripadnosti identiteti, ki se izkazujejo skozi njihove pragmatične akcije.

Ključne besede: identiteta, komuniciranje, proces osmišljanja, pozitivna filozofija, socialna interakcija

The paper presents the problem of modern sense-making processes of an individual in everyday life and outlines some epistemological and methodological questions regarding identity understanding and researching of identities. The sense-making process, conducted by individuals, is of special importance; it matters for their own well-being and it also matters for the development of interpersonal relationships. The article also exposes the problem of modern philosophy of positive thinking, which produces the awareness of all-powerful individuals, who are now fully responsible for different kinds of pleasant and unpleasant circumstances they come across through their life cycle. Individualism and positive thinking attitude are therefore a double-edged sword. Important aspect of sense-making processes is directly connected to the identity. Identities are not stable and everlasting entities of some sort, because it is typical of the present time to be aware of the absence of any firm ground that could make universal identification possible. Identity is now seen as a lifelong process; instead of identity we are talking about identification. Individuals constantly try to categorize themselves and others in groups and according to these ascribed statuses constitute relationships, which reflect characteristics of these statuses. These groups and identities are not natural, they change over time and they are also geographically and culturally very different. The article presents the performative character of identity, which is usually constituted in a conversation or actions of an individual. It is important to start researching and observing the individuals and pay attention to understanding of their identity. We have to observe and take into account those signs or indexes of identities, which are expressed through their pragmatic actions.

Key words: identity, communication, sense-making process, philosophy of positive thinking, social interaction

SMISEL ŽIVLJENJA V STAREJŠEM OBDOBJU ŽIVLJENJA THE MEANING OF LIFE IN LATER YEARS

Človekovo življenje in odnosi z drugimi je zaznamovano z nenehnimi spremembami, ki niso samo posledica mladosti in odraščanja, ampak so prisotne tudi v tretjem obdobju življenja. Veliko ljudi v starosti doživlja krizo smisla in svoje življenje dojema za nesmiselno. Navedeno pomeni, da je vprašanje smisla življenja eno temeljnih vprašanj, ki se starostniku postavlja v tem obdobju življenja. Namen prispevka je vpogled v človekovo kakovost bivanja in doje-manje smisla življenja v obdobju starosti. Kakovost bivanja se kaže skozi posameznikov način življenja v povezavi z duševnim zdravjem in izpolnitvijo notranjega smisla. Zanimalo nas je, kako posameznik v starosti doživlja svoje življenje, preteklost in temeljne življenjske odločitve. Za metodološki pristop smo uporabili empirično fenomenološko kvalitativno raziskovanje. Za tehniko zbiranja podatkov smo uporabili pol-strukturirani intervju, ki smo ga izvedli s petimi posamezniki, starejšimi od 65 let. Rezultati so pokazali, da so se vsi anketiranci že srečali s krizo smisla. Izvedena raziskava daje empirične rezultate, v kolikšni meri je življenje posameznika izpolnjeno s smislom v starejšem obdobju življenja. Z ugotovitvami bomo prispevali k boljšemu razumevanju in preventivnemu delu na področju razumevanja človeka in njegovih temeljnih potreb z vidika gerontologije kot tudi logoterapije.

Ključne besede: logoterapija, smisel, kriza smisla, eksistencialna kriza, odnosi

Our lives and relationships with others are characterised by constant change that does not happen only in the early years with the process of growing up, but also in the later years of life. A lot of elderly people experience a crisis of meaning and see their existence as pointless. This means that the question of the meaning of life is one of the essential issues for people in the later years. This paper offers the insight in the quality of life and the perception of the meaning of life in the later years. The quality of life is seen in individual's lifestyle, related to mental health and the feeling of fulfilment and inner sense. Our purpose was to find out, how elderly people experience their own life, their past and major life decisions. A methodological approach was based on empirical phenomenological qualitative research. A semi-structured interview was used for collecting data. Five individuals, over 65, were interviewed. The results revealed that all the respondents have experienced a crisis of meaning. The survey provides empirical results on the fulfilment of life and inner sense in the later years of life. Findings encourage preventive work and contribute to a better understanding of human beings and our basic needs in terms of gerontology and logotherapy.

Key words: logotherapy, meaning, crisis of meaning, existential crisis, relationships

LONELINESS OF SENIORS AND THE DISABLED AND THEIR QUALITY OF LIFE IN SLOVAKIA

In the past few decades the organized life of modern society has dramatically changed. Life is more dynamic, and machinery and equipment used by modern human beings are more sophisticated; but peoples' satisfaction has generally decreased. More and more people feel alone and abandoned. In the International Classification of Diseases ICD-10 Version: 2016 – appears a list of diagnoses, in section XXI.: related to the factors influencing health status and contact with health services (Z00-Z99) are diagnoses such as Z60 'Problems related to social environment'; Z60.0 'Problems of adjustment to life-cycle transitions (Adjustment to retirement [pension] and Empty nest syndrome)'; Z60.2 'Living alone'; and Z60.4 'Social exclusion and rejection (Exclusion and rejection on the basis of personal characteristics, such as unusual physical appearance, illness or behaviour)' (WHO, 2016). Also appearing in NANDA Taxonomy II Nursing Diagnoses 2015-17: Definitions and Classification in Domain 6: 'Self-Perception', Class 1. 'Self-concept', is the diagnosis 00054 'Risk of Loneliness'; and in Domain 12: 'Comfort', Class 2. 'Environmental comfort' and Class 3. 'Social comfort' (Nursing Diagnoses 2015-17). WHO conducted a global survey in 33 world cities to investigate feelings of loneliness. The desire of seniors across the world is to spend old age close to family and friends. This does not mean in the same apartment, but to have contact with them (Akácsová, E., Kušnierik, J. 2012). Methods and results: The survey performed comprised standardized questionnaires ESTE II, WHO QOL BREF and implicated 325 respondents, between 2013 and 2014, in Slovakia. Data were analysed using IBM SPSS Statistics 22, ANOVA, and resulted in levels of significance of correlation 5% ($p < 0.05$) and 1% ($p < 0.01$). Significant correlations were obtained in relation to the Age, Level of Studies, Disability, Economic Status, Marital Status, and Household of the respondents. Seniors and the elderly do not have many opportunities to discuss their life problems with others; they often feel neglected and alone. Loneliness is a general problem in modern society where people are too busy to take time for their relatives, but also for themselves.

Key words: loneliness, quality of life, seniors, elderly people, alone

POGLED OTROK NA OSAMLJENOST STAREJŠIH ZA BOŽIČ CHILDREN VIEW ON THE LONELINESS OF THE ELDERLY AT CHRISTMAS

Božič je pomemben praznik v družbah s krščansko tradicijo. Od samih začetkov ga zaznamujejo božični rituali in simboli. Dosledno izvajanje božičnih ritualov (obdarovanje, večerja) in uporaba božičnih simbolov (okrašeno drevesce, Božiček) zagotavljajo božično harmonijo. To je ideal, ki ga žal ne uspe doseči vsem. S tem problemom se najtežje soočajo osamljeni ljudje. V prispevku osvetlujem problematiko osamljenih starejših ljudi iz zornega kota otrok, starih med 11 in 14 let. Namen raziskave je bil opazovati, kako otroci čustveno reagirajo na dejstvo, da so nekateri starejši ljudje osamljeni za božič. V raziskavi nas je zanimalo, kako otroci razumejo vzroke za osamljenost in kakšne rešitve za ta problem predlagajo. Metoda v raziskavi je opazovanje z delno udeležbo. Opazovanje je potekalo v treh fazah. V prvi in drugi opazujemo čustven odziv otrok na oglas o osamljenosti starejših ljudi za božič. V tretjem delu analiziramo vsebino njihovega pogovora na to temo. Ugotovitve raziskave so: otroci doživljajo osamljenost starejših kot žalostno in resno dejstvo. Za nastali položaj starejših ljudi ne krivijo generacijo svojih staršev. Edini, ki lahko izboljšajo svoj položaj in se izkopljejo iz osamljenosti, so starejši ljudje sami. Otroci prelagajo odgovornost na starejše ljudi in jim pripisujejo zmožnosti in možnosti za ukrepanje.

Ključne besede: božič, družina, starejši, osamljenost

Christmas is an important festival in societies with Christian tradition. It has been marked by rituals and symbols of Christmas from the very beginning. Consistent implementation of the rituals of Christmas (presents, dinner) and the use of Christmas symbols (decorated Christmas tree, Santa Claus) provide Christmas harmony. It is ideal that unfortunately fails to reach everyone. This problem is most difficult to face the lonely people. The paper highlights issues of lonely elderly people from the perspective of children aged between 11 and 14 years old. The purpose of this study was to observe how children react emotionally to the fact that some older people are lonely at Christmas. In the study I was interested in how children understand the causes of loneliness and what solution to this problem they propose. The method of the study is the partial participation observation. The observation was conducted in three phases. In the first and second I was observing an emotional response to the ad on the loneliness of elderly people for Christmas. The third section analyses the content of their conversation on this topic. The findings of the research are: children experience loneliness of older people as sad and serious fact. For the situation of older people they do not blame the generation of their parents. The only one who can improve their position and emerge from the loneliness of older people are elderly themselves. Children shift responsibility to older people and attribute capabilities and opportunities for action to them.

Key words: Christmas, family, elderly, loneliness

PREVENTIVE INTEGRATED WORK WITH OLDER PEOPLE ON THE BASIS OF SOCIOCULTURAL LEARNING PRACTICES

Sociocultural animation can be seen as a discipline approach for pedagogical work with older people. Sociocultural animation means to give life or spirit to something, it also means motivating oneself for activity and movement, forming relationships, fostering participation and inspiring participants to become self-aware and fulfil themselves. Sociocultural animation is based on conscious planning and target oriented activities. In this sense, the cultural activities pursue the development of creativity and diverse expression, and the different spheres of art are emphasized in the activities. Animation concerns all areas of life, bringing together factors related to an individual's life-long learning, growth and development. In this process, pedagogically guided means-ends cultural activities play a significant role. It is not only the production of performances and works of art and culture. It is also a means of building and creating life by expanding the consciousness, by shaping new perspectives, constructing meaning, creating and establishing social interaction with others and sharing a common culture. Abstract is based on three different research- and development project during 2009-2014. Methodology: Action research. Information was gathered by interviewing, photos and videos. Results: Improvement in: creative thinking, visual perception, visual and reflective thinking, mental activity, social interaction, life-long learning.

Key words: sociocultural animation, pedagogy, older people, culture

OPAZOVANJE STAREJŠIH LJUDI S POMOČJO FOTOGRAFSKE PODOBE OBSERVATION OF THE ELDERLY WITH THE HELP OF A PHOTOGRAPHIC IMAGE

Fotografska podoba je medij, ki predstavlja določeno podobo realnega sveta. Moč fotografije ni le v sledi, zapisu in interpretaciji realnega sveta, temveč tudi v spodbujanju čustev. Starejši ljudje se kljub stereotipom o starejših radi fotografirajo. Izvedli smo opazovanje starejših ljudi pri pripravah na fotografiranje in analizirali njihova mnenja ob pogledu na lastno podobo. Opazovali smo tudi čustva, ki jih je v njih izzval pogled na lastno fotografsko podobo. Vsebinsko in zgodbo, ki jo fotografska podoba pripoveduje, si opazovanci razlagajo skladno s svojim pogledom na starejše ljudi. Na fotografijah so si starejši ljudje všeč in si želijo biti fotografirani. S starostjo slabi naučen kulturni model in vpliv družbe. Predstavna moč fotografije pa je odvisna tudi od tehnike fotografiranja. Črna bela fotografija je mnogo bolj resnična kot barvna, kjer je podoba idealizirana.

Ključne besede: starejši ljudje, fotografska podoba, kultura, družba, identiteta

Photographic image is a medium that represents a certain image of the real world. A photograph does not only own its power in traces, record and interpretation of a real world, but it also promotes feelings. Older people, in spite of the stereotype of older people, want to be photographed. We carried out observation of older people in preparation for photographing and analysed their opinions at the sight of their own image. We watched the emotion that a photo provoked in them while observing their own photographic image. The content and story of a photographic image were interpreted in accordance with their view of older people. The elderly like their own photographic image and want to be photographed. Taught cultural model and influence of the society weakens with age. Representative power of a photograph also depends on shooting technique. Black and white photography is much more realistic than colour, where the image is idealised.

Key words: older people, photographic image, culture, society, identity

QUALITY OF LIFE OF SENIORS LIVING IN SENIOR HOUSES VERSUS HOME ENVIRONMENT

The aging population is a process typical for the European Union countries. Aging issues and the status of the elderly in society are becoming permanent features in the plane of current economic, psychological, ethical, cultural, health and social areas. Nowadays, there is an increasing importance of subjective health assessments in the senior population. Quality of life should be measured through the inclusion of more suitable indicators of health condition than morbidity and mortality. The welfare of senior citizens in the European Union is dependent upon various factors, such as physical or psychological health conditions, ability to adapt and to cope with prevailing emotions, and the ability to take as well as provide psychological and spiritual support. Common to wider ranging trends, aging has become a predominant feature of the demographic development of the Slovak population. The aim of this paper is to map the quality of life of Slovak seniors living in senior houses versus the quality of life of those remaining in their home environment. Methods: To obtain empirical data we used SQUALA and WHOQOL-OLD questionnaires. The research sample consisted of 300 seniors living either at home or in a social institution for the elderly. Conclusion: Subjective perception of the quality of life of seniors is influenced by a number of factors. The results of our research highlight the need to strengthen (or develop) social communication, contacts and relationships.

Key words: seniors, quality of life, health condition, satisfaction, houses for elderly

KAKOVOST BIVANJA STAROSTNIKOV V DOMU STAREJŠIH VIHARNIK, KRANJSKA GORA – PREDSTAVITEV IZSLEDKOV RAZISKAVE THE QUALITY OF LIFE AT THE ELDERLY HOME VIHARNIK, KRANJSKA GORA- PRESENTATION OF RESEARCH FINDINGS

Teoretična izhodišča: Prehod iz domačega okolja v institucionalno varstvo je za vsakega starostnika stresen dogodek. Starostniki se morajo prilagoditi na nov način življenja. Seznaniti se morajo z novimi ljudmi, zdravstvenim osebjem in z novimi stanovalci. Kakovost bivanja v domovih za starejše je odvisna od več dejavnikov. Pomembna je kakovostna zdravstvena nega in celostna oskrba stanovalcev. Potrebe, želje in pričakovanja se med posamezniki razlikujejo in se spreminjajo, zaradi česar je pomembno kontinuirano spremljanje kakovosti bivanja ter uvajanje izboljšav. Metode: Uporabili smo kvantitativno metodo raziskovanja. Stanovalce smo zaprosili za mnenja glede prilagoditve na novo življenjsko okolje. Odgovarjali so tudi na vprašanja o zadovoljstvu z zdravstveno nego in zadovoljstvom z oskrbo, ki so je deležni. Imeli smo dve vrsti vprašanj: vprašanja, kjer so stanovalci že imeli podane odgovore, ostale podatke pa smo pridobili s pomočjo Likertove lestvice. Rezultati bodo predstavljeni na 4. mednarodni znanstveni konferenci »Za človeka gre: družba in znanost v celostni skrbi za človeka« oziroma posredovani s prispevkom. Razprava: Pričakujemo, da starostniki za prilagoditev na novo življenjsko okolje potrebujejo do tri mesece.

Ključne besede: stanovalec, zadovoljstvo z zdravstveno nego, zadovoljstvo z oskrbo, prilagajanje novemu okolju

Theoretical background: Going into home for the elderly is a very stressful event for every elderly. They have to adjust to a new lifestyle and familiarise with new people, health care workers and other residents. Quality of life in homes for the elderly depends on many factors. Quality and integrated health care are very important. Needs, desires and expectations are different between individuals, and this is the main cause for further monitoring and researching. Method: For our research we used quantity method. We asked our residents for opinion about their adjustment to the new environment. They also answered questions about contentment with health care and treatment. We used two sorts of questions: questions with proposed answer, while other data was gathered with the so-called Likert scale. Results: Results will be presented at the 4th scientific conference »All about people: society and science for integrated care of people« and published there. Discussion: We expect the elderly to adapt to a new living environment in three months

Key words: nursing home resident, contentment with nursing care, contentment with treatment, adjustment to new environment

KAKOVOSTNA OBRAVNAVA STANOVALCA V DOSOR-JU: VIDIK DUHOVNE OSKRBE ZAPOSLENIH *QUALITY TREATMENT OF A RESIDENT AT DOSOR ELDERLY HOME: SPIRITUAL CARE ASPECT OF EMPLOYEES*

Teoretična izhodišča: Dom starejših občanov Radenci je vključen v mrežo skupnosti socialnih zavodov Slovenije, in opravlja številne dejavnosti, ki zagotavljajo kakovostno, zdravo in družabno življenje v domu. Kakovost storitev v zdravstveni negi segajo tudi na področje zagotavljanja potrebe oskrbovancev po duhovni oskrbi stanovalca in svojcev, predvsem v času napredovale bolezni, umiranja in žalovanja. Cilj raziskave je ugotoviti, kako je zaposlenim v domu starejših pomembna duhovna oskrba za stanovalce in ali upoštevajo ter spoštujejo njihovo kulturo in osebno prepričanje, ne da bi vplivali na odnos do stanovalca. Namen naše raziskave je bil ugotoviti, kakšno stališče imajo zaposleni v Domu starejših občanov Radenci do duhovnih potreb v zdravstveni negi in oskrbi, kako razumejo pojem duhovnosti in ali izvajajo aktivnosti duhovne oskrbe s stanovalci. Metoda: Raziskava temelji na deskriptivni kvantitativni metodi empiričnega raziskovanja. Raziskovalni instrument je bil anketni vprašalnik, ki je bil oblikovan za potrebe raziskave. Anketiranje je potekalo anonimno in prostovoljno v domu starejših občanov Radenci, in sicer za zaposlene v službi zdravstvene nege ter oskrbe. Vzorčenje je bilo po predhodni privolitvi soglasja ustanove izvedeno v mesecu januarju 2016. Pridobljeni podatki so bili obdelani s statističnim programom SPSS z metodami opisne in bivariatne statistike, ter Microsoft Office Excel 2013. Rezultati: Z raziskavo smo želeli preučiti znanje zaposlenih v zdravstveni negi in gospodinjskem delu glede na njihova stališča do duhovnih potreb stanovalca. V prispevku bodo predstavljene ugotovitve. Razprava: Zaposleni v domu starejših Radenci opravljajo svoje delo odgovorno, vestno ter v odnosu do stanovalca spoštujejo njegove potrebe, vrednote in prepričanja. Vzpostavijo empatični odnos, ga aktivno poslušajo in mu zagotavljajo duhovno oskrbo. Ovira le-tega je, da nimajo dovolj časa. Raziskava nakazuje možnosti za bolj kakovostno obravnavo, ter možnosti in vloge zaposlenih pri zadovoljevanju duhovne oskrbe stanovalca.

Ključne besede: dom za starejše, stanovalec, zdravstveno-negovalno osebje, duhovna oskrba, znanje.

Theoretical background: Home for the elderly Radenci - Dosor is integrated in the network of social institutions community of Slovenia and implements a number of activities that provide for a quality, healthy and social life in the elderly home. The quality of services in health care extend to the field of providing the need of occupants for the spiritual care of the resident and relatives, particularly during advanced disease, dying and mourning. The main purpose of this research is to determine the importance of spiritual care of employees for the residents and whether they consider and respect their culture and personal belief without influencing the relationship towards the resident. The aim of our study was to determine the standpoint of employees at Dosor towards spiritual needs in health care, how they understand the concept of spirituality and whether they carry out spiritual care activities with the residents. Method: The research is based on descriptive and quantitative method of empirical research. The research instrument was a questionnaire, which was designed for the needs of the research. The survey was conducted anonymously and voluntarily in the elderly home Radenci, namely for the employees of the department of health care. The sampling was with the prior consent of the institution of Dosor carried out in January 2016. The data obtained were processed with statistical program SPSS with the methods of descriptive and bivariate statistics. Results: The aim of my study was to examine the knowledge of employees in health care and housework with regard of their views towards the spiritual needs of the resident. The contribution will present the findings. Discussion: Employees in Dosor elderly home carry out their work responsibly, conscientiously and in relation to the resident respect their needs, values and beliefs. They establish empathetic relationship, listen to it actively and provide him with spiritual care. Obstacle thereof is that they do not have enough time.

Key words: elderly home, resident, health-care personnel, spiritual care, knowledge.

STAVOVI STARIJIH OSOBA PREMA STARENJU *ATTITUDES OF THE ELDERLY TO AGEING*

Teoretski temelji: U današnje vrijeme još postoje mnoga, uglavnom negativna vjerovanja o starenju. Stereotipi su često utemeljeni na nedovoljnom znanju o starenju i iskustvu u odnosima sa starijim osobama. Svrha istraživanja bila je istražiti postoji li razlika u stavu prema starenju kod muških i ženskih starijih osoba i njihovom stupnju naobrazbe. Metodologija: U istraživanju je korišten upitnik koji je ispunilo 48 ispitanika, od čega su 24 ispitanika (50%) bila ženskog i 24 (50%) muškoga spola. Upitnik je podijeljen slučajnim odabirom članovima Lige protiv raka Bjelovarsko-bilogorske županije starijim od 60 godina. Rezultati: U dobivenim podacima uočene su razlike u stavovima kod osoba starije životne dobi, naših ispitanika. Najveće razlike u podacima zamijećene su u stavovima između ispitanih muškaraca i žena. Utvrđena je statistički značajna povezanost utjecaja stupnja obrazovanja na stvaranje stava starijih ljudi o starenju. Rasprava: Dobiveni podaci djelomično potvrđuju postavljene hipoteze. Velika razlika u odgovorima prema spolu, bila je zamijećena u pitanjima o razlozima željene starosti. Najznačajnije su razlike bile u pitanjima smisla života, radosti u starosti i osamljenosti u starosti gdje su muški ispitanici negativnije odgovorili od ženskih ispitanika, što navodi na zaključak da su muškarci više zabrinuti za svoju produktivnost, fizičko stanje i svoju neučinkovitost. Strah od starenja, smisao dugog života uz očuvanu vitalnost i strah od smrti izraženiji su kod ispitanika ženskog spola. U odnosu na stupanj obrazovanja s najvećom ocjenom odgovorili su ispitanici s VSS da starost skriva nešto lijepo i romantično te da različiti mediji negativno prikazuju starenje. Najveće razlike u podacima zamijećene su u stavovima između muških i ženskih ispitanika. Utvrđena je značajna povezanost stupnja obrazovanja i stava starijih ljudi o starenju. Kako bi se stvorio pozitivan stav društva prema starenju, u budućnosti će trebati provesti opsežnija gerontološka istraživanja.

Ključne riječi: starenje, stavovi, ageizam, predrasude, stereotipi

Theoretical foundations: There are still many, mainly negative beliefs about ageing. These stereotypes are often based on insufficient knowledge about aging and lack of experience in dealing with the elderly. The purpose of this research was to establish if there is a difference in attitude towards ageing between elderly men and women and if it depends on the level of education. Methodology: 48 individuals completed the questionnaire used in this research, 24 of whom (50%) were female and 24 (50%) were male. The questionnaire was distributed randomly among the members of the Bjelovar-Bilogora County League against Cancer aged over 60. Results: The obtained data shows a difference in attitude among elderly respondents. There was a noticeable difference between the attitudes of male and female. A statistically significant connection was found between the level of education and attitude of the elderly towards ageing. Discussion: The obtained data partly confirms the hypotheses. There was a noticeable difference in answers regarding the reasons for a desired age between male and female. The most significant difference was in issues regarding the meaning of life, joy and loneliness in old age, where men gave more negative responses than women, which leads to a conclusion that men are more concerned about their productivity, physical condition and efficiency. A fear of ageing, the meaning of a long life while maintaining vitality and a fear of death were more pronounced in female respondents. As to the level of education, the statement that old age is something beautiful and romantic, was most highly rated by the respondents with a university degree, as well as the statement that different media portray ageing negatively. The obtained results show different attitudes among the elderly. The most significant differences were observed between men and women. There is also an important connection between the level of education and the attitude to ageing. In order to create a positive attitude towards ageing in modern society, extensive gerontological research will have to be conducted in the future.

Key words: ageing, old age, attitude, prejudice, stereotypes

THE EXPECTED, VALUED, AND PREVALENT SOCIAL ROLES OF OLDER PEOPLE IN EUROPE

This paper uses the Active Ageing Index as an "operationalisation" of the dominant policy paradigm – active ageing – and compares it with selected results of an analysis of the Eurobarometer Active Ageing survey (2012) and the European Value Study (2008) as sources of information on the perceived roles and contributions of older people in today's Europe, and on older peoples' own preferences and prevalent role sets. This comparison provides an answer to the question of whether expected, evaluated, perceived, and valued roles are by consent. The active ageing concept highlights economically and socially productive roles such as worker, volunteer, and care provider, the first two of which are also given the highest weight in the Active Ageing Index measure. However, the surveys show that older people are socially recognised primarily for their contributions as grandparents and providers of support for families. If the preferences of older people themselves are considered, the roles of grandparent, partner, friend, and parent are attributed the highest value. The representative survey "Life roles (2014)" among the Czech young-old has shown that friend, parent, sibling, and partner are the most prevalent roles within their complex role sets. Thus, the overlap between these different points of view is limited. AAI rankings are strongly and positively correlated with the perceived contributions of older people in the volunteer and worker roles, but negatively associated with their level of contribution in the grandparenting role. This discussion calls for strengthening the weight of the social and family roles within the active ageing concept.

Key words: active ageing; social roles; values; survey; Europe; Active Ageing Index

VPLIV SAMOPODOBE STARIH LJUDI NA ZADOVOLJSTVO Z ŽIVLJENJEM

THE IMPACT OF SELF-IMAGE BY THE ELDERLY ON LIFE SATISFACTION

Teoretična izhodišča: o zadovoljstvu z življenjem v starosti lahko govorimo takrat, ko poteka pozitiven miselni proces v subjektivnem smislu, ki je naravnano na sprejemanje sebe (samopodoba), smiselnosti lastnega obstoja (samospoštovanje) in soglasja z zunanjim svetom. Z raziskavo smo želeli ugotoviti, kako samopodoba starih ljudi vpliva na zadovoljstvo z življenjem. Metoda: uporabili smo kvantitativno metodo raziskovanja, metodo deskripcije. Za pridobivanje podatkov smo kot merski instrument uporabili standardizirana vprašalnika. Za merjenje samopodobe smo uporabili in modificirali lestvici pozitivnega samovrednotenja LPS-SOS, LPS-TV (Musek Lešnik), zadovoljstvo z življenjem pa smo merili z SWLS – Satisfaction with Life Scale (Diener). Uporabili smo neslučajnostni, priročni vzorec. V raziskavi je sodelovalo 100 ljudi, starih 65 in več let, od tega 25 stanovalcev Doma starejših občanov v Radencih in 25 stanovalcev Doma starejših občanov Ljutomer ter 50 starih ljudi, ki bivajo v domačem okolju. Realizacija vzorca je bila 99 %. Rezultati: najvišja splošna samopodoba pri starih ljudeh je v obdobju 65–70 let, najnižja pa med 71–75 letom starosti. Po 85 letu se samopodoba spet zviša. Drugače je s telesno samopodobo. Telesna samopodoba pri starih ljudeh je najvišja v obdobju 81–85 let, najnižja pa po 85 letu. Po analizi spremenljivk, ki vplivajo na samopodobo starih ljudi, smo prišli do zaključka, da višina pokojnine nima pomembnega vpliva na samopodobo, se pa ta vpliv pozna pri družinskem stanju anketirancev, kjer je najvišja trenutna splošna samopodoba pri anketirancih, ki so v partnerstvu (PV = 53,00), najnižja pa pri ovdovelih (PV = 46,79). Razprava: ugotavljamo, da je zadovoljstvo z življenjem v večji meri odvisno od pravilne življenjske naravnosti in tega, kakšen odnos ima posameznik na različne življenjske situacije. S kronološko starostjo se samopodoba starostnikov zvišuje. Samopodoba posameznika se oblikuje na podlagi pridobljenih informacij in izkušenj s samim seboj ali o nas samih, ki jih pridobimo od drugih. Stari ljudje so zadovoljni s svojim življenjem.

Ključne besede: star človek, samopodoba, samospoštovanje, zadovoljstvo z življenjem, socialna gerontologija

Theoretical background: In the later stages of life we consider that there is life satisfaction when there is a positive thinking process from a subjective perspective, focused on self-acceptance, the meaning of existence (self-esteem) and consent with the external environment. With this study we aimed to determine how the self-esteem of the elderly impacts upon their life satisfaction. Method: We used a quantitative descriptive research method. To obtain the data, we used a standardized questionnaire as the measuring instrument. To measure self-esteem we used a modified scale of positive self-assessment SOS-LPS, LPS-TV (Musek, Lešnik); life satisfaction was measured by SWLS - Satisfaction with Life Scale (Diener). We used a nonrandom sample comprising 100 elderly people aged over 65 years; 25 of them are residents of a retirement home in Radenci (DOSOR Ltd.), another 25 residents of a retirement home in Ljutomer and 15 live at home. The rate of realization of the sample was 99%. Results: The highest levels of self-esteem among the elderly were observed between the ages of 65 to 70 years, while the lowest levels were evident between 71 and 75 years of age. After the age of 85 years, self-esteem rises again. In terms of body image, the pattern is different. Body image in the elderly is at its highest between 81 and 85 years old, and at its lowest after reaching the age of 85 years. After analyzing the variables which affect self-esteem in the elderly, we reveal that pension does not have any significant impact on self-esteem, but an influence is evident with the variable "family status", where the highest levels of general self-esteem are experienced by those respondents who are in relationships (AV = 53.00), and the lowest levels in those who are widowed (AV = 46.79). Discussion: We conclude that life satisfaction largely depends on an appropriate life orientation and upon the attitude of the individual towards various life situations. By chronological age the self-esteem increases. An individual builds their own self-image based upon the information and experiences they gather. Elderly people are satisfied with their lives.

Key words: elderly, self-respect, self-esteem, life satisfaction, social gerontology

STAROSTNIK, AVTONOMIJA IN DRUŽBENI STATUS ELDERLY, AUTONOMY AND SOCIAL STATUS

Ko starostniki zamenjajo svoje dosedanje bivalno okolje z vključitvijo v dom, so soočeni z znižanim družbenim statusom in zato deležni tveganja sodobne družbe. Ker nastalo ranljivost njihovega položaja lahko spodbuja tudi institucija s svojim delovanjem, se je avtorica osredotočila na specifično obliko institucionalnega varstva starih ljudi, domove za starostnike. V moderni družbi so v njih prevladovali medicinski pristopi, ki so z instrumentalnim načinom dela v veliki meri opredeljevali življenja oskrbovancev. Izguba avtonomije in upadanje nadzora nad lastnim življenjem, nižanje samopodobe in socialnih stikov, zmanjšana sposobnost samostojnega življenja ter morebiten hitrejši upad intelektualnih sposobnosti so pogosto posledica drugačnega habitusa. Tudi zato, ker kljub socialni strukturi aktualnih domov opazimo, da nekatere elemente intrumentalizacije ohranjajo, saj načine življenja starostnikov, vloge in norme vedenja še zmerom določajo še vedno togi administrativni pristopi. Socialna opora in celotna struktura mreženja znotraj institucije utegne biti v tem segmentu izvedena na minimumu, kar ogroža kakovost bivanja starostnikov. Avtorica je v ospredje postavila vprašanje: Ali, in če, v kolikšni meri je bivanje v instituciji resnično naklonjeno posamezniku? Ali so domovi za starejše nemočni pri zadovoljevanju višjih sekundarnih potreb starostnikov? Je resnično v interesu družbe, da starostnike integrira v družbo in kolikšen vpliv imajo na to institucije? Ali lahko te institucije s svojim delovanjem povrnejo starostnikom družbeni status, ki so ga zasedali v svoji aktivni dobi? Dobljene empirične podatke je avtorica pridobila na neslučajnostnem namenskem vzorcu – starostnikov – oskrbovancev v starosti 65 do 90 let.

Ključne besede: starostniki, avtonomija, družbeni status, potrebe, dom

When the elderly change their current living environment to be included in an institution, they are confronted with reduced social status and thus benefit the risks of the modern society. Since the resulting vulnerability of their situation can be promoted by the institution's activities, the author focused on the specific form of institutional care of the elderly, nursing homes for the elderly. In modern society, medical approaches and instrumental methods of work dominated in them, and are extensively defining life care. Loss of autonomy and a decline in control over their own lives, lower self-esteem and social contacts, decreased ability to live independently, and potential rapid decline in intellectual abilities are often the result of a different habitat. Also because, despite the social structure of current homes, we note that some elements of instrumentalisation are maintained because ways of life of the elderly, roles and norms of behaviour, are still defined by rigid administrative approaches. Social support and the entire networking structure within the institution may be reduced to a minimum in this segment, which is threatening the quality of life of the elderly. We emphasised the following question: Is living in an institution truly intended for the individual and if so, to what extent? Are nursing homes really helpless in meeting higher secondary needs of the elderly? Is it really in the interest of society to integrate older people into the society and how do institutions impact this? Can these institutions with their activities reinstate the social status of the elderly that they had in their active age? The author acquired empirical data with a non-random sample of the elderly, aged 65 to 90.

Key words: the elderly, autonomy, social status, needs, retirement home

STRATEGIJA RAZVOJA GERONTOLOŠKE PROBLEMATIKE NA SOCIALNEM PODROČJU

DEVELOPMENT STRATEGY OF SOCIAL GERONTOLOGY PROBLEMATICS

Teoretična izhodišča: Postmoderna evropska družba se sooča z izjemnim staranjem prebivalstva. V prispevku ugotavljamo strategijo razvoja gerontološke problematike na socialnem področju. Izhodišče raziskave so družbene strategije v Sloveniji na področju socialne gerontologije, ki naj bi upoštevale medgeneracijsko solidarnost in trajnostni razvoj človeških virov. Metode: Uporabili smo deskriptivno metodo in izvedli SPIN analizo o pomembnosti in nujnosti socialne gerontologije v sodobni družbi. V obliki samoanalize smo iskali po štirih kategorijah: prednosti, izzivi, nevarnosti in slabosti zastopanosti socialne gerontologije v družbi in izvedli matriko. Zapisane navedbe smo rangirali in jih primerjalno obdelali. Rezultati: Med slabosti smo uvrstili odsotnost javne razprave o gerontološki problematiki in odsotnost primerov dobre prakse ter akcij za pomoč starejšim. Prednosti vidimo v krepitvi moči starejše populacije. Medgeneracijsko sodelovanje in iskanje rešitev za izboljšanje kakovosti življenja starejših so največji izzivi. Največjo nevarnost predstavljajo odsotnost strokovnjakov in znanja v socialni gerontologiji ter kriza oz. pomanjkanje vrednot. Razprava: Da bi strategija razvoja gerontološke problematike na socialnem področju gradila na prednostih in izkoristila izzive kljub nevarnostim in slabostim, mora Vlada RS energijo usmeriti v ureditev sodobnega sistema za dolgotrajno oskrbo in vzgojo za medgeneracijsko sožitje, solidarnost in sodelovanje. Ugotavljamo, da Vlada RS s sprejetimi strategijami že izvaja aktivno politiko priprave starejših na starost in upokožitev, s čimer bo zagotovila dejavno staranje in vključenost starejših v družbo.

Ključne besede: SPIN analiza, strategije razvoja, gerontološka problematika, socialno področje

Theoretical basis: The postmodern society is confronted with population aging. In this paper, we discuss a development strategy for social gerontology. The focus of the study, are Slovenian social strategies in the field of social gerontology, considering intergenerational cooperation and sustainable development of human resources. Methodology: We use descriptive method and SWOT analysis to evaluate the importance of social gerontology in modern societies. We identify four categories: strengths, weaknesses, opportunities, and threats of social gerontology's presence in a society. We then rank and comparatively analyse the statements. Results: Among weaknesses, we place lack of public discussion on gerontological issues and absence of good practice examples of helping the elderly. The strengths lie in empowering the older population. Intergenerational cooperation and improving older persons' quality of life are the greatest opportunities. The biggest threats are shortage of professionals and gerontological knowledge and dearth of values. Discussion: To build upon strengths and seize opportunities despite threats and weaknesses, Slovenian government must focus on regulating modern systems for long-term care and upbringing for intergenerational cooperation. Active policies on preparation for old-age and retirement are already being implemented to ensure active aging and social inclusion of the elderly.

Key words: SWOT analysis, development strategy, gerontological questions, social field

IDENTIFIKACIJA DEMOGRAFSKIH SPREMEMB V SLOVENSKIH OBČINAH KOT IZHODIŠČE ZA NAČRTOVANJE SOCIALNO GERONTOLOŠKIH REŠITEV

IDENTIFICATION OF DEMOGRAPHICAL CHANGES IN SLOVENIAN MUNICIPALITIES AS A PIVOT POINT FOR SOCIAL GERONTOLOGICAL SOLUTION PLANNING

Teoretična izhodišča: Demografske spremembe v Sloveniji lahko identificiramo na različnih nivojih – nacionalnem, regionalnem in lokalnem. Prav iz perspektive lokalnega okolja, na ravni slovenskih občin, ugotavljamo popolno odsotnost strokovno poglobljenih demografskih analiz kot izhodišče za načrtovanje socialno gerontološke skrbi in uvajanje potrebnih socialno gerontoloških storitev na ravni občine oziroma regije. Metodologija: V prispevku predstavljamo ugotovitve analize petih dostopnih demografskih analiz slovenskih občin in študijo primera demografske analize občine Oplotnica. Uporabili smo relevantne kvalitativne in kvantitativne metode raziskovanja. Rezultati: Analiza elaboratov z demografskimi analizami slovenskih občin niso strokovno kompleksne in celostno ne odgovarjajo na dileme pri uvajanju socialno gerontoloških storitev v občinah in regijah. Razprava: Večina slovenskih občin pogosto pri uvajanju socialno gerontoloških in tudi drugih rešitev na področju socialnega varstva ne izdelava natančnih strokovnih elaboratov z identifikacijo trenutnega demografskega stanja in identifikacijo demografskih trendov v občini. Čas je za spremembo in novo prakso, ki jo socialni gerontologi z znanji o demografiji in razumevanjem demografskih vidikov staranja nudimo slovenskim občinam kot strokovno podporo pri socialno gerontološkem strateškem načrtovanju na lokalni in regionalni ravni.

Ključne besede: demografske spremembe, demografska analiza, slovenske občine, socialno gerontološke storitve

Theoretical background: Demographic changes in Slovenia may be identified at various levels - national, regional and local. Particularly from the perspective of local environment, namely at the level of Slovenian municipalities, a complete absence of professional in-depth demographic analysis may be observed. This is a starting point for planning of a social gerontology care and the introduction of necessary social gerontological services in the county or region. Methodology: This paper discusses an analysis of five available demographic analyses of Slovenian municipalities and a case study of demographic analysis in Oplotnica. Qualitative and quantitative research methods were used. Results: Analyses of demographic studies of Slovenian municipalities are not professionally complex and they do not correspond to the dilemma of implementation of social gerontological services in municipalities and regions. Discussion: During the introduction of social gerontological and other solutions in the field of social care, most Slovenian municipalities do not often elaborate accurate professional plans with the identification of current demographic situation and demographic trends. With the knowledge and understanding of demographics, it is time for changes and a new practice. Social gerontologists may therefore offer Slovenian municipalities a professional support in social gerontological strategic planning at the local as well as regional levels.

Key words: demographic changes, demographic analysis, Slovenian municipalities, social gerontological services

POMEN MEDGENERACIJSKEGA SODELOVANJA ZA STAREGA ČLOVEKA IN DVIG KAKOVOSTI ŽIVLJENJA **THE IMPORTANCE OF INTERGENERATIONAL COOPERATION FOR THE ELDERLY AND RAISING QUALITY OF LIFE**

Starost in starostniki predstavljajo v naši družbi velik pomen, o čemer priča že njihova številčnost. Bistvo nas kot družbe je, da od nastale situacije ne bežimo, pač pa se z njo spoprimemo in se trudimo situacijo obrniti tako, da bo uspešna in koristna za vse generacije. Hočeš ali nočeš, moramo živeti skupaj in vsaki generacijski skupini nameniti posebno mesto in pomen. Čas moderne tehnologije gre izredno hitro naprej, čemur mlajša generacija lažje sledi, starostniki pa pogosto ostajajo nekje zadaj sami s seboj in svojo preteklostjo. Prišel je čas, da prekinemo te ostre meje med posameznimi generacijami, preučimo prednosti in slabosti posameznih skupin prebivalstva in začnemo delovati povezovalno. Vsak človek ima, ne glede na svojo posebnost in različnost, pravico do življenja in lahko po svojih močeh prispeva k družbenemu napredku. Prepričani smo, da nam na različnih področjih življenja pogosto manjkajo izkušnje in starostniki so na tem področju dober izziv in velika prednost. Članek govori o medgeneracijskem sodelovanju vseh življenjskih generacij s poudarkom na starostniku v središču. Prepričani smo, da je ena od pravic vsakega človeka kakovostno življenje, kar si zaslužijo tudi starostniki. Pri zagotavljanju tega ostajajo včasih nemočni, zato pa so v družbi tudi mlajše generacije, ki jim na tem področju pomagajo. Članek temelji na prikazu trenutnega stanja omenjene problematike v naši družbi, predvsem pa na predlogih, kako situacijo spremeniti in jo obrniti na bolje.

Ključne besede: starostnik, družba, medgeneracijsko sodelovanje, kakovost življenja

The elderly represent form a great part of our society. We, as a society, cannot avoid this, but confront the situation and strive to turn it to become successful and beneficial for all generations. We have to live together and find place and role for all generational groups. Modern technology develops rapidly and the younger generation finds this easier to follow, while the elderly often remain alone and living in their past. The time has come to break this sharp boundary between the generations, consider the advantages and disadvantages of various population groups, and begin to cooperate. Every person, regardless of their specialty and diversity, has the right to life and can do their best to contribute to social progress. We believe that we often lack experience and the elderly present a good challenge and a big advantage in this area. The paper talks about intergenerational cooperation of all living generations, with an emphasis on the elderly. We believe that one of the rights of every human is quality of life in the old age. The elderly feel powerless sometimes, so they are accompanied by the younger generation, who can help them. The paper is based on presentation of the current situation in our society, and presents the proposal on how to change it.

Key words: elderly, society, intergenerational cooperation, quality of life

SUVREMENI PRISTUPI INFORMIRANOSTI KAO PRILIKA ZA BOLJE MEĐUGENERACIJSKO POVEZIVANJE MODERN APPROACHES TO INFORMING AS AN OPPORTUNITY FOR A BETTER INTERGENERATIONAL CONNECTION

Teoretsko polazište: U slovenskom društvu je dostupnost do relevantnih informacija među starijim osobama još uvijek loša. Danas se stariji ljudi često snađu u informacijskoj izolaciji, koja je ili posljedica promijenjenog načina života i lošijeg međugeneracijskog povezivanja, ili novih pristupa informiranja i suvremene IKT. Metodologija: Istraživanje o informiranosti i međugeneracijskom povezivanju temelji se na kvantitativnom istraživačkom pristupu. Podatke smo dobili na uzorku 117 ispitanika u općini Ormož u Sloveniji. Rezultati: Dostupnost do informacija slabi sa starošću. Zaključujemo, da stariji ljudi danas teško dolaze do informacija o međugeneracijskom povezivanju. Više od četiri petine ispitanika ocjenjuju, da učestalost uključivanja u različite oblike međugeneracijskog povezivanja pridonosi boljoj kvaliteti življenja i boljoj ocjeni psihofizičkog osjećaja. Rasprava: Kao rješenje za poboljšanje informiranosti i međugeneracijskog povezivanja predlažemo osnivanje gerontoloških informacijskih centara na lokalnoj, odnosno regionalnoj razini, gdje korisnici uz stručnu pomoć socijalnih gerontologa primaju odgovarajuće informacije. Posebnu pozornost posvetit ćemo starijim i jačanju njihove proaktivne društvene uloge i međugeneracijskog povezivanja.

Ključne riječi: međugeneracijsko povezivanje, informiranost, stariji ljudi, socijalna gerontologija, informacijsko društvo

Theoretical background: Access to appropriate information among the older generation is still bad in Slovene society. Today the older generation can often be found in an informational isolation that is the result of either a changed way of life and weak intergenerational connection or new ways of informing and modern ICT. Methodology: The research on appropriate informing and intergenerational connection is based on a quantitative research approach. The data was acquired on a sample of 117 respondents in the municipality of Ormož. Results: Access to information deteriorates with age. It is established that elder people have difficulties accessing information on intergenerational connection. Over 80% of respondents believe that the frequency of inclusion into various forms of intergenerational connection contributes to a better quality of life and better self-assessment of well-being. Discussion: Establishment of gerontological information centres on local or regional level where users would enjoy appropriate informing with professional support of social gerontologists is proposed as a solution for improvement of informing and intergenerational connection. Special attention will be given to older people and the strengthening of their proactive social role and intergenerational connection.

Key words: intergenerational connection, informing, old, social gerontology, informational society

SOOČANJE SAMSKIH LJUDI S STAROSTJO HOW SINGLE PEOPLE DEAL WITH AGE

Človek je socialno bitje, ki pripada različnim socialnim mrežam in jih tudi sam ustvarja, omogočajo mu preživetje, funkcioniranje in osebnostni razvoj. Človek ustanavlja različne oblike skupnega življenja, kot so družina, skupna gospodinjstva, komune in druge oblike človekovega sobivanja, ki človeku omogočajo preživetje in psihosocialni razvoj. Z raziskavo želimo odgovoriti na raziskovalno vprašanje: Kako se samski ljudje soočajo s starostjo in kakšne dileme jih pri tem spremljajo. Raziskava je temeljila na kvalitativni metodi. V raziskavo smo vključili 86 samskih oseb, od tega 85 duhovnikov, ki so bili različnih starosti, razdeljeni v skupine, in so podali izjave, kako se bodo soočali ali se soočajo s starostjo, kakšne dileme se jim postavljajo, ter eno osebo ženskega spola, pri kateri smo izvedli pol-strukturirani intervju. Rezultate smo med seboj primerjali in podali ugotovitve in odgovor na raziskovalno vprašanje. Raziskava ugotavlja, da mlajše samske osebe navdaja strah pred starostjo in da imajo stare samske osebe veliko težav pri premagovanju starostnih težav in tegob. Prispevek bo doprinos k razumevanju soočanja samskih ljudi s starostjo.

Ključne besede: starost, samskost, soočanje s starostjo samskih, starostne tegobe, strah

Human is a social being that belongs to, and creates different social networks, which help him to survive, function and enable his personal development. He establishes various forms of common living, like families, common households, communes and other forms of human coexistence, which allow him to survive and develop psychosocially. With this research, we would like to answer the research question: How do single people deal with age and what dilemmas do they encounter? The research is based on a qualitative method. 86 single people took part in the research, from which 85 were priests of different ages, divided into groups, who gave statements about how they are dealing with old age or how they will deal with it in the future, as well as what dilemmas they encounter. One person, included in the research, was female and we performed a half-structured interview with her. We compared the results and made conclusions and answered the research question. The research shows that younger people feel fearful of old age and that aged single people have many issues in managing scourges and troubles of old age. The paper will contribute to a better comprehension of single people dealing with old age.

Key words: old age, singleness, dealing with old age of single people, scourges of old age, fear

Mateja Znika, Mirjana Telebuh, Mara Županić, Sanja Zoranić,
Kristina Detković

KVALITETA ŽIVOTA I SVAKODNEVNE ŽIVOTNE POTREBE STARIJIH LJUDI U URBANOJ SREDINI QUALITY OF LIFE AND ACTIVITIES OF DAILY LIVING FOR ELDERLY IN THE URBAN ENVIRONMENT

Zahvaljujući porastu općeg životnog standarda i unapređenju zdravstvene zaštite, produžen je životni vijek, a time se povećao udio starijih osoba u cjelokupnoj populaciji. S druge strane, dogodile su se i događaju se velike promjene u obiteljskim strukturama i oblicima. Iako obitelj i dalje ostaje vrlo visoko na vrijednosnoj ljestvici, slabi tradicionalna obiteljska solidarnost i nastupa diversifikacija obiteljskih oblika. Nestala je tradicionalna proširena obitelj koja je bila stožerni čimbenik pružanja materijalne ili druge podrške svojim članovima. Sve je više „atipičnih“ obitelji, samačkih kućanstava itd. Cilj ovog istraživanja bio je dobiti uvid u kvalitetu života starijih ljudi u urbanoj sredini kroz uvid u društvene kontakte i komunikaciju starijih osoba s članovima obitelji, prijateljima ili susjedima. Istraživanje je obuhvatilo 40 osoba oba spola, životne dobi 65 i više godina, koje žive u gradu Zagrebu. Prosječna životna dob ispitanika iznosila je 71,9 godina. Najmlađi ispitanik imao je 65 godina, a najstariji 90 godina. Ispitanici su živjeli u kućanstvu. Instrument pomoću kojeg je provedeno istraživanje bio je anketni upitnik „Aktivnosti svakodnevnih životnih potreba kod starijih osoba“, koji sadrži 19 segmenata. Rezultati dobiveni istraživanjem ukazuju na to da se starije osobe s narušenim zdravljem često osjećaju socijalno izoliranima, usamljenima i u strahu od budućnosti. Kao najveća svakodnevna poteškoća ispitanicima se pokazalo obavljanje složenijih kućanskih poslova (50 % ispitanika). Ispitanici imaju relativno najmanje poteškoća tijekom hranjenja, oblačenja i kupanja. Prosječna ocjena ispitanika na pitanje kako bi ocijenili svoje zadovoljstvo kvalitetom života bila je 4,7 na skali od 1 do 10. Osiguravanjem bolje zdravstvene skrbi, pomoći u kući i u prijevozu uvelike bi se poboljšala kvaliteta života starijih osoba.

Ključne riječi: stari, kvaliteta života, urbana sredina

Due to increased general living standard and improvement in health care, there has been increase in life expectancy, and therefore a greater proportion of elderly people in the overall population. On the other hand, major changes in family structures and forms have been occurring. Although family remains very high on the value scale, the traditional family solidarity weakens and it leads to diversification of family forms. The traditional extended family, that had a fundamental role in providing material or other support to its members, is gone. There are more and more atypical families, single-person households, etc. The goal of this research was to gain insight into the quality of life of older people in urban areas through access to social contacts and communication with elderly family members, friends or neighbours. The study included 40 people of both genders, ages 65 and older, living in the city of Zagreb. The average age was 71.9 years. The youngest participant was 65 years old, while the oldest was 90. Participants were living at home. The instrument used in this research was the questionnaire 'Activities of daily living needs of the elderly', containing 19 segments. The obtained results suggest that older people with poor health often feel socially isolated, lonely and fearful of the future. Performing more complex housework has showed to be the most difficult daily task (50% of participants). The participants have relatively less difficulties while eating, dressing and bathing. The average score of respondents on the question to rate their satisfaction with the quality of life is 4.7, on a scale of 1 - 10. By providing better health care, help at home and transport, could significantly enhance the quality of life of the elderly.

Key words: elderly, quality of life, urban environment

SAMOORGANIZACIJA ŽIVLJENJA V DOMAČEM OKOLJU PRI STAREJŠIH INVALIDNIH OSEBAH Z ŽIVČNO- MIŠIČNIMI BOLENJI

SELF-ORGANIZATION OF LIFE IN THE HOME ENVIRONMENT FOR OLDER DISABLED PEOPLE WITH NEUROMUSCULAR DISEASES

Države razvitega sveta, kamor spada tudi Slovenija, se zavedajo trenda staranja prebivalstva in si prizadevajo posodobiti, razširiti in izboljšati storitve, ki bodo ustrezale novo nastajajočim razmeram. Samoorganizacija življenja v domačem okolju pri starejših invalidih z živčno-mišičnimi obolenji je možna, vendar potrebuje ustrezne podporne sisteme. Raziskovalno vprašanje je bilo, na kakšen način se izvaja samoorganizacija samostojnega življenja starejših invalidnih oseb z živčno-mišičnimi obolenji v domačem okolju. Empirična raziskava je bila izvedena po kvalitativni metodi dela, s pomočjo polstrukturiranega intervjuja s tremi težkimi invalidnimi osebami, obolelimi z živčno-mišičnimi obolenji. Raziskava je potekala v mesecu decembru 2015. Zbrani podatki so bili analizirani s kvalitativno vsebinsko analizo. Rezultati kvalitativne analize so pokazali, da se starejši bolniki z živčno-mišičnimi obolenji bojijo nesprejetja in nerazumevanja družbe, občutijo pomanjkanje empatije, želijo si več razumevanja, podpore in sodelovanja, veselijo pa se vseh drobnih uspehov, preprostih dosežkov in prijaznih ljudi. Starejši invalidi z živčno-mišičnimi obolenji želijo živeti neodvisno in samostojno. Močna želja in sposobnost, da stvari sami organizirajo in rešujejo, jim omogoča, da živijo izven institucij in samostojno. Ugotovljena je tudi poslovna priložnost na področju oskrbe na domu, ki lahko generira nova delovna mesta na področju dolgotrajne oskrbe na domu in sorodnih dejavnosti.

Ključne besede: organizacija, oskrba, samostojnost, živčno-mišične bolezni, poslovna priložnost

Countries of the developed world, including Slovenia, are aware of the trend of an aging population and are striving to modernize, expand and improve services to meet standards of the new situation. Self-organization of life in the home environment for older disabled people with neuromuscular diseases is possible, but it needs a suitable support system. The research question of this study is how to implement self-organization of independent living for older disabled people with neuromuscular diseases in the domestic environment. An empirical survey was conducted using a qualitative method of work involving semi-structured anonymous interviews with three seriously disabled people with neuromuscular diseases. The survey was conducted in December 2015. The results of qualitative analysis suggest that older disabled people with neuromuscular diseases are be afraid of non-acceptance, misunderstanding and the lack of empathy. They would like more understanding, support and collaboration. They enjoy minor successes, each simple achievement and kindness from people. Older disabled people with neuromuscular diseases may want to live independently. The strong desire and ability to organize and solve things by themselves is what enables them to live an independent life outside of institutions. The study also highlighted a potential new business opportunity in the area of home care, which could generate new work programs in the area of long-lasting home care and related activities.

Key words: organization, care, independence, neuromuscular diseases, business opportunity

STAREJŠI VOZNIKI – IZZIV DRUŽBE OLDER DRIVERS – A CHALLENGE FOR THE SOCIETY

Teoretična izhodišča: Starejši vozniki predstavljajo v današnji družbi številne izzive. Tehnološki napredek se med drugim odraža tudi v vse bolj moderni cestni infrastrukturi ter v vozilih, ki za starejše predstavljajo novost in hkrati oviro. Obravnavali smo starostne spremembe, ki vplivajo na voziške zmožnosti, in socialni vidik, saj mobilnost predstavlja sredstvo za zadovoljevanje vseh življenjskih potreb ter osebno svobodo. Metodologija: Z anketo smo dobili delni vpogled v to, kaj starejšim samostojna mobilnost pomeni in kaj jih kot voznike zanima, ter tudi v njihovo pripravljenost na dodatno usposabljanje. Odgovore smo z nestrukturiranim intervjujem iskali tudi pri prometni in zdravstveni stroki ter na podlagi deskriptivne metode študija domače in tuje literature. Rezultati: Anketa nam je dala vpogled v navade, želje, potrebe starejših voznikov, intervjuja pa sta dopolnila zastavljene hipoteze diplomskega dela. Razprava: Mobilnost je pomemben vidik aktivnega in kakovostnega staranja, saj starejšim omogoča kontinuirane vsakodnevne prakse ter navade, vključevanje, ohranjanje socialne mreže in svobodo pri odločanju.

Ključne besede: starejši vozniki, funkcionalne sposobnosti, voziške sposobnosti, varna udeležba, oblike usposabljanj

Introduction: Older drivers represent many challenges in today's society. Technological advances are also reflected in the increasingly modern road infrastructure and within vehicles, which the elderly often perceive as both an innovation and an obstacle. We explored age-related changes that affect driving ability and consequently social aspects, because mobility is a means to acquiring the necessities of life and retaining personal freedom. Methodology: The survey provided an insight into the meaning of independent mobility for the elderly, the reasons for which they are drivers and whether they are prepared for further training. We also sought answers to these questions through the use of non-structured interviews with transport and medical professionals, and through a descriptive investigation of domestic and foreign literature. Results: The survey provided an insight into the habits, desires, and needs of older drivers, while the interviews addressed the hypotheses of the thesis. Discussion: Mobility is an important aspect of an active and positive aging that allows older people to continue with daily activities and habits, integration, maintenance of social networks and the freedom of choice.

Key words: older drivers, functional abilities, driving abilities, safe participation, forms of training

KVALITETA ŽIVOTA OSOBA STARIJE ŽIVOTNE DOBI U SOCIJALNOM RIZIKU KROZ RAZVIJANJE SOCIJALNIH USLUGA U ZAJEDNICI

QUALITY OF LIFE FOR THE ELDERLY IN THE SOCIAL RISK THROUGH DEVELOPMENT OF COMMUNITY SOCIAL SERVICES

U Republici Hrvatskoj, kao i u ostatku europskih zemalja, prisutan je proces ubrzanog starenja stanovništva, čime se Hrvatska ubraja među države s visokim udjelom starog stanovništva (17,7%). Prisutna je tendencija razvoja brojnih modela pružanja pomoći i skrbi starijim osobama u urbanim i ruralnim sredinama. Na području Grada Zagreba razvijeni su neposredni i integrirani multidisciplinarni izvaninstitucijski oblici skrbi za starije osobe u lokalnoj zajednici s ciljem što dužeg zadržavanja starijih osoba u primarnoj, obiteljskoj sredini i postizanja veće kvalitete njihovog života. U radu će se prikazati rezultati istraživanja provedenog na reprezentativnom uzorku od 210 osoba starije životne dobi, korisnika programa dostave ručka u kuću, putem anketnog upitnika koji je sastavljen za potrebe ovog istraživanja. Cilj je istraživanja ispitati kvalitetu života osoba starije životne dobi i potrebe razvijanja novih izvaninstitucijskih oblika usluga u urbanoj sredini. Rezultati pokazuju da su korisnici usluga uglavnom žene (67,6%), samci (71,1%), većinom s nepotpunom ili samo završenom osnovnom školom (68,3%). Prosječna je starost ispitanika 81 godina. Visok je udio ispitanika (41%) koji spadaju u kategoriju starih-starih i vrlo starih ili najstarijih (85+) osoba (30%). Rezultati pokazuju da su ispitanici uglavnom zadovoljni postojećom uslugom, visok udio (93,8%) izrazio je potrebu za korištenjem usluge prijevoza. Analizirani su i podaci vezani uz zdravo starenje i kvalitetu prehrane, 77,6% ispitanika rijetko pije dovoljno vode, a 69,5% ponekad u svojoj prehrani jede ribu. Istraživanje je pokazalo udio zdravog starenja populacije starije životne dobi u socijalnoj potrebi. Dobiveni podaci doprinjet će unapređenju kvalitete života starijih osoba u socijalnoj potrebi kroz unapređenje postojećih usluga i kroz razvoj novih socijalnih usluga u zajednici u urbanoj sredini kojima će se zadovoljiti potrebe korisnika, a time starost učiniti dostojnijom i humanijom.

Ključne riječi: socijalni rizik, starija životna dob, socijalne usluge u zajednici, kvaliteta života, zdravo starenje

In Croatia, as in other European countries, the process of accelerated aging of the population is evident, making Croatia a country with a high proportion of elderly people (17.7%). A tendency to develop numerous models for providing help and care in urban and rural areas can be seen. In the Zagreb area, immediate and integrated, multidisciplinary, non-institutional ways of caring for the elderly are developed in order to enable them to remain as long as possible in the primary, family community and thus to contribute to their quality of life. This paper presents the results of a study conducted on a representative sample of 210 elderly people, users of the meal delivery program, through a questionnaire specially created for this purpose. The research goal is to determine the quality of elderly people's lives and the need for new non-institutional service modes in the urban area. Results shows that the users are mostly women (67.6%), single (71.1%), and with only primary education (68.3%). The average age is 81 years. There is an extremely high proportion of examinees in the old-age category (41%), with the proportion of very-old and the oldest people (85 years+) being 30%. Results show that the examinees are mostly satisfied with the current service and 93.8% stressed the need to use this transport service. Data on healthy are also analysed in terms of food quality: 77.6% of examinees rarely drink sufficient quantities of water and 69.5% only sometimes eat fish. The research revealed the sector of the healthy aging population of elderly people in social need. The data will contribute to an enhancement in the quality of life of the categories of people mentioned above, through an improvement of current services and the development of new social services in the urban community area which will satisfy the needs of users, and help to transform their lives to be more decent and humane.

Key words: social risk, elderly age, social services in the community, life quality, healthy aging

USPOSTAVLJANJE STARAČKOG DOMA TEMELJENOG NA REHABILITACIJSKIM USLUGAMA ZA STARIJE OSOBE NAKON CEREBROVASKULARNOG INZULTA *FOUNDING A REHABILITATION NURSING HOME SERVICES FOR THE ELDERLY AFTER CEREBROVASCULAR ACCIDENT*

Uvod: Moždani udar ili cerebrovaskularni inzult (CVI) najčešći je neurovaskularni poremećaj te jedan od vodećih uzroka smrtnosti, invalidnosti i demencije, zbog čega znači velik javnozdravstveni problem. Bolesnici nakon CVI-a suočavaju se s raznim fizičkim i psihičkim problemima koji utječu na njihovu sposobnost obavljanja aktivnosti svakodnevnog života. Pretpostavlja se da smještaj starijih osoba nakon CVI-a u starački dom temeljen na rehabilitacijskim uslugama može imati pozitivan učinak na funkcionalnu sposobnost i kvalitetu života. Cilj je našeg istraživanja bio procijeniti utječe li postojanje staračkog doma temeljenog na rehabilitacijskim uslugama na kvalitetu života starijih osoba nakon CVI-a. Metode: Provedeno je empirijsko kvalitativno istraživanje tako da je proveden nestrukturirani intervju s tri bolesnika nakon CVI-a. Intervju je bio anonimn, u skladu s etičkim kodeksom. Prikupljeni podaci analizirani su metodom kvalitativne tematske analize. Rezultati: Istraživanje predstavlja odnos osposobljenosti u obavljanju dnevnih aktivnosti i izvođenju osobnih performansi kod štićenika staračkog doma. Starački dom temeljen na rehabilitacijskim uslugama ciljano predodređen za stare osobe nakon CVI-a povećava neovisnost osobe u obavljanju aktivnosti dnevnog života i poboljšavaju osobne performanse u aktivnostima dnevnog života. Zaključci: Ovo istraživanje trebalo bi uzeti u obzir pri budućim sistemskim planiranjima kao polaznu točku za formiranje staračkoga doma temeljenog na rehabilitacijskim uslugama. Formiranjem ustanove temeljene na rehabilitaciji koja bi obuhvaćala fizioterapiju, vježbe kroz igru, zadatke za poticanje funkcionalne sposobnosti i bihevioralnu terapiju kvaliteta života ovakvih bolesnika bila bi znatno bolja.

Ključne riječi: moždani udar, onesposobljenje, rehabilitacija, starački dom

Introduction: A stroke or cerebrovascular accident (CVA) is the most common type of neurovascular disorder and one of the leading causes of death, disability and dementia; thus, it is an important public health problem. Following a CVA, patients face various physical and mental problems that affect their ability to perform activities of daily living. It is assumed that admitting older people who have suffered a stroke to senior rehabilitation nursing centers can have a positive effect on their functional ability and quality of life. The aim of this study was to assess whether the use of senior rehabilitation nursing centers affects the quality of life of elderly stroke patients. Methods: The qualitative empirical research was conducted through unstructured interviews with three stroke patients. The interview was anonymous, in accordance with the Code of Ethics. The collected data were analysed using thematic analysis. Results: The study presents a connection between competency in performing daily activities and for personal performances of patients in nursing homes. A senior rehabilitation nursing center increases the autonomy of the patient in performing activities of daily life. Conclusion: The results of this study should be taken into account in future system planning, as well as being taken as a starting point for the formation of senior rehabilitation nursing centers. By forming institutions based on rehabilitation, and including physical therapy, exercising through playing, and carrying out tasks for promoting functional ability and behaviour therapy, quality of life for these patients could be greatly improved.

Key words: stroke, rehabilitation, nursing home, disability

PRAVO NA HRANU - EGZISTENCIJALNO PRAVO OSOBA U SIROMAŠTVU

FOOD RIGHT – EXISTENTIAL RIGHT OF PEOPLE IN POVERTY

Pad gospodarskih kretanja, recesija na globalnoj i nacionalnoj razini odraz su socijalne i ekonomske sigurnosti građana grada Zagreba. Povećanje broja nezaposlenih proporcionalno povećava rizik mogućnosti zadovoljavanja prava na hranu kao osnovnog ljudskog prava. Rast siromaštva među svim dobnim skupinama od djece, odraslih do starijih osoba indikatori su za poduzimanje mjera na državnoj i lokalnoj razini kako bi se svakom pojedincu u zajednici omogućilo zadovoljenje osnovnih životnih potreba. Smanjivanje ili iskorjenjivanje siromaštva jedno je od temeljnih ciljeva jedinice lokalne samouprave odnosno Grada Zagreba koja je kroz Ustanovu Dobri Dom Grada Zagreba osigurala egzistenciju za 4.389 (prosinac 2015.) građana svih dobnih skupina, od djece, odraslih – radno sposobnih do starijih osoba. U radu će se prikazati rezultati istraživanja koje je provedeno na reprezentativnom uzorku od 399 ispitanika, korisnika programa pučke kuhinje na području grada Zagreba. Cilj ovog rada je istražiti strukturu korisnika pučke kuhinje kao i razinu kvalitete usluge izvaninstitucijskog oblika socijalne skrbi za građane u socijalnoj potrebi. Istraživanje je provedeno putem anketnog upitnika, koji je sastavljen za potrebe ovog istraživanja primjenjujući prigodni (ad hoc) uzorak. Istraživanjem su obuhvaćene sve kategorije uzorka – prema spolu, dobi, obrazovanju i tipu korisnika. Rezultati pokazuju da su u većem riziku od siromaštva samci 54%. Udio radno sposobnog stanovništva među korisnicima pučke kuhinje iznosi 72,8%, a 53% je osoba muškog spola. Dužina uključenosti u mjeru pomoći pučke kuhinje je za 82,8% ispitanika u trajanju od 1 godine do 10 godina. Istraživanje je pokazalo da je mjera pomoći pučke kuhinje dugotrajna mjera te je potvrdilo veći rizik od siromaštva pojedinih grupacija kao što su samci, višečlane obitelji. Dobiveni podaci doprinijeti će unapređenju kvalitete usluge pučke kuhinje kroz unapređenje kvalitete pružanja postojeće usluge.

Ključne riječi: siromaštvo, pučka kuhinja, pravo na hranu, socijalna potreba

Economy decline and crises on both global and national level are the result of social and economy safety of the citizens of Zagreb. The increase of the unemployed people is proportionally increasing the risk of satisfying the right to food as the basic human right. The growth of poverty among all age groups, from children, grownups to elderly people indicates that something needs to be done on the state and local level so that every individual within the community can satisfy the basic life needs. Reducing or abolishing the poverty is one of the basic goals of the local community of the city of Zagreb which has ensured the existence for 4,389 people (December 2015) of all age groups (children, grownups and elderly) through The City of Zagreb institution Dobri dom. The paper will show the results of the research which was done by 399 examinees, users of the public dining rooms in Zagreb. The goal is to explore the structure of the users of the public dining rooms as well as the quality level of non-institutional form of the social service for socially endangered citizens. The research was done by a survey questionnaire using an appropriate (ad hoc) sample. The research includes all sample categories – gender, age, education and users' type. Results show that single people are in greater risk of poverty (54%). 72,8 % of users are people capable of working, and 53% are males. The length of using the public dining rooms is for 82,8% examinees from 1 to 10 years. The research showed that the public dining room is a long term help mode and it also confirmed that single people and multimember families are at greater risk of poverty. The received data will contribute the improvement of public dining room service.

Key words: poverty, public dining room, food right, social need

VPLIVI PREDUPOKOJITVENEGA SEMINARJA V SLOVENSKI VOJSKI NA ŽIVLJENJE PO UPOKOJITVI *IMPACTS OF PRE-RETIREMENT SEMINAR IN SLOVENIAN ARMED FORCES ON LIFE AFTER RETIREMENT*

Uvod: Z daljšanjem življenjske dobe se podaljšuje tudi obdobje življenja po upokojitvi. Upokojitev je zato priložnost za zavestno pripravo na kakovostno življenje v tretjem življenjskem obdobju. Metode: Uporabili smo kvalitativni raziskovalni pristop, podatke smo zbrali s tehnično polstrukturiranega intervjuja. V raziskavo smo vključili osem oseb, od tega štiri ženske in štiri moške. Vsi intervjuvani so upokojeni pripadniki Slovenske vojske, ki so se upokojili med 52 in 59 letom starosti, z beneficirano delovno dobo od 35 do 40 let. Polovica jih je obiskovala predupokojitveni seminar, druga polovica se seminarja ni udeležila. Rezultati: Rezultate smo strukturirali v glavno kategorijo (upokojitev) in v tri podkategorije (občutki in doživljanje, spremembe in posledice, aktivnosti), kamor smo uvrstili kode (občutki, veselje/žalost, strah, stres, spalne navade, prosti čas, finančna sredstva, socialno okolje, aktivnosti v društvih, telesne aktivnosti, skrb za vnuke, domača opravila in hobiji. Ugotovili smo, da ima tovrstni seminar pozitiven vpliv na življenje po upokojitvi, kar so anketirani potrdili z navajanjem primerov. Razprava: Z ustreznimi in pravočasnimi pripravami na upokojitev lahko vplivamo na kakovostnejše preživljanje življenja v pokoju in se izognemo morebitnim težavam, ki se lahko pojavijo z vstopom v upokojitev.

Ključne besede: upokojitev, predupokojitveni seminar, Slovenska vojska

Introduction: With longer life expectancy the period of life after retirement is prolonged. Retirement is therefore an opportunity to consciously prepare for the quality of life in the third age. Methods: We used a qualitative research approach, the data were collected by semi-structured interview technique. The study included eight people, including four women and four men. All interviewees are retired members of the Slovenian Armed Forces who retired between 52 and 59 years of age, with beneficiary years of work of 35 to 40 years. Half of them attended a pre-retirement seminar, the other half did not attend the seminar. Results: The results were structured in a main category (retirement) and in three subcategories (feelings and experiences, changes and consequences, activities), in which we classified the code (feelings of joy / sadness, fear, stress, sleep habits, leisure, finance, social environmental, activities in clubs, physical activity, taking care of grandchildren, housework and hobbies. We have found that this kind of seminar has a positive impact on the life after retirement, which respondents confirmed by giving examples. Discussion: With appropriate and timely preparation for retirement we can influence the quality of life of living in retirement and avoid any problems that may occur with entry into retirement.

Key words: retirement, pre-retirement seminar, Slovenian Armed Forces

**PREDUPOKOJITVENI PROGRAMI ZA ZAPOSLENE
V SODELOVANJU Z DELODAJALCI KOT AKTIVNA
PRIPRAVA NA UPOKOJITEV POSAMEZNIKA
*PRE-RETIREMENT PROGRAMMES FOR THE EMPLOYEES,
IN COLLABORATION WITH EMPLOYERS, AS AN ACTIVE
PREPARATION FOR THE RETIREMENT***

Število upokojencev v Sloveniji iz leta v leto raste. Po napovedih bo leta 2060 že več kot petina prebivalstva starejša od 65 let. Trenutno se v državi ne izvajajo za zaposlene delavce, ki se odpravljajo v pokoj, tako imenovani »predupokojitveni programi«, v katere bi lahko podjetja (ali se kot posamezniki) vključila svoje sodelavce, ki gredo v pokoj v roku nekaj mesecev. V članku bomo pregledali obstoječe ankete med upokojenci, ki se nanašajo na »predupokojitvene programe« ter dostopno literaturo o tej tematiki. Na osnovi obeh analiz bomo pripravili idejni osnutek programa, ki bi ga lahko podjetja ponudila svojim zaposlenim, ki bodo odšli v pokoj.

Ključne besede: upokojenci, upokojitev, pred-upokojitveni program

The number of pensioners in Slovenia is constantly increasing. According to predictions, there will be more than a fifth of the population older than 65 years by 2060. In Slovenia, there is no programme for the employees, who are going to retire – the so-called 'pre-retirement programmes' - in which companies (or individuals) can include their staff who are going to retire within a few months. In this paper, we will review existing surveys among pensioners, which refer to the pre-retirement programmes and available literature on this topic. Based on both analyses, we will prepare a draft outline of the programme, which companies can offer their employees, who are close to retirement.

Key words: pensioners, retirement, pre-retirement programme

STAREJŠI IN VODENJE NEVLADNIH ORGANIZACIJ: PRIMER LIKOVNIH ORGANIZACIJ

ELDERLY AND MANAGEMENT OF NON-GOVERNMENTAL ORGANISATIONS: THE CASE OF ART ORGANISATIONS

Kultura in umetnost sta pomemben del vsake družbe. V slabšem gospodarskem stanju se skrb za njiju nemalokrat preseli v roke nevladnega sektorja. Zaradi prostovoljske narave nevladnega sektorja so odvisne od prostega časa sodelujočih, ki so povečini brezposelni ali upokojenci. Zasnovali smo empirično raziskavo, s katero smo želeli raziskati vodenje nevladnih organizacij z gerontološkega stališča, in sicer nas je zanimalo, kako se starejši soočajo z vodenjem nevladnih organizacij na primeru likovnih organizacij. Namen raziskave je kvalitativno proučiti omenjeno področje in pridobiti vpogled v način soočanja starejših s spremembami pri vodenju. V raziskavi nas je zanimalo, zakaj se starejši odločijo za vodenje likovnih organizacij, kako se soočajo s spremembami, ali je starost dejavnik, ki vpliva na način vodenja, ter katere so najpogostejše težave in spremembe, s katerimi se soočajo. Raziskava temelji na empiričnem kvalitativnem metodološkem pristopu. Podatki so bili zbrani s tehniko polstrukturiranega intervjuja. Proučevana populacija so posamezniki, ki so bili na dan 21. 12. 2015 stari 65 let ali več ter so bili uradni zastopniki likovnih nevladnih organizacij s sedežem v Sloveniji. Celoten seznam populacije ne obstaja, večina najaktivnejših organizacij pa je včlanjenih v Zvezo likovnih društev Slovenije. V letih 2014 in 2015 je bilo včlanjenih 30 organizacij. 11 zastopnikov teh organizacij zadošča kriterijem izbrane populacije. V raziskavo smo na podlagi neslučajnostnega, priložnostnega vzorčenja vključili 4 zastopnike iz te množice. Pri raziskovanju se bosta upoštevala Helsinško-Tokijska deklaracija in Zakon o varstvu osebnih podatkov. Sodelujočim bo zagotovljena popolna anonimnost. Podpisali bodo zavestno privolitev o sodelovanju v raziskavi. Pridobljeni podatki bodo analizirani z metodo kvalitativne vsebinske analize. Prispevek bo predstavil, zakaj se starejši odločijo za vodenje, katere so najpogostejše spremembe, kako se z njimi soočajo ter ali je starost zanje pomemben dejavnik vodenja. Pričakujemo, da bodo rezultati študije prispevali k razumevanju področja vodenja nevladnih organizacij in bili tako pomembni tudi za zakonodajalce.

Ključne besede: starejši, prostovoljstvo, vodenje, nevladne organizacije (NVO)

Culture and art form an important part of every society. The poor economic situation often moves their care to non-government sector. Due to its voluntary nature it's dependent on the free time of mostly unemployed or retired participants. We have designed an empirical study where we want to explore the management of non-government organizations with a gerontological point of view, namely how the elderly face the management in the case of art organizations. The aim is to qualitatively examine the mentioned field and gain insight into how the elderly cope with changes in management. We were interested in why the elderly opt for management, which are the most common changes and how they face them. The study is based on empirical qualitative methodological approach. The data was collected using the semi-structured interview. The selected population are official representatives of non-government art organisations in Slovenia, aged 65 or more, on 21.12.2015. A complete list of the population does not exist, but the majority of most active organizations are members of the Union of Art Associations of Slovenia. It had 30 members in 2014 and 2015. 11 representatives of these organizations suffice the criteria of the selected population. We included four representatives from this crowd in our research based on casual, ad hoc sampling. Research will take into account the Helsinki-Tokyo Declaration and the Law on the protection of personal data. Participants will be provided with complete anonymity and will sign a consent form. The data obtained will be analysed by carrying out a qualitative content analysis. The paper will present why the elderly opt for management, the most common changes, how they face them and whether age is an important factor of management. We expect the results will contribute to understanding management of non-government organizations, especially for the legislators.

Key words: elderly, volunteering, management, non-government organisations (NGO)



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