2022/2023

Univerza v Mariboru

Medicinska fakulteta

| UČNI NAČRT PREDMETA / COURSE SYLLABUS | |
|---|---|
| **Predmet:** | Osnove paliativne medicine in paliativne oskrbe |
| **Course title:** | Basics of Palliative medicine and Palliative Care |

| **Študijski program in stopnja**<br>**Study programme and level** | **Študijska smer**<br>**Study field** | **Letnik**<br>**Academic year** | **Semester**<br>**Semester** |
|---|---|---|---|
| Splošna medicina<br>General medicine – EMŠP | | **4,5,6** | **8, 10, 12** |
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| **Vrsta predmeta / Course type** | izbirni |
| **Univerzitetna koda predmeta / University course code:** | |

| **Predavanja**<br>**Lectures** | **Seminar**<br>**Seminar** | **Sem. vaje**<br>**Tutorial** | **Lab. vaje**<br>**Laboratory work** | **Teren. vaje**<br>**Field work** | **Samost. delo**<br>**Individ. work** | **ECTS** |
|---|---|---|---|---|---|---|
| **5** | **40** | | | | **45** | **3** |

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| **Nosilec predmeta / Lecturer:** | Doc. dr. Nevenka Krčevski Škvarč |

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| **Jeziki / Languages:** | **Predavanja / Lectures:** | **Slovenski/slovene** |
| | **Vaje / Tutorial:** | |

| **Pogoji za vključitev v delo oz. za opravljanje študijskih obveznosti:** | **Prerequisits:** |
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| **Vsebina:** | **Content (Syllabus outline):** |
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| 1.Osnove paliativne oskrbe (5%)<br>- Definicija paliativne oskrbe<br>- Razvoj paliativne medicine<br>- Smrt in umiranje<br>2.Obravnava bolečine in simptomov (55%)<br>- Vzroki in mehanizmi bolečine<br>- Lajšanje bolečine<br>- Osnovni principi obravnave simptomov<br>- Obravnava najpogostejših simptomov<br>3. Psihosocialni in duhovni aspekti (20%)<br>- Psihološke reakcije na kronično bolezen<br>- Vpliv izgube neodvisnosti<br>- Etnične, socialne in religiozne razlike<br>- Žalovanje<br>- Duševnost: upanje, vera<br>4.Etične in pravne zadeve (5%)<br>- Odločitve pri umirajočem bolniku<br>- Evtanazija<br>- Terminalna sedacija<br>- Pomoč pri suicidu<br>5.Komunikacija (10%)<br>- Modeli komunikacije | 1.Basics of Palliative Care (5%)<br>- Definition of Palliative Care<br>- Development of Palliative medicine<br>- Death and dying<br>2.Pain and Symptom management (55%)<br>- Causes and mechanisms of pain<br>- Pain treatment<br>- Basics of symptom management<br>- Management of the most frequent symptoms<br>3.Psychosocial and spiritual Aspects (20%)<br>- Psychological reactions to chronic illness<br>- Impact of loss of independence<br>- Ethnic, social and religious differences<br>- Mourning<br>- Spirituality: hope, belief<br>4.Ethical and legal Issues (5%)<br>– Decision-making at the end of life<br>- Euthanasia<br>- Terminal sedation<br>- Physician assisted suicide<br>5.Communication (10%)<br>- Models of communication |

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| - Specialne situacije za komunikacijo<br>6.Timsko delo in samo-refleksija (5%)<br>- Kako delovati v timu<br>- Mreža<br>- Izgorevanje | - Special situations of communication<br>6.Teamwork and Self-reflection (5%)<br>- How to work in a team<br>- Network<br>- Burn -out |

**Temeljni literatura in viri / Readings:**

Twycross R, Wilcock A. Symptom management in advanced cancer. New York:Radcliff Medical Press;2001.Abraham JL. A Physician's guide to pain and symptom management in cancer patients. Baltimore:The John Hopkins University Press;2005.
Ellershaw J, Wilkinson S. Care of the dying. New York: Oxford University Press; 2005.
Maddocks I, Brew B, Wady H, Williams I. Palliative Neurology. Cambridge: Cambridge University Press; 2006.
1.šola za paliativno oskrbo. UKC Maribor 2011
2. šola za paliativno oskrbo. UKC Maribor 2012
Červek J. Najpšogostejša vprašanja v paliativni oskrbi.Ljubljana: Onkološki institute;2012
Červek J. Zdravila za uporabo v paliativni medicine. Ljubljana:Onkološki institute;2012

| **Cilji in kompetence:** | **Objectives and competences:** |
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| Cilji:<br>Spoznati osnovne principe paliativne oskrbe<br>• Prepoznati splošne in specifične potrebe in probleme bolnika, ki potrebuje paliativno oskrbo<br>• Naučiti načine obvladovanja bolečine in simptomov<br>• Spoznati načine komunikacije, etične principe in timski pristop obravnave<br>Kompetence:<br>Osnovno bodo študenti pridobili izkušnje za obravnavo bolnika, ki potrebuje celostno paliativno oskrbo.<br>Sposobni bodo opredeliti bolnikove težave in potrebe.<br>Sposobni bodo načrtovati primerno obravnavo | Objectives:<br>• Student should learn basic principles of palliative care<br>• Student should be possible to identify general and specific needs of the patient who need palliative care(PBL)<br>• Student should get detailed knowledge on the pain and symptom management (PBL)<br>• Student should learn basic principles of communication, ethical issues and the principles of team work<br>Competences:<br>Primarily, students will acquire the experience for the management of the patient who need integral palliative care. They will be able to identify patients problems and needs. They will be able to create appropriate management. |

| **Predvideni študijski rezultati:** | **Intended learning outcomes:** |
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| Znanje in razumevanje:<br>• Paliativne oskrbe<br>• Poznavanje bolečine in načinov zdravljenja<br>• poznavanje drugih simptomov in načinov obravnave simptomov<br>• Razumevanje vseh potreb bolnika v paliativni oskrbi<br>• Razumevanje procesa umiranja in poznavanje postopkov ob koncu življenja<br>Prenesljive/ključne spretnosti in drugi atributi:<br>Študent bo se soočal z bolniki v različnih stopnjah paliativne oskrbe ter neposredno pridobil izkušnje in spretnost v komunikaciji in pri odločanju o pravilni izbiri zdravljenja bolečine in drugih simptomov | Knowledge and understanding:<br>• understanding of palliative care<br>• knowledge on pain and pain management<br>• knowledge on other symptoms and symptom management<br>• Understanding of all needs of the patient who needs palliative care<br>• Understanding of the process of dying and the knowledge of decision-making at the end of life<br>Transferable/Key Skills and other attributes:<br>The student will meet the patients who need different degree of palliative care and will achieve experience and basic skills in communication and proper introduction of pain and symptom management |

| **Metode poučevanja in učenja:** | **Learning and teaching methods:** |
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| • Predavanja<br>• Seminarji | • lectures<br>• seminars |

| **Načini ocenjevanja:** | Delež (v %) / Weight (in %) | **Assessment:** |
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| Način (pisni izpit, ustno izpraševanje, naloge, projekt)<br>• Seminar<br>• Ustno izpraševanje<br><br>ŠTUDIJSKE OBVEZNOSTI ŠTUDENTOV:<br>Obvezna prisotnost na seminarjih in kliničnih vajah<br><br>POGOJI ZA PRISTOP K POSAMEZNEMU PREVERJANJU ZNANJA:<br>Seminarska naloga je pogoj za pisni izpit | <br>**50 %**<br>**50 %** | Type (examination, oral, coursework, project):<br>• Seminar<br>• Oral exam<br><br>ACADEMIC OBLIGATIONS OF STUDENTS:<br>Obligatory presence at seminars and clinical cases<br><br>REQUIREMENTS FOR ACCESS TO INDIVIDUAL KNOWLEDGE CHECKING:<br>Coursework is prerequisite for written exam |

**Reference nosilca / Lecturer's references:**

**1.** KRČEVSKI-ŠKVARČ, Nevenka. Transdermal buprenorphine in clinical practice: results from a multicenter, noninterventional postmarketing study in Slovenia. *Pain manag. (Lond., Print)*, 2012, vol. 2, no. 2, str. 177-183, doi: 10.2217/pmt.11.91. [COBISS.SI-ID 4226111]
42. STROJNIK, Tadej, VELNAR, Tomaž, KRČEVSKI-ŠKVARČ, Nevenka. Ali je stimulacija hrbtenjače učinkovita metoda zdravljenja vztrajajoče bolečine v križu in nogi po operaciji? : naše izkušnje z 21 primeri = Is the spinal cord stimulation an effective treatment for failed back surgery syndrome? : our experience with 21 cases. *Acta medico-biotechnica*, 2010, vol. 3, no. 1, str. 25-34. [COBISS.SI-ID 512083256]

**3.** KRČEVSKI-ŠKVARČ, Nevenka. Prevalence of pain in family practice: gender issues. *Journal of pain management*, 2010, vol. 3, no. 2, str. 149-157. [COBISS.SI-ID 3827775], [Scopus do 25. 2. 2011: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0]

**4.** KRČEVSKI-ŠKVARČ, Nevenka, KAMENIK, Mirt. Effects of pregabalin on acute herpetic pain and postherpetic neuralgia incidence. *Wien. klin. Wochenschr., Suppl.*, 2010, vol. 122, suppl. 2, str. 49-53, doi: 10.1007/s00508-010-1345-x. [COBISS.SI-ID 3668031], [JCR, WoS do 9. 9. 2010: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 13. 6. 2012: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 0]

**5.** KALSO, Eija, ALLAN, Laurie, DOBROGOWSKI, Jan, JOHNSON, Martin, KRČEVSKI-ŠKVARČ, Nevenka, MACFARLANE, Gary J., MICK, Gérard, ORTOLANI, Sergio, PERROT, Serge, PERUCHO, Alfredo, SEMMONS, Ian, SÖRENSEN, Jan. Do strong opioids have a role in the early management of back pain? Recommendations from a European expert panel. *Curr. med. res. opin.*, 2005, vol. 21, no. 11, str. 1819-1828. [COBISS.SI-ID 2180415], [JCR, WoS do 7. 2. 2012: št. citatov (TC): 14, čistih citatov (CI): 14, normirano št. čistih citatov (NC): 6, Scopus do 18. 6. 2012: št. citatov (TC): 21, čistih citatov (CI): 21, normirano št. čistih citatov (NC): 8]

**6.** KAMENIK, Mirt, PAVER-ERŽEN, Vesna, ZABAVNIK, Z..., KRČEVSKI-ŠKVARČ, Nevenka, HORVAT, I.... Hämodynamische Effekte einer Spinalanästhesie mit 2% Lidocain im Vergleich u0,5% isobarem Bupivacain. *Anaesthesist*, 2000, letn. 49, št. 6, str. 517-522. [COBISS.SI-ID 12798937], [JCR]

**7.** KAMENIK, Mirt, PAVER-ERŽEN, Vesna, TOŠ, Lučka, ZABAVNIK, Zoran, KRČEVSKI-ŠKVARČ, Nevenka, HORVAT, Ivana. Haemodynamic effects of subarachnoid blockade: 20% lignocaine versus 0.5% painbupivacaine. *Middle East j. anaesthesiol.*, 2000, letn. 15, št. 5, str. 491-501. [COBISS.SI-ID 12806105], [WoS do 3. 10. 2006: št. citatov (TC): 0, čistih citatov (CI): 0, normirano št. čistih citatov (NC): 0, Scopus do 16. 6. 2012: št. citatov (TC): 1, čistih citatov (CI): 1, normirano št. čistih citatov (NC): 1]