



14th

INTERNATIONAL SCIENTIFIC
CONFERENCE

Research and Education in Nursing

Book of Abstracts, June 11th 2026, Maribor, Slovenia

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University of Maribor

Faculty of Health Sciences

International Scientific Conference »Research and Education in Nursing«

Book of Abstracts

June 11th 2026, Maribor, Slovenia

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Junij 2026

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Preface

ASSOC PROF MATEJA LORBER, PHD
University of Maribor, Faculty of Health Sciences, Dean

Dear participants, esteemed speakers!

It is with great pleasure that we present the proceedings of the international conference, which brings together researchers, higher education teachers, students, and other experts in the fields of health sciences, nursing, public health, digital health, and related disciplines. The conference represents an important platform for the exchange of knowledge, research findings, professional experience, and innovative approaches that contribute to the development of modern, safe, high-quality, and person-centered healthcare.

The programme of this year's conference reflects current challenges and opportunities in modern healthcare, education, and research. Special attention is devoted to the digital transformation of healthcare, the use of artificial intelligence in nursing, electronic documentation, technological competencies, health literacy, and innovative approaches to supporting patients and healthcare professionals. The proceedings include a wide range of contributions covering oncology, prevention, communication, diabetes, cardiovascular diseases, pediatric nursing, elderly care, mental and psychosocial health, quality of life, interprofessional collaboration, the development of professional identity, and the advancement of competencies among students and healthcare professionals.

The conference also provides a platform for discussing broader social, ethical, and environmental aspects of health, such as sustainable competencies in nursing, environmental risks to public health, ethical challenges in research, and various forms of literacy among older adults. In this way, it highlights the importance of a comprehensive, interdisciplinary, and sustainability-oriented approach to health.

A special value of the conference lies in its international orientation, which enables the comparison of practices, research approaches, and systemic solutions. Such exchange strengthens the connection between research, education, and practice, and encourages the development of new collaborations.

I would like to thank all contributing authors, keynote speakers, session chairs, members of the organizing and programme committees, and all participants who, through their knowledge, experience, and research work, co-create the quality of this international conference. I am confident that these proceedings will serve as a valuable source of new knowledge, inspiration, and professional guidance for further research, educational, and clinical work.

I wish you a successful conference, pleasant professional networking, and much inspiration in your future work.

Predgovor

IZR. PROF. DR. MATEJA LORBER

Univerza v Mariboru, Fakulteta za zdravstvene vede, dekanica

Spoštovane udeleženke in udeleženci, cenjeni predavatelji!

z velikim veseljem predstavljamo zbornik prispevkov mednarodne konference, ki združuje raziskovalce, visokošolske učitelje, študente ter druge strokovnjake s področja zdravstvenih ved, zdravstvene nege, javnega zdravja, digitalnega zdravja in sorodnih disciplin. Konferenca predstavlja pomemben prostor za izmenjavo znanja, raziskovalnih ugotovitev, strokovnih izkušenj in inovativnih pristopov, ki prispevajo k razvoju sodobne, varne, kakovostne in na osebo osredinjene zdravstvene obravnave.

Program letošnje konference odraža aktualne izzive in priložnosti sodobnega zdravstva, izobraževanja in raziskovanja. Posebna pozornost je namenjena digitalni preobrazbi zdravstva, uporabi umetne inteligence v zdravstveni negi, elektronski dokumentaciji, tehnološkim kompetencam, zdravstveni pismenosti ter inovativnim pristopom k podpori pacientom in zdravstvenim strokovnjakom. Zbornik vključuje raznolike prispevke s področja onkologije, preventive, komunikacije, sladkorne bolezni, srčno-žilnih bolezni, pediatrične zdravstvene nege, skrbi za starejše, duševnega in psihosocialnega zdravja, kakovosti življenja, medpoklicnega sodelovanja, oblikovanja poklicne identitete ter razvoja kompetenc študentov in zaposlenih v zdravstvu.

Konferenca obenem odpira prostor za razpravo o širših družbenih, etičnih in okoljskih vidikih zdravja, kot so trajnostne kompetence v zdravstveni negi, okoljska tveganja za javno zdravje, etični izzivi raziskovanja ter različne oblike pismenosti starejših odraslih. S tem poudarja pomen celostnega, interdisciplinarnega in trajnostno usmerjenega pristopa k zdravju.

Posebna vrednost konference je v njeni mednarodni naravnosti, kar omogoča primerjavo praks, raziskovalnih pristopov in sistemskih rešitev. Takšna izmenjava krepi povezovanje med raziskovanjem, izobraževanjem in prakso ter spodbuja razvoj novih sodelovanj.

Zahvaljujem se vsem avtoricam in avtorjem prispevkov, plenarnim predavateljem, moderatorjem sekcij, članom organizacijskega in programskega odbora ter vsem udeležencem, ki s svojim znanjem, izkušnjami in raziskovalnim delom soustvarjajo kakovost te mednarodne konference. Prepričana sem, da bo zbornik dragocen vir novih spoznanj, navdiha in strokovnih usmeritev za nadaljnje raziskovalno, pedagoško in klinično delo.

Želim vam uspešno konferenco, prijetno strokovno druženje in veliko navdiha pri nadaljnjem delu.

Plenary Session 1

Plenarni del 1



Your AI Colleague, Not Your Replacement: Multimodal AI and the Future of Nursing Documentation

MARTIN MICHALOWSKI

Nursing documentation consumes up to 40% of a nurse's shift, yet nearly half of patient problems discussed during care encounters are never recorded. Electronic health records, developed largely without nursing expertise, have intensified rather than relieved this burden, contributing to fragmented workflows, incomplete records, and professional burnout. The relational, contextual, and ethical dimensions of nursing care cannot be automated, which is precisely why multimodal large language models, systems capable of simultaneously processing text, audio, and video, offer such promise: they can take over the documentation so nurses do not have to.

This presentation introduces the concept of a living care record, a longitudinal, patient-specific structure populated in real time during clinical encounters, aligned with nursing terminology standards, and continuously updated as new data emerges. Such systems could free significant time per shift for direct patient interaction while producing richer, more complete records of nursing work. Because this technology operates in high-stakes clinical environments, its responsible deployment demands active nursing leadership. The EU AI Act classifies clinical AI as high-risk and legally requires human oversight by design, making nurses the essential oversight layer. Challenges of privacy, bias, accountability, and equitable access are framed not as barriers but as a research agenda that nursing educators, students, and scholars are uniquely positioned to lead.

Keywords: artificial intelligence, living care record, nursing informatics, EU AI act; documentation burden, multimodal models

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Ctrl+Alt+Delete: Resetting Academic Publishing

ROGER WATSON

The future of academic publishing is poised for radical transformation, potentially evolving beyond the need for traditional publishing houses. The essential components for a fully open, decentralised scholarly ecosystem already exist—registered study protocols, open data repositories, preprints, and platforms for transparent peer review such as WikiJournals. Together, these could enable researchers to publish, evaluate, and disseminate their work independently, culminating in accessible public summaries akin to *The Conversation*.

Despite ongoing calls for reform, the academic publishing industry has shown remarkable resilience and adaptability. It has embraced partial open access models, integrated data sharing, and accepted the proliferation of preprints, though it remains hesitant toward post-publication review. However, to remain relevant, the industry must move beyond resistance and embrace innovation. Its enduring advantage lies in providing the digital infrastructure that manages submission, peer review, and publication workflows. By integrating these processes into unified, affordable “one-stop” platforms hosting protocols, data, and evolving preprints, publishers could sustain their role in the research ecosystem while ensuring accessibility, transparency, and quality assurance.

A major obstacle to such transformation remains the dominance of bibliometric measures—impact factors and citation-based indices—which perpetuate commercial gatekeeping and distort academic incentives. The emergence of alternative metrics such as Altmetric® and PlumX®, reflecting real-world engagement through online media and social platforms, offers a more inclusive and contemporary measure of impact. Aligning with initiatives like DORA (Declaration on Research Assessment), such shifts could liberate research evaluation from entrenched citation hierarchies.

Ultimately, the survival of academic publishing depends on its capacity to evolve from gatekeeper to facilitator—embracing open access, transparent review, and public accountability—while ensuring that scholarly communication remains rigorous, connected, and genuinely open to all.

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Using Visualisation for Lifestyle Change in Patients at risk of Cardiovascular Disease: Mixed Methods Research

ADRIJANA SVENŠEK, DIEGO ROJO, ZALIKA KLEMENC-KETIŠ,
MATEJA LORBER, GREGOR ŠTIGLIC

Introduction: Cardiovascular diseases are the leading cause of mortality, driven by lifestyle-related risk factors. Digital technologies may support risk understanding and healthier behaviours. The aim was to evaluate whether cardiovascular risk visualization and real-time blood glucose monitoring are associated with lifestyle change and perceptions of person-centred care among patients at risk of cardiovascular disease.

Methods: The quantitative part was conducted as a randomized clinical trial at a Community Health Centre in Slovenia. A total of 119 participants were randomly assigned to three intervention groups and one control group; 101 completed all measurements. The interventions included different combinations of cardiovascular risk visualization Petal-X and real-time blood glucose monitoring. Data were analysed using descriptive and inferential statistics. The qualitative part used grounded theory and included 12 participants selected through theoretical sampling. Data were analysed using open, axial, and selective coding. Integration was conducted at the interpretation level.

Results: In the quantitative part, the third intervention group had the lowest baseline mean SCORE2 value, indicating the lowest cardiovascular risk. Healthy lifestyle scores improved, especially in daily routine, but no statistically significant changes were detected. Perceptions of person-centred care were highest in shared decision-making, with no significant intergroup differences. In the qualitative part, five categories were identified: person-centred care, awareness and monitoring of risk factors, visualization and interpretation of results, technology use and lifestyle, and implementation challenges and recommendations.

Discussion and conclusion: Petal-X and real-time monitoring may improve patients' awareness, engagement, and understanding of cardiovascular risk, although longer interventions with larger samples are needed.

Keywords: Cardiovascular disease, Visualisation, CGM, Healthy lifestyle, Petal-X, Biological age

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Patient Care and Technological Competency in the Use of the Electronic Nursing Record System: A Qualitative Study

CVETKA KREL, DOMINIKA VRBNJAK, GREGOR ŠTIGLIC, SEBASTJAN BEVC

Introduction: Electronic nursing record systems influence documentation and delivery of nursing care in the clinical environment, while caring remains central to safe, high-quality care. The study aimed to gain an in-depth understanding of nurses' perceptions of caring behaviour, effectiveness of the electronic nursing record system, technological competency, and the relationships among these factors in practice.

Methods: A qualitative grounded theory approach based on Corbin and Strauss was used. Data were collected through semi-structured interviews between July 2021 and July 2023. Eleven nurses from four Slovenian hospitals were included through theoretical sampling. Data were analysed using open, axial, and selective coding.

Results: Core category, "Losing caring in technology-focused documentation" comprises seven categories and 17 subcategories. Insufficient effectiveness of the electronic nursing record system was identified as a causal condition, poor integration into the hospital environment as a contextual condition, and patient care as an intervening condition. These contributed to inadequate documentation of caring and holistic care. Action/interaction strategies were technological competency and caring in documentation. Consequences were observed at the individual, organisational, and national levels.

Discussion and conclusion: The effectiveness of the electronic nursing record system, integration into the hospital environment, technological competency, and caring for patients were interrelated factors influencing nursing documentation. When insufficient, documentation may fail to support holistic patient care. The findings deepen

understanding of documentation in digital clinical environments and may inform future research and practice improvement. Findings are context-specific and may be less transferable to settings with more advanced and fully integrated electronic nursing record systems.

Keywords: Digitalisation of nursing care; Caring behaviour; Grounded theory; Nursing documentation

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Plenary Session 2
Plenarni del 2



Enhancing Health Literacy Through Innovative Education Frameworks: a promising path to Empowering Cancer Care

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Introduction: Health literacy is vital for effective cancer prevention, treatment, and survivorship. However, education and training initiatives in this area are often fragmented and lack consistent evaluation. This review, part of the EU4Health-funded iINTERVENE project, aims to identify and analyze global health literacy education programs to aid in developing a Cancer Health Literacy Index and a Virtual Library Hub—a digital platform offering tailored resources for healthcare professionals, cancer patients, and caregivers.

Methods: We conducted a comprehensive scoping review following PRISMA-ScR guidelines. Searches were performed across six databases (PubMed, CINAHL, Scopus, Web of Science, ERIC, Embase) and grey literature for studies published between 2010 and 2025 that described, implemented, or evaluated health literacy education interventions in healthcare or community settings. Data extraction utilized the Kirkpatrick Model (reaction, learning, behavior, results) and the RE-AIM Framework (reach, effectiveness, adoption, implementation, maintenance).

Results: Preliminary findings reveal diverse health literacy initiatives across clinical, academic, and community settings. Most programs targeted healthcare professionals, with fewer aimed at patients or caregivers. Many initiatives focused on short-term knowledge and communication skills, largely overlooking behavior change and institutional adoption.

Digital and blended learning approaches showed promise for scalability and engagement, though standardized assessment tools and long-term evaluations are lacking. Training specifically designed for cancer care and caregiver needs was notably limited.

Conclusion: Global evidence highlights the need for cohesive, competency-based health literacy education frameworks. Insights from this review will inform the iNTERVENE Cancer Health Literacy Index and Virtual Library Hub, promoting accessible, person-centered cancer care worldwide.

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Effectiveness of a Mobile Application in Self-Care Among People With Type 2 Diabetes

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Introduction: Type 2 diabetes is an important public health challenge that requires continuous patient involvement in daily disease management. The aim of the study was to evaluate the effectiveness of a mobile application in improving self-care, illness perception, and health status among people with type 2 diabetes.

Methods: A systematic search of mobile applications was conducted in Google Play Store and iPadian. Application functionalities were assessed according to the framework of the seven self-care behaviours defined by the American Association of Diabetes Educators, while application quality was assessed using the user version of the Mobile Application Rating Scale. Self-care and illness perception were assessed using the Self-Care of Diabetes Inventory and the Brief Illness Perception Questionnaire, which were validated in a pilot study. In the randomized clinical trial, patients completed both questionnaires before using the application and after four weeks. Clinical measurements were also performed. In the final phase, semi-structured interviews were conducted with nurses and patients.

Results: The application forDiabetes: diabetes self-management app was selected as the most appropriate application for further evaluation. The pilot study included 141 patients diagnosed with type 2 diabetes. Patients reported the highest mean score for confidence in performing self-care, while lower scores were observed for selected aspects of disease management. In the main study, after four weeks of mobile application use, no statistically significant improvement was observed in self-care, illness perception, or clinical measurements. The qualitative part of the study showed that patients and healthcare professionals had a positive view of using the mobile application. The application contributed to greater consistency in disease monitoring and enabled easier access to measurement data.

Discussion and conclusion: The results indicate that short-term use of the mobile application did not lead to statistically significant improvements in the measured outcomes. However, qualitative findings confirm its usefulness as a supportive tool in type 2 diabetes self-care. Mobile applications may contribute to better overview of measurements, disease monitoring, and a more active patient role. Further research with a longer follow-up period is needed to better understand the long-term effectiveness of mobile applications in diabetes self-care.

Keywords: digital health; illness perception; self-care behaviours; randomized clinical trial; patient empowerment

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Session 1
Sekcija 1



A Co-Produced Evaluation Protocol for Inclusive Cancer Prevention Services for People With Intellectual Disabilities

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Introduction: People with intellectual disabilities experience persistent inequalities in access to cancer prevention, education, and screening. Service providers often lack structured evaluation tools to measure the inclusivity and quality of cancer-related services. The objective of this work was to develop a co-produced evaluation protocol to support systematic assessment and continuous quality improvement of inclusive cancer prevention in services.

Methods: Using a co-produced, rights-based design, the development process involved collaboration among people with intellectual disabilities, family members, health professionals, service providers, and researchers. Through iterative co-production and expert consultations, we identified key domains, indicators, and performance levels essential for evaluation. The protocol incorporates principles of accessibility and supported decision-making throughout. This presentation will also invite participant feedback for finalising the evaluation protocol.

Results: The draft evaluation protocol comprises nine core domains addressing governance, workforce capability, supported decision-making, accessibility, service navigation, cancer prevention activities, screening uptake and follow-up, co-production, and quality improvement. Services are evaluated across graduated performance levels to support structured reflection and prioritisation of improvement actions. An Easy-Read version was developed to enable meaningful involvement of people with intellectual disabilities in the evaluation processes.

Discussion and conclusion: This co-produced evaluation protocol offers a practical and transferable framework for strengthening inclusive cancer prevention services. By combining structured self-assessment with stakeholder-informed refinement, the evaluation protocol fosters organisational accountability, continuous quality improvement, and rights-based practice in cancer prevention for people with intellectual disabilities.

Keywords: Inequalities; Services; Co-production; Accessibility; Quality improvement; Education; Screening.

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Development and Evaluation of a Cancer Care Continuum Module for Undergraduate Nursing Students: A Multi-Country Pilot Study

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Introduction: The increasing global burden of cancer requires nurses to possess core competencies in cancer care. However, undergraduate nursing curricula often lack sufficient oncology content.

Objective: This study aims to develop and evaluate a specialized "Cancer Care Continuum" module for undergraduate nursing students. The primary variables include student knowledge acquisition, clinical competencies, and self-efficacy in oncology care.

Methods: A multi-phase educational research design was used across three European universities in Finland, Ireland, and Croatia. A needs assessment was conducted through curriculum analysis and a scoping review of international undergraduate cancer education. Findings formed the development of a module that was piloted in all three institutions. The evaluation was guided by the Kirkpatrick framework, assessing student learning outcomes and educator experiences using surveys and feedback tools. Data collection involved pre- and post-intervention surveys conducted between January and June 2026.

Results: Preliminary findings indicate significant increases in students' theoretical knowledge, clinical competencies, and confidence in cancer care. Final results across all sites will be available after completion of the Croatian pilot phase.

Discussion and conclusion: The developed module demonstrates potential to enhance undergraduate nursing education in cancer care. Integrating structured oncology content may improve nursing competencies and better prepare nursing students for clinical practice across the cancer care continuum.

Keywords: Oncology nursing; Nursing education; Cancer care continuum; Curriculum development

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Nursing Tools for the Assessment of Psychosocial Needs in Oncology Patients: A Scoping Review

TIHANA GAŠPERT, GREGOR ŠTIGLIC, DOMINIKA VRBNJAK

Introduction: Psychosocial needs are prevalent yet systematically underassessed in adult cancer patients. Oncology nurses play a central role in identification; however, the consistent use of structured assessment tools remains limited. This scoping review aimed to map the psychosocial needs assessment tools used by oncology nurses for oncology patients.

Methods: The review followed JBI's scoping review methodology and is reported using PRISMA-ScR. Six databases were searched (CINAHL Ultimate, MEDLINE, PsycArticles, Web of Science, PubMed, Cochrane Library) alongside grey literature, with no date restrictions. Two independent reviewers conducted a screening of titles, abstracts, and full texts. The data were extracted and synthesised narratively.

Results: Twenty-two sources published between 2001 and 2025 were included, originating from nine countries. Study designs included randomised controlled trials, cross-sectional, observational, and mixed-methods studies, alongside reviews and guidelines. Thirteen distinct tools were identified in primary studies, and additional nine through reviews and guidelines. The tools were grouped into three categories: (1) administered by the nurse through structured clinical consultation, (2) self-completed by the patient to guide nurse-led care planning, and (3) self-completed before consultation to focus the encounter on patient-identified priorities. The Supportive Care Needs Survey and its variants were the most widely used instruments.

Discussion and conclusion: Tools varied substantially in structure, domain coverage, and clinical application. No single tool addressed all psychosocial domains comprehensively. Integration into routine nursing practice remains inconsistent, with

nurse-administered tools showing promise for embedding assessment within clinical workflow. Evidence is concentrated in high-income, English-speaking countries, limiting generalisability.

Keywords: Cancer care; Holistic care; Nursing assessment; Supportive care

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Komunikacija z onkološkimi bolniki ob sporočanju slabih novic: vloga medicinskih sester in komunikacijskih modelov: sistematični pregled literature

Communicating Bad News to Oncology Patients: The Role of Nurses and Communication Models: A Systematic Review

MEVLUDIN DEMIROVIĆ, KASANDRA MUSOVIĆ, ANJA PLEMENITAŠ ILJEŠ

Uvod: Medicinske sestre se na onkološkem področju spopadajo s težavami in z vprašanji glede načina posredovanja slabih novic onkološkimi bolnikom, saj je posredovanje takšnih novic zahteven del klinične komunikacije. Namen pregleda literature je bil analizirati vlogo medicinskih sester pri posredovanju slabih novic.

Metode: Opravljen je bil sistematični pregled literature. Literatura je bila z uporabo ključnih besed v angleškem jeziku iskana v podatkovnih bazah PubMed, CINAHL in Web of Science. Vključene so bile prosto dostopne raziskave, objavljene v obdobju med letoma 2013 in 2023. Izbrane raziskave so bile analizirane s pomočjo evalvacijske tabele, kritično ocenjene s pomočjo orodij Joanna Briggs Institute, prav tako je bila narejena tematska sinteza.

Rezultati: V končno analizo je bilo vključenih sedem raziskav. Oblikovana je bila glavna kategorija posredovanja slabih novic onkološkimi bolnikom z dvema podkategorijama: vloga medicinske sestre v povezavi s spreminjajočimi dejavniki in vloga komunikacijskih modelov. Med negativnimi dejavniki so bili najpogosteje izpostavljeni pomanjkanje časa, kadrovska in prostorska stiska, nepripravljenost na čustveni odziv bolnika ter težave bolnikov pri soočanju z diagnozo. Med pozitivnimi dejavniki so izstopali upoštevanje

bolnikovih čustev, delovne izkušnje, empatičen odnos in uporaba ustreznih komunikacijskih pristopov.

Diskusija in zaključek: Ugotovljeno je bilo, da poznavanje komunikacijskih modelov in ustrezna priprava na posredovanje slabih novic prispevata k bolj kakovostni obravnavi onkoloških bolnikov. Hkrati ugotovitve kažejo, da organizacijske omejitve in pomanjkanje usposabljanja pomembno otežujejo izvajanje tega procesa. Ugotovitve so uporabne za izobraževanje in klinično prakso, potrebne pa so nadaljnje raziskave o učinkovitosti posameznih komunikacijskih pristopov v zdravstveni negi.

Ključne besede: terapijska komunikacija; psihosocialna podpora; komunikacijske veščine; empatija

Keywords: Therapeutic communication; Psychosocial support; Communication skills; Empathy

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Knowledge, Attitudes, and Beliefs of University Students Towards the Human Papillomavirus and the Vaccine

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Introduction: This study addresses the main research question of how knowledgeable university students are about human papillomavirus and which factors influence their attitudes and beliefs regarding the infection and vaccination. The objective was to assess students' knowledge of human papillomavirus and examine differences in attitudes and beliefs toward the infection and the vaccine.

Methods: A cross-sectional survey was conducted between August and December 2025 among students enrolled at several Hungarian higher education institutions. A total of 311 respondents participated in the study, including 131 Hungarian and 180 international students. The data were collected using a self-edited online questionnaire incorporating standard and validated measures. Participants were recruited through convenience and snowball sampling methods.

Results: Participants' overall knowledge was adequate, with a mean score of 20.9 ± 2.9 . Hungarian students demonstrated significantly higher knowledge levels than international students (21.5 ± 2.8 vs. 20.4 ± 2.9 ; $p < 0.001$). Fewer than half of the respondents reported having received the vaccine, with vaccination rates higher among Hungarian students than among international students. Students who expressed unwillingness to receive the vaccine showed significantly higher scores on measures of vaccine conspiracy beliefs than those who were willing to be vaccinated ($p < 0.001$).

Discussion and conclusion: The findings reveal notable differences in human papillomavirus-related knowledge, attitudes, and vaccination uptake between Hungarian and international students. These results suggest that sociodemographic and educational factors play an important role in shaping awareness and acceptance of vaccination among university students.

Keywords: Sexually transmitted diseases; Cervical cancer; HPV awareness; Vaccine hesitancy; Vaccine prevention

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Preventive Measures for Influenza Diseases Using Vaccination: A Cross-Sectional Study

NIKOLA MATEJIĆ, CVETKA KREL

Introduction: Influenza remains a significant public health issue, associated with increased morbidity, mortality, and healthcare burden. The aim of this study was to examine levels of knowledge, attitudes, and vaccination uptake related to influenza prevention among adults in healthcare settings.

Methods: A review of scientific and professional literature (334 articles) was conducted in the databases PubMed and ScienceDirect over a period of 10 years. The description, analysis, and evaluation of the theory were carried out according to the description model.

Results: Studies show moderate vaccine effectiveness in preventing laboratory-confirmed influenza and influenza-like illnesses. Vaccine effectiveness among older adults was estimated at 49% against laboratory-confirmed influenza and 39% against influenza-like illnesses. Vaccination was also associated with a reduction in influenza-related hospitalisations among adults aged ≥ 65 by approximately 37%–39%, indicating statistically significant protective effects.

Discussion and conclusion: Despite moderate effectiveness and seasonal variations, vaccination remains the most effective public health strategy for preventing influenza and its complications, particularly in high-risk populations. Further research is needed to improve vaccine effectiveness and to better understand factors influencing immune response, especially among older adults and other vulnerable groups.

Keywords: Preventive measures; Influenza virus; Vaccination uptake; Public health

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Nursing Interventions in Patient Education During Oral Antineoplastic Treatment: A Narrative Review

DUŠANKA TADIĆ

Introduction: Advances in cancer treatment over the past few decades have led to increased use of oral antineoplastic drugs, which are administered at home and require complex patient/family knowledge of proper dosing and handling, as well as the prevention, monitoring, and management of potential toxicities. Therefore, the primary role of oncology nurses is to improve and standardize patient education, communication, symptom management, and emotional support. Nurses must ensure that the patient and/or family are well informed and educated through a comprehensive, systematic, and practical approach. The aim of this paper is to synthesize the existing knowledge and experience in this area of nursing practice and research, and to highlight the need to implement an evidence-based, systematic, and structured approach in patient education during oral antineoplastic treatment (OAT).

Methods: A literature review was conducted by searching electronic databases such as PubMed, CINAHL, and Web of Science in January 2026. A total of 20 articles were included, and a descriptive-analytical method was used for data synthesis.

Results: This paper summarizes the main characteristics of OAT and discusses the major findings regarding the specific nursing interventions in patient education, as well as the challenges for nursing practice and research. The data suggest the need for a more strategic approach to implementing patient education programs during OAT.

Discussion and conclusion: This review provides a framework for further development of nursing interventions to support patient education during OAT and indicates the need for further research to explore the barriers and facilitators for implementing structured education in clinical practice.

Keywords: Oncology nurse; Health care; Educational support; Cancer patients; Anticancer agents

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Exergaming pri pacientih s srčnim popuščanjem: protokol za sistematični pregled

Exergaming in Patients with Heart Failure: A Protocol for a Systematic Review

NATAŠA KREFT, BRANKO GABROVEC, JERNEJA FARKAŠ LAINŠČAK

Uvod: Srčno popuščanje je naraščajoč javnozdravstveni problem. Samooskrba pri pacientih s srčnim popuščanjem je ključnega pomena za izboljšanje izidov, ključno vedenje predstavlja redna telesna dejavnost, ki pa ga pacienti s srčnim popuščanjem pogosto zanemarjajo. V zadnjem času se uveljavljajo novi pristopi za spodbujanje telesne dejavnosti, kot je exergaming. Namen protokola je opredeliti metodološki okvir za sistematični pregled učinka exergaminga na izvajanje telesne dejavnosti in funkcijske zmogljivosti pri pacientih s srčnim popuščanjem.

Metode: Protokol temelji na 8-stopenjskem modelu za sistematični pregled raziskav mešanih metod po Pluye, Hong in Vedel. Vključene bodo kvantitativne in kvalitativne raziskave ter raziskave mešanih metod, identificirane v bazah CINAHL Ultimate (EBSCOhost), PubMed, ScienceDirect in Web of Science. Kakovost raziskav bomo ocenili z JBI kontrolnimi seznammi. Za sintezo podatkov bomo uporabili tematsko analizo po Thomas in Harden.

Rezultati: Načrtovana sinteza bo pojasnila povezavo med izvajanjem exergaminga in telesno dejavnostjo ter hkrati opredelila dejavnike, povezane z uporabo exergaminga in ovire, s katerimi so se pacienti s srčnim popuščanjem soočali pri izvajanju exergaminga. Izsledki bodo prispevali k boljšemu razumevanju učinka exergaminga na izvajanje telesne dejavnosti in funkcijske zmogljivosti pri pacientih s srčnim popuščanjem.

Diskusija in zaključek: Rezultati bodo podlaga za razvoj strategij za izboljšanje razumevanja učinkovitosti exergaminga kot orodja za spodbujanje telesne dejavnosti ter izboljšanja funkcijske zmogljivosti pri pacientih s srčnim popuščanjem, kar lahko predstavlja pomembno iztočnico za razvoj ciljno usmerjenih intervencij in nadaljnjih raziskav na tem področju.

Ključne besede: srčno popuščanje; samooskrba, exergaming

Keywords: heart failure; self-care; exergaming

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Parental Upbringing Style as a Factor in Alcohol and Tobacco Use Among Nursing Students: Cross-Sectional Study

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Introduction: The transition to student life represents a critical developmental period during which young adults may modify or reinforce their lifestyle behaviors. Young people are exposed to numerous risk behaviors that can negatively affect their health. Studies indicate that parents play an important role in upbringing and that parenting styles may influence smoking and alcohol consumption. The purpose of this study was to determine how parenting styles influence the use of substances harmful to health.

Methods: A cross-sectional observational study was conducted to examine whether parental parenting styles influence smoking and alcohol consumption. The data were collected using a structured questionnaire comprising demographic and study-related variables, as well as items assessing parenting styles (authoritarian, authoritative, permissive) and lifestyle behaviors, rated on a five-point Likert scale. The survey was conducted using Microsoft Forms, and SPSS was used for statistical analysis; the Mann-Whitney U test was used.

Results: In a sample of 298 students, no statistically significant association was found between parental parenting style and smoking ($p = 0.069$). A statistically significant association was identified between an authoritative parenting style and more frequent alcohol consumption ($p = 0.038$). Students who had an authoritative parenting style reported alcohol consumption more frequently.

Discussion and conclusion: The findings are partially consistent with previous research, which suggests that associations between parenting styles and substance use are often weak and highly dependent on context, culture, and developmental stage. During early adulthood, parental influence tends to diminish as autonomy increases and distance from

the family increases. This study has practical value for developing prevention strategies in higher education settings, as it enables a targeted approach to addressing risk factors for risky behavior.

Keywords: Upbringing; Parenting; Risky behavior; Psychoactive substances; Family environment

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Session 2
Sekcija 2



The Construction and Application of an Intelligent Nursing Human Resource Management System: A Pre-Post Intervention Study

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Introduction: The integration of information technology into nursing management offers the potential to optimize human resource allocation and improve both organizational outcomes and nurse satisfaction. This study aims to implement a precision nursing human resource management system through information technology to achieve these goals.

Methods: A pre-post intervention study was conducted at a tertiary general hospital in China. The baseline data were collected in January 2025, and the post-implementation data in January 2026. The Nurse Practice Environment Scale (NPES, Cronbach's $\alpha = 0.89$) was administered to all nurses. The average 24-hour nursing care time per patient was extracted from electronic health records, and the nurse turnover rate from HR records. The data were analyzed using paired t-tests and descriptive statistics.

Results: Following the implementation of the intelligent nursing human resource management system, the average 24-hour nursing care time per patient increased without a significant expansion in the nursing workforce. Concurrently, the overall work quality improved notably, with inpatient satisfaction reaching 98.01%. The nurse turnover rate remained stable at 1.2%, while the number of specialized nurses increased. Scores on the Nurse Practice Environment Scale improved significantly from 80.14 ± 18.10 to 89.90 ± 12.50 . Specifically, the scores for the professional development dimension rose from 85.86 ± 19.74 to 94.14 ± 12.97 , the staffing and resource adequacy dimension increased from 85.86 ± 19.74 to 90.35 ± 13.80 , and the salary and rewards dimension improved from 74.84 ± 23.73 to 86.82 ± 16.99 .

Discussion and conclusion: Leveraging information technology through an intelligent nursing human resource management system facilitates precise human resource management. This approach contributes to the steady improvements in both organizational performance and individual nurse satisfaction.

Keywords: Nursing informatics; Human resource management system; Nursing management; Decision support

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Watsonova teorija skrbi kot teoretični okvir za proces zdravstvene nege in učno negovalno dokumentacijo, informirano z umetno inteligenco

Watson's Theory of Caring as a Theoretical Framework for the Nursing Process and AI-Informed Educational Nursing Documentation

TAMARA TRAJBARIČ, DOMINIKA VRBNJAK, SERGEJ KMETEC,
MAJDA PAJNKIHAR, LUCIJA GOSAK

Uvod: Proces zdravstvene nege se v praksi in izobraževanju pogosto izvaja neenotno. Vključevanje umetne inteligence in digitalnih tehnologij je lahko podpora za učenje, dokumentiranje in razvoj kritičnega razmišljanja, vendar zahteva ustrezen teoretični okvir, ki ohranja skrb kot temelj zdravstvene nege. Namen prispevka je bil izbrati teorijo, primerno kot teoretični okvir za proces zdravstvene nege ter razvoj učne negovalne dokumentacije, podprte z umetno inteligenco.

Metode: Izveden je bil pregled literature v podatkovnih bazah CINAHL Ultimate, MEDLINE, PubMed, Web of Science, ProQuest ter dodatno v Google Učenjaku. Teorije so bile primerjane na podlagi kriterijev McKenna, et al. (2018), izbrana teorija je bila opisana, analizirana in ovrednotena po modelu Pajnkihar (2013).

Rezultati: Watsonova teorija skrbi se je v primerjavi z Orlandovo teorijo, Swansonovo teorijo skrbi in modelom kakovosti skrbi avtorice Duffy pokazala kot najustreznejši teoretični okvir za načrtovano raziskavo. Kot najprimernejša je bila prepoznana, ker postavlja skrb v središče zdravstvene nege, podpira celostno obravnavo človeka, poudarja transpersonalni odnos ter omogoča preiščeno in etično vključevanje umetne inteligence in digitalnih tehnologij. Watsonova teorija se že uporablja v digitalnem izobraževanju

zdravstvene nege, v oskrbi na daljavo in v tehnološko podprti praksi, novejši prispevki pa jo opredeljujejo tudi kot etično izhodišče za vključevanje umetne inteligence v zdravstveno nego.

Diskusija in zaključek: Watsonova teorija predstavlja ustrezno teoretično izhodišče za vključevanje umetne inteligence in digitalnih tehnologij v zdravstveno nego ter izobraževanje, pri čemer ohranja v ospredju skrbni odnos in celostno obravnavo pacienta. Umetna inteligenca je pri tem razumljena kot podpora, ne kot nadomestilo za klinično presojo in strokovno odgovornost.

Ključne besede: celostna oskrba; izobraževanje; tehnologija; umetna inteligenca; skrb

Keywords: holistic care; education; technology; artificial intelligence; caring

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Artificial Intelligence in Support of Safe and High-Quality Nursing Care: Opportunities and Challenges – A Qualitative Study

MARJETA LOGAR ČUČEK

Introduction: Artificial intelligence (AI) in nursing encompasses advanced tools for clinical decision support, risk prediction, data processing, and documentation management. Its integration into clinical practice requires adherence to safety standards, accountability frameworks, ethical principles, and the preservation of professional clinical judgment. The aim of this study was to systematically examine the opportunities, challenges, and future directions of AI implementation in nursing practice.

Methods: A qualitative study employing a descriptive-interpretative design was conducted. The data were collected in 2024 through semi-structured interviews of 18 purposively selected nursing professionals working at the tertiary level of healthcare. The study was conducted in accordance with the established ethical guidelines. The sample was intentionally heterogeneous with respect to age, educational background, professional experience, and leadership responsibilities, thereby enabling a comprehensive exploration of diverse perspectives. The data analysis was performed using thematic analysis, incorporating open, axial, and selective coding procedures carried out by the researcher. Analytical rigor and transparency were enhanced through systematic documentation of the coding process and verification of the congruence between emergent themes and participants' accounts. Data saturation was considered achieved when no new themes emerged from the analysis.

Results: The analysis yielded three themes and 15 categories. The participants identified AI as a supportive tool in nursing care, particularly for clinical decision-making, patient monitoring, documentation processes, and risk identification. The heterogeneity of the

participant group contributed to a more comprehensive identification of both the potential benefits and the associated risks of AI implementation. Key challenges included concerns about data reliability, loss of human contact, data privacy and protection, accountability frameworks, algorithmic bias, and insufficient training and education for healthcare professionals.

Discussion and conclusion: Artificial intelligence is a valuable support tool in nursing care; however, it does not substitute clinical judgment or professional accountability. Its effective and safe integration into practice requires the establishment of standardized protocols, clear oversight mechanisms, clear legal delineation of responsibility, strict data protection measures, and targeted education and training of healthcare personnel. Future research should prioritize the development of competency frameworks and evidence-based implementation strategies to facilitate the responsible adoption of AI in nursing.

Keywords: Clinical decision-making; Patient safety; Data protection; Clinical judgement; Ethical responsibility; Digital competencies

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Experienced Patient Partners' Support in Interprofessional Education: A Qualitative Study on Organizational and Ethical Aspects of Collaboration

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RICARDO J. O. FERREIRA, MATEJA LORBER

Introduction: Patient and public involvement (PPI) in interprofessional education (IPE) is valued for enhancing students' empathy, communication, and teamwork, but less attention has been paid to the organisational and ethical conditions required for feasible, respectful, and sustainable involvement. The aim is to explore how institutions supported PPI in IPE environments and which conditions helped prevent participation from becoming tokenistic or unduly burdensome.

Methods: This qualitative descriptive study was conducted within an international project on PPI in IPE. In early 2025, six semi-structured online interviews were conducted with key informants from the established higher education programmes in Europe and Canada who were involved in patient partnership initiatives. The data were analysed using inductive qualitative content analysis, focusing on institutional approaches to recruitment, preparation, coordination, and ongoing support for Patient Partners.

Results: Participants described PPI as requiring more than simple inclusion in the curriculum. Meaningful participation depended on careful selection, clear expectations, preparation of faculty and students, dedicated coordination, and recognition of the emotional labour involved when patients shared personal experiences in IPE settings. Although IPE activities were seen as especially valuable, they were also described as more demanding to organise because they required alignment across programmes, schedules, and professional cultures. Participants also emphasised the importance of creating safe

learning environments in which patient knowledge was recognised as credible rather than symbolic.

Conclusion: These findings suggest that sustainable PPI in IPE depends not only on inviting patients into teaching but also on the everyday organisational and relational practices that enable and support their participation.

Keywords: Interprofessional education; Organizational support; Experiential learning; Patient–student collaboration

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Zaznana skrb, zadovoljstvo z delom in namera o odhodu zaposlenih v zdravstveni negi urgentnih centrov: presečna raziskava

Perceived Caring, Job Satisfaction and Intention to Leave Among Nursing Staff in Emergency Departments: A Cross-Sectional Study

MAJA GRADIŠNIK, ZVONKA FEKONJA, DOMINIKA VRBNJAK

Uvod: Zaznana skrb v delovnem okolju je pomemben organizacijski dejavnik, ki lahko vpliva na zadovoljstvo z delom in namero o odhodu zaposlenih. Namen raziskave je bil preučiti povezanost med zaznano skrbjo, zadovoljstvom z delom in namero o odhodu zaposlenih v zdravstveni negi v urgentnih centrih po Sloveniji.

Metode: Izvedena je bila presečna kvantitativna raziskava. Podatki so bili zbrani med oktobrom in decembrom 2025 s standardiziranimi anketnimi vprašalniki na priložnostnem vzorcu zaposlenih v zdravstveni negi v urgentnih centrih v Sloveniji ($n = 175$). Uporabljena je bila opisna in inferenčna statistika.

Rezultati: Najvišje je bila ocenjena skrb za pacienta ($M = 5,9$), sledile so skrb zase ($M = 5,4$), skrb vodje ($M = 5,3$) in skrb sodelavcev ($M = 5,2$), najnižje pa skrb v organizaciji ($M = 4,4$). Povprečna ocena zadovoljstva z delom je bila zmerno visoka ($M = 4,7$); najnižje je bilo ocenjeno zadovoljstvo z organizacijskim nagrajevanjem ($M = 2,8$). Zadovoljstvo z delom je bilo statistično značilno pozitivno povezano z vsemi dimenzijami zaznane skrbi ($p < 0,001$), najmočneje z zaznavanjem skrbi v organizaciji ($r_s = 0,564$) in vodje ($r_s = 0,551$). Namera o odhodu je bila statistično značilno povezana z zaznavanjem skrbi vodje in organizacije ($p < 0,001$).

Diskusija in zaključek: Zaznana skrb, zlasti na ravni vodenja in organizacije, je pomembno povezana z zadovoljstvom z delom in namero o odhodu. Krepitev podpornega vodenja in skrbne organizacijske kulture je ključna za izboljšanje delovnih pogojev ter zadržanje zaposlenih v urgentnih centrih.

Ključne besede: organizacijska kultura; vodenje v zdravstveni negi; fluktuacija zaposlenih; delovno okolje; zadržanje zaposlenih

Keywords: Organizational culture; Nursing leadership; Staff turnover; Work environment; Staff retention

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Attitudes of Slovenian Nurses Toward Research and Scientific Publishing: A Descriptive Study

ANTON GRMŠEK SVETLIN, MELITA PERŠOLJA

Introduction: Nursing research is a fundamental component of high-quality patient care and plays a key role in nurses' professional development. In modern nursing, nurses are expected to actively participate in research and disseminate knowledge through scientific publishing. This study aimed to examine the nurses' attitudes toward research in nursing and toward scientific publishing.

Methods: A quantitative, descriptive, and non-experimental, exploratory method of empirical research was used. The survey was conducted on a sample of 204 nurses. The questionnaire consisted of 22 statements, divided into two sections: attitudes toward research and attitudes toward scientific publishing. The level of statistical significance was set at $p \leq 0.05$. The data were analysed using descriptive and inferential statistical methods.

Results: Nurses generally hold positive attitudes toward research and recognize its importance for professional development ($Me = 35.00$; $p < 0.001$). However, their actual involvement in research and scientific publishing remains low. Factors such as gender, level of education, and managerial position were statistically significantly associated with more positive attitudes about research activities. Nurses who had recently published their work perceived scientific publishing as a demanding process, while also recognizing it as an important professional achievement.

Discussion and conclusion: Although nurses value research, their engagement in research and scientific publishing remains limited. The study had several limitations, including a limited and heterogeneous sample. Enhancing training, mentorship, and institutional support could increase participation in research. Additionally, promoting a

research-friendly environment is essential for advancing nursing practice and improving patient care.

Keywords: Nursing research; Evidence-based nursing; Professional development; Clinical practice; Hospital settings; Nursing education

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Delphi Recommendations for Patient and Public Involvement in Undergraduate Interprofessional Education Worldwide

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Introduction: Patient and public involvement (PPI) can strengthen patient-centredness and collaborative competencies, yet it remains inconsistently integrated into undergraduate interprofessional education (IPE). This study developed and reached consensus on actionable recommendations to support PPI in undergraduate IPE across strategic, tactical, and operational levels.

Methods: This international multi-stakeholder Delphi study involved patient representatives, students, and academic staff with expertise in PPI and/or IPE. Statements informed by earlier exploratory work and existing guidance were refined through two online rounds and a final virtual meeting. In total, 71 experts participated in Round 1, 60 in Round 2, and 35 in the final meeting. Consensus was predefined as $\geq 80\%$ rating a statement ≥ 7 on a 10-point Likert scale.

Results: Consensus was reached on a final set of recommendations addressing how PPI can be more meaningfully embedded in undergraduate interprofessional education. The recommendations highlight the importance of institutional support, clear structures for implementation, inclusive recruitment, preparation and support for all participants, attention to relational and power dynamics, and ongoing reflection and evaluation.

Together, they offer a structured yet adaptable framework for strengthening PPI across different educational contexts.

Discussion and conclusion: The resulting framework provides practical guidance for embedding PPI into undergraduate IPE at multiple implementation levels. It emphasises the value of patients and members of the public as equal partners and experts by experience, while also acknowledging the organisational, relational, and cultural conditions needed for meaningful involvement. These recommendations can support institutions and educators in moving towards more inclusive, sustainable, and patient-centred interprofessional learning.

Keywords: Patient and public involvement; Interprofessional education; Delphi study; Consensus recommendations; Experts by experience

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From Practitioner to Researcher and Educator: A Thematic Review of Academic Identity Formation in Nursing

MARJETA LOGAR ČUČEK

Introduction: Academic identity in nursing is shaped through the interplay of education, clinical experience, research, and pedagogical development. The aim was to examine the factors that support or hinder its development.

Methods: A thematic review of scientific and professional literature was conducted. The search was carried out in January 2026 in the PubMed and CINAHL databases and through Google Scholar. English and Slovenian search terms were used and combined with Boolean operators where supported: (academic identity OR professional identity) AND nursing, (nurse educator OR academic nurse) AND research competencies, and (akademska identiteta OR poklicna identiteta) AND zdravstvena nega. After screening titles, abstracts, and full texts, 12 thematically relevant articles published between 2010 and 2024 were included in the analysis.

Results: Four categories were identified: (1) educational pathway and transition into the academic role; (2) the role of clinical experience in shaping academic identity; (3) research activity as the foundation of academic development; (4) pedagogical training and mentorship for the development of the teaching role. Key challenges included insufficient pedagogical education, balancing clinical, research, and teaching roles, limited mentorship, and high workload.

Discussion and Conclusion: Academic identity formation in nursing is a long-term process that integrates clinical practice, research, and teaching, and contributes to professional autonomy. Higher education institutions and clinical learning environments

play an important role in supporting this process through mentorship, strengthening research competencies, and providing pedagogical training. Future research should examine the effects of educational models and standardized approaches to support the development of academic identity in nursing.

Keywords: professional development; research competencies; pedagogical competencies; mentorship; doctoral studies

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Skrb za človeka: analiza koncepta

Human Caring: A Concept Analysis

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MAJDA PAJNKIHAR

Uvod: Pri ženskah z endometriozo je doživljanje skrbi povezano s kakovostjo skrbnega medosebnega odnosa, komunikacije, priznavanjem simptomov ter občutkom varnosti med zdravstveno obravnavo. Namen prispevka je bil analizirati koncept skrbi za človeka v okviru zdravstvene obravnave žensk z endometriozo.

Metode: Izveden je bil pregled literature z uporabo deskriptivne metode dela v podatkovnih bazah: PubMed, CINAHL Ultimate, ScienceDirect in Web of Science za obdobje 2015–2025. Vključeni so bili znanstveni članki ter knjige in poglavja knjig v angleškem jeziku, ki so obravnavali koncept skrbi za človeka. Izvedena je bila kvantitativna analiza koncepta.

Rezultati: Od skupno identificiranih 49 zadetkov je bilo analiziranih 29 virov. Koncept je opisan kot večdimenzionalen in opredeljen z devetimi atributi: terapevtsko komunikacijo, prisotnostjo, empatijo, na dokazih utemeljeno skrbno zdravstveno obravnavo, spoštovanjem pacientovih pravic in etike oskrbe, podporo dobremu počutju, umetnostjo in kreativnostjo, subjektivnostjo ter dinamičnostjo. Med predhodnike koncepta sodijo osebna naravnost zdravstvenih delavcev, njihove strokovne in komunikacijske kompetence ter ustrezni organizacijski pogoji. Med njegovimi posledicami se kažejo izboljšani občutek varnosti, dostojanstva in opolnomočenja žensk z endometriozo ter višja kakovost zdravstvene obravnave. Koncept se meri z uporabo kvantitativnih in kvalitativnih pristopov.

Diskusija in zaključek: Skrb za človeka je v obravnavi žensk z endometriozo večdimenzionalen koncept, ki vključuje komunikacijske, etične in odnosne elemente. Zaradi pogostih diagnostičnih zakasnitev in izkušenj neprepoznane bolečine so ključni priznavanje simptomov, občutek varnosti ter aktivno vključevanje pacientk. Natančnejša

konceptualna opredelitev predstavlja pomembno izhodišče za nadaljnje raziskovanje ter za implementacijo k pacientki usmerjene, celostne in varne zdravstvene obravnave.

Ključne besede: endometrioza; zdravstvena obravnava; skrben medosebni odnos; empatija; dostojanstvo

Keywords: Endometriosis; Health care; Compassionate interpersonal relationship; Empathy; Dignity

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Session 3
Sekcija 3



Effects of Probiotics on Lactose Intolerance Symptoms in Adolescents: A Literature Review

PETRA KLANJŠEK, ANJA STRLIČ, SABINA FIJAN

Introduction: Lactose intolerance is a common gastrointestinal condition caused by reduced lactase activity, leading to symptoms such as abdominal pain, bloating, flatulence, and diarrhoea after the consumption of dairy products. During adolescence, dietary restrictions may negatively affect nutritional status and quality of life. Modulation of the gut microbiota through probiotic supplementation has been proposed as a supportive strategy to improve lactose digestion and reduce gastrointestinal symptoms. This systematic literature review aimed to evaluate the effects of probiotics in the management of lactose intolerance in adolescents based on a survey of the existing scientific evidence.

Methods: A systematic literature review was conducted for studies published between 2014 and 2024. The databases PubMed, CINAHL Ultimate, ScienceDirect, and SAGE were searched using the keywords *lactose intolerance*, *probiotic*, and *adolescents*. The studies published in English were included according to predefined inclusion and exclusion criteria. The selected studies were analysed and synthesised using content analysis.

Results: Seven studies met the inclusion criteria, including systematic reviews and clinical studies. The findings indicate that probiotic consumption may reduce gastrointestinal symptoms associated with lactose intolerance in adolescents. Beneficial effects were most frequently reported for strains from the genera *Lactobacillus*, *Bifidobacterium*, and *Streptococcus*. The proposed mechanisms include enhanced lactose hydrolysis, increased intestinal lactose tolerance, and modulation of the gut microbiota.

Discussion and conclusion: Probiotics represent a beneficial adjunctive approach in the management of lactose intolerance in adolescents. Their use may contribute to symptom reduction and support adequate dairy intake. Further well-designed clinical studies

focusing specifically on adolescents are needed to determine optimal probiotic strains, dosages, and supplementation duration.

Keywords: Beneficial microbes; Lactase; Digestive health; Microbiota.

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Methodical Nursing Assessment of the Condition and Nursing Care Needs of Hospitalized Patients

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Introduction: Illness impairs the quality of life and alters an individual's daily functioning; therefore, nurses must be qualified to independently identify patient self-care deficits and assume responsibility for nursing care planning. The objective of this study is to examine the methodical nursing approach to assessing the status and needs of hospitalized patients.

Methods: The research was a cross-sectional study of a purposive sample of 30 nurses employed at the neurology, hematology, and geriatrics clinics. The research instrument was a structured 24-item questionnaire. The items covered factors for needs assessment, communication with patients, and methods of continuous professional development for nursing staff.

Results: The results indicate that the dominant factor in assessing patient needs is their health status, specifically the illness (72%). A predominant number of nurses state that patients actively cooperate in the treatment process. Staff shortage was identified as the main barrier to adequate care (65%). Notably, 80% of nurses express a desire for additional education, whereas participants aged 55–60 believe they possess sufficient knowledge.

Discussion and conclusion: The research confirms the importance of a methodical approach but identifies staffing deficits as a key barrier to the quality of care. Improving the nursing service requires strengthening professional collaboration and developing education strategies tailored to different generations of employees. Although the relatively small purposive sample limits the generalizability of the results, it provides a relevant basis for planning further research and optimizing the organization of nursing work.

Keywords: Nurses; Clinical evaluation; Nursing care planning; Education

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Akupunktura in priprava na porod: pregled literature

Acupuncture And Preparing For Labour: A Literature Review

IVA SAJOVIC, NATAŠA MLINAR RELJIĆ, LEONA CILAR BUDLER

Uvod: Akupunktura je komplementarna metoda, ki lahko nosečnicam pomaga pri lajšanju neprijetnih simptomov, izboljšanju počutja ter pripravi na porod. Namen prispevka je ugotoviti, kako akupunktura v nosečnosti vpliva na porod.

Metode: Izveden je bil pregled znanstvene literature v mednarodnih bazah PubMed, SAGE in Science Direct novembra 2025. Prikaz identifikacije, pregleda in vključenosti raziskav je bil izveden s pomočjo diagrama poteka. Pri oceni kakovosti raziskav so bila uporabljena ustrezna metodološka orodja. Zbrane podatke smo analizirali z metodo vsebinske analize in sinteze. Vključitveni kriteriji so zajemali tematske raziskave o akupunkturi kot pripravi na porod ter kvalitativne, kvantitativne raziskave in raziskave mešanih metod v slovenskem in angleškem jeziku. Izključeni so bili pregledni članki, duplikati, pisma uredniku, uvodniki ter raziskave, ki niso primarne.

Rezultati: V podatkovnih bazah je bilo identificiranih 142 zadetkov, v končno analizo smo vključili osem člankov. Glavna kategorija Perinatalna akupunktura je vključevala podkategorije: (i) fiziološki vpliv na porod, (ii) psihološki vpliv na žensko in (iii) varna uporaba. Ugotovitve kažejo, da je perinatalna akupunktura najpogosteje povezana z izboljšanim psihofizičnim počutjem nosečnic. Nekatere raziskave poročajo tudi o fizioloških učinkih, kot so zvišana raven oksitocina, mehčanje materničnega vratu, manjša potreba po analgeziji in večja verjetnost naravnega začetka poroda, vendar so rezultati med raziskavami neenotni.

Razprava in zaključek: Perinatalna akupunktura se kaže kot koristna dopolnilna metoda za psihofizično pripravo nosečnice na porod. Heterogene raziskave nakazujejo tudi fiziološke učinke, ki lahko prispevajo k manj stresnemu porodu, naravnejšemu začetku

poroda in ugodnejšim porodnim izidom. Za zanesljivejšo oceno učinkovitosti so potrebne nadaljnje raziskave z višjo metodološko kakovostjo.

Ključne besede: akupunktura; nosečnost; porod

Keywords: Acupuncture; Pregnancy; Labour

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A Fit Student: A Student Health Promotion Project

Študent v formi: projekt promocije zdravja študentov

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SONJA ŠOSTAR TURK

Introduction: During their studies, students often face stress, time pressures and lifestyle changes, which can be reflected in irregular eating and sleeping habits, less exercise and risky alcohol and tobacco use. As part of the Health Protection and Promotion Programme until 2028, supported by the Ministry of Health, the project aims to comprehensively improve the physical and mental health of students and strengthen their health literacy and socio-emotional skills.

Methods: The project includes the implementation of a health prevention and promotion programme covering five thematic areas (nutrition, mental health, sleep, physical activity, alcohol, and tobacco). The programme will be implemented through preventive workshops, communication campaigns, digital content, interactive events, and a pilot peer-support model. Activities will be carried out in study centres and through digital channels, in cooperation with organisations in the fields of nutrition, nursing, public health, and youth prevention. The project also includes monitoring of activity reach and implementation indicators.

Results: The expected outcomes of the project include broad outreach to the student population, improved accessibility of preventive content, and strengthening of students' health literacy. The programme is planned at the national level, with activities implemented at the Universities of Maribor, Ljubljana, and Primorska, as well as through digital channels. Workshops conducted in cooperation with student organisations and other relevant institutions represent an important element in reaching the target population.

Discussion and conclusion: A comprehensive and combined approach enables accessibility of content to different groups of students and contributes to the realization of priority public health goals in the field of youth health.

Keywords: Health literacy; Mental well-being; Lifestyle; Prevention; Students

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School Health Nursing for Children and Adolescents in Russia: A Cross-Sectional Survey of Employers' Assessment of Bachelor Nursing Graduates' Readiness for Practice in Educational Institutions

NATALIYA KASIMOVSKAYA, POLINA TAKMENEVA

Introduction: In the Russian Federation, fewer than 12% of schoolchildren are entirely healthy, and over 60% of upper secondary students have chronic conditions. Since September 2025, national legislation has established the nurse specialist position in educational organizations for Bachelor of Nursing graduates. This study evaluated employers' assessments of graduates' readiness for this role.

Methods: A cross-sectional study in Moscow (2025–2026) used a structured, validated questionnaire based on the Russian Federal State Educational Standard for Nursing, school health regulations, and international literature. It included 45 competency items across nine domains, rated on a three-point scale (0 = not demonstrated; 1 = partially demonstrated; 2 = fully demonstrated). Of 203 eligible respondents from educational organizations (53.7% head nurses), descriptive statistics were used.

Results: The overall mean score was 1.18 out of 2.00. School-specific competencies scored higher (1.35) than general ones (1.11). Strengths included healthy lifestyle promotion (1.43) and emergency care (1.37). Areas for improvement were quality management (0.96), medical statistics (0.98), and preventive screenings (1.24). More experienced employers gave lower ratings.

Discussion and conclusion: Graduates of the Bachelor of Nursing program demonstrated moderate preparedness for school-specific duties but showed significant deficiencies in quality management and preventive screenings. Limitations include cross-sectional design and reliance on employer perceptions. The results underscore the need to integrate a school nursing module into the curriculum, expand clinical placements within educational institutions, and establish standardized accreditation procedures.

Keywords: Nurse specialist; Professional readiness; Bachelor of Nursing; Employer survey; Competency assessment; Educational organizations

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Assessment of Quality of Life Related to Childhood Moderate-to-Severe Atopic Dermatitis

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DORINA SIMON-PUSZTAI

Introduction: In recent years, the prevalence of childhood atopic dermatitis has increased in Hungary. The aim of this study was to examine the associations between parental allergic diseases, probiotic use in children, and the occurrence of atopic dermatitis, as well as the impact of the disease on children's sleep, and whether the child's age is associated with the physical and psychological health of parents in families raising children under the age of five.

Methods: A quantitative, cross-sectional design was applied using an online questionnaire. The sample included 98 parents aged 18–50 years living in Hungary. The questionnaire consisted of self-developed items and elements of the Dermatology Life Quality Index. The data were analyzed using IBM SPSS Statistics 25.0, including descriptive statistics, independent samples t-tests, and chi-square tests.

Results: No significant association was found between probiotic use in children and gastrointestinal symptoms following food consumption, $\chi^2(2, N = 98) = 0.93, p = .629$. No significant relationship was observed between frequency of probiotic use and sleep quality, $\chi^2(1, N = 98) = 0.003, p = .955$. Child age was not significantly associated with caregivers' psychological symptoms in $t(96) = -1.95, p = .054$. A significant association was found between parental allergic disease and postprandial symptoms in children, $\chi^2(1, N = 98) = 7.688, p = .006$. In 24.48% of cases, both parents had allergic disease, in 45.91%, one parent was affected, and in 29.59%, neither parent had allergic disease.

Conclusion: Childhood atopic dermatitis was primarily associated with parental allergic diseases, while probiotic use and other examined factors showed no significant relationships with disease-related outcomes. However, the condition may negatively affect children's sleep and indirectly influence caregivers' well-being.

Keywords: Atopic dermatitis; Probiotics; Allergy; Sleep; Psychological health

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Session 4
Sekcija 4



The Role of the Environmental Awareness Tool for Nurses in Assessing Sustainability Competencies: A Literature Review

SANDRA MARTINUČ, ROK ŽELODEC, REBEKA LEKŠE

Introduction: Environmental sustainability is an increasing priority in healthcare; however, the tools for assessing nurses' sustainability competencies differ widely in scope and psychometric quality. A persistent gap between environmental awareness and actual workplace behavior has been identified as a central challenge. This review analyzed the role, reliability, and applicability of environmental awareness tools for assessing sustainability competencies among nurses.

Methods: A literature review was conducted using the PubMed, CINAHL, and ScienceDirect databases. The review included studies involving nurses or nursing students, the use of environmental awareness tools, and the measurement of sustainability outcomes. Study selection was presented using a PRISMA diagram; quality was assessed using the JBI critical appraisal checklist and the hierarchy of evidence. The results were analyzed using thematic analysis.

Results: Ten studies were included in the final analysis. The thematic analysis identified three categories: (1) *Reliability and scope of assessment tools*, (2) *Awareness—behavior gap in nursing practice*, and (3) *Effectiveness of educational interventions and contextual factors*. The most frequently used tool was SANS, while CHANT and NEPS were identified as the most reliable instruments for climate-related competencies. Most studies reported improvements across competency domains following educational interventions. However, a gap between awareness and actual workplace behavior was consistently identified among practicing nurses, with organizational barriers, such as a lack of time and resources, as key limiting factors. Geographic differences were also noted, with students from Germany demonstrating higher sustainability awareness than peers from other countries.

Discussion and conclusion: The identified tools may capture different dimensions of sustainability competencies; however, no single instrument appears sufficient for comprehensive assessment. The awareness–behavior gap suggests that individual competency may not translate into practice without broader organizational support. Future research should prioritize longitudinal tracking and assessment of implementation barriers.

Keywords: Competency assessment; Sustainable behavior; Green healthcare; Education

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Strategija trženja krovnega produkta »Zdravje in dobro počutje« v Sloveniji na temelju naravnih zdravilnih dejavnikov *Strategy for Positioning the Core Product “Health and Well-being” in Slovenia Based on Natural Healing Factors*

SAŠA POŽAR

Uvod: Slovenija se zaradi izjemne koncentracije in raznolikosti naravnih zdravilnih dejavnikov, dolgoletne zdraviliške tradicije ter strokovno podprtih storitev vse izraziteje uveljavlja kot destinacija zdravja in dobrega počutja. V skladu z globalnimi trendi prehoda od klasičnega wellnesa k celostnemu konceptu »wellbeing« ter dolgoživosti se tudi slovenski turistični prostor usmerja v razvoj produktov z višjo dodano vrednostjo, ki povezujejo preventivo, regeneracijo, trajnost in kakovost življenja. Prispevek predstavlja ključne usmeritve trženjskega načrta produkta »Zdravje in dobro počutje« za obdobje 2025–2028 s poudarkom na vlogi slovenskih naravnih zdravilišč.

Metode: Prispevek temelji na analizi globalnih trendov na področju »wellbeinga«, zdraviliškega in wellness turizma, strateških dokumentov slovenskega turizma ter analizi obstoječe ponudbe slovenskih naravnih zdravilišč in drugih ponudnikov produkta zdravja in dobrega počutja. Poseben poudarek je namenjen opredelitvi ključnih razvojnih izzivov, produktnih sklopov, ciljnih segmentov in komunikacijskih usmeritev za učinkovitejše pozicioniranje Slovenije na mednarodnih trgih.

Rezultati: Naravni zdravilni dejavniki predstavljajo eno ključnih konkurenčnih prednosti Slovenije. Trženjski načrt produkt opredeljuje kot krovni turistični produkt in posebej izpostavlja slovenska naravna zdravilišča kot edini sistemsko organiziran in strokovno verificiran del ponudbe z razvito infrastrukturo ter mednarodno primerljivimi storitvami.

Ključni strateški premiki vključujejo prehod od generičnih termalnih paketov k ciljno segmentiranim »wellbeing« programom, krepitev preventivnih in »longevity« vsebin.

Diskusija in zaključek: Produkt ima pomemben razvojni in trženjski potencial slovenskega turizma. Prihodnji razvoj temelji na konceptu celostnega »wellbeinga«, ki presega tradicionalno razumevanje wellnessa ter vključuje preventivo, vitalnost, duševno ravnovesje in dolgoživost. Slovenska naravna zdravilišča imajo pri tem ključno vlogo nosilcev strokovno podprtega in trajnostnega razvoja.

Ključne besede: celostni wellbeing; dolgoživost; naravna zdravilišča; zdraviliška tradicija; trajnostni turizem

Keywords: holistic wellbeing; longevity; natural spas; spa tradition; sustainable tourism

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Contamination of Food with Microplastics: A Review of Exposure and Contamination Pathways

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URŠKA ROZMAN

Introduction: The presence of microplastics in food is an increasing concern for public health and the environment, as plastic particles can enter the food chain through water, air, and soil. The aim of this review was to analyze the prevalence of microplastics across food groups. Key variables include the type of food, the source of contamination, and the amount of microplastics in the food.

Methods: A literature review was conducted for the period 2014–2024 using ScienceDirect, PubMed, and Web of Science, including studies measuring microplastics in individual food for human consumption. Data were extracted and tabulated by food groups and compared across studies using different units (particles/g, particles/individuals).

Results: Microplastics were detected in all studied food groups, with the highest concentrations found in sugar, marine organisms, and processed foods. Products such as meat, eggs, and rice were also contaminated, indicating widespread distribution through the food system and packaging. Considerable variation was observed depending on food type, processing methods, and geographical origin.

Discussion and Conclusion: The findings confirm widespread microplastic contamination in food and suggest potential adverse health effects. The study highlights the need for standardized analytical methods, improved identification of contamination sources, and further research on long-term exposure. These results support the development of regulatory strategies to reduce microplastic intake, particularly in vulnerable groups such as children and pregnant women. Overall, the evidence

emphasizes the urgency of addressing microplastic pollution across food production and supply chains through coordinated scientific and policy actions.

Keywords: Plastics; Food Safety; Contamination; Human Exposure

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Per- and Polyfluoroalkyl Substances (PFAS) in Drinking Water: Sources, Pathways, and Public Health Implications - A Scoping Review

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Introduction: Per- and polyfluoroalkyl substances (PFAS) are persistent synthetic chemicals widely used in industrial and consumer products and increasingly detected in drinking water. Drinking water is a major pathway of human exposure, particularly in contaminated areas, where even low concentrations can contribute to body burdens due to bioaccumulation. This study aimed to examine the main sources of these substances, contamination pathways to drinking water, and related public health implications.

Methods: A scoping review was conducted using PubMed, CINAHL, and Web of Science, with no time restrictions. Studies were selected following PRISMA guidelines. Inclusion criteria comprised original research articles in English addressing PFAS in drinking water and their impacts on human health, with full-text availability. Exclusion criteria included review articles, editorials, conference abstracts, non-relevant studies, non-English or non-full-text articles, and studies involving animals. The data were analyzed qualitatively using thematic analysis, and evidence strength was assessed using an established hierarchy.

Results: Industrial activities, firefighting foams used at airports and military sites, wastewater treatment plants, and drinking water treatment systems were identified as major sources of contamination. Contamination pathways depend on the water source, with substances migrating through surface and groundwater into drinking water systems. Human exposure via drinking water is widespread and linked to bioaccumulation and potential adverse health effects.

Discussion and conclusion: Contamination is complex due to heterogeneous compounds, sources, pathways, and health effects, while observational studies limit causal interpretation. Differences in regulatory limits and incomplete monitoring, especially of emerging substances, may underestimate risks, highlighting the need for harmonized approaches and further research.

Keywords: Bioaccumulation; Environmental exposure; Drinking water treatment; Public health risk; Emerging contaminants

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Examining Ethical Challenges in Emergency Research for Managing Zoonotic Disease Outbreaks: A Scoping Review

WINNIE NYANGWESO, MIRIAM C. A. WAGORO

Background: Zoonotic diseases, which are transmissible between animals and humans, represent a significant threat to global public health. About one billion cases of illness and millions of deaths occur each year due to zoonoses. Outbreaks such as Ebola, COVID-19, and Influenza H1N1 have highlighted this danger. These emergencies require rapid research to generate actionable interventions. However, conducting research under such high-pressure settings presents numerous ethical challenges. This study aims to examine the ethical challenges encountered, identify gaps in existing guidelines, and inform One Health-based ethical solutions.

Method: A scoping review was conducted using the Arksey and O'Malley framework. Relevant literature published within the last ten years (up to 2025) was identified using a Boolean search strategy across electronic databases, PubMed, Google Scholar, and Web of Science, as well as grey literature sources. Eligible sources were screened and analyzed using a thematic analysis.

Results: A total of 29 studies met the inclusion criteria. Common themes identified included: Balancing Individual Rights and Public Health Protection, Trust, Consent and Community Engagement, Equity, Risk-Benefit Distribution and Exploitation, Data Sharing and Privacy, One Health Ethics and the Human-Animal-Environment Interface.

Discussion and conclusion: The review highlights the ethical tension encountered during zoonotic disease research and, through a One Health approach, reinforces the interconnected nature of human, animal, and environmental health, indicating that ethical

frameworks must be multidisciplinary, inclusive, and context-sensitive to effectively guide zoonotic disease research and response.

Keywords: Emergency Research; One Health; Outbreaks; Public Health Emergencies; Ethical Frameworks; Ethical Challenges; Zoonotic Diseases

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Barriers to Incontinence Care in People with Multiple Sclerosis: First Findings From a Mixed-Methods Study

SVEN-NELSON RUPPERT

Introduction: Multiple sclerosis is a chronic neurological disease commonly diagnosed in young adults. Around 300,000 people in Germany are affected, and the incidence is rising globally. Multiple sclerosis often leads to incontinence, which can cause people to give up work and become socially isolated. Early diagnosis and appropriate aids can support independence, participation, and quality of life. This project investigates why the supply of incontinence aids remains inadequate.

Methods: A mixed-methods design was used. The data were collected via a self-designed and expert-reviewed online survey among people with multiple sclerosis and physicians recruited through the German Multiple Sclerosis Society. Structured qualitative interviews were conducted with 55 patients and 13 healthcare professionals. Qualitative data are being analysed using content analysis, while quantitative survey analysis is ongoing.

Results: The interviews show that the majority of patients only mention incontinence in desperate situations after trying to cope alone. 78% of doctors say they do not address incontinence issues due to insufficient knowledge about aids, while shame and social taboos present further obstacles. There is hardly any interdisciplinary collaboration.

Discussion and conclusion: The results indicate that knowledge and awareness of incontinence issues are essential among healthcare professionals, who must follow the existing care standards. Patients must be educated and encouraged to overcome their feelings of shame. Personal recommendations for action improve care.

Low physician survey response rates and a limited number of interviews are the study limitations and highlight the constraints of the healthcare system. Further research should specifically identify approaches to improve incontinence care.

Keywords: Aid provision; Social isolation; Shame; Communication barriers; Healthcare professionals; Interdisciplinary collaboration

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Padci glede na starostne skupine pri stanovalcih doma starejših: retrospektivna raziskava

Falls by age Group Among Nursing Home Residents: A Retrospective Study

ANJA GRUŠOVNIK MUŠIČ, ALENKA OMERZEL

Uvod: Padci so pri stanovalcih doma starejših pogost in klinično pomemben pojav ter pomenijo tveganje za zdravje starejših. Novejše raziskave kažejo na večje tveganje pri stanovalcih, starih več kot 85 let. Raziskava je preverjala, ali se prisotnost in število padcev razlikujeta med stanovalci, stari do 85 let in starejšimi.

Metode: Izvedena je bila retrospektivna raziskava med stanovalci doma starejših v rehabilitaciji, sprejetimi med januarjem 2023 in novembrom 2025 ($n = 154$). Podatki o spolu, starosti in številu padcev so bili pridobljeni iz zdravstvene dokumentacije. Analiza je bila izvedena v SPSS 30 z uporabo opisne ter inferenčne statistike. Normalnost porazdelitve se je preverjala s Shapiro–Wilkovim testom, razlike s Hi-kvadrat in Mann–Whitneyjevim testom, povezanost pa s Spearmanovim koeficientom ($p < 0,05$).

Rezultati: Vključenih je bilo 154 stanovalcev, 46,8 % mlajših od 85 let. Padeč je bil zabeležen pri 47,4 %. Mediana števila padcev je znašala 0 (IQR 0–1); povprečje $1,27 \pm 2,11$ odraža asimetrično porazdelitev. Med skupinama ni bilo razlik v prisotnosti ($\chi^2 = 1,784$; $p = 0,182$) niti v številu padcev ($U = 2659,0$; $p = 0,247$). Starost ni bila povezana s številom padcev ($q = 0,082$; $p = 0,315$), niti se ni razlikovala med stanovalci s padcem ali brez ($U = 2631,5$; $p = 0,239$).

Diskusija in zaključek: Med starostnima skupinama ni bilo statistično značilnih razlik v prisotnosti ali številu padcev, starost pa ni bila povezana s številom padcev. Prisotnost padcev je visoka. Potrebne so nadaljnje raziskave drugih dejavnikov tveganja ter celostna

ocena tveganja, saj je uporabnost starosti pri prepoznavanju stanovalcev z večjim tveganjem za padce omejena.

Ključne besede: preprečevanje padcev; institucionalno varstvo; dejavniki tveganja

Keywords: Fall prevention; Institutional care; Risk factors

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Health, Financial, Digital, and Social Literacy in Older Adults: Results of a Cross-Sectional Study

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Introduction: Population ageing increases the demands placed on older adults in managing health, financial, digital, and social domains. This study aimed to examine strengths and weaknesses across selected literacy domains in individuals aged 65 years and older.

Methods: A quantitative cross-sectional study was conducted in the South Bohemian Region (Czech Republic). The data were collected in April 2024 using a structured questionnaire administered through standardized face-to-face interviews. The representative sample included 403 community-dwelling adults aged 65+ without moderate or severe cognitive impairment. Descriptive and inferential statistics were applied.

Results: Literacy levels differed between domains. In health literacy, 59.9% of the respondents reached a sufficient level, while 16.1% showed inadequate literacy. Health literacy was significantly associated with education and depressive symptoms ($p < 0.001$). Financial literacy was strongest in basic safety behaviors but weaker in understanding savings, credit and investment decisions. Social literacy deficits were evident in conflict communication, assertiveness, and responses to manipulation. Digital literacy was mostly basic to intermediate, with barriers related to online banking, safety concerns, and low confidence in independent use.

Discussion and conclusions: Older adults exhibit uneven literacy profiles, with greater vulnerability among older, less educated individuals. The findings support tailored, practice-oriented education and the development of the educational platform focusing on safe decision making, self-management, and active ageing.

Keywords: Ageing population; Community-dwelling seniors; Health promotion; Educational intervention; Self-management; Vulnerability

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Interdisciplinarno preprečevanje padcev v domu starejših

Interdisciplinary Fall Prevention in Nursing Home

ALENKA OMERZEL, ANJA GRUŠOVNIK MUŠIČ

Uvod: Padci pri starejših odraslih v institucionalnem okolju so pomemben javnozdravstveni problem. Sodobne smernice poudarjajo učinkovitost multifaktorskih pristopov, ki temeljijo na interdisciplinarnem sodelovanju. Namen prispevka je predstaviti primer dobre prakse interdisciplinarnega preprečevanja padcev v domu starejših.

Metode: Raziskava je temeljila na deskriptivni retrospektivni metodi in je bila izvedena v socialnovarstvenem zavodu Vitadom Škofljica. Vključeni so bili vsi stanovalci doma. Leta 2024 je sodelovalo 149 stanovalcev (106 žensk in 43 moških) s povprečno starostjo 84 let. Leta 2025 je bilo vključenih 149 stanovalcev, med njimi 111 žensk in 38 moških, s povprečno starostjo 85 let. Podatki so bili zbrani v letih 2024 in 2025. Ob sprejemu je bila izvedena interdisciplinarna ocena uporabnikov z uporabo standardiziranih, zanesljivih in veljavnih orodij. Fizioterapevtka je tveganje za padce ocenila z Morsejevo lestvico ter funkcijsko stanje z lestvico funkcijske premičnosti in de Mortonovim indeksom mobilnosti. Delovni terapevt je oceno dopolnil s Kanadskim testom za ocenjevanje izvedbe dejavnosti in analizo izvedene aktivnosti po spretnostih. Podatki o padcih so bili pridobljeni iz evidenc medicinskih sester in analizirani opisno.

Rezultati: Interdisciplinarni pristop je prispeval k boljši prepoznavi tveganj in večji usklajenosti med zaposlenimi. Po uvedbi programa se je število padcev zmanjšalo z 273 na 233, kar predstavlja približno 15 % zmanjšanje. Pomembni dejavniki uspeha so bili individualizirani ukrepi, vključevanje vseh zaposlenih ter spremljanje intervencij.

Diskusija in zaključek: Ugotovitve podpirajo pomen multifaktorskih interdisciplinarnih programov pri preprečevanju padcev. Omejitve raziskave so retrospektivna zasnova, izvedba v eni ustanovi, odsotnost primerjalne skupine in opisna analiza podatkov, zato učinka posameznih ukrepov ni mogoče natančno opredeliti.

Ključne besede: multifaktorski pristop; ocena tveganja; dolgotrajna oskrba

Keywords: Multifactorial approach; Risk assessment; Long-term care

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University of Maribor Faculty of Health Sciences is organising the 14th International Scientific Conference Research and Education in Nursing. It will be held on June 11th 2026 in Maribor and will include the most recent findings of domestic and foreign researchers in nursing and other healthcare fields. The purpose of the conference is to promote the exchange of knowledge, research evidence, and best practices, while fostering connections among researchers, higher education faculty, and healthcare professionals with the aim of strengthening professional collaboration and networking. At the same time, we aim to contribute to the advancement and promotion of nursing and health sciences at both local and global levels.

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Univerza v Mariboru Fakulteta za zdravstvene vede letos organizira 14. Mednarodno znanstveno konferenco Raziskovanje in izobraževanje v zdravstveni negi. Konferenca bo potekala 11. junija 2026 na fakulteti in bo vključevala prispevke in predavanja domačih in tujih strokovnjakov ter študentov s področja zdravstvene nege in zdravstvenih ved. Namen konference je spodbujati izmenjavo znanj, raziskovalnih dokazov in dobrih praks ter povezovati raziskovalce, visokošolske učitelje in zdravstvene delavce in z namenom krepitev strokovnega sodelovanja in mreženja. Hkrati želimo z dogodkom prispevati k napredku in promociji zdravstvene nege in zdravstvenih ved na lokalni in globalni ravni.



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