



# SESTRINSKI GLASNIK

NURSING JOURNAL

POSEBNO IZDANJE  
SPECIAL EDITION



SLUŽBENI ČASOPIS HRVATSKE UDRUGE MEDICINSKIH SESTARA (HUMS)  
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**2020**  
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OF THE NURSE AND  
THE MIDWIFE



# **SESTRINSKI GLASNIK**

## **KNJIGA SAŽETAKA**

**8. kongresa Hrvatske udruge medicinskih  
sestara s međunarodnim sudjelovanjem  
„Sestrinstvo bez granica“**

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### **LIST OF ABSTRACTS**

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## IMPRESSUM

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The International Editorial Board and Executive Committee encouraged the authors to write articles on English language.

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Pod rednim brojem 872 od 15. veljače 1995. godine Ministarstvo kulture, Sektor za informiranje, u skladu sa Zakonom o javnom informiranju, izdalo je potvrdu o prijavi novina i odobrilo njihovo izlaženje. Osnivač je lista Hrvatska udruga medicinskih sestara, a financira se sredstvima Udruge ili uz pomoć drugih institucija i donatora. „Sestrinski glasnik“ je četveromjesečnik i izlazi triput godišnje.

Tekstovi objavljeni u Sestrinskom glasniku izražavaju mišljenje autora i ne moraju se isključivo podudarati s mišljenjem Uredništva ili službenim stavom Hrvatske udruge medicinskih sestara.

**Zaključak:** Podržavanjem inicijative Prijatelji demencije, škole mogu značajno doprinijeti destigmatizaciji osoba oboljelih od Alzheimerove bolesti. Kroz kreiranje Demenciji prijateljskih zajednica, stvaraju se uvjeti za bolju kvalitetu života za osobe oboljele od demencije i njihove obitelji.

**Ključne riječi:** škola, Prijatelj demencije, Demenciji prijateljske zajednice

**Introduction:** *Highschool is a place where students acquire professional competences through vocational training. It is also a place in which students form friendships, which significantly affect their lives. Students choose the school which they want to enrol, but they also choose their friends. School is a community which helps the student to achieve his/her key competences, to fully realize his/her potential and to provide conditions for productive and fruitful life and work. This enhances the quality of life in the community. Some of the elements which help to create the school as a happy community are friendships and relationships within school, support and supportive environment for learning, freedom, creativity, inclusivity, teamwork, communal activities and positive attitudes of the teachers.*

**Aim:** *The goal of this paper is to emphasize the motives and ways in which the Nursing School Vrapče acknowledges the need to participate in creating the Dementia Friendly Community and to become the Dementia Friends School.*

**Elaboration:** *Friends of Dementia and Dementia Friendly Community are the names of two associated initiatives which Croatian Association for Alzheimer's Disease started in Croatia. Their goal is to change the way in which we think, act and speak about people affected by dementia, to incite changes in the community which would enable people affected by Alzheimer Disease and their families to lead a more quality life.*

**Conclusion:** *Through supporting the Dementia Friends initiative, schools can significantly help to remove the stigma from people affected by Alzheimer's disease, thus creating a dementia friendly community and raising the quality of life of people affected by dementia and their families.*

**Keywords:** *School, Dementia Friends, Dementia Friendly Community*

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## NAUČI, RAZMIJENI, PODIJELI / LEARN, EXCHANGE, SHARE

Ivana Horvat, dipl. med. techn.; Mate Maretić, bacc. med. techn.

Škola za medicinske sestre Vinogradska, Škola za medicinske sestre Vrapče

Škola za medicinske sestre Vinogradska iz Zagreba u konzorciju s Medicinskom školom Bjelovar te prijaviteljem Školom za medicinske sestre Vrapče sudjeluje u projektu s ciljem usavršavanja znanja i vještina svojih učenika na temu bazalne stimulacije. Dio učenika proveo je tjedan dana u klinici Asklepios Schlossberg Klinik Bad König u Njemačkoj. Bazalna stimulacija prvenstveno označava otkrivanje i razvijanje sposobnosti osobe s ograničenjima. Cilj rada je prikazati aktivnosti učenika provedenih na mobilnosti u sklopu Erasmus+ projekta te njihovi dojmovi i znanje koje su usvojili tijekom 11 dana provedenih u klinici. Učenici su boravili na odjelima gdje su stacionirani pacijenti nakon preboljelih moždanih udara, politrauma, trauma i hipoksija te gdje se odvijao proces rehabilitacije. Sudjelovali su u edukaciji o respiratornoj terapiji i vježbama disanja, naučili su kako se koristi respirator te što označava pojam „weaning“ (postupno odvajanje bolesnika od respiratora). No, najbitnije je da su stečena nova znanja na temu kinestetike i bazalne stimulacije koja će učenici moći primijeniti u praksi.

**Ključne riječi:** bazalna stimulacija, Erasmus+, sestринство, kinestetika

*Nursing School "Vinogradska" from Zagreb in consortium with the Nursing School Bjelovar and the applicant Nursing School Vrapče is participating in the project targeting knowledge and skills of its students on the theme of basal stimulation. A group of students spent a week in the Asklepios Schlossberg Klinik Bad König, Germany. Basal stimulation is first of all a revelation and development of abilities with persons who have certain restrictions. The main goal is to present the activities of students targeting mobility during their stay in scope of the "Erasmus+ project" and also to collect their impressions and to gain knowledge acquired during the 11 days stay at the Clinic. Students spent their time in departments with patients suffering from consequences after strokes, polytrauma, trauma, hypoxi and also with patients in the process of rehabilitation. They also took part in the education on respiratory therapy, breathing exercises and learned how to apply respirators and what the term "weaning" means (gradual patients' separation from respirators). The most important fact is that they have learned new skills about kinesthetics and basal stimulation which they can later apply in practice.*

**Keywords:** *basal stimulation, Erasmus+, nursing, kinesthetics*

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## NAUČI, RAZMIJENI I PODIJELI / LEARN, EXCHANGE AND SHARE

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Škola za medicinske sestre Vinogradska

U Erasmus + projektu *Nauči, razmijeni i podijeli* sudjeluje konzorcij čiji su članovi Škola za medicinske sestre Vinogradska, Škola za medicinske sestre Vrapče i Medicinska škola Bjelovar. Cilj projekta je usavršavanje znanja i vještina učenika na temu bazalne stimulacije i nastavnika na temu kinestetike. Partneri u projektu su Asklepios Schlossberg Klinik Bad König, Njemačka, University and Rehabilitation Clinic Ulm (RKU), Njemačka i ESCOLA PROFISSIONAL DO MONTIJO – Associação para a Formação Profissional e Desenvolvimento do Montijo (AFPDM), Montijo, Portugal.

Projekt će se provesti kroz dvije aktivnosti. U okviru aktivnosti A1 (Mobility of VET learners) sudjelovat će 30 učenika/ca (po 10 iz svake škole u konzorciju) koji se obrazuju za zanimanje medicinske sestre / tehničara opće njege s ciljem usvajanja kompetencija iz područja bazalne stimulacije. Radom u klinikama koje primjenjuju bazalnu stimulaciju, učenicima će usvojiti ključne tehnike nužne za razumijevanje i kasniju primjenu bazalne stimulacije. Mobilnost će se provesti u trajanju od tri tjedna. U okviru aktivnosti A5 (Staff training abroad) u projektu će sudjelovati ukupno 12 nastavnika (po 4 iz svake škole u konzorciju) s ciljem usvajanja kompetencija iz područja kinestetike. Nakon što se u prvoj fazi implementira i provede edukacija nastavnog osoblja, to osoblje postat će važan potencijal u izradi novih nastavnih sadržaja kroz sve druge kliničke predmete, što će uvelike doprinosti širenju znanja o važnosti i usvojenosti kinestetike u svakodnevnom radu medicinskih sestara. Mobilnost će se provesti u trajanju od 5 dana. Trajanje projekta predviđeno je od 1. srpnja 2019. do 30. lipanja 2020. Međutim, zbog globalne pandemije COVID-19 trajanje projekta je produženo za godinu dana.

Ciljevi europske mobilnosti i suradnje su: unapređenje stručnih znanja i vještina učenika iz područja bazalne stimulacije, jačanje intrapersonalnih i interpersonalnih vještina učenika, kao i njihovih jezičnih kompetencija s ciljem lakšeg prijelaza na tržište rada; promicanje tehnika bazalne stimulacije i kinestetike kroz obrazovanje i diseminaciju s ciljem podizanja razine kvaliteta zdravstva; unapređenje nastavnog procesa kroz edukaciju nastavnika – u pogledu obrazovnog procesa, cilj je unijeti promjene u školski kurikulum kroz edukaciju nastavnika na temu kinestetike; razvijanje i širenje mreže međunarodnih partnerstva; uključivanje učenika i nastavnika u programe Erasmus+ s ciljem podizanja kvalitete škole; ukazivanje važnosti cjeloživotnog učenja i obrazovanja.

**Ključne riječi:** Škola za medicinske sestre Vinogradska, Škola za medicinske sestre Vrapče, Medicinska škola Bjelovar, provođenje projekta ERASMUS +

*A consortium consisting of the Vinogradska School of Nursing, the Vrapče School of Nursing and the Bjelovar Medical School is participating in the Erasmus + project called Learn, Exchange and Share. The aim of the project is to improve the knowledge and skills of students on the topic of basal stimulation and teachers on the topic of kinesthetics. The project partners are Asklepios Schlossberg Klinik Bad König, Germany, University and Rehabilitation Clinic Ulm (RKU), Germany and ESCOLA PROFISSIONAL DO MONTIJO – Associação para a Formação Profissional e Desenvolvimento do Montijo (AFPDM), Montijo, Portugal.*

*The project will be implemented through two activities: as part of the A1 activity (Mobility of VET learners), 30 students being trained as general care nurses will participate (10 from each school in the consortium) with the aim of acquiring competencies in the field of basal stimulation. By working in clinics that apply basal stimulation, students will adopt the key techniques necessary to understand and later apply basal stimulation. The mobility will take three weeks. As part of activity A5 (Staff training abroad), a total of 12 teachers will participate in the project (4 from each school in the consortium) with the aim of acquiring competencies in the field of kinesthetics. Once the training of teachers is implemented in the first phase, these staff will become an important potential in the development of new teaching content through all other clinical subjects, which will greatly contribute to spreading knowledge about the importance and adoption of kinesthetics in the daily work of nurses. The mobility will last for 5 days. The duration of the project is expected from July 1, 2019 to June 30, 2020. However, due to the global COVID-19 pandemic, the duration of the project has been extended by one year.*

*Objectives of European mobility and cooperation are: improving the professional knowledge and skills of students in the field of basal stimulation, strengthening intrapersonal and interpersonal skills of students, as well as their language competencies with the aim of easier transition to the labour market; promoting basal stimulation and kinesthetics techniques through education and dissemination with the aim of raising the level of healthcare quality; improving the teaching process through teacher education – in terms of the educational process, the goal is to make changes in the school curriculum through teacher education on kinesthetics; developing and expanding a network of international partnerships; involvement of students and teachers in Erasmus + programs with the aim of raising the quality of the school; indicating the importance of lifelong learning and education.*

**Keywords:** School for Nurses Vinogradska, School for Nurses Vrapče, Bjelovar Medical School, implementation of the ERASMUS + project

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