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INTERNATIONAL SCIENTIFIC CONFERENCE

»Research and Education in Nursing«

Book of Abstracts

Maribor, Slovenia | June 19th 2023



University of Maribor Press





University of Maribor

Faculty of Health Sciences

International Scientific Conference »Research and Education in Nursing«

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June 2023

Title	International Scientific Conference »Research and Education in Nursing«
<i>Naslov</i>	<i>Mednarodna znanstvena konferenca »Raziskovanje in izobraževanje v zdravstveni negi«</i>
Subtitle	Book of Abstracts, June 19th 2023, Maribor, Slovenia
<i>Podnaslov</i>	<i>Zbornik povzetkov, 9. junij 2022, Maribor, Slovenija</i>
Uredniki	Mateja Lorber
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Technical editor	Jan Perša
<i>Tehnični urednik</i>	(University of Maribor, University Press)
Cover designer	Jan Perša
<i>Oblikovanje ovitka</i>	(University of Maribor, University Press)
Conference	International Scientific Conference »Research and Education in Nursing«
<i>Konferenca</i>	
Location & date	Maribor, Slovenia, June 19 th 2023
<i>Kraj in datum</i>	
Programme Committee	Mateja Lorber, Klavdija Čuček Trifkovič, Nataša Mlinar Reljić, Majda Pajnkihar, Sonja Šostar Turk, Gregor Štiglic, Dominika Vrbnjak (all University of Maribor, Faculty of Health Sciences)
<i>Programski odbor</i>	
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<i>Organizacijski odbor</i>	

Published by University of Maribor
Založnik **University Press**
Slomškov trg 15, 2000 Maribor, Slovenia
<https://press.um.si>, zalozba@um.si

Issued by University of Maribor
Izdajatelj **Faculty of Health Sciences**
Žitna ulica 15, 2000 Maribor, Slovenia
<http://www.fzv.um.si>, fzv@um.si

Edition 1st
Izdaja

Published at Maribor, Slovenia, June 2023
Izdano

Publication type E-book
Vrsta publikacije

Dostopno na <https://press.um.si/index.php/ump/catalog/book/765>
Available at



© University of Maribor, University Press
/ Univerza v Mariboru, Univerzitetna založba

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CIP - Kataložni zapis o publikaciji
Univerzitetna knjižnica Maribor

616-083:001.891+37(082) (0.034.2)

INTERNATIONAL Scientific Conference "Research and Education in Nursing" (2023 ;
Maribor)

International Scientific Conference "Research and Education in Nursing"
[Elektronski vir] : Maribor, Slovenia, June 19th 2023 : book of abstracts / Mateja
Lorber ... et al.]. - 1st ed. - E-publikacija. - Maribor : University of Maribor,
University Press, 2023

Način dostopa (URL): <https://press.um.si/index.php/ump/catalog/book/765>

ISBN 978-961-286-748-5

doi: 10.18690/um.fzv.1.2023

COBISS.SI-ID 154171395

ISBN 978-961-286-748-5 (pdf)

DOI <https://doi.org/10.18690/um.fzv.1.2023>

Price Free copy
Cena

For publisher Prof. Dr. Zdravko Kačič
Odgovorna oseba založnika Rector of University of Maribor

Attribution Lorber, M., Čuček Trifkovič, K., Šostar Turk, S., Štiglic, G. (eds.) (2023).
Citiranje *International Scientific Conference »Research and Education in Nursing«: Conference Proceedings, June 19th, 2023, Maribor, Slovenia.* Maribor: University Press. doi: 10.18690/um.fzv.1.2023

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Preface

ASSOC PROF MATEJA LORBER, PHD

University of Maribor, Faculty of Health Sciences, Dean

Dear and respected lecturers and participants of the conference!

In celebration of the 30th anniversary of the University of Maribor's Faculty of Health Sciences, we are organising, an already traditional, International Scientific Conference entitled "Research and Education in Nursing".

The purpose and goal of the conference is to present progress in the field of research in nursing, healthcare and public health, as well as in the field of research-based education, in Slovenia and internationally.

It is a great honour for us to host lectures by world-renowned, awarded and respected professors and researchers at this year's conference. Interesting invited lectures will in more detail present the person-centred concept of nursing and the impact of global instabilities on the future of nursing and healthcare professions in the 21st century. Concepts of virtual reality and its use in nursing education and approaches to providing spiritual care for the elderly will also be presented.

The conference is enriched by 46 papers and lectures by prominent domestic and foreign lecturers, researchers, and students in the field of nursing, healthcare and public health, with whom we cooperate successfully in the scientific-research and educational fields. The presented results represent the latest findings of participating domestic and international lecturers. Their findings will significantly contribute to the development of the science and discipline of nursing, the recognition of social development in relation to the needs of

healthcare and society, and at the same time represent a solid link between education and practice.

The conference is an excellent opportunity for presentations of research and pedagogical work, and at the same time serves to exchange research evidence, models of good practices, innovative ideas, opinions and experiences. Socialising and strengthening ties with professors, researchers and students from our partner institutions at the national and international level is important for successful further cooperation and integration.

In the hope that the conference meets your expectations, we thank you very much for your contribution and look forward to further successful cooperation in the field of education and scientific research.

Predgovor

IZR. PROF. DR. MATEJA LORBER

Univerza v Mariboru, Fakulteta za zdravstvene vede, dekanica

Cenjeni in spoštovani predavatelji in udeleženci konference!

Ob praznovanju 30. obletnice delovanja Univerze v Mariboru Fakultete za zdravstvene vede smo tudi letos, sedaj že tradicionalno, organizirali mednarodno znanstveno konferenco z naslovom »Raziskovanje in izobraževanje v zdravstveni negi«.

Namen in cilj konference je predstaviti napredek na področju raziskovanja v zdravstveni negi, zdravstvu in javnem zdravju ter področju izobraževanja, temelječega na raziskovanju, v slovenskem in mednarodnem prostoru.

V veliko čast nam je, da bomo na letošnji konferenci gostili predavanja svetovno priznanih, nagrajenih in cenjenih profesorjev ter raziskovalcev. Zanimiva vabljen predavanja bodo podrobneje predstavila na osebo osredotočen koncept zdravstvene nege ter vpliv globalnih nestabilnosti na prihodnost zdravstvene nege in poklicev v zdravstvu v 21.

stoletju. Predstavljeni bodo tudi koncepti virtualne resničnosti in njene uporabe v izobraževanju zdravstvene nege ter pristopi zagotavljanja duhovne oskrbe starejših.

Konferenco bogati 46 aktualnih prispevkov in predavanj uglednih domačih in tujih predavateljev, raziskovalcev ter študentov s področja zdravstvene nege, zdravstva in javnega zdravja, s katerimi zelo uspešno sodelujemo na znanstvenoraziskovalnem in izobraževalnem področju. Predstavljeni rezultati predstavljajo najnovejša dognanja sodelujočih domačih in tujih predavateljev. Njihovi izsledki bodo pomembno prispevali k razvoju znanosti in discipline zdravstvene nege, prepoznavanju družbenega razvoja glede na potrebe v zdravstvu in družbi ter hkrati predstavljajo trdno vez med izobraževanjem in prakso.

Konferenca je odlična priložnost za predstavitve raziskovalnega in pedagoškega dela, hkrati pa služi izmenjavi raziskovalni dokazov, modelov dobrih praks, inovativnih idej, mnenj in izkušenj. Druženje in utrjevanje vezi s profesorji, raziskovalci in študenti iz naših partnerskih ustanov na nacionalni in mednarodni ravni je pomembno za uspešno nadaljnje sodelovanje in povezovanje.

V upanju, da je konferenca dosegla vaša pričakovanja se vam najlepše zahvaljujemo za vaš doprinos in se veselimo nadaljnjega uspešnega sodelovanja na izobraževalnem in znanstvenoraziskovalnem področju.



Plenary lectures
Plenarna predavanja



Creating the Conditions for All Persons to Flourish: Person-centred Healthcare, Practice and Learning

BRENDAN MCCORMACK

Person-centred healthcare is well established as a global movement to place the ‘person’ at the heart of decision-making. Person-centred practice focuses on translating the principles of person-centred healthcare into meaningful everyday action for persons, people and populations. The ultimate goal of a person-centred workplace is for all persons to flourish as persons and be the ‘best they can be’. In this presentation, I will outline key principles and concepts of person-centred healthcare and explore the conditions for developing person-centred learning organizations drawing on the findings of a European Collaborative project to develop the first curriculum framework for educating healthcare practitioners in person-centred healthcare.

Keywords: person-centred, curriculum framework, healthcare education.

About the author

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Using Augmented & Virtual Reality to Transform Nursing Education and Expanding Research Opportunities

TRICIA K. GATLIN

Augmented (AR) and Virtual (VR) Reality are emerging technologies in nursing education. They both offer immersive experiences for learners, but differ in their technological approaches. Both of these technologies are being increasingly explored as a valuable tools in nursing education, offering immersive and interactive learning experiences that can enhance clinical training, promote critical thinking and improve patient care skills. Specifically, VR can be a powerful tool for assessing higher domains of learning as it provides a safe, immersive and controlled environment for learners to practice and develop their skills and knowledge, while also allowing for accurate assessment of their performance. Early research suggests these technologies have the potential in improving learning outcomes, clinical skills, and patient care. As technology advances, these two types of technology are likely to become an increasingly integral part of nursing education and training programs. This presentation will briefly introduce the concepts of augmented and virtual reality and its applications, highlighting the significance of these two learning modalities in nursing education, as well as introduce the current research and the vast research opportunities surrounding these expanding technologies.

Keywords: technological approaches, nursing training, research.

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Global Instabilities and Their Impact on the Future of Nursing and the Nursing Profession in the 21st Century

JOHN SG WELLS

Introduction: 2022 saw a series of significant events and the publication of reports that herald a more globally destabilised world. These included ongoing health and societal challenges related to the COVID-19 pandemic, the Russian second invasion of Ukraine and its impact on the World international politics and economy, the latest IPCC reports on the impact of climate change and significant rises in population movement across the globe. These developments should not be seen as unique to 2022 but as indicators of a more destabilised global environment, both politically and environmentally, with significant impacts on human health and health services. This paper explores these impacts in terms of their significance for the future of nursing care and the nursing profession.

Methods: A narrative review of relevant research and policy reports published during 2022 and the first half of 2023.

Results: Climate change, availability of water, war and associated population movements will see the spread of diseases and other health-related impacts rapidly increase over the next 50 years. Associated with this will be political instabilities disrupting the ability of health services to address needs. Nursing care, as a result, may refocus on meeting basic human needs and have impacts on the ability of national health services to recruit enough nurses to meet these needs.

Discussion and conclusion: There is a limited discussion of these issues within the nursing literature and related policy initiatives. This needs to urgently change if the nursing profession is not to succumb to these global challenges.

Keywords: global unpredictability, nursing, policy.

About the author

Professor **John SG Wells**, PhD, MSc, BA(Hons), PGDip, FAAN, FFNMRCSE, RNT, RPN
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Approaches for Providing Spiritual Care for Older People

NATAŠA MLINAR RELJIĆ, ZVONKA FEKONJA, SERGEJ KMETEC,
MAJDA PAJNKIHAR

Introduction: Spirituality incorporates existential challenges, value-based considerations and attitudes, religious considerations, and foundations. Spiritual care has an important role in nursing care, yet the nursing staff feels ill-equipped to provide spiritual care. The purpose of this paper is to present approaches for providing spiritual care for older people.

Methods: The qualitative methodology with phenomenological hermeneutical research design was used. The study was conducted in Slovenia in 2019 and 2020. Purposive sampling with in-depth interviews with older people (n = 20) was conducted.

Results: Approaches for providing spiritual care must be based on kindness, respect, sensitivity, and compassion.

Discussion and Conclusion: The most desired approaches in providing spiritual care are establishing a positive attitude, showing the ability to be available to the person, using therapeutic communication skills such as asking and listening actively, using silences, transferring positive energy to the patient by touching, establishing eye contact, making feel assured, understanding, and using supportive words. Findings from the study can serve as guidelines for nursing staff in providing spiritual care for older people.

Keywords: spirituality, elderly, nurses.

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Abstracts
Izvlečki



Academic Evaluation of a Community-Based Integrated Healthy Lifestyle Service: The Role of Health Professionals

EMMA SAYERS, NIMA MOGHADDAM, HANNAH HENDERSON,
DAVE DAWSON, JACQUELYN ALLEN-COLLINSON, DAVID CLARK,
PIP LOGAN, ROS KANE

Introduction: This study assesses the effectiveness of an integrated lifestyle service (One You Lincolnshire), designed to assist individuals with long-term health conditions to manage unhealthy behaviours. The intervention supports weight loss, healthy eating, physical activity, alcohol reduction and smoking cessation for residents from the most deprived areas.

Method: Using the RE-AIM evaluative framework, this study evaluated the service's accessibility, effectiveness, implementation, and sustainability over 24 months.

In phase 1, 53 in-depth interviews were conducted. Participants included clients, health professionals, One You Lincolnshire staff, external partners and leaders. In phase 2, secondary outcomes data were analysed from 24,370 referrals were nested within 16,354 clients and across 128 lifestyle coaches.

Results: 56% of service users quit smoking and 43% increased their physical activity levels. 33% of service users achieved a 5% weight loss through adult weight management or health coaching pathways. Participants reported positive changes in healthy eating habits and expanded social connections through group sessions. However, the study identified the existence of inequalities in outcomes, highlighting the need for a comprehensive approach to healthcare. Facilitators and barriers to programme adoption and implementation were explored, with strong leadership culture and engagement being key components of successful programme delivery.

Discussion and Conclusion: This study provides valuable insights into the potential of lifestyle behaviour change programmes to enhance health outcomes and emphasises the importance of addressing barriers to adoption and ensuring accessibility. The study has implications for developing similar interventions to improve the quality of life for individuals with long-term health conditions.

Keywords: integrated health promotion; public health, behavioural change, re-aim framework.

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Caring, Clarity and Job Satisfaction of Nursing Staff in Croatia and Slovenia: A Cross-sectional Study

MARIJA SPEVAN, JOHN W. NELSON, SANDRA BOŠKOVIĆ, DANIELA MALNAR, KATA IVANIŠEVIĆ, MARIJA BUKVIĆ, DOMINIKA VRBNJAK

Introduction: Job satisfaction is an essential factor for healthcare institutions in terms of nursing recruitment and turnover. This study's purpose is to describe the relationships between caring, clarity, and job satisfaction among nursing staff in Slovenia and Croatia.

Methods: A cross-sectional study was conducted on a convenience sample of nursing staff from two general hospitals, one university clinical center in Slovenia (n=589), and one university clinical center in Croatia (n=117). Data were collected using Profile of Caring®, including dimensions of caring for self, the manager, clarity of role and system, and job satisfaction. Descriptive and inferential statistics were used to analyze the data.

Results: Job satisfaction mean scores were above the midpoint of 4.0 on the 7-point scale, indicating moderate job satisfaction (Slovenian mean score 4.75, SD=.96 and Croatian mean score 4.47, SD = 1.21). Caring for self-mean scores were found similar for Slovenia 5.59 (SD=1.04) and Croatia 5.47 (SD=1.02), as well as for clarity of system (Slovenia M=5.58, SD=1.00; Croatia M=5.55, SD=1.22). We found differences in perceptions of caring of manager (Slovenia 5.68, SD=1.25; Croatia 4.90, SD=1.77) and clarity of role (Slovenia M=5.89, SD=.90; Croatia M=5.55, SD=1.22). Both groups were least satisfied with distributive justice (Slovenia M=3.14, SD=1.65; Croatia M=3.15, SD=1.73).

Discussion and Conclusions: The study highlights the importance of caring, clarity, and distributive justice in enhancing job satisfaction. Nurse managers should develop strategies to improve distributive justice, focusing on rewarding, payroll distribution, inequality, and fair distribution in offering educational opportunities.

Keywords: distributive justice, healthcare, nurses, a profile of caring.

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Preparation for Practice: Immersive High-Fidelity Simulation to Prepare Nursing Students for Clinical Practice

LORRAINE CLOSE, JANE OLDHAM, SARAH RHYNAS

Introduction: Recent changes to Nursing and Midwifery Council Standards allow for an increase in the number of simulated practice learning hours. Nursing Students are required to develop confidence in managing complex clinical environments, refining technical skills e.g. management of blood transfusion, and non-technical skills e.g. clinical decision-making, prioritisation and managing complexity. The study aimed to evaluate the sessions usefulness for preparation for final year nursing students' practice.

Methods: A high-fidelity simulation session was designed based on identified intended learning outcomes. Three scenarios were delivered; ward management and handover; deteriorating patient and safe transfusion practice all based around 'a morning on the ward'. A maximum of four students took part in each scenario while the rest observed a live stream. Plus delta debriefing model was utilised by simulation faculty as a debriefing tool. A specialist transfusion practitioner joined the debrief to support learning. Evaluation data was gathered by questionnaire after the session.

Results: Analysis of student evaluation revealed the following themes Developing confidence in escalation of unwell patient (1) Value of practical experience in delegation, communication and teamworking, (2) Understanding use of protocols e.g. major haemorrhage was key learning, (3) The opportunity to make mistakes and debrief around process was essential, (4) Need for more practical simulation experience in the curriculum.

Discussion and conclusion: High fidelity simulation is resource intensive and requires appropriate faculty development and planning, however, is a positive learning experience and encourages students to feel more confident in technical and non-technical skills in a realistic environment before going into clinical practice as registered nurses.

Keywords: safe transfusion practice, nurse education, non-technical skills, curriculum design.

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Developing the Future Academic Workforce: Preceptorship and Mentorship for Early Career Academics from Health and Social Care

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Introduction: There needs to be more research exploring the experiences of new academics transitioning from clinical practice into academia to help set realistic expectations about the nature and demands of the role.

Method: A systematic review and a cross-sectional survey exploring novice academics' experiences following a healthcare practitioner career. We used two validated measures; the Career Transition Inventory (CTI), the HEXACO personality trait measure and open questions (analysed thematically). A link to the questionnaire was sent to international networks of registered health and social care professionals.

Results: We identified challenges around: lack of mentorship; lack of preparedness; balancing workload with teaching requirements and maintaining a work-life balance; building relationships, and career progression. Participants felt overwhelmed in the first year of academia but also reported positive findings around line manager support and validation of having made the right decision to move to an academic role, suggesting the transition to academia was a complex process, but that help was received when required.

Discussion and conclusion: A fundamental limitation was that most responses were from the UK. There is the potential to replicate more widely in the future. Novice practitioners that have transitioned from expert practitioners to novice academics need to be supported with robust mentorship, time to learn and develop as academics and to receive the practical and theoretical skills to become confident and accomplished teachers, scholars and academics. This study provides healthcare education providers with recommendations of strategies to consider when identifying how to prepare and support new academics.

Keywords: clinical academic careers, academic workforce, early career academics, transition, mentorship, novice academic.

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A Realist Evaluation of a Preceptorship Pilot Project to Support and Retain Newly Qualified Nurses During Covid-19

ROSIE STENHOUSE

Background: Newly Qualified Nurses (NQNs) experience transition shock and are at increased risk of turnover during their first year. Preceptorship support for NQNs can increase retention. The Covid-19 pandemic affected support for NQNs. A pilot preceptorship project was set up in two hospitals in Scotland. The study aimed to evaluate this project and understand the impact on retention.

Methods: A realist evaluation methodology was used. A programme theory was developed. Participants were NQNs, preceptors, managers, charge nurses and Clinical Educators. Data were collected using online surveys, interviews and audio-diaries. Sickness and retention data were collected. Descriptive statistical analysis was brought together with analytic insights from the qualitative data to develop context(c) - mechanism(m) - outcome(o) (CMO) configurations.

Results: The rapid introduction of preceptorship (c) and lack of role clarity (m) and preceptor training (m) led to lack of confidence and ability to provide preceptorship (o). Staff shortages and sickness (c), lack of clear supernumerary status for NQNs (c), and not rostering NQN with preceptor (c) meant that support for NQNs was not safeguarded (m) and this led to NQNs feeling unsafe in their practice (o) and undervalued by the organisation (o). Retention was 85% and 89% in the two hospital pilot sites.

Discussion and conclusion: The Covid-19 context posed challenges in developing and supporting preceptorship for NQNs. Despite this, retention was good. Preceptorship schemes require support and resources to enable preceptors and NQNs to benefit fully.

Keywords: newly qualified nurses; preceptorship; realist evaluation; Covid-19; retention

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Through the Patient's Eyes: Using Virtual Reality to Teach Empathy to Medical and Nursing Students

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Introduction: Empathy is a crucial skill for healthcare professionals. Research suggests that empathy declines as students progress through undergraduate programmes. We introduced empathy teaching into our inter-professional curriculum. Virtual Reality can be utilised to simulate patients' perspectives. We aimed to explore if virtual reality would be an effective, feasible and acceptable way of teaching empathy.

Methods: This mixed methods study created two patient experiences using a 360-degree virtual reality camera. The sample was Year 1 medical and nursing students, randomised to 2 groups of 87, receiving either standard empathy or virtual reality sessions. Pre- and post-validated Jefferson© empathy scores were measured, and results were compared. Qualitative data was gathered via a questionnaire.

Results: Jefferson Scale (20-140), mean empathy scores increased in both groups; standard test from 116.9 (standard deviation (SD 7.8) to 121.2 (SD 6.5) and Virtual Reality from 115.7 (SD 10.8) to 119.6 (SD 7.9). There was a significant increase in post-scores compared to pre-scores in both groups (ST: $p < 0.05$, VR: $P < 0.0001$). Students found the virtual reality teaching practical, allowing them to 'really experience the patient perspective rather than just imagine it.'

Discussion and Conclusion: Teaching empathy to healthcare students utilising virtual reality is a feasible, acceptable, and effective method. Our results suggest that investment in virtual reality technology needs consideration as traditional teaching methods also represent a successful way to teach this skill.

Limitations: The study was based in one institution. Nursing and medical student empathy scores were not differentiated.

Keywords: mixed methods, simulation, interprofessional education, nurse education, empathy.

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Digitalne tehnologije in umetna inteligenca v zdravstveni negi

NATAŠA ŠTANDEKER

Uvod: Delovni procesi na področju zdravstvene nege, veljajo za ene izmed tistih področij, kjer bodo, iz stališča predvidenega razvoja digitalnih tehnologij, umetne inteligence in robotov, človeški viri še naprej ostali nenadomestljivi. Kljub temu smo v zdravstveni negi že priča integraciji digitalnih tehnologij, umetne inteligence in robotov.

V raziskavi želimo predstaviti najnovejše rešitve iz področja digitalnih tehnologij, umetne inteligence in robotov za področje zdravstvene nege.

Metode: integrativni pregled literature je opravljen v skladu z navodili PRISMA. Uporabljeni strokovni in znanstveni članki, so bili najdeni v bazah podatkov Web of Science, PubMed in COBISS, pri tem so bile uporabljene ključne besede; institutional care of the elderly adults, digital technologies, robots, nursing. Za iskanje ustreznih zadetkov so bili uporabljeni Booleanovi logični operatorji. Ustrezni viri so bili vključeni v nadaljno raziskavo, oz. izključeni iz nadaljne raziskave na podlagi vključitvenih oz. izključitvenih kriterijev.

Rezultati: V postopku izbora ustresnih virov v skladu z navodili PRISMA je bilo skupno izbranih 48 znanstvenih in strokovnih člankov, 23 člankov je bilo v nadaljevanju analiziranih, 7 najustreznejših je bilo vključenih v integrativni pregled literature.

Na podlagi rezultatov integrativnega pregleda literature je bilo mogoče oblikovati teoretični model integracije digitalnih tehnologij, umetne inteligence in robotov v proces zdravstvene nege.

Diskusija in zaključek: Na podlagi rezultatov integrativnega pregleda literature, je mogoče predvideti, da bo integracija teh elementov zahtevala veliko prilagoditev in virov (predvsem časovnih) od že tako preobremenjenih timov zdravstvene nege v različnih kliničnih okoljih.

Ključne besede: zdravstvena nega, digitalne tehnologije, umetna inteligenca v zdravstveni negi, roboti v zdravstveni negi.

Digital Technologies and Artificial Intelligence in Nursing Practice

Keywords: nursing, digital technologies in nursing practice, artificial intelligence in nursing practice, robots in nursing practice.

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Digital Nurse-Led Interventions for Decreasing Stress or Anxiety Among Children Undergoing Surgery

AFËRDITA LAHU, DOMINIKA VRBNJAK

Introduction: Children undergoing surgical procedures commonly have experience stress and anxiety. Research suggests that audiovisual interventions and virtual reality can have positive outcomes in reducing preoperative anxiety or stress in children. The aim of this study was to identify and describe digital-based nurse-led interventions for reducing stress or anxiety in children undergoing surgery.

Methods: A review, analysis, and synthesis of scientific literature were conducted. The international databases PubMed, ScienceDirect, and Web of Science were searched for systematic reviews and randomized control trials published in English, focusing on the impact of digital nurse-led interventions in reducing stress in children undergoing surgery.

Results: A total of 20 articles were analyzed. The majority of eligible interventions were preoperative (pre-op) preparation videos, interactive games, or virtual reality. These included digital media as part of the structured preparational play (e.g. VR tours in the operating room or online games) and creating a pretend journey with a child.

Discussion and Conclusion: Digital Nurse-led interventions may effectively reduce stress in children undergoing surgery. Further research, particularly adequate randomized controlled trials, are necessary to identify which aspects of non-pharmacological interventions are most beneficial.

Keywords: nursing care, non-pharmacological, interventions, literature review.

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Is Empathy Justifiably Part of Nursing Ethical Education?

BOJAN BORSTNER

Introduction: Nursing is described as caring profession and empathy, as a specific affective and cognitive attitude which is a direct, non-inferential way of knowing about other minds, plays an important role in caring. However, it is, in majority of situations, valued as a virtue, because it is assumed to be an essentially altruistic impulse or response on another person's situation. We try to show that such an attitude is not a sound one, because empathy is morally neutral.

Methods: Literature review was conducted in field research by ethnologists about the functional roles that empathy plays in different cultural, religious, and ethnical groups and societies; and conceptual analysis of basic concepts “empathy”, “sympathy”, “compassion”.

Results: Our analysis shows that empathy is not a virtue in itself and even more, some results demonstrate how can empathy develop and foster undesirable traits and practices in every day's situations.

Discussion and conclusion: Empathy, which is important part of nursing curriculum, can be learned and therefore it should be thought and trained. It usually enables people to build bridges among themselves, but we must remember that one person's bridge is another person's boundary. Therefore, it makes sense to connect the teaching of empathy with compassion, to avoid the potential negative traits that empathy could provide in process of caring.

Keywords: nurses, affective domain, bias attitudes, compassion.

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Zadovoljen pacient s kakovostno obravnavo v zdravstveni negi

SANDRA MARTINUČ, REBEKA LEKŠE

Uvod: Kakovost v zdravstveni negi se ocenjuje na podlagi zadovoljstva pacientov, ki so obravnavani v zdravstveni ustanovi. Obravnava v zdravstvu zajema postopke in odnose uporabnikov (pacienta) in izvajalca zdravstvene nege, da se varnost pacienta, ugled družbene odgovornosti in sodelovanje zaposlenih izboljša. Na podlagi pregleda literature bo namen identificirati ključne dejavnike, ki so povezani s kakovostno obravnavo pacientov v zdravstveni negi in imajo vpliv na njihovo zadovoljstvo. Rezultati lahko prispevajo k boljšemu razumevanju, kako izboljšati kakovost zdravstvene nege in povečati zadovoljstvo pacientov, kar lahko vodi k boljšim zdravstvenim izidom.

Metode: Opravljen je bil pregled strokovne in znanstvene literature ki je bila objavljena v obdobju od 2017 do 2023. Vključene so bile naslednje podatkovne baze: CINAHL, Science Direct, Scopus, PubMed in Cochrane Library. Za prikaz poteka pregleda smo uporabili diagram PRISMA. Ključne besede, ki smo jih uporabili pri iskanju so bile: kakovost obravnave, zadovoljstvo pacientov, odnos do pacientov.

Rezultati: V končno analizo smo vključili 10 člankov. Od tega je bilo 7 kvalitativnih raziskav in 3 kvantitativne raziskave. Rezultate smo tematsko analizirali in dobili 5 kategorij: izvajalec zdravstvenih storitev, kvaliteta zdravstvene obravnave, zadovoljstvo pacientov, zdravstvene storitve, priložnosti za izboljšavo.

Diskusija in zaključek: Med obravnavo pacienta v zdravstveni ustanovi so pomembni prostor in oprema, organizacija dela, komunikacija, odnos do pacientov, sodelovanje zaposlenih, varnost pacientov, izid obravnave, ugled in družbena odgovornost. Pomembno je pravočasno prepoznavanje tveganj in sporočanje informacij pooblaščenim zdravstvenim delavcem za kakovostno obravnavo pacientov.

Ključne besede: zdravstvena storitev, zadovoljstvo uporabnikov, celovita zdravstvena nega.

A Satisfied Patient with Quality Healthcare

Keywords: health service, user satisfaction, integrated care.

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Sick Leave in Healthcare Professionals in Slovenia

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Introduction: The incidence of sick leave is an important indicator of the health status of employees, especially for healthcare professionals who face high rates of absence due to illness, followed by care and injuries. We wanted to determine objective indicators of the health status of all healthcare professionals employed in Slovenia by analyzing the incidence of sick leave from 2015 to 2020.

Methods: In this retrospective observational study, we analyzed data on sick leave among all healthcare professionals employed in Slovenia from 2015 to 2020. We obtained the data from the National Institute of Public Health databases and conducted descriptive data analysis to observe trends.

Results: Sick leave incidence among health professionals increased in the period 2015-2020. After the normalization of the data, the results show the highest increase in sick leave among healthcare professionals among nursing assistants (42%), midwives (31%), and dentists (28%). Since the outbreak of the COVID-19 epidemic, there has been an increase in the incidence of sick leave among healthcare professionals, except for nurses, where the data show an 8% drop in absence due to illness between 2019 and 2020.

Discussion and Conclusion: Employees' health is the basis for their satisfaction and success at work and in life. The health of healthcare professionals is especially important, as they maintain and restore health during their work and in their free time with their family and the community. Our study findings are important for future research and for managers scheduling and assigning work to healthcare professionals.

Keywords: health professionals, occupational health, working absenteeism, Covid-19.

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Nursing Employees' Perspective on Their Professional Role and Competencies: A Cross-Sectional Study

REBEKA LEKŠE, SABINA LIČEN, MIRKO PROSEN

Introduction: Worldwide, the professionalisation of the nursing profession is influenced by the increasingly extensive development of knowledge and skills. However, despite this trend, nursing shortages, turnover, and absenteeism show a different picture. This study examined nurses' perceptions and characteristics of their professional roles, including advanced roles in pharmaceutical care, clinical reasoning, and evidence-based practice.

Methods: A cross-sectional study was conducted. Data were collected using a structured questionnaire developed by the NuPhaC consortium. The sample consisted of 224 nurse employees, 199 of whom were female. The mean age of the participants was 40.28 years ($s = 11.53$). They had worked in health care for an average of 17.55 years ($s = 12.24$). 151 (67.4 %) of the participants in the sample were registered nurses.

Results: The mean score of the four-point scale indicating autonomy in participation in pharmaceutical care showed that most work in pharmaceutical care was performed by nurses under supervision or shared responsibility ($\bar{x} = 2.84$; $p = 0.378$; 95% confidence interval [2.79, 2.89]). The results showed no statistically significant association ($p > 0.05$) between satisfaction with nurses' interprofessional collaboration, reasons for entering nursing, and level of education. The regression coefficients showed that neither respondents' age ($F(1,221) = 1.19$, $p = 0.277$, $R^2 = 0.005$) nor the length of service ($F(1,221) = 1.32$, $p = 0.252$, $R^2 = 0.006$) had a statistically significant effect on professional autonomy.

Discussion and Conclusion: Although the results show that professional autonomy in clinical practice faces many challenges and low professional self-esteem, participants still view nursing as an important profession.

Keywords: professional recognition, autonomy, decision-making, nurses, advanced nursing practice, pharmaceutical care.

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Perception of Unfinished Nursing Care by Slovak Nursing Students

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Introduction: Unfinished nursing care (UNC) is a highly prevalent phenomenon in acute care hospitals that affects the professional socialization of nursing students during their clinical practice. The study aimed to examine the occurrence and reasons for UNC from a nursing student's perspective in addition to factors associated with the perception of UNC.

Methods: The study has a cross-sectional observational study design. The sample included 424 nursing students from four Slovak universities. UNC was measured with a Slovak version of the Unfinished Nursing Care Survey tool (UNCS). Descriptive and inductive statistics were used for data analysis.

Results: The most frequent UNC activities were going to patients without being called, adequate supervision of delegated tasks, emotional or psychological support, assessing the effectiveness of the care provided, and spending time with patients and their caregivers. Lack of human resources and workflow unpredictability belong to the most significant reasons for UNC. Statistically significant differences in UNC occurrence were found in terms of the year of study and previous work experience in health care.

Discussion and conclusion: Findings were consistent with previous European studies reported among nurses. UNC should be openly recognized by nursing students during their clinical practice as a potential threat to patient safety and nursing care quality. Helping students critically assess the challenges they have encountered in relation to the phenomenon of UNC could help them maintain awareness of some of the priorities and in addressing the factors that undermine the fundamentals of nursing care.

Keywords: instrument, measurement, nursing education, clinical rotations.

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A Concept Analysis of Person-Centredness in Emergency Palliative Care

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SERGEJ KMETEC

Introduction: Person-centredness is essential to nursing practice and includes participation and adherence to the patient's beliefs, values and expectations, collaboration, empathy, collaborative decision-making, and holistic nursing care. This review aimed to analyse the concept of person-centredness and justify its meaning in emergency palliative care.

Methods: Literature was searched using databases including PubMed, Medline (EBSCO), ProQuest Dissertations & Theses Global, ScienceDirect and Web of Science with a predefined search strategy with no date limitation. Inclusion criteria were based on the research question and the English language. McKenna & Cutcliffe's strategy of concept analysis was used.

Results: Synthesised attributes were holistic approach; the patient as an individual; respect and equality; empowerment; therapeutic collaboration between nurse and patient; family relatives' involvement and nurse qualities; and their professional competencies. Antecedents were patient distress; health status changes; respecting the patient's wishes and decisions; and communication skills. The consequences of the concept were quality of life; psychological support and alleviation; trusting relationship; and reducing distressing symptoms. Multiple empirical indicators were identified.

Discussion and Conclusion: The concept is globally used in healthcare to improve nursing interventions, develop new skills, and enhance care quality. It applies to various nursing areas, including emergency palliative care, promoting holistic patient care and continuous care.

Keywords: person-centred care, holistic, emergency, quality of life, palliative care.

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Assessment of Internet Addiction and Its Association with Sleep Quality and Symptoms of Depression, Anxiety and Stress in Nursing Students of The Faculty of Medicine in Novi Sad

MARIJANA GAJIĆ, BOJANA PERIĆ – PRKOSOVAČKI

Introduction: Although Internet represents an advantageous studying and research resource, excessive and problematic use can disrupt students' concentration, sleep patterns, and impact their emotional well-being. Our study aimed to evaluate the association between internet addiction and sleep quality, symptoms of depression, anxiety and stress in nursing students from Serbia.

Methods: The study included 45 participants, first and senior year undergraduate nursing students from the Faculty of Medicine in Novi Sad. The participants completed an online questionnaire, which consisted of Young's Internet Addiction Test, Pittsburgh's Sleep Quality Index, and Depression Anxiety Stress Scale. The correlation between variables was assessed through Pearson's correlation coefficient, while any statistical disparities were identified through One-way ANOVA analysis.

Results: The mean score of The Internet Addiction Test (19.8, $SD \pm 12.1$), suggests the absence of Internet addiction among students, with a prevalence of 17.7%. Positive correlations were found between internet addiction and poor sleep quality, as well as symptoms of depression, anxiety, and stress. In comparison to senior year, first year students exhibited more significant depression symptoms and internet addiction scores. Students who live with their families are presented with poorer sleep quality and higher stress score. Longer duration of online activity was associated with higher levels of internet addiction, depression symptoms, anxiety, and stress. All three instruments showed good internal consistency ($\alpha = 0.6-0.9$).

Conclusion: Students didn't exhibit significant levels of internet addiction, yet they struggled balancing its usage with good sleep quality and experienced symptoms of depression, anxiety, and stress. The study highlights the need for larger and more comprehensive research in this area.

Keywords: nurses, medical faculty, mental health, IAT.

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Prevalenca krhkosti v domu za starejše občane v Obalno-Kraški regiji

JASMINA IRENA BARAĆ, DAVID RAVNIK, ESTER BENKO

Uvod: Za oceno krhkosti obstajajo številna orodja. Prevalenca krhkosti med starejšimi odraslimi se zelo razlikuje glede na to, katero presejalno orodje za oceno krhkosti se uporabi.

Namen raziskave je bil raziskati prevalenco krhkosti in predkrhkosti z uporabo Edmontonove lestvice krhkosti med uporabniki doma starejših občanov, ter ugotoviti uporabnost presejalnega orodja med uporabniki doma starejših občanov.

Metode: Uporabljena je bila kvantitativna raziskovalna metoda. V raziskavo je bilo vključenih 86 (43 %) uporabnikov doma starejših občanov starih od 62 do 99 let, izločeni so bili nepomični in dementni uporabniki. Raziskava je potekala v mesecu aprilu 2020. Način zbiranja podatkov je bil vodeni intervju in meritve. Podatki so bili obdelani s pomočjo deskriptivne univariantne statistike. Analiza raziskave je bila opravljena s pomočjo statističnega programa SPSS 23 in Microsoft Excel.

Rezultati: Na podlagi rezultatov so bili udeleženci raziskave razvrščeni v pet stopenj: 2,3 % udeležencev ni krhkih; ranljivih je 10,5 % udeležencev; 22,1 % udeležencev je blago krhkih; zmerno krhkih je 27,9 % udeležencev in 37,2 % udeležencev raziskave je hudo krhkih. Z upoštevanjem vseh treh stopenj krhkosti, je krhkih 87,2 % udeležencev.

Diskusija in zaključek: V primerjavi rezultatov naše raziskave z raziskavami izvedenimi v tujini, pri katerih so bila uporabljena različna orodja za oceno krhkosti ugotovimo, da je prevalenca krhkosti v naši raziskavi višja. Menimo, da je Edmontonov presejalni test krhkosti uporaben za presejanje krhkosti vendar je bilo ugotovljeno, da obstaja nekaj pomanjkljivosti.

Ključne besede: ocena krhkosti, Edmontonova lestvica krhkosti, dom za starejše občane, starejši odrasli.

Prevalence of Frailty in a Nursing Home in the Coastal-Karst Region

Keywords: Frailty assessment; Edmonton Frail Scale; nursing home; older adults

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A Study of Irish Nurses and Caregivers During the First World War

JULIE CROWLEY

Introduction: The First World War had a long-lasting impact on military nurses, caregivers, and the veterans whom they treated. The purpose of this study is to examine the role of Irish nurses and caregivers who were involved in casualty care during the war.

Method: The study takes a qualitative approach to primary and secondary sources related to Voluntary Aid Detachments, Queen Alexandra's Royal Army Nursing Corps, and war hospitals in Ireland. Archives from the Royal College of Physicians of Ireland, the Bureau of Military History, and the Royal Dublin Fusiliers Association have been subjected to document analysis. Case studies of Voluntary Aid Detachment members who served in Ireland, Britain, and France will be discussed.

Results: Irish medics enlisted with the Army Medical Service, encouraged by the Irish Medical War Committee. The British Red Cross Society and St John's Ambulance Association formed the Joint War Organisation, which oversaw the recruitment and training of Voluntary Aid Detachments. First-hand accounts provide insight into their experiences on the Western Front.

The development of artillery and weaponry led to unprecedented casualties. Ireland's military hospitals expanded to accommodate injured and mentally ill veterans. Experimental treatments took place in Irish hospitals to treat shell shock, and doctors pioneered surgical techniques to repair facial damage caused by shells and artillery.

Discussion and Conclusion: Irish nurses and caregivers played an important role during and after the First World War on the Western Front and in military hospitals. Voluntary Aid Detachment members augmented the professional work of military nurses.

Keywords: history of medicine, first world war, great war, modern Irish history, voluntary aid detachments, Irish war hospitals.

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Ukrepi za preprečevanje okužb žilnih katetrov pri novorojenčkih

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Uvod (Introduction): Žilni pristopi so pri sodobnem zdravljenju novorojenčkov nepogrešljivi, vendar predstavljajo vstopno pot za mikroorganizme. Novorojenčki predstavljajo ranljivo starostno skupino in so bolj dovzetni za pojav okužbe. Te lahko preprečimo ali omejimo z upoštevanjem preventivnih ukrepov. Upoštevanje teh ukrepov pozitivno vpliva na nadaljnje stanje novorojenčka. Namen raziskave je opisati ukrepe, s katerimi preprečujemo okužbe žilnih katetrov pri novorojenčkih.

Metode (Methods): Uporabljen je bil sistematični pristop dela z metodo pregleda, analize in sinteze znanstvene literature, deskriptivna metoda in metoda kompilacije. Literatura je bila pridobljena iz mednarodnih podatkovnih baz PubMed, Cinahl in MEDLINE ter Google Scholar na podlagi iskalne strategije. Analiza identificiranih raziskav je bila prikazana v obliki evalvacijske tabele. Pri sintezi vključenih raziskav je bila uporabljena metoda tematske analize.

Rezultati (Results): Na osnovi celostnega pregleda zadetkov ($n = 136$) je bilo osem zadetkov vključenih v analizo. Rezultati pregleda literature so pokazali, da upoštevanje preventivnih ukrepov pomembno vpliva na zmanjšano število potrjenih okužb in tudi na poznejše zdravstveno stanje novorojenčka v smislu podaljšane ležalne dobe, povečane morbidnosti, povečane možnosti za poznejše zaplete in smrti.

Razprava in zaključek (Discussion and Conclusion): V raziskavi je bilo ugotovljeno, da upoštevanje preventivnih ukrepov ugodno vpliva na zdravstveno stanje novorojenčka. Najpomembnejši ukrep je ustrezna higiena rok. Ostali ukrepi zajemajo pravilno uporabo osebne varovalne opreme, aseptično tehniko, pravilno rokovanje z žilnim katetrom, kamor spadajo redni prevezi, menjava infuzijskih cevi, kontinuirano opazovanje katetra in odstranitev le-tega, ko ni več potreben. Pomemben vpliv ima tudi edukacija zaposlenih o

preventivnih ukrepih za preprečevanje okužb žilnih katetrov. Potrebne so še nadaljne raziskave, saj lahko vsaka okužba pri novorojenčku spremeni izid zdravljenja.

Ključne besede: okužbe, žilni katetri, preventivni ukrepi, otroci.

Measures to Prevent Vascular Catheter Infections in Neonates

Keywords: infections, vascular catheter, preventive measures, children.

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Odnos izvajalcev zdravstvene nege v Pomurju do vseživljenjskega izobraževanja

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Uvod: Vseživljenjsko izobraževanje izvajalcev zdravstvene nege pripomore k zagotavljanju varne in kakovostne zdravstvene obravnave. Namen raziskave je bil proučiti odnos izvajalcev zdravstvene nege v Pomurju do vseživljenjskega izobraževanja. Prepoznati smo želeli ključne motivacijske dejavnike in ovire pri njihovem formalnem in neformalnem izobraževanju, kot tudi pri izobraževanju na daljavo.

Metode: Izvedena je bila presečna epidemiološka raziskava, v kateri je sodelovalo 528 izvajalcev zdravstvene nege iz štirih zdravstvenih domov in splošne bolnišnice v Pomurju. Uporabili smo vprašalnik Odnos izvajalcev zdravstvene nege do vseživljenjskega izobraževanja (4 tematski sklopi, 36 vprašanj). Rezultate smo analizirali s Spearmanovim rang korelacijskim koeficientom, hi-kvadrat testom ter z Mann-Whitneyevim rang testom.

Rezultati: V obdobju raziskovanja se je ob delu izobraževalo 13,45 % anketirancev. Kot ključne ovire za nadaljevanje formalnega izobraževanja so anketiranci navedli osebne (23,8 %) in finančne (11,5 %) razloge ter prezaposlenost na delovnem mestu (11,8%). Med motivacijskimi dejavniki je prednjačila želja po višji stopnji izobrazbe (20,2 %). 73,5 % anketiranih je navedlo, da bi možnost formalnega izobraževanja v zdravstveni negi v Pomurju na reden način vplivala na njihovo odločitev, da bi svoje formalno izobraževanje bistveno raje nadaljevali. Anketiranci so se pogosto udeleževali neformalnih izobraževanj (78,6 %). Pri izobraževanju na daljavo so poudarili pomanjkljivo pridobivanje praktičnega znanja (79,5 %).

Diskusija in zaključek: Dejavniki, ki poslabšujejo odnos izvajalcev zdravstvene nege v Pomurju do vseživljenjskega izobraževanja, so preobremenjenost, pomanjkanje časa in kadra v zdravstveni negi. V prihodnje bi bilo potrebno povečati možnosti in oblikovati

strokovna izhodišča za vseživljenjsko izobraževanje pomurskih izvajalcev zdravstvene nege.

Ključne besede: formalno učenje, neformalno učenje, izobrazba, zdravstvena nega, pomurska regija.

Attitude of Nursing Care Providers in Pomurje to Lifelong Education

Keywords: formal education, non-formal education, education, nursing care, Pomurje region.

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Caritas Processes: A Concept Analysis

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Introduction: Embracing the Caritas Processes based on Jean Watson's Theory of Human Caring can serve as a guideline to act with compassion and empathy toward others. However, a clear understanding of the concept, its significance, and how it can be applied in clinical practice is crucial for nurses in providing holistic care. Therefore, the aim was to analyze the concept of Caritas Processes.

Methods: McKenna and Cutcliffe's approach to concept analysis was used. Literature was searched in PubMed, CINAHL (EBSCO), MEDLINE, ScienceDirect, Web of Science, and SAGE. Quantitative, qualitative, and mixed methods studies, with books and book chapters focusing on Caritas published in English and Croatian languages, were included in the analysis.

Results: 30 sources were included in the analysis. The defining attributes include embrace, inspire, trust, nurture, forgive, deepen, balance, co-creation, minister, and open. The antecedent of Caritas Processes was the caring moment and emphatic connection. The concept's consequences were upgrading the nurse-patient relationship, healing, and reconstitution. Applying the ten Caritas Processes strengthens an empathic and trustworthy relationship with the patient.

Discussion and conclusion: Caritas Processes promotes healing, morality, and completeness to aid in the growth of humankind and engages in trustworthy human loving interactions between the nurse-patient family and healthcare team. It enables nurses to support patients' well-being, including their physical, emotional, and spiritual health. The concept of Caritas Processes can be used for future research to create guidelines and interventions for improving nursing practice.

Keywords: nursing, Jean Watson, theory of human caring.

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Polish Women's Experiences of Domestic Violence and Abuse in the United Kingdom: the Role of the Nursing Profession

ROS KANE, IWONA ZIELINSKA, SUNDARI ANITHA, MICHAEL RASELL

Introduction: This study investigated experiences of domestic violence and abuse, and service responses by Polish women living in the UK. It sought to understand why domestic abuse services receive few referrals from Polish women despite the Polish community constituting the second largest foreign-born group in the UK and to examine their health seeking-behaviours and experience of services.

Methods: We conducted 28 life history interviews with Polish survivors of domestic violence and 18 semi-structured interviews with practitioners from domestic abuse, statutory and voluntary services across the UK.

Results:

Women had to contend with multiple forms of abuse, with coercive and controlling behaviour being most common, but always accompanied by other forms (physical, psychological, economic, sexual). Women's understandings of abuse were shaped by their migration experience (personal identity, social isolation, practical concerns) along with discourses in Poland around the family and alcohol. Recognising the abuse was a complex, gradual process that often required outside intervention from friends, family or services. This delayed their accessing services and reluctance to discuss their abuse when seeking healthcare for other reasons.

Discussion and conclusion: There is a need for practitioners to recognise how women's understanding and experiences of abuse are shaped by their background, migration history and settlement status. Women have a need for information and support to help navigate societal, legislative and practice landscapes related to domestic abuse. Health professionals have a need for specialised training to be able to recognise the signs of domestic abuse and signpost/refer victims to relevant services as appropriate.

Keywords: domestic violence, abuse, coercive control, migration, service responses, access to services.

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The Relationship and the Effect of Emotional Intelligence and Emotional Labour on Midwives' and Obstetricians' Decision-Making about Delivery Mode

BESARTA TAGANOVIQ, PAM SMITH, MATEJA LORBER, ILIR HOXHA

Introduction: This study explores the relationship between emotional intelligence, emotional labour, and decision-making regarding caesarean sections in Kosovo's maternal care. It aims to understand how emotional intelligence and emotional labour impact the decisions made by midwives and obstetricians in this context.

Method: This study used quantitative research and purposive sampling. It included 131 Bachelor's degree midwives, 22 Master's degree midwives, and 57 obstetricians (including 6 PhD holders). Data collection took place at the University Clinical Centre of Kosovo and seven regional hospitals.

Results and analyses: The bivariate correlation analysis revealed a significant and weak correlation between emotional labour and emotional intelligence ($r = 0.37$, $p < 0.001$). Furthermore, the linear regression analysis indicated that an increase of one point in emotional labour was associated with a decrease of 0.18 points in the decision-making scale, among other factors. Conversely, an additional point on the emotional intelligence scale led to an increase of 0.237 in decision-making at a 1% level of significance, holding other variables constant. Notably, this impact was observed specifically among female health professionals. Specifically, for every additional point on the emotional intelligence scale for male health professionals, decision-making decreased by 0.031 points on the scale.

Discussion and conclusion: Decision-making was negatively impacted by emotional labour but positively so by emotional intelligence. The study's limitations include its narrow scope. The conclusions point to the necessity of measures that reduce the negative

effects of emotional labor and to foster emotional intelligence abilities in healthcare practice.,

Keywords: emotions, decisions, health care professionals.

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Zdrava izbira na prodajnih avtomatih v zdravstvenih in socialno varstvenih ustanovah ter na fakultetah – pregled projektov

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Uvod: Fakulteta za zdravstvene vede Univerza v Mariboru je v preteklih letih sodelovala v programih Ministrstva za zdravje RS na področju prehrane in telesne dejavnosti za zdravje. V sodelovanju s partnerji je bila naslovljena problematika nezdravih prehranskih izbir v prodajnih avtomatih v zdravstvenih in socialno varstvenih ustanovah ter na fakultetah.

Metode: Izdelki v prodajnih avtomatih so bili popisani, kategorizirani glede na prehranske vrednosti živil, dodeljen jim je bil kazalnik kakovosti. Pripravljena so bila Priporočila za polnjenje prodajnih avtomatov in v sodelovanju s ponudniki prodajnih avtomatov nameščeni ter preizkušeni pilotni prodajni avtomati. Izvedeno je bilo anketiranje kupcev. V bodoče se bo delalo na razvoju izdelkov za prodajo v avtomatih in nadaljevalo vzpostavljanje dialoga z odločevalci na fakultetah ter v zdravstvenih in socialno varstvenih ustanovah.

Rezultati: Prodajni avtomati so večinoma napolnjeni z izdelki z nizko hranilno in visoko energijsko vrednostjo, medtem ko se zdrava izbira pojavlja v zelo majhnem deležu. Z uvedbo pilotnih prodajnih avtomatov z bolj zdravo izbiro se je prodaja tovrstnih izdelkov povečala, prav tako so bili potrošniki pripravljene kupiti bolj zdrave izbire. Kljub temu je celotna prodaja nekoliko upadla, kar kaže, da je izobraževanje ciljnih skupin o pomenu zdrave izbire nujno.

Diskusija in zaključek: Z aktivnostmi v projektih se želi povečati ponudba in dostopnost prehransko ustrežnejših živil. Potekajo aktivnosti za spreminjanje prehranskega okolja z informiranjem splošne in ciljne javnosti o pomenu zdrave in uravnotežene izbire.

Implementacija priporočil v razpisne pogoje za izbiro ponudnika avtomatov lahko pripomore k zmanjševanju problema debelosti in k izboljšanju prehranskih navad vseh starostnih skupin.

Ključne besede: zdrava prehrana, prodajni avtomati, zdravstvene in socialno varstvene ustanove, fakultete.

Healthy Choices on Vending Machines in Health and Social Care Institutions and Faculties - Projects Review

Keywords: healthy food, vending machines, health and social welfare institutions, faculties.

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Predictors of Health-Related Quality of Life in Patients with Excellent 3-month Functional Outcome after Ischemic Stroke

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Introduction: Identification of factors influencing health-related quality of life (HRQoL) after ischemic stroke (IS) might help healthcare professionals better understand to the patients' specific needs in long-term post-stroke care. Only a few studies evaluated predictors of HRQoL in stroke survivors with good functional outcome. The aim of the study was to examine factors contributing to the stroke specific HRQoL in the patients with excellent 3-month functional outcome after IS.

Methods: The Wilson and Cleary conceptual model of HRQoL and its adaptation in stroke survivors was the conceptual framework for the study. Data from IS patients with excellent 3-month functional outcome enrolled in the prospective FRAILTY study was analyzed. Stroke-specific HRQoL after IS was measured by the Stroke Impact Scale (SIS) 3.0. The residual neurological deficit was assessed using the National Institute of Health Stroke Scale (NIHSS). Modified Rankin Scale (mRS) and Barthel Index (BI) were used for the assessment of functional status. The Hospital Anxiety and Depression Scale (HADS) was used to measure post-stroke anxiety and depression. Data was analysed using multiple linear regression analyses.

Results: In total, 158 patients (55.7% men, mean age 60.3 ± 13.4 years) were analysed and 72.2% of them had score 0 in NIHSS and mRS. The composite physical domain score from the SIS 3.0, the outcome 'Emotions', 'Memory' and 'Social participation' was predicted by the NIHSS score, post-stroke depression and anxiety.

Discussion and conclusions: Residual neurological deficit, post-stroke depression and anxiety affected the HRQoL domains despite overall good 3-month functional outcome after IS.

Keywords: functional status, residual neurological deficit, Stroke Impact Scale 3.0, post-stroke anxiety, post-stroke depression.

Acknowledgment: This study was funded by the Ministry of Health, Czech Republic (grant AZV MZ CR number NU22-09-00021).

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Knowledge and Use of Probiotics, Prebiotics and Synbiotics

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Introduction: Numerous studies have confirmed the beneficial effects of probiotics, prebiotics and synbiotics on the health of the host. Despite their positive properties, knowledge of the latter varies among the general population. The aim of this study was to investigate whether knowledge and use of probiotics, prebiotics and synbiotics differ according to the age of the respondents.

Methods: The study was based on a quantitative research methodology. Data were collected in 2021 using a translated survey questionnaire, which was made publicly available through the 1KA online survey and the Facebook social network. The data obtained were statistically edited and analysed (Microsoft Excel 2010, IBM SPSS Statistic 25.0). The tests used were Cramer's correlation coefficient, T-test, Chi-square test and binomial test.

Results: We found that knowledge and use of probiotics, prebiotics and synbiotics among Facebook users is high. The results showed that the age of the respondents does not influence their use. There was a significant difference in familiarity with the terms and effects of probiotics, prebiotics and synbiotics according to age ($p = 0.002$). On average, younger and middle-aged groups (18-45 years) were statistically significantly more familiar with the terms and meanings of the words “probiotic”, “prebiotic” and “synbiotic” than the older age groups (45+ years).

Discussion and conclusion: The survey shows that respondents would be more likely to use probiotics, prebiotics, and synbiotics if they were given enough information about their actions and their effects on health and the body.

Keywords: microorganism, nutrition, knowledge, population, food supplements, food.

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Attitudes Toward Salt Intake in The Diet Among Adults of Slovenia

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Introduction: Hypertension is a modifiable risk factor for cardiovascular disease and high dietary salt can raise blood pressure. Attitudes to dietary salt intake have an impact on the interventions in decreasing salt intake to the recommended level. Our objective was to assess the knowledge, attitude, and practice for dietary salt intake by adult population in Slovenia.

Methods: In 2022 we conducted a cross-sectional survey among a representative sample of Slovenian adults (n = 518) aged 25–64 years using a standardized questionnaire by interviewers. Variations were compared using the Chi-square tests.

Results: 91.0% (87.3-93.8) of the Slovenian adults believed that excessive salt consumption leads to health problems. 61.8% (55.5%-67.8%; $p < 0.05$) women compared to 46.7% (39.8%-53.8%) of men did not add salt at the table. 61.7% (56.9%-66.3%) perceived that they are taking right amount of salt. 60.5% (52.6%-69.0%) of the Slovenian adults considered that lowering salt in diet is important.

Discussion and Conclusion: The results of our study show that almost two thirds of the adult population of Slovenia know the main risk factors of excessive salt intake in the diet. According to previous epidemiological studies, which show excessive intake in most adults in Slovenia, it seems that they are not aware of the main routes of salt intake in their diet. It will be necessary to raise the level of knowledge among the adult population in Slovenia.

Keywords: salt intake, adults, Slovenia.

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Knowledge and Attitude of Students in Slovenia towards Organ Donation after Brain Death: Quantitative Research

ANET ROŽNIK, ANIKA BOŽIČ

Introduction: Knowledge is one of the factors that can influence an individual's attitude towards organ donation after brain death. The aim was to present the perception and knowledge about organ donation after brain death among the students in Slovenia.

Methods: A cross-sectional study was conducted on a convenience sample ($n = 180$). The adapted questionnaire "Slovensko javno mnenje 2017" with a total of 38 statements was used. Descriptive and inferential statistics were used.

Results: The results show a good basic knowledge ($\bar{x} = 6.26$, $s = 2.450$, $p < 0.001$) and a slightly negative perception ($\bar{x} = 85.06$, $s = 9.134$, $p < 0.001$) of organ donation after brain death. Statistically significant differences ($p < 0.05$) can be observed in the basic knowledge of the discussed topic among surveyed students (health, care and social work compared to other educational fields). A statistically significant difference ($p < 0.05$) was also found in the perception of organ donation among students from different educational fields, and a positive, weak correlation was found between perception and knowledge of the topic.

Discussion and conclusion: Study showed good basic knowledge about organ donation after brain death among students in Slovenia. The results indicate a negative student perception towards mentioned topic. The role of nursing is to present the topic of organ donation after brain death to individuals, who are not daily in touch with transplantation medicine; experienced professionals should be included in educational process.

Keywords: perspective, understanding, young adult, transplant medicine, posthumous donation.

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Prevalenca negovalnih diagnoz pri hospitaliziranih otrocih z akutno okužbo dihal

MAJA KLANČNIK GRUDEN, ANDREJA MIHELIC ZAJEC

Uvod: Negovalne diagnoze v standardizirani obliki omogočajo jasno, konsistentno in natančno komunikacijo med zdravstvenimi delavci. Število in vrste negovalnih diagnoz na pacienta ki so postavljene ob sprejemu opisujejo obseg in kompleksnost zdravstvene nege. Vodenje negovalne dokumentacije, posebej v elektronski obliki, povečuje pacientovo varnost, zmanjšuje neželene dogodke v zdravstvu, povečuje učinkovitost in zmanjšuje stroške. Namen raziskave je prikazati število in vrste negovalnih diagnoz ob sprejemu otrok z akutno okužbo dihal v bolnišnico.

Metode: Uporabljena je bila retrospektivna opazovalna raziskava. Podatki so bili zbrani iz negovalne dokumentacije v dveh slovenskih bolnišnicah. V vzorec je bilo vključenih 210 negovalnih dokumentacij otrok hospitaliziranih v letih 2017 in 2018 starih od 1 do 10 let z akutno okužbo spodnjih dihal. Tri dokumentacije so bile naknadno izločene. Podatki so se zbirali od avgusta 2019 do avgusta 2020. Obdelava podatkov je bila izvedena s pomočjo programskega paketa SPSS št 28. Negovalne diagnoze s prevalenco 20 % ali več so bile obravnavane kot visoko-frekvenčne.

Rezultati: Skupaj je bilo na treh vključenih oddelkih v prvih 24. urah od sprejema postavljenih 1907 negovalnih diagnoz, kar predstavlja 78,19 % vseh postavljenih negovalnih diagnoz. Visoko-frekvenčnih negovalnih diagnoz je bilo 17. Povprečno je bilo na otroka postavljenih 9 negovalnih diagnoz. Test ANOVA razlike povprečij je glede postavitve negovalnih diagnoz v prvih 24-tih urah pokazal značilno razliko med oddelki ($F=12,76$; $p<0,001$).

Diskusija in zaključek: Povprečno število negovalnih diagnoz na otroka je v primerjavi s tujimi raziskavami večje, kar je delno možno razložiti z dejstvom, da so bili uporabljeni informacijski sistemi z omejenim naborom negovalnih diagnoz. Med visoko-frekvenčne negovalne diagnoze so se v naši raziskavi uvrstile tudi: Nevarnost padcev, Nevarnost

infekcije, Dihalne poti, neučinkovito čiščenje, Hipertermija, kar je primerljivo s tujimi raziskavami. Uporaba elektronskega zdravstvenega zapisa vpliva na večje število postavljenih negovalnih diagnoz v primerjavi z dokumentacijo vodeno v papirnati obliki.

Ključne besede: zdravstvena nega, standardizirani jezik, negovalne diagnoze po Marjory Gordon, negovalna dokumentacija.

Prevalence of Nursing Diagnoses for Children with Acute Respiratory Infection in Acute Care Setting

Keywords: nursing; standardized language; Marjory Gordon nursing diagnoses; nursing documentation

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Pomen družinske terapije pri mladostnikih z anoreksijo nervozo

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Uvod: Anoreksija nervoza je motnja hranjenja, pri kateri je hitra prepoznavna in načrtovanje nadaljnjih intervencij ključnega pomena za uspešno zdravljenje. Namen raziskave je ugotoviti učinkovitost vključenosti družine na napredek mladostnika z anoreksijo nervozo pri zdravljenju le-te.

Metode: Uporabljena je bila deskriptivna metoda dela. Izveden je bil pregled, analiza ter sinteza znanstvene literature. Literatura je bila iskana v podatkovnih bazah PubMed in CINAHL, dodatno je bil pregledan tudi Google Scholar na podlagi iskalne strategije in vključitvenih kriterijev. Analiza identificiranih raziskav je prikazana v obliki evalvacijske tabele.

Rezultati: V končno analizo je bilo vključenih šest raziskav. Rezultati pregleda literature so pokazali, da družinska terapija pozitivno vpliva na hitrejše napredovanje okrevanja, pridobivanje telesne teže, zviševanje indeksa telesne mase, krajši čas hospitalizacije in ponovne vzpostavitve menstruacije pri mladostnikih z anoreksijo nervozo. Prav tako so mladostniki z anoreksijo nervozo v okviru družinske terapije bolj motivirani za hitrejše okrevanje.

Diskusija in zaključek: Ugotovljeno je, da družinska terapija ugodno vpliva na proces zdravljenja mladostnikov z anoreksijo nervozo. Le-ti hitreje napredujejo pri okrevanju ter so bolj pozitivno naravnani glede lastnega zdravstvenega stanja. Večja vključitev družinskih članov prav tako lahko privede do krajših ležalnih dob v bolnišnicah zaradi anoreksije nervoze, saj bi lahko mladostniki v domačem okolju dosegali ustrezno raven pomoči s strani staršev in družinskih članov. Družinska terapija je pomemben korak obvladovanja in zdravljenja anoreksije nervoze ter psiholoških sprememb posameznika v družinskem okolju. V okviru družinske terapije imajo medicinske sestre pomembne naloge kot so podpora, spremljanje, nadzor in zdravstveno-vzgojno svetovanje.

Ključne besede: motnja hranjenja, adolescent, zdravljenje v okviru družine.

The Importance of Family Therapy in Adolescents with Anorexia Nervosa

Keywords: eating disorder, adolescent, family-based treatment.

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Vpliv pandemije Covid-19 na duševno zdravje splošne populacije: pregled literature

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Uvod: Pandemija COVID-19 je imela škodljiv učinek na javno zdravje in pustila številne posledice v splošni populaciji, predvsem v duševnem zdravju. Namen raziskave je ugotoviti vpliv pandemije COVID-19 na duševno zdravje splošne populacije.

Metode: Izveden je bil sistematičen pregled literature. Relevantno literaturo smo iskali v mednarodnih podatkovnih bazah PubMed in CINAHL (EBSCO) s pomočjo naslednjih ključnih besed: koronavirus; SARS-CoV-2; mentalno zdravje; prebivalstvo; duševne motnje. Pri iskanju literature smo zastavili vključitvene in izključitvene kriterije. Vključili smo polno dostopne članke v slovenskem ali angleškem jeziku, objavljene od leta 2020. Izvedba pregleda literature je bila prikazana v PRISMA diagramu.

Rezultati: Izmed 567 zadetkov je bilo v končno analizo vključenih 16 člankov. Ugotavljamo, da je pri splošni populaciji bil prisoten porast duševnih motenj. Negativnim spremembam v duševnem zdravju so bile podvržene predvsem ženske, mlajša populacija, študenti ter posamezniki z visoko izobrazbo. Prav tako se je povežala količina rabe psihoaktivnih substanc in stopnja samomorilnosti pri moškem spolu. Številni avtorji navajajo negativen vpliv medijev na duševno zdravje splošne populacije.

Diskusija in zaključek: Izhajajoč iz pregleda literature ugotavljamo, da bi dodatne raziskave na področju vpliva pandemije COVID-19 na duševno zdravje splošne populacije bilo smiselno izvesti zaradi oblikovanja na dokazih utemeljenih ukrepov, ki bi povečali dostopnost do strokovne pomoči ter vpeljave preventivnih programov na vseh treh ravneh zdravstvenega varstva, pri čemer bi se lahko naslovilo na oblikovanje ustreznih strategij na področju duševnega zdravja.

Ključne besede: koronavirus, SARS-COV-2, mentalno zdravje, prebivalstvo, duševne motnje.

Mental Health of the General Population During the Covid-19 Pandemic: Literature Review

Keywords: coronavirus, SARS-CoV-2, mental health, population; mental disorders.

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Sexual Health and Wellbeing in Rural and Coastal Populations: Developing a Programme of Research

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Introduction: Sexual health and wellbeing are important aspects of quality of life across the lifespan yet positive outcomes across populations and geographical regions vary, and as such sexual wellbeing provides an important indicator of public health equity. An ongoing collaborative research programme is exploring sexuality and health determinants in a coastal resort in rural Lincolnshire, England, an area disproportionately experiencing poor health outcomes and social deprivation.

Methods: We are using a biopsychosocial framework to develop a portfolio of sexual health and wellbeing research within this rural and coastal setting to allow for a broad and comprehensive equity-led analysis. Methods include broad scoping of literature to identify health care disparities and describe wider determinants of health aligned to sexuality. We are applying an equity-based approach to expanding capacity and skills for evidence-based research across the University and enhancing knowledge exchange through community-peer partnerships.

Results: Identifying social and biological determinants of sexual health disparities within marginalised or remote communities supports the development of contextualised interventions, responsive and culturally adapted training and education as well as improving equitable access to sexual health services.

Discussion and conclusion: Health equity and health equality are approaches influencing sexual health and wellbeing in rural and coastal populations but determining an appropriate research programme to understand contextualised issues requires a

complex systems framework to understand niche health challenges across geographies and communities. Findings from this research programme have the potential to remove disparities in population health and wellbeing and prevent disproportionate sexual inequalities in rural and coastal populations.

Keywords: Sexuality; capacity building; biopsychosocial framework; coastal resort; healthcare services; health inequalities.

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Izobraževanje zdravstvenih delavcev o uporabi konoplje in kanabinoidov v zdravstvene namene: pregled literature

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Uvod: Konoplja in kanabinoidi, med katerimi sta najbolj izpostavljena kanabidiol in delta-9-tetrahidrokanabinol, se čedalje bolj uporabljajo v zdravstvene namene, tako po svetu kot tudi pri nas. Glede na to se vsi zdravstveni delavci, ne glede na strokovno področje, lahko srečamo z bolniki, ki jih uporabljajo. Namen pregleda je raziskati znanje in odnos bodočih ali trenutnih zdravnikov, medicinskih sester in ostalih zdravstvenih delavcev do uporabe konoplje in kanabinoidov v zdravstvene namene.

Metode: Izveden je bil pregled literature po smernicah PRISMA v podatkovnih bazah PubMed, Proquest in Scopus, spletnem iskalniku Google Učenjak in bibliografskem sistemu COBISS. Iskalna strategija je temeljila na vključitvenih kriterijih: dostopnost v e-obliki ali PDF obliki, slovenski ali angleški jezik, obdobje objave (2013–2023) in vsebinska ustreznost. Uporabljena je bila metoda tematske analize.

Rezultati: Ustreznih je bilo 13 virov. Identificiranih je bilo 23 kod, združenih v tri teme: odnos, znanje in izkušnje. Rezultati so pokazali, da zdravstveni delavci povsod po svetu večinoma podpirajo legalizacijo medicinske konoplje in zaznavajo pomanjkanje znanja, zato si želijo več formalnega izobraževanja in kliničnih smernic o uporabi konoplje in kanabinoidov v zdravstvene namene.

Diskusija in zaključek: Ugotovitve kažejo, da je izobraževanje zdravstvenih delavcev o konoplji ključnega pomena, saj lahko samo tako ustrezno svetujejo bolnikom in jim pomagajo z doziranjem. Ker je pri nas zdravstvena uporaba konoplje in kanabinoidov še relativno nova praksa, predlagamo, da se to tematiko čim prej vključi v študijski kurikulum zdravstvenih in medicinskih fakultet po Sloveniji.

Ključne besede: medicinska konoplja, znanje, odnos, prepričanje, medicinske sestre, zdravniki.

Educating Healthcare Professionals on the Medical Use of Cannabis and Cannabinoids: A Literature Review

Keywords: medical cannabis, knowledge, attitude, belief, nurses, doctors.

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The Human Professional: Complexity and Patient-Professional Relationships in Cancer Clinical Trial Delivery

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Introduction: Clinical research is critical to healthcare advancement, enabling patients to benefit from treatment advances, yet cancer trial delivery faces augmenting challenges due to increasingly complex studies, extensive follow-up and intensive protocols. The complexity of humans central to healthcare systems, exposures to advancing clinical practice and patient-professional inter-relations are understudied fields with limited strategies designed to address such phenomena from human perspectives.

Methods: In-depth interviews were conducted with National Health Service cancer clinical trial professionals (n=40) and patients (n=16) in Scotland and England. Constructive Grounded Theory and visual modelling methods were adopted, including post interview memoing capturing immediacy of analytic thoughts, and line by line coding and gerunds representing participant voices.

Results: Qualitative interviews generated 15,000 open codes and 1,900 memos providing contextualised human professional and patient perspectives of trial participation. Findings highlighted the need for sustainable, human-centred clinical trial designs, supporting future capacity and capability across ranging trial centres and geographies. Coherent and meaningful patient-professional relationships emerged as central values supporting salutogenic models of care acknowledging complexity.

Discussion and conclusion: Clinical research is emergent and exploratory, its purpose to advance knowledge of biological responses to therapeutic agents or healthcare interventions. To understand complex interactions existing within healthcare environments, a sensitising conceptual lens is required: an operationalisation framework

which can provide a sense of coherence within challenging socio-medical contexts. Study findings provide contextualised perspectives enabling the design of inclusive and sustainable models of care, placing human-centred healthcare practice and education at the forefront.

Keywords: cancer clinical research; salutogenesis; human-centred practice

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Monitoring kovin v pitni vodi v Sloveniji v obdobju od 2018 do 2022

KAJA SMODIŠ, DARJA HOJNIK, VESNA VIHER HRŽENJAK, URŠKA ROZMAN, SONJA ŠOSTAR TURK

Uvod: Slaba tretjina svetovnega prebivalstva še vedno nima dostopa do varne in čiste pitne vode. Eden izmed vzrokov je onesnaženje pitne vode s kovinami. V Sloveniji se skladnost pitne vode z veljavno zakonodajo preverja preko treh oblik nadzora: z državnim monitoringom pitne vode, z notranjim nadzorom pitne vode in z inšpekcijskim nadzorom. Namen raziskave je bil določiti območja v Sloveniji, na katerih se pojavljajo povišane koncentracije kovin v pitni vodi, podati razloge za neskladnost pitne vode na teh območjih, ter opisati vplive neskladne pitne vode na zdravje uporabnikov.

Metode: V raziskavi smo uporabili podatke objavljene na spletni strani Monitoring pitne vode, zbrane v okviru državnega monitoringa pitne vode med leti 2018 in 2022, s strani Nacionalnega laboratorij za zdravje, okolje in hrano. Podatke smo analizirali z uporabo deskriptivne statistike, pri čemer smo izpostavili presežene mejne vrednosti koncentracij kovin v pitni vodi.

Rezultati: Preseganje mejnih vrednosti za posamezno kovino ugotovljeno pri 20 vzorcih pitne vode in sicer pri manganu, železu, aluminiju, niklju ter svincu v Pomurski, Savinjski, Gorenjski, Podravske, Koroški, Jugovzhodni in Osrednjeslovenski regiji.

Diskusija in zaključek: Povišane koncentracije kovin se na teh območjih lahko pojavljajo v pitni vodi zaradi naravne prisotnosti le-teh v zemlji, lahko pa se pojavijo kot posledica neustreznih materialov v stiku z vodo oziroma nestrokovno izvedenih instalacij, zaradi katerih prihaja do korozije kovinskih delov. Pitna voda, ki vsebuje kovine v koncentracijah, ki presegajo mejne vrednosti, lahko povzroča motnje delovanja srca in ožilja, nevrološka in psihološka obolenja, okvare živčnega sistema, poškodbe celične presnove ter okvare imunskega sistema.

Ključne besede: monitoring, pitna voda, kovine, kakovost vode, zdravstveno tveganje.

Monitoring of Metals in Drinking Water in Slovenia in the Period from 2018 to 2022

Keywords: monitoring, drinking water, metals, water quality, health risk.

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Perspectives of a Male Postgraduate Nursing Student on a Career in Clinical Nursing

QI ZHOU, YUEXIAN TAO

Introduction: Domestic clinical career development programs based on female nursing graduate students do not adequately reflect the needs of male nursing graduate students' career development, while foreign studies of different social nature, socioeconomic conditions, and cultural backgrounds likewise do not substitute for male nursing graduate students' needs. Therefore, this study explores public perceptions and attitudes toward the career development of male nursing graduate students to provide a basis for clinical policy development regarding the career development of male nursing students.

Methods: This study is a qualitative study based on AI analysis. We collected 5962 comments about clinical career development for male nursing postgraduates in the Zhihu Q&A community through the web crawler before September 10, 2022. We use the Bayesian and Boson sentiment algorithms to identify public sentiment attitudes, and then apply the Latent Dirichlet Allocation thematic clustering algorithm to analyze the public's views. All algorithms are already widely used in the medical field.

Results: The sentiment analysis and the LDA thematic clustering revealed that the main strengths of male postgraduate nursing students were reflected in the relative ease of employment, the importance of the work they were involved in, and the opportunities to participate in management. The main disadvantages are reflected in the busyness of clinical care, poor career prospects, and the tendency to flee the clinic.

Discussion and conclusion: At the policy-making level, relevant career stratification policies should be improved to encourage male nurses to contribute better to the nursing profession. At the hospital management level, nursing managers should actively train male graduate nursing students for professional fields and management positions and encourage more male students to enter the nursing profession.

Keywords: nursing students, male nurses, clinical nursing, cluster analysis, sentiment analysis, nursing education.

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Opis, analiza in vrednotenje Teorije skrbi Jean Watson

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Uvod: Teorija skrbi Jean Watson poudarja skrb za človeka, osredotoča se na skrben medoseben odnos in ustvarjanje zdravilnega okolja. Namen prispevka je opisati, analizirati in vrednotiti izbrano teorijo.

Metode: Uporabili smo deskriptivno metodo dela s pregledom znanstvene in strokovne literature po mednarodnih podatkovnih bazah PubMed, CINAHL (EBSCO), MEDLINE (EBSCO), Web of Science in ScienceDirect (Elsevier). Vključili smo literaturo v angleščini, objavljeno do novembra 2022, ki se je nanašala na teorijo. Za opis, analizo in vrednotenje teorije smo uporabili model avtorice Pajnkihar.

Rezultati: Teorija je retroduktivnega izvora in jo uvrščamo med velike teorije. Na razvoj teorije so vplivali številni teoretiki in filozofi. Opredeljeni so trije od štirih konceptov metaparadigme, ker je okolje opredeljeno v karitativnih procesih. Osnovni koncepti teorije so karitas procesi, transpersonalni skrbni odnos, trenutek skrbi in skrbna zavest. Predpostavke so jasno navedene. Izkazuje pomembnost za klinično prakso in pomen za disciplino ter profesijo zdravstvene nege. Teorijo je možno testirati, empirični kazalniki so razviti za merjenje karitas procesov. Uporabljena je v različnih kulturnih okoljih in področjih zdravstvene nege v praksi, izobraževanju, raziskovanju in vodenju.

Diskusija in zaključek: Teorija se osredotoča na skrben odnos med medicinsko sestro in pacientom ter spodbuja skrbna ravnanja, kar vodi do kakovostne, varne in učinkovite oskrbe pacientov. Njena prednost je, da je skrb univerzalna, hkrati pa zagotavlja holističen in skrben pristop. Omejitev predstavlja težje razumevanje teorije v okoljih, kjer ni bila testirana in implementirana v izobraževanje in prakso zdravstvene nege.

Ključne besede: teorija, Jean Watson, skrb.

Description, Analysis, and Evaluation of Jean Watson's Theory of Human Caring

Keywords: theory, Jean Watson, caring.

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Opis, analiza in vrednotenje Teorije negotovosti v bolezni teoretičarke M. Mishel

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Uvod: Raziskovanje koncepta negotovosti se pojavlja v več znanstvenih disciplinah, predvsem v medicini, komunikologiji in zdravstveni negi. Negotovost je pomemben fenomen kljub temu, da s strani izvajalcev zdravstvene nege ni razumljen v celoti. Začetki Teorije negotovosti v bolezni teoretičarke M. Mishel segajo v leto 1981, prvotno z lestvico negotovosti v bolezni, katero je leta 1988 nadalje razvila v Teorijo negotovosti v bolezni. Namen raziskave je opisati, analizirati ter ovrednotiti Teorijo negotovost v bolezni po metodi Pajnkihar (2013).

Metode: Pregled literature je potekal v podatkovnih bazah PubMed, Scopus in CINAHL s pomočjo iskalne strategije ter vključitvenih in izključitvenih kriterijev za obdobje zadnjih 10 let. Opis, analiza in vrednotenje teorije je potekalo po Modelu za opis, analizo in vrednotenje avtorice Pajnkihar (2013).

Rezultati: Od skupaj 1178 identificiranih zadetkov je bilo v končno analizo vključenih petnajst zadetkov. Teorija negotovosti v bolezni opiše in razlaga doživljanje negotovosti pacienta v času bolezni. Izvor teorije izhaja iz avtoričinih družinskih izkušenj in njenega raziskovanja koncepta negotovosti. Teorija negotovosti v bolezni je teorija srednjega obsega, njen fokus se odraža na specifičnem fenomenu, kateri izhaja iz prakse in raziskovanja v zdravstveni negi.

Diskusija in zaključek: Teorija negotovosti v bolezni ima praktično pomembnost in se je izkazala za učinkovito na pediatričnem, infektološkem, internističnem in onkološkem področju v primerih bolezni, ki imajo akuten potek kot tudi pri kroničnih boleznih. Medicinskim sestram nudi podporo in znanje pri prepoznavi negotovosti in izbiri intervencij za spopadanje z negotovostjo pri pacientu. Teorijo je potrebno testirati pred aplikacijo v klinično prakso.

Ključne besede: strah, pacient, medicinska sestra.

Description, Analysis and Evaluation of Uncertainty in Illness by Nursing Theorist M. Mishel

Keywords: fear, patient, nurse.

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Teorije simulacije (NLN Jeffries)

MAJA FAJFAR, MAJDA PAJNKIHAR, DOMINIKA VRBNJAK, PETRA KLAJNŠEK

Uvod: Teorija simulacije NLN Jeffries predstavlja pomemben element v izobraževanju zdravstvene nege. Uporablja se kot teoretična podlaga za izdelavo scenarijev simulacije. Namen prispevka je opis, analiza in vrednotenje Teorije simulacije od NLN Jeffries.

Metode: Uporabili smo deskriptivno metodo raziskovanja. Izvedli smo pregled literature v podatkovnih bazah Academic Search Complete (EBSCO), MEDLINE (EBSCO), CINAHL (EBSCO), PubMed, Willey Online Library in ScienceDirect (Elsevier). Iskanje smo omejili na angleški in slovenski jezik. Literaturo smo iskali s pomočjo ključnih besed: NLN Jeffries, simulation, nursing in education. Opis, analizo in vrednotenje teorije smo izvedli po modelu avtorice Pajnkihar. Za potek iskanja in izbiro literature smo uporabili diagram PRISMA.

Rezultati: Izmed 181 začetnih zadetkov smo jih v končno analizo vključili 21. Večina avtorjev navaja, da je Teorija simulacije NLN Jeffries pomembna podlaga za načrtovanje, izvajanje in vrednotenje simulacij. Teorija simulacije NLN Jeffries je bila razvita za uporabo v izobraževanju zdravstvene nege, saj ima jasno predstavljene koncepte in opisuje odnose med propozicijami. Teorija obsega pet komponent (kontekst, ozadje, zasnova, izkušnja simulacije in rezultati), ki so večinoma opisane kot linearen proces in se med seboj povezujejo. Zatorej je teorija jasna in uporabna v vseh disciplinah, kjer se izvaja izobraževanje v simuliranem okolju.

Razprava in zaključek: Teorija daje zasnovo za učenje na podlagi simulacije. Poudarja pomembnost okolja, vpliva na izvedbo simulacije in s tem tudi na rezultate. Teorija simulacije NLN Jeffries je uporabna v izobraževanju zdravstvene nege in deluje kot odlično izhodišče za prakso zdravstvene nege.

Ključne besede: simulacija, edukacija, zdravstvena nega, teorija, okolje.

NLN Jeffries Simulation Theory

Keywords: simulation, education, nursing, theory, environment.

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Biological Aging Associated With Cardiovascular Diseases: Literature Review

ADRIJANA SVENŠEK, GREGOR ŠTIGLIC, MATEJA LORBER, LUCIJA GOSAK

Introduction: Biological aging occurs when cellular changes increase the susceptibility of tissues and organs to loss of function, which leads to chronic diseases, disability, and death. An individual's biological age can be measured by a combination of biomarkers. The rate at which an individual ages has a significant impact on their risk of cardiovascular diseases or death. The aim of this study is to present measuring of biological age and identifications of possible relations to cardiovascular diseases.

Methods: We conducted a systematic review of the literature related to biological age and cardiovascular diseases. We searched for studies in CINAHL, MEDLINE, PubMed, SAGE, and Web of Science. Only studies describing biological aging and cardiovascular diseases in English language and quantitative, qualitative, mixed methods research were included.

Results: The literature review identified 14 articles based on biological age. The highest number of variables used in a single model was 48. The model presented by Levine, et al. (2018) is the most commonly used one, which is based on blood tests: albumin, creatinine, glucose, CRP, lymphocyte percent, mean (red) cell volume, red cell distribution width, alkaline phosphatase, white blood cell count. Research has shown that biological age can better predict mortality and cardiovascular diseases than chronological age.

Discussion and conclusion: Understanding the biological processes of aging and how these processes confer susceptibility to cardiovascular diseases and mortality may lead to successful treatments and choice of nursing interventions that slow the aging process and reduce the burden of cardiovascular diseases.

Keywords: biological age, cardiovascular diseases, health age.

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Breast Cancer Awareness and Prevention Behaviours: A Cross-Sectional Study

OLIWIA KOWALCZYK, SUZANNE DENIEFFE, MARGARET DENNY

Introduction: Breast cancer has become one of the most common malignant tumours in women worldwide and a leading cause of death. Eastern Europe is still lower than Western European countries in screening; even though early screening methods are recommended for breast cancer detection, a recognised workable scheme to promote the early detection of breast cancer still does not exist.

Methods: The study cohort was conducted on a representative group of 1467 women living in Poland, both with and without a history of cancer. Participation was strictly voluntary and anonymous. The survey domains included (1) clinical breast examinations and regular self-examinations and (2) ultrasound and mammography screenings. Both univariate and multivariate logistic regression analyses were performed using SPSS.

Results: Self-examination or clinical examination habit needs to be better developed. Most respondents were unaware of prevention programs or possibilities aimed at the early detection of breast cancer offered by the government; lack of time was also identified, and consequently, participation in the screening is low.

Conclusion: There is a strong need for continuous education programs in early detection and taking measures to promote the so-called oncological vigilance, supporting awareness and the need for diagnostic imagining according to current standards.

Limitations: Most respondents resided in the capital city province (40%). Five provinces with the most respondents who participated in the survey (71%) were among those ranked highest in the population. Future research in this critical area of women's health could address more engagement in the least populated provinces in Southern Poland.

Keywords: breast cancer, healthcare quality improvement, shared decision making, patient education, patient-centred care, women's health.

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Raising Awareness of the Importance of Decision-Making in Nursing

AGNEZA ALEKSIJEVIĆ

Introduction: Every nursing activity is a consequence of the decision-making process. It represents a broad term that ranges from choosing between various versions to choosing the most favourable version. The consequences of wrong decisions can be of vital importance for a patient and can be long-lasting and sometimes permanent. The goal of this paper is to encourage nurses to reflect during decision-making in healthcare.

Methods: The available professional literature in January 2023, was collected and analysed to reach the highest possible conclusions based on the largest number of researched and acquired knowledge through analysis, synthesis, deduction, and comparison.

Results: Decision-making in nursing requires systematicity. The higher the level of decision-making, in terms of responsibility, the more important it is and can have disastrous consequences for patients, their families, and the community.

Discussion and conclusion: We need to be aware of the kind of human resources we have at our disposal. Are we working with a person who is ignorant of their own ignorance (the most dangerous type for decision-making) – a person who is aware of their ignorance (less dangerous) – a person who is unaware of their knowledge (unsure) – a person who knows they know (the most desirable type). The most desirable decision-making nurse is one who has the knowledge and skills to move between two extremes, simply and easily, a nurse who is able to make decisions slowly and diligently.

Keywords: patient, human resources, healthcare environment.

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Professionalising Midwifery in an Era of Conflict: Ireland 1914-1923

ADRIENNE CORLESS

Introduction: Midwifery became formally regulated in Ireland in 1918, at a very volatile and dynamic time of revolution and war. This presentation will explore the extent that the political climate of the 1910s implicated gender politics and maternal health, and the role of women in public life as they endeavoured to represent themselves.

Methods: The study is the basis of a PhD project and involves research of primary sources, including state archives (such as regulatory boards, local government, and parliamentary debates), medical archives, military archives, and newspaper archives of Ireland.

Results: With ratifying the Midwives (Ireland) Act in 1918, only formally trained midwives could legally provide maternity care 'habitually and for gain'. The regulation was enacted under the Central Midwives Board, comprised of seven medical men and four (women) midwives. The Local Government Board mostly decided board membership amid a climate of revolt against British rule; the appointment of the women was firmly decided by the ruling classes, despite activism by Irish nursing and midwife organisations to have their say.

Discussion and conclusion: The objective of the new legislation was to eradicate traditional midwives; the result was the creation of a new dynamic in Irish maternity care, with authority for women's health bestowed, ultimately, upon the Dublin Castle administration. At a time when women were finding their way to political independence, maternity care and the autonomy of midwives came under new restrictions.

Keywords: medical history, maternity care, First World War, Irish revolution, gender politics.

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INTERNATIONAL SCIENTIFIC CONFERENCE »RESEARCH AND EDUCATION IN NURSING«

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University of Maribor Faculty of Health Sciences celebrates the 30th anniversary of its founding. In honoring this occasion, we are organising the International Scientific Conference "Research and Education in Nursing". It will be held on June 19th 2023 in Maribor and will include the most recent findings of domestic and foreign researchers in nursing and other healthcare fields. The conference aims to explore advances in nursing and health care research as well as research-based education, in the Slovenian and international arena. Furthermore, it provides an opportunity for practitioners and educators to exchange research evidence, models of best practice and innovative ideas.

Keywords:

higher
education,
nursing,
health
sciences,
conference,
research



MEDNARODNA ZNANSTVENA KONFERENCA »RAZISKOVANJE IN IZOBRAŽEVANJE V ZDRAVSTVENI NEGI«

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Ključne besede:

visokošolsko
izobraževanje,
zdravstvena
nega,
zdravstvene
vede,
konferenca,
raziskovanje

Univerza v Mariboru Fakulteta za zdravstvene vede letos praznuje 30 let od ustanovitve in organizira mednarodno znanstveno konferenco »Raziskovanje in izobraževanje v zdravstveni negi«. Konferenca bo potekala 19. junija 2023 na fakulteti in bo vključevala prispevke in predavanja domačih in tujih strokovnjakov ter študentov s področja zdravstvene nege in zdravstvenih ved. Namen konference je predstaviti napredek na področju raziskovanja in izobraževanja v zdravstveni negi v slovenskem in mednarodnem prostoru. Poleg tega je to odlična priložnost za zdravstvene delavce in visokošolske učitelje, da izmenjajo raziskovalne dokaze, modele dobrih praks in inovativne ideje.





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